



## The Chairman's Lane

By Fritz Lehman

I swam in the Frank Clark last weekend, and it reminded me of the very first article I wrote several years ago. I set a goal to have 100 swimmers at the meet the next year. We were a little late, but this year the meet hosted more than a 100 for the first time. If you were there, you probably noticed the difference. More people, more heats, and more rest between events, but still the event was short enough that it didn't take up your entire Saturday -- a pretty good way to spend a half-day. I enjoyed being there and appreciate the hosts who have continued it over the years. I'll be back next year, and maybe we'll hit 125.

Several events are coming up. April 23rd and 24th is the state meet in Raleigh. It's always a good meet whether you are a new swimmer, looking to return to the water, or an old grizzled veteran. Asheville has a two-year win streak. We'll see if they can add a third. A couple of teams have increased their registrations, are motivated, and gunning for the title. It'll be fun, and I hope to see everyone there for one or two days. On a personal note, I'll be trying to keep my 50 Back unbeaten streak going against the much younger Todd De-Sorbo.

Nationals are in Ft. Lauderdale in May. Give it some thought. Swimming outdoors in sunny Florida and hanging around some of your best friends isn't a bad way to spend a couple of days.

Summer is coming up. There are two long course meets available instead of the usual single day meet in Raleigh. The State Games of North Carolina added Masters to its lineup. The meet is June 25th and 26th in Raleigh. More information can be found at <http://www.ncsports.org/sgdetail.php?id=27>. Charlotte will be hosting the Dixie Zone Championships this year with a two-day meet on July 16<sup>th</sup> and 17<sup>th</sup>. Let's get out and support these organizations.

This is an election year for the LMSC. This is my fourth, and last, year as LMSC-NC Chairman. There are many good and qualified NC Masters who would do a great job in this position. I hope at least one will read this and decide it's their time to step forward.

That's it for now. I hope everyone is finding the time to swim and accomplishing your goals. I'll see you in Raleigh.

# Across The Lanes

## The NC Masters' Lanes

**TWENTY-NINTH ANNUAL SUN (SNOW) BELT MEET**

**January 29-30, 2005**

**Charlotte, NC**

**By Jerry Clark for**

**The meet directors and all the volunteers.**

First, let me tell you about the history of this swim meet. Last year, based on information from John Ziegler (Atlanta) who has raced in this meet for a long time, we thought that this meet was the 21<sup>st</sup> anniversary. Our friend Milton Gee found a t-shirt during the past year, and it provided absolute evidence that the meet was held in January 1977, therefore the title 29<sup>th</sup> Annual Sunbelt for this year's meet. Just two weeks ago, Kirk Canterbury found photos of the meet when it was held at the Johnston Memorial YMCA pool in January 1975. So we'll have to announce the 32nd Annual meet in 2006! That is, unless someone else comes up with proof of an earlier date. You'd think we could have gotten our act together before this.

For the third time since I've been involved with this swim meet, held annually on the last weekend in January, bad weather became a concern. Only once has the meet been rescheduled; that was in 2002, I believe. Last year bad weather was approaching on Saturday night, causing some people to head for home late Saturday afternoon. What a trying time for the race directors during the thirty-six hours before this year's event: monitoring local weather reports, searching sites on the web for forecasts, keeping the volunteers informed, and calling back and forth to discuss canceling, rescheduling or going on with the meet.

While Bernie White and Ken Johnson were the two meet directors, I was sort of the contact guy since I had recorded the email addresses of the entrants. We talked a lot about the best course to follow. Finally, with the forecasts predicting a "wintry mix" to descend upon Charlotte in mid-afternoon Saturday and temperatures rising to the upper 40s for the following day, we decided to proceed with the meet. Unfortunately, the "wintry mix" descended on the area, especially west of Charlotte, earlier than predicted, and many swimmers were not able to get to the meet. Nevertheless, over sixty percent of the entrants did get here, including the guys

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from West Virginia who have been participating for many years. Thanks to the staff at the pool who made the tough decision to keep the pool open Saturday. When it was announced that afternoon that the pool would be open again on Sunday morning, a cheer echoed throughout the building. Obviously thanks also are due our meet officials, for they made sure the meet progressed smoothly and without delay.

Todd Dimsdale from Durham opened the competition both days by playing the national anthem on his French horn. Todd is a heckuva breastroker who made it evident that he has more than just one talent.

There were 223 entries this year, a new high for us. Two of those who competed against North Carolina's comparable elite seniors were accomplished swimmers from Florida; Florence Carr (who came last year as well) and Burwell (Bumpy) Jones. I'd like to share with you highlights of their achievements in the water for they are respected ambassadors of our sport.

Florence Carr, 76, grew up in New York City. At age ten, she joined the Women's Swimming Association of NY. This is where she learned all her strokes, and her competitive swimming journey began.

After high school, at age 19, Carr toured the country and performed in Aquacade Shows. She swam with such notables as Esther Williams and Buster Crabbe after he was the 1936 Olympic champion and before he became a celebrity as Tarzan. She worked as a professional actress and performed in synchronized swimming routines. She appeared in the James Bond film, "Goldfinger", as well as with many other actors.

Florence first joined Masters at age 47 and has compiled an illustrious list of achievements, including three World records, over fifteen National records, USMS Top Ten every year, twelve years of being an All American (first place) and an All Star in 1990 (most first places in the top ten).

At the age of five, a young Bumpy Jones started swim racing, embarking on an illustrious career that would span over 70 years, setting world records as a collegiate swimmer and again years later as a Masters swimmer. In fact, Bumpy was inducted into the International Swimming Hall of Fame just two weeks before joining us in Charlotte.

Bumpy has participated in many swimming firsts. He competed in the first Pan American Games in 1951 winning gold and bronze medals, was the first world record holder in the 400 individual medley when a fourth butterfly stroke

was added, and competed during the first year of Masters swimming in the United States in 1971.

When Masters swimming began in 1971, it was thought to be a get-together party for former swimmers. But that soon changed from not only being a fun gathering, but also a highly competitive challenge too. During his Masters career, which began at age 38, Bumpy has won 110 National Masters Championships, 5 FINA Masters World Championships, 7 Canadian and 22 YMCA championships. He has set 39 FINA Masters World Records and 145 Masters National Records. During his Masters career he has 38 number one, 18 number two, and 10 number three Masters' world rankings. His Masters' times nearly equaled his best collegiate times. His competition has always been tough, and the camaraderie has been at its best.

Thanks to all who wrote notes of appreciation regarding our keeping the meet on schedule. We sure hope we don't have to go through that again anytime soon.

Please reserve the date for the Dixie Zone Long Course Championship meet to be held at the Mecklenburg County Aquatic Center in Charlotte Saturday and Sunday, July 16 & 17, 2005. Meet information and entry forms are being finalized and should be up on the NC Masters website ([www.ncmasters.org](http://www.ncmasters.org)) and the Dixie Zone website ([www.dixiezone.org](http://www.dixiezone.org)) soon.



**Frank Clark Masters Open**  
**Greensboro, NC**  
**By Mark Medendorp**

On March 5, 2005, the Triad Masters Swim team hosted the annual Frank Clark Masters Open. The meet was quite a success with over 100 swimmers participating. This was the largest Frank Clark meet in recent memory. As those who swam know, the meet started with the 1000 Yard Free-style at about 9:00 AM with a second warm-up thereafter. This gave most of the swimmers a little extra sleep on a Saturday morning as the second event did not begin until just after 10:00 AM. However, even with this new format, the meet ran smoothly with just the right amount of time between swims for everyone to do well. The final heat of the 500 Free was over by about 2:00 PM, allowing everyone to be home in time for a nap well before dinnertime.

The meet began with two state records in the Women's 1000 Free. Juanita Willard set the 80-84 record while Heidi Williams eclipsed the 35-39 record. Later, Henry Stewart came in under the Men's 40-44 state standard in the 50 Free with a 22.47. However, for the swimmers/spectators, the

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most exciting race of the day was the men's 100 yard Butterfly where Henry Stewart and Morten Andersen tied for first, both touching at a scorching 56.09.

Once again, the Frank Clark Meet lived up to its billing as a fun, one day event where good swims met with good people. A thank you to everyone who attended, the meet workers, and especially to meet director and TMS coach Maryellen Kammer. We hope to see you all again next March and invite the many other NCMS members who missed out on a good time in Greensboro this year.



## **Open Water Swimming in Bermuda**

**By Jim Hinton**

I would love the opportunity to encourage swimmers to take part in the open water swim in Bermuda that is held annually in October. I was fortunate enough to live on the island of Bermuda from 1987-2004 where I was in the hotel business. Our family moved to Asheville, NC a little over a year ago because a hurricane temporarily closed the hotel.

I became very interested in open water swimming shortly after my arrival to the island. Triathlons followed a few years thereafter. The climate in Bermuda is perfect for year round training, and the crystal blue waters make a long ocean swim truly spectacular. I did a little diving while I was there but much preferred swimming on top of the water and enjoying the pink sand, coral reefs and colorful tropical fish. However, there was always an occasion to be on alert when a sea ray or barracuda swam right below you; but it soon became something to look forward to rather than to be frightened of.

I will always treasure the mornings we would start our swims in Harrington Sound before sunrise. Because the sound is fed by an inlet from the ocean, it is usually calm and more protected than the open water. It was a little intimidating swimming by the moonlight and not clearly seeing what all the shapes were below you, but the fact you had three or four of your buddies swimming next to you raised the comfort level. As the sun rose the schools of smaller fish would start swimming and jumping along side of you shimmering in the sunlight.

During the 16 years of being in the open water an average of three times a week, there were only two things that were very annoying. First is the Remora or commonly known as the "Shark Sucker" These host fish have a sucking disc on the top of their head. They attach themselves to sharks, sea turtles and, once in awhile, some poor swimmer just out trying to get a little exercise. They will not hurt you but having

anything try to attach itself to you in the open water can be a frightful experience.

My first encounter with a Remora was when I was swimming alone in the early morning. I did not know anything about my new little friend; so when it started to bump on to my chest I can not even explain what was going through my mind. After many thumps I eventually had to get on my side and tread water about a half mile to the beach from where I started. I used the other hand to keep him from getting on me. He swam a couple of feet below me the entire trip just staring and waiting for a clear shot. When I finally made it to shore I felt as though I had just run a marathon!!

A good lesson to be learned is "do not swim by yourself, especially when there are cliffs along the shore that prevent you from a quick escape" The other few times I encountered a Remora occurred when I was swimming with company. This was after I had learned about the fish and its habits. It actually became humorous because if one started to thump you, the quickest way to get rid of him was to move over close to one of the other swimmers. You get the picture.

The second annoying creature is the Man-O-War. Actually they are more than just annoying because they can hurt you bad! Man-O-Wars have a gas filled body that is a translucent blue, and they float on the surface. Underneath their body is a cluster of polyps or tentacles that can reach to 150 feet in length. If you swim regularly in open water during the warmer months, you watch the weather forecast like a hawk. If anyone asked me in Bermuda what the weather was going to be like the next day, I could not only tell them the air and sea surface temperature but also the wind direction and speed! During the warmer months it is important to know the wind direction as this would dictate on which side of the island you would swim to stay away from the Man-O-Wars.

Although I prided myself on being one of the most careful swimmers in regards to these creatures, my day finally came. I checked my usual swimming cove, and there was one Man-O-War washed up on the beach. That was enough for me because if you see one, there are usually others. I drove to another smaller cove at a hotel where the water was very easy to survey. All clear, until my third lap. The sensation is much like touching a 110 voltage outlet if you have ever been dumb enough to do that. Obviously I have, which is why I am not an electrician.

The worst part is that the sting is continuous and can last for hours. I jumped up (because I was only in 4 feet of water) and ran down the beach towards the hotel dive shop where luckily they were just opening. It was then I noticed the bub-

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ble drop off and I had tentacles hanging from both my arm pits and across my chin. I yelled "Get the vinegar and water solution out of my swim bag!" That was the only part that felt good because I had carried this solution around for 6 years and finally had a chance to use it. The other alternative was to have someone urinate on me. Way too early in the morning for that! Either the urine or the vinegar supposedly takes away some of the sting but I didn't notice. After they peeled the tentacles off my body being very careful not to touch them, I sat in the dive shop in a cool place just shaking. I thought I would be OK but then my chest felt a little tight. I was not going to let a Man-O-War take me out so I went to the hospital. They actually shaved me to get every last tentacle removed and then used warm towels. That did relieve the pain, and all I was left with were red scars that looked like whip marks. They lasted about three months. I bet you won't mess around with a Man-O-War after reading this!

Now that I have totally put you off from swimming in the open water, I want to encourage you to come to Bermuda in October and swim the "Round the Sound" open water swim. Man-O-Wars are non-existent in October as the water temperature is cooler, and the Remora fish would never approach you with so many swimmers in the water. Also keep

in mind I was only stung once in 16 years!

In 1989 a small group of swimmers who included yours truly swam on a regular basis in different sections of Harrington Sound. We would usually just pick the calmest area and swim 1-3 miles. One of my good friends thought it would be a great idea to swim around the entire sound one morning, a distance of approximately 10k. Since we were crazy back then we did the swim and even survived. That was the beginning of organizing the Bermuda Open Water Swimmers and a yearly "Round the Sound" swim that will be entering its 15th consecutive year. Here are a few facts about the swim.

- Five courses, distances 800M, 2K, 4K, 7.25K, 10K
- There are five age categories and the typical swimmers ages range from 6 to 70+
- Entry fees are \$25 for a single entry or \$65 for three or more family members (same immediate family).
- Date for the 2005 event is expected to be either the 2<sup>nd</sup>, 9<sup>th</sup> or 16<sup>th</sup> of October 2005 – to be determined no later than April 1<sup>st</sup>.
- Website is [www.roundthesound.bm](http://www.roundthesound.bm)
- We will look to secure accommodations for international swimmers and will post the information sometime in April.

## PERFORMANCE APTITUDES AND ATTITUDES

### From Fitness Swimming to Competition

By Suzanne Rague

Are you a Masters swimmer who does not swim Masters competitions? Do you love to swim but conventional swim meets don't excite you? Then, you are known as a "fitness swimmer," and you make up an estimated 50-60% of all Masters members.

A great thing about being an adult swimmer is that you are able to define your own goals, and those are more likely to be fitness, stress reduction, and camaraderie than being a competitive shark. But being a fitness swimmer doesn't mean that you wouldn't benefit from having goals to work toward, participating in an occasional event with friends, and going out afterwards for pizza or burgers.

There is a way for fitness swimmers to get more out of swimming and the Masters program without betraying their fitness identity. For the answer, we need to look at running, where fitness runners routinely enter 5-mile, 10-K, and mini- and full-marathon events. These are events that are looked forward to, entered with friends, and part of many recreational runners' fitness programs.

Recreational runners generally do not participate in the 100 meter dash or 110 meter hurdles at track meets. Those events are too dissimilar to their everyday running. But in swimming, novice competitors are steered to the 50 free or other short events. An all-out sprint where the racing dive and full-speed turn consume 25% of the race? No wonder experienced lap swimmers feel like a fish out of water at their first meet!

It is time for some original thinking. What do you like to swim? What do your workouts prepare you for? How are you comfortable moving in the water? For most of us, this would be a longer freestyle event -- maybe a 500, 1000, or 1650 yard freestyle -- or even a one mile open-water swim. These are actually among the most popular events in Masters, and they are so popular because they are actually so much fun to swim. There are some practical guidelines for picking and swimming an event to ensure a good experience:

Choose a distance with which you will be comfortable.  
What distance can you see yourself swimming continuously,

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pushing the pace a bit but still being confident -- 500 yards or a mile?

It is common to start in the water in longer freestyle events. This eliminates the dive from the starting block, and you can wear goggles without worrying that they will come off during the dive. (Be sure to check with the starter before you get in the water.)

You can practice "pace swimming" for a longer event. Developing a sense of pace will give you a lot of confidence, for your body will know the feel of the speed it should go in the event. For example, if you enter the 500 freestyle, practice doing five swims of 100 yards each, keeping a constant pace with 15-30 seconds of rest between each swim. If you can comfortably hold a 1:45 pace for 100 yards, aim to do 5 x 100 yard swims, completing each one in 1:45, starting each one every 2 minutes or 2 minute and 15 seconds.

Avoid the major distance disaster -- going out too fast at the start and having the "piano land on your back" later in the event. Doing pace work in training helps avoid this. Another good idea is to use the first 100 yards of the event as a warm-up. Stretch out, settle in, and then pick up the pace later if you wish.

The bottom line is, not everyone at a swim meet is there for the same reason. As a fitness swimmer, there are Masters events that fit with how you swim, and can make your total swimming experience more enjoyable. There may be Masters open-water events in your area, and these are tailor made for fitness swimmers. If not, look for a 500, 1000, or 1650 yard pool event. Either way, talk other swimming friends into going along, and take the plunge!

**This article was written by Suzanne Rague in the January 2005 Oregon Aqua Master and is reprinted with her permission. Suzanne is a long time Oregon Masters Swimmer. She served for a number of years on the USMS Board of Director.**



**Counting down to the  
2006 FINA Masters World Championships !  
By Michael Moore**

Yes, it is true I have had a bit of 'writers block' -- but nothing like having a World Championships in one's own backyard to get one interested in writing about swimming again. So, I will be writing a more or less monthly article on ways to prepare -- both mentally as well as physically for swimming at the World Championships at Stanford in 2006.

First of all, one has to decide if they even want to or can swim in said event. If you have already swam in one previously -- you know they are quite the experience: expect some 6,000 plus Masters swimmers across all age groups, and from many different Nations and all 'speeds' to congregate over the period of some 6 to 8 days at the same pool. So, if one has decided to swim; you first have to ask yourself: Am I doing it for the unique experience that a Masters World Championships can give me just by being there, or do I want to commit myself to performing at my best level in the hopes of placing high in the competition within my age group? Either decision is a viable one when all is said and done.

If you are going for 'the unique experience' -- you will get it -- as an example, at one World Championships that I was at -- I was "amused" at seeing swimmers from other countries step outside between races for a "quick smoke" !! Not quite what I was used to.

Just being there and partaking of the pageantry and rubbing shoulders with swimmers from a multitude of backgrounds is something one should not miss; especially as it is in our own backyard! If you can make the time standards -- and yes, there are 'time standards' for each and every event -- plan on attending, it will be worth it.

If you are going with the mind-set of trying to place as high as possible in your age group; you should do a little 'background research' first. Some things to consider, and there are more than I will list for sure, are:

- 1) What events would I probably place highest in? And these may not necessarily be your best or favorite events -- so you will need to look at past World Championships results;
- 2) Who will be my competition (and their 'times') -- and who is 'aging up' into my age group in 2006;
- 3) When the Event Schedule is published you will need to look at that as it will make more sense to probably swim only one event per day, or at least be able to 'clump' two events close together on a respective day -- so, get 'creative' as far as event selection !! Remember -- the 'days' will be long with some 6,000 plus swimmers entered.

So, set your sights on Stanford in 2006 and let the process begin !!

**Michael Moore of the Pacific Masters is leading the USMS effort to host the 2006 FINA Masters World Championships**

## USMS 2004 TOP TEN FOR SHORT COURSE METERS

Congratulations to the 13 women and 18 men from the North Carolina LMSC, who achieved a Top Ten ranking for the 2004 SCM season. This is a reflection of our commitment to our sport and of the NC Masters' strength at a national level. Special recognition for All-Americans Sally Newell, Jerry Clark, Fritz Lehman, and Henry Stewart who placed first in the nation for their age group in one or more events.

For more information on USMS Top Ten, visit the USMS web site at [www.usms.org/comp/tt](http://www.usms.org/comp/tt). Each person on this list is eligible to purchase a Top Ten patch with stroke segment. One stroke or relay segment comes with each patch, and a patch with a relay segment costs \$5.00. Additional stroke or relay segments cost \$1.25 each. Make checks payable to Lake Erie LMSC, and send your information and the check to: [Tom Gorman](mailto:Tom Gorman), P.O. Box 43824, Richmond Heights, OH 44143.

If your name or an event is missing from this list, please contact Henry Stewart at (919) 417-0512, or email to [hstewart@hcwbenefits.com](mailto:hstewart@hcwbenefits.com).

Age Group	Name	Place / Event / Time
M18-24	Matt Greenan	3rd / 50 Back / 29.57
M25-29	Michael Ferris	9th / 400 IM / 5:32.28
M30-34	Juan C Ortiz	9th / 50 Fly / 27.55
M40-44	Henry Stewart	<b>1st / 100 Fly / 59.77</b> ; 2nd / 200 Free / 2:02.27; 2nd / 50 Fly / 27.17;; 6th / 100 Free / 54.97; 8th / 50 Free / 25.18
	Jon Blank	3rd / 200 Breast / 2:40.39; 5th / 100 Breast / 1:12.04; 7th / 50 Breast / 33.02
M45-49	Fritz Lehman	<b>1st / 50 Back / 28.83</b> ; 2nd / 100 IM / 1:03.58; 3rd / 50 Free / 25.57; 9th / 50 Fly / 28.40
	Jonathan Klein	4th / 50 Back / 31.18; 6th / 100 Back / 1:08.25; 7th / 200 Back / 2:31.67; 7th / 100 Fly / 1:04.78
	Todd Dimsdale	2nd / 100 Breast / 1:11.65; 6th / 50 Breast / 33.17; 8th / 200 Breast / 2:43.55
M50-54	Bob Schmitz	7th / 100 Breast / 1:18.32
	Don Gilchrist	6th / 100 Breast / 1:18.02; 9th / 100 IM / 1:09.39
M60-64	Richard Kitchell	2nd / 200 Fly / 2:47.61
M65-69	Jerry Clark	<b>1st / 400 Free / 5:30.98</b> ; 2nd / 100 Free / 1:06.79; 2nd / 200 Free / 2:35.54; 3rd / 50 Free / 30.06; 8th / 50 Breast / 42.68
M70-74	Clarke Mitchell	8th / 100 Back / 1:31.47
	John J Huson	7th / 200 Fly / 4:53.28; 9th / 100 Fly / 1:58.22
	John Kortheuer	3rd / 100 IM / 1:24.89; 5th / 50 Free / 32.83
M75-79	Dick Webber	3rd / 50 Free / 34.34; 3rd / 50 Fly / 41.66; 5th / 100 IM / 1:40.47
M80-84	Robert Perry	9th / 100 Free / 2:05.23; 9th / 400 Free / 10:05.43
M85-89	Fred Holdrege	2nd / 100 Back / 2:22.22; 2nd / 200 Back / 5:10.44; 4th / 50 Back / 1:01.39; 5th / 200 Free / 5:10.44
W25-29	Cynthia Nagle	6th / 100 Breast / 1:24.97; 8th / 200 Breast / 3:05.47; 10th / 50 Breast / 39.90
W30-34	Erika Braun	2nd / 100 Free / 1:01.40; 2nd / 100 IM / 1:11.56; 3rd / 50 Free / 27.94; 4th / 50 Fly / 30.87
	Jennifer Riley	8th / 100 Breast / 1:27.26
	Staci Inscore	4th / 100 Fly / 1:12.16;
W35-39	Heidi Williams	7th / 200 Free / 2:20.96; 7th / 200 Back / 2:44.96; 8th / 400 Free / 4:53.14; 8th / 400 IM / 5:58.82
	Pamela Lindross	6th / 200 Breast / 3:11.82; 10th / 400 IM / 6:03.25
W45-49	Robin Batchelor	6th / 400 Free / 5:28.28; 6th / 200 Fly / 2:57.52; 6th / 400 IM / 6:06.47; 7th / 1500 Free / 20:31.10; 8th / 200 Back / 2:53.85; 8th / 100 Fly / 1:24.47
W50-54	Debbie Wilson	4th / 1500 Free / 21:14.78
W50-54	Pat Sargeant	4th / 200 IM / 2:58.35; 7th / 50 Free / 31.33; 7th / 400 Free / 5:34.55; 7th / 50 Fly / 35.76; 7th / 100 IM / 1:22.65
W55-59	Jeannie Mitchell	2nd / 50 Back / 40.20; 5th / 100 Back / 1:29.72; 7th / 200 Back / 3:22.46; 7th / 200 Fly / 3:54.70; 7th / 200 IM / 3:26.42; 8th / 400 IM / 7:25.34; 10th / 100 IM / 1:33.93
W65-69	Alice Jones	9th / 50 Breast / 54.67; 10th / 100 Breast / 2:02.79
	Sally Newell	<b>1st / 100 IM / 1:39.94</b> ; 2nd / 50 Back / 47.87; 2nd / 100 Back / 1:40.86; 2nd / 200 Back / 3:36.75; 2nd / 50 Breast / 46.79; 2nd / 200 Breast / 3:50.95; 3rd / 50 Free / 38.79; 3rd / 100 Breast / 1:44.72; 3rd / 200 IM / 3:45.59; 5th / 50 Fly / 50.98
W70-74	Suzanne Robbins-Bonitz	3rd / 50 Back / 51.47; 4th / 100 Back / 1:58.27; 5th / 50 Breast / 1:02.40

## UPCOMING LOCAL 2005 MASTERS SWIMMING EVENTS

DATE	EVENT	LOCATION	POINT OF CONTACT
4/9/2005- 4/10/2005 4/9/2005	South Carolina SC Championships  Albatross Open SCM;	Hilton Head, SC  North Bethesda, MD	Steve Wright, 843-681-7273, 843-681-3754 (fax), Eric Kemeny, 843-681-7273; David Harmon, 301-972-1417, <a href="mailto:david.c.harmon@verizon.net">david.c.harmon@verizon.net</a> ; <a href="http://www.ancientmariners.org/bull.htm">www.ancientmariners.org/bull.htm</a>
4/23/2005- 4/24/2005 4/30/2005- 5/1/2005 5/29/2005	North Carolina SCY Championships  Savannah Masters Invitational.  Jim McDonnell 1 & 2 Mi Lake Swims OW	Raleigh, NC.  Savannah GA  Lake Audubon, Reston, VA	Julie Rashid, 1300-206 Durlain Drive, Raleigh, North Carolina 27614-6427.   John Yennie, 703-845-SWIM, <a href="mailto:johnyennie@adelphia.net">johnyennie@adelphia.net</a>
6/4/2005	Classic City LCM Masters Invitational.	Athens, GA	
6/12/2005	The Great Chesapeake Bay 4.4 Mile Swim & 1 Mile Challenge	Baltimore, MD	Lin-Mark Computer Sports, 7 Westwood Dr, Mantua, NJ 08051, 856-468-0010
6/18/2005 - 6/19/2005 6/19/2005	Golden Isles Long Course Meet.  The Terrapin Masters' Terrapin Cup - LCM; Michael Lee, 310-474-1178,	Brunswick, GA.  College Park, MD	  <a href="mailto:Korthain@yahoo.com">Korthain@yahoo.com</a> ; <a href="http://www.crosslink.net/~cherylw/Terrapin_Cup_2005.doc">www.crosslink.net/~cherylw/Terrapin_Cup_2005.doc</a>
7/10/2005	Terrapin Masters 800/15000 Meter Meet LCM	College Park, MD	Dave Diehl, 12511 Littleton St, Silver Spring, MD 20906-4253, 301-946-0649 (h), 301-314-5372(w)
7/22/2005 - 7/31/2005	World Masters Games - LCM	Edmonton, Alberta, Canada	

### 2005 CHAMPIONSHIPS

DATE	EVENT	LOCATION	POINT OF CONTACT
4/21/2005- 4/24/2005 5/15/2005- 9/30/2005 5/19/2005- 5/22/2005 6/3/2005 - 6/18/2005 7/16/2005	YMCA Masters Nationals.  2005 USMS 5 & 10K Postal Championships 2005 USMS Short Course Nationals  National Senior Games  2005 USMS 2-Mile Cable Championships	Indianapolis IN  Ft. Lauderdale, FL  Pittsburgh, PA.  Mirror Lake, Lake Placid, NY	Christine Swanson, 2536 Maryland Ave, Tampa, FL 33629, 813-254-4514 Stu Marvin, 501 Seabreeze Blvd., Ft Lauderdale, FL 33316, 954-828-4580     Ann Svenson, PO Box 425, Greenfield Center, NY 12833, 518-893-1967
<b>7/16/2005- 7/17/2005</b>	<b>Dixie Zone LCM Championships</b>	<b>Mecklenburg County Aquatic Center, Chlt, NC</b>	<b>Jerry Clark, <a href="mailto:jerryclark@bellsouth.net">jerryclark@bellsouth.net</a></b>
7/22/2005- 7/31/2005 7/29/2005	World SCM Masters Games  2005 USMS 1-Mile Open Water National Championships	Edmonton, Alberta, Canada  Elk Lake, Bend, OR	<a href="http://www.2005worldmasters.com">www.2005worldmasters.com</a>  Bob Bruce, 61200 Parrell Rd., Bend, OR 97702, 541-317-4851
8/7/2005	2005 USMS 5-Mi Open Water National Championships	La Jolla Bay, San Diego, CA	David Lamott, 2425 Palermo Dr, San Diego, CA 92106, 619-222-3436
8/10/2005- 8/14/2005	2005 USMS Long Course National Championships	Mission Viejo, CA	Mark Moore, 949-233-6521
9/1/2005- 10/31/2005 9/10/2005	2005 USMS 3000/6000 Yard Postal Championships  2005 USMS 2.5K Open Water National Championships	  Lake Michigan, Chicago, IL	Riley Stevens, 200 Indian Trail, Anderson, SC 29625, 864-287-0956 Peggy Dempsey, 5476 N. New England, Chicago, IL 60656, 773-775-5687
10/25/2005	2005 USMS 10K National Open Water Championships	Gulf of Mexico, Ft. Meyers, FL	Bill Nunez, 7510 Briarcliff Rd., Ft. Meyers, FL 33912, 239-427-1472

# North Carolina Short Course Yards Championship

April 23–24, 2005



- Sponsor:** Raleigh Area Masters
- Sanction by:** LMSC for NC, for USMS, Inc. Sanction No. 135-03
- Meet:** Julie Rashid – [meetdirector05@yahoo.com](mailto:meetdirector05@yahoo.com)
- Organizers:** Sue Haugh, Fritz Lehman
- Meet Referee:** Pending
- Facility:** Pullen Aquatic Center, 410 Ashe Avenue, Raleigh, NC. The pool is 50 meters by 25 yards with a bulkhead dividing the competition area into an 8 lane x 25 yard competition pool and 10 lane x 25 yard warm up pool. Non-turbulent lane lines and an electronic timing system will be used. Competition pool is 16 feet deep. The pool will be measured for compliance with new USMS rules on records. Results will be submitted for top ten immediately following the meet.
- Rules:** Swimmers must be registered with U.S. Masters Swimming (USMS). A photocopy of your current 2005 registration card must accompany your entry. One Event Registration will be available at the meet for \$16.00. The 2005 USMS rules shall prevail. Each swimmer will be limited to five events per day plus relays. Swimmers may enter either the 1650 or the 1000 Free, not both. **The 1650, 1000, and 500 freestyle races will be deck seeded. Even though you enter these events in advance, you must declare your intention to swim them at the meet. Check in for these events as soon as you arrive at the pool.**
- Fees:** Entry fees are \$3.50 for each individual event and a \$10.00 surcharge is added for automatic timing and pool rental. Relay fees are \$4.00 and will be paid at the meet. **Individual event fees must accompany entries and are non-refundable.** Make checks payable to **Raleigh Area Masters**. Send entries to: Julie Rashid, 1300-206 Durlain Drive, Raleigh, North Carolina 27614-6427.
- Deadline:** Entry deadline to avoid late fees is April 16, 2005.
- Awards:** Awards will be given for 1st - 8th place in each age group in each event.
- Scoring:** Scoring will be 9-7-6-5-4-3-2-1 for individual events and 18-14-12-10-8-6-4-2 for relays.

**Event Times:**

	Event	Warm Up	Final Check In	Events Start	Final Deck Entries
Sat	1-4	8 am	8:15 am	8:30 am	8:10 am
	5-24	11:30 am		12:30 pm	12 pm
Sun	25-44	8 am		9 am	8:45 am
	45-46	--	10:30 am	--	10:30 am

**Social:** There will be a social at 6pm Saturday evening at Bogarts American Grill. This is going to be a very nice social! We've rented a private room. Cost is \$20 per person. We'll publish the menu when finalized. No reservations taken after 1pm Saturday.

**Meeting:** There is an LMSC meeting Saturday after the last event.

**Directions:** Map to pool may be displayed at <http://www.ncmasters.org/forms/13503.pdf>

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<b>Chairman</b> Fritz Lehman, RAM 439 Pebble Creek Dr. Cary, NC 27511 (919) 481-9767 NCchairman@usms.org	<b>Vice-Chairman</b> Margie Springer, RAM 1205 Marlowe Road Raleigh, N.C. 27609 (919) 571-1414 <a href="mailto:mjsswims@aol.com">mjsswims@aol.com</a>	<b>Past Chairman</b> Jerry Clark, CSM 3107 Cloverfield Rd. Charlotte, NC 28211 jerryclark@bellsouth.net	<b>Secretary</b> Julie Rashid 1300-206 Durlain Drive Raleigh NC 27614 (919) 841-1495 Secretary@ncmasters.org	<b>Treasurer</b> Jerry Clark, CSM 3107 Cloverfield Rd. Charlotte, NC 28211 (704) 374-1807 treasurer@ncmasters.org
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<b>Registrar / Webmaster</b> George Simon, RAM 10229 Boxelder Drive Raleigh, NC 27613 (919) 846-2423 NCRegistrar@usms.org	<b>Top Ten Chairperson</b> Henry Stewart * 5404 Killarney Hope Dr. Raleigh, NC 27613-1029 (919) 881-9916 hstewart@hcwbenefits.com	<b>Newsletter Editor</b> Jim Enyart, SAC 2840 Marsh Point Rd Southport, NC 28461 (910) 253-3333 NCeditor@usms.org	<b>Records</b> Daniel Schad 3309 Redbud Lane Raleigh, NC 27607-6830 (919) 395-8822 dschad@seielect.com
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# Entry Form

Name _____	<input type="checkbox"/> Male	<input type="checkbox"/> Female	USMS# _____
Birth Date ___/___/___ Age ___ Club _____	Phone (____) _____ - _____	Email Address _____	

Circle event number and enter time in the space provided. Enter NT for No Time.

W	M	SATURDAY, April 23, 2005	Time	W	M	SUNDAY, April 24, 2005	Time
		Warm-up 8:00 a.m. Start 8:30 a.m.				Warm-up 8:00 a.m. Start 9:00 a.m.	
1	2	1650 Freestyle		25	26	100 I.M.	
3	4	1000 Freestyle		27	28	50 Butterfly	
		Start No Earlier than 12:30 p.m.		29	30	200 FREE RELAY	
5	6	50 Freestyle		31	32	100 Backstroke	
7	8	MIXED 200 FREE RELAY		33	34	50 Breaststroke	
9	10	100 Breaststroke		35	36	800 FREE RELAY	
11	12	200 Backstroke				20 Minute Break	
13	14	200 IM		37	38	200 Breaststroke	
		10 Minute Break		39	40	100 Freestyle	
15	16	200 MEDLEY RELAY		41	42	200 Butterfly	
17	18	100 Butterfly		43	44	MIXED 200 MDLY RELAY	
19	20	200 Freestyle		45	46	500 Freestyle	
21	22	50 Backstroke					
23	24	400 I.M.					

**For Official Use Only**

Checks to: <b>Raleigh Area Masters</b>	No. of events ___ x \$3.50 = \$ _____	
	Meet Surcharge = \$ _____	Amt. Recvd. _____
Mail to: <b>Julie Rashid</b>	T-shirt \$10. = \$ _____	
<b>1300-206 Durlain Dr.</b>	Social (Sat. night) \$20. ea. = \$ _____	
<b>Raleigh, NC 27614-6427</b>	Total = \$ _____	Date _____

**USMS WAIVER**

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

**CITY OF RALEIGH WAIVER**

IN CONSIDERATION OF THE ACCEPTANCE OF THE **Raleigh Masters Masters** SWIM MEET SPONSORED BY **Raleigh Area Masters**, TO BE HELD **April 23 - 24, 2005** AT THE **Pullen Aquatic Center** POOL OF THE CITY OF RALEIGH, I HEREBY, MY HEIRS, EXECUTORS, ADMINISTRATORS AND ASSIGNS, RELEASE AND DISCHARGE THE CITY OF RALEIGH, PARKS AND RECREATION DEPARTMENT, THE PROMOTERS, MANAGERS, EMPLOYEES, AND OPERATORS OF THE **Pullen Aquatic Center** POOL FROM ANY INJURY OR LOSS WHICH MIGHT OCCUR DURING MY PARTICIPATION AND TRAVEL TO AND FROM THE SAID EVENT. I SPECIFICALLY RELEASE AND DISCHARGE THE SAID PROMOTERS AND SPONSORS AND THE CITY OF RALEIGH WHOSE FACILITIES ARE BEING USED FOR THIS EVENT, ETC., FROM ALL INJURIES OR DAMAGES ARISING FROM OR CONTRIBUTED TO BY ANY PHYSICAL IMPAIRMENTS OR DEFICIT I MAY HAVE, WHETHER LATENT OR PATENT, AND AGREE THAT THEY ARE UNDER NO OBLIGATION TO PROVIDE PHYSICAL EXAMINATION OR OTHER EVIDENCE OF MY FITNESS TO PARTICIPATE IN SUCH EVENTS, THE SAME BEING MY SOLE RESPONSIBILITY.

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Street Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Signature on form is **REQUIRED!**  
 Late or incomplete entries or entries postmarked after date due **MAY BE REJECTED!**  
 Swimmers may be asked to show their USMS card at the meet.  
 Swimmers are required to send a photo-copy of their current USMS card with their entry.