



# Across The Lanes



## USMS CONVENTION ISSUE



United States Masters Swimming hosts a convention and meetings of the House of Delegates in the fall of each year. During the convention, the yearly budgets are approved, elections of officers may take place, organizational rules and bylaws may be amended, and the general direction of the organization is set for the coming year. The USMS Convention is held as part of the annual US Aquatic Sports convention, together with USA Swimming, USA Diving, USA Synchronized Swimming, and USA Water Polo.

This year the convention was in San Diego, CA during the period September 7-14, 2003. Attending from North Carolina were Hill Carrow (USMS liaison to the US Olympic Committee), Jerry Clark (Vice Chair of the Championship Committee), and George Simon. (Vice Chair of the Registration Committee).

The below extractions from the USMS Convention Minutes represent just a few of the very important actions and decisions the committees and delegates carried out to advance Masters Swimming. You are encouraged to access the US Masters website, [www.usms.org/administration](http://www.usms.org/administration), to gain a full appreciation of significant work the leadership and delegates accomplished on our behalf. Besides, according to my smarter half, what is interesting to me is never interesting to the rest of the world.

### **Election Results:**

The offices of President, Vice President, Secretary, and Treasurer were open for election at this convention. All sitting officers were re-elected to these positions: Jim Miller (President), Scott Rabalais (Vice President), Sally Dillon (Secretary), Doug Church (Treasurer).

### **Board of Directors Meeting:**

Welcome: President Jim Miller gave a welcoming address and thanked the BOD for all their hard work since last convention. Members of the Executive Committee (EC) addressed the Board individually. The committee chairs were reminded of their responsibilities regarding preparation of meeting minutes and reimbursement procedures.

Convention Overview: Jim briefly reviewed the Core Objectives that were passed by the BOD earlier this year. The

objectives are to Service, Educate, and Build the membership. Jim mentioned the number of instances where task forces have been formed and we've found them to be very successful. An EC liaison will open each meeting with a brief explanation of the core objectives and then turn the meeting over to the committee chairs to discuss issues that they have prepared on their own.

International Events: A FAQ was distributed to the BOD and will also be distributed to the House of Delegates (HOD) on Thursday. The FAQ has been prepared to explain the procedures that have taken place since last year's approval to move forward with the bid for a Fina Masters World Championship in 2006.

Jim also noted that the Amateur Swimming Union of the Americas (ASUA) wants to support Masters by producing a Masters Pan American Games. Within the past three weeks a Masters subcommittee has been selected including a chair and vice chair. The currently proposed site would be Santo Domingo in 2005 and the one including Masters would be in Brazil in 2007. ASUA has asked Jim to appoint two members to their board.

Part IV of the USMS Rule Book: Rob Copeland, Chair of Legislation Committee, reviewed the proposal that is in our convention packets. The revision is on the Athletes Rights section and efforts have been made to make it more linear – easier to follow. They have made changes to the ways we look at our athletes and grievance procedures. The Legislation Committee plans to produce model bylaws to help LMSCs as needed.

Over budget item: Treasurer Doug Church reported on the over budget item this spring that the BOD approved for the expenditure of funding for commercials for ESPN coverage of the World Swimming Championships. The second over budget item on the agenda was the application fee for the FINA Worlds bid. If we make a bid, we need to have approval for this expense in 2003 since the bid is due to FINA by December 31, 2003. If the bid is not accepted by FINA, the entire deposit is refundable. It was noted that since the National Governing Bodies (NGB) for diving,

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water polo, and synchro are under the “umbrellas” of their youth programs. The funds that USMS expends should be reimbursed to USMS when the event monies come in. It was MS to approve the over budget request of \$25,000 should the HOD approve our going forward with the bid for the 2006 World Championships.

### **Championship Committee Meeting:**

The Championship Committee voted to

- eliminate the telephone requirement for National Championships.
- reduce the Nationals information pages by taking out some information not essential for entering the meet and including it instead in either a promotional article produced by SWIM magazine or in the meet packet.
- approve the request from Mel Goldstein to not have shuttle service provided at Indianapolis in 2004.
- seed men and women together in the 800/1000 & 1500/1650 distance events at National Championship meets.
- not to host a LC National meet in 2006, contingent upon FINA awarding the bid to USMS for the 2006 World Championships.
- eliminate the requirement for meet hosts to provide free shuttle service at National Championship meets.
- accept both Mission Viejo and Orlando as certifiable Long Course bids for 2005. The committee voted unanimously to recommend Mission Viejo to the House of Delegates.
- recommend suspending the applicable rules for the 2005 USMS Short Course Nationals. After certification and review of bids, the Championship Committee shall recommend a meet site to host the 2005 SC Nationals to the Board of Directors. The bid shall be approved by majority vote of the Board of Directors.
- set a new deadline of October 31, 2003 for receiving any additional bids for the 2005 USMS Short Course Nationals.
- submit revenue items of \$43,260 and expense items of \$240 and \$43,260 to set up a merchant account that can be used for on-line entry processing for national meets.

### **Finance Committee Meeting:**

The Committee voted to change both club and LMSC registration from \$20 to \$30.

### **International Committee Meeting:**

The International Committee will support representation to the Masters Committee of the AUSA.

The International Committee will recommend to the House of Delegates that USMS undertakes and support the bid to

host the 11th FINA Masters World Championships 2006.

### **Marketing Committee Meeting:**

The Committee identified and discussed 2004 Projects and activities. They plan to:

- retain the services of the Public relations counsel for the 2004 calendar year.
- coordinate with the communications committee and webmaster to increase the marketing effectiveness of the website.
- reinstitute the Planner by printing and distributing (by request) as many as possible for the budget allowance of \$5000.
- liaison with Planning Committee to understand needs, their progress and steward the development and production of materials.
- emphasize this service and educational aspect of our endeavors with frequent periodic e-mail broadcasts of information LMSC's and clubs can use to increase their marketing effectiveness. Melissa Rinker to head this effort.
- make available to clubs and LMSC's the advertisement that was created for the World Championships.

### **Planning Committee Meeting:**

The Planning Committee will develop a process to review the structure of USMS. This process will be patterned after VVMOST (Value, Vision, Mission, Objectives, Strategies, Tactics) as used by ASCA and USA Swimming. When the process is developed, a Task Force will be formed that could include members from other committees as deemed necessary.

### **Records Committee Meeting:**

The Committee discussed:

- Rules proposal for recognition of foreign meets – there are several meets that are recognized by the USMS Executive Committee after the meet is held. Procedure for international meets should be added to the LMSC handbook.
- Software for top-ten recorders – software does not exist to allow top ten recorders to take meet results (Hy-Tek, Word document, or text file) and create a file, which may be submitted for top ten.
- Results of USMS ID survey – the consensus was that inclusion of ID numbers is critical and while it may require additional effort on the part of the top ten tabulators, it was something that could be accomplished, particularly if the meet directors use meet management software and load this information accurately for all meets. In 2003, 2/3 of the top ten submissions provided

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ID numbers.

- Using swimmers registration numbers for top ten
- Top-ten list on the USMS web site – Jim Matysek reviewed a proposal for automating top ten processing via an on-line tool available to top ten tabulators. It was agreed to run the on-line meet results database in parallel with the existing top ten procedures to compare the output of both processes.

### **Registration Committee Meeting:**

The Committee discussions:

- Because LMSC registrars have access to personal data, the committee discussed how much information should be disseminated to various individuals. Registrars are encouraged to look at Pacific LMSC's site to see how it is set up. The National Office also has a policy to protect USMS member data.
- The current membership is at 96% of last year's total membership number. The USMS Registrar projects us to end 2003 at about where we were last year. The Registrar commented that we need to keep in mind that we did not lose members, despite a large dues increase this year combined with a weak U. S. economy.
- The Chair asked the Registrar what the LMSC Registrars can do to make her job easier. She indicated that the most significant thing would be timely transmittals to USMS. Transmittals can be made more frequently when necessary, such as when a championship meet is coming up soon. Pacific transmits weekly.
- The Database Task Force is working toward the goal of one integrated database. One possible use of this database in the future could be for online registration. Each USMS member's registration fee consists of money that goes to the national office, the LMSC, and sometimes the club. The committee then discussed the implications to LMSCs of having an online banking system—for credit cards or electronic bank transfers as means to pay the membership.

### **Sports Medicine Committee Meeting:**

The Committee's topics included:

- Review of the website. The Sports Medicine website is still not up on the USMS website, although the content, including a link to USA Swimming's Nutrition Tracker, and structure has been identified.
- A motion was made that the Sports Medicine Committee will undertake a study of Masters Athletes and Aging as proposed by Dr. Joel Stager. This will include studying Masters athletes at Nationals and elsewhere, pending approval of the testing by the Sports Medicine Committee.
- Jim Miller presented a proposal for a Sports Medicine

sponsored conference, in association with the World Championships, on the Aging Athlete.

- Discussion was held regarding the possibility of developing a questionnaire for *SWIM* along the lines of the one that appeared in *RUNNER'S WORLD* magazine which asked about activity levels and general health of the athletes.
- The relationship with *SWIM* magazine has been a good one this year. All health-related articles have been reviewed by the Sports Medicine Committee.

### **11th FINA Masters World Championships 2006 - Open Forum**

Jim Miller, MD, USMS President introduced the presenters: Phil Whitten, USMS International Committee Chair, Dale Neuburger, USAS President and FINA Vice Chair, Michael Moore, Pacific LMSC Chairman, Tom Boak, USMS Finance Chair and Mel Goldstein, Meet director for the 1992 FINA Masters World Championships.

Phil Whitten began by stating that at the recent International Committee meeting, the members of this committee voted 15 – 1 in favor of USMS moving forward with submitting a bid for this event. He feels confident that this event will be successful for both USMS and the Pacific LMSC. This is an opportunity for us to showcase our sport, specifically Masters, through the various media, which will generate an increase in numbers all across the country. Stanford is an excellent facility with a tremendous volunteer base.

Jim Miller gave us some history on the subject, which began in New Zealand when he was told FINA would favorably view a bid for the XI Masters World Championships. He reviewed the timelines and pointed out the highlights that are listed in the 11<sup>th</sup> FINA Masters World Championships FAQ document that was handed out. At this time, he is not aware of any other organizations bidding for this meet. If this event is voted in favor, a bid will be developed and submitted along with a \$25,000 deposit, by December 31<sup>st</sup>, 2003. If the bid is not accepted, USMS will receive the deposit back. This opportunity was presented to the International Committee and the House of Delegates last year. A task force was created which included representatives from US Diving, US Synchro, and US Water Polo. The task force considered several venues. Stanford was presented as the venue to FINA when Jim was in Barcelona. If voted forward, a bid will be submitted by Dec 31 and a \$25,000 FINA fee is due.

If FINA does not accept the bid, the \$25,000 is refunded. If there are no other bidders, our bid will be accepted by mid-

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January. If there are other bidders they will be discussed at the First FINA Bureau meeting in March 2004 in Italy, and awarded in Greece during the Olympic Games. If the House of Delegates not accept this, the US will not bid for 2006.

Dale Neuburger, also with the Indiana Sports Corporation, worked closely with Mel Goldstein with the 1992 meet and stated that the event has changed significantly. There is great enthusiasm from the other NGBs, which make up USAS – US Diving, US Synchronized Swimming and US Water Polo. Each of these NGBs offers additional support and leadership and will partner with USMS on the technical side of this event to ensure their events will be well run. There is a large increase in the number of Masters participants but the fact is that the event is more difficult to run. He has great faith in USMS and realizes that running this meet is a lot of work and a financial risk.

He discussed cash management and stated that monies need to be available up front and that much is spent before any is received. If the event is calendar year 2006, revenue would start to come in by the end of 2005. He suggested the possibility of obtaining sponsors for a 2-year commitment and this could assist with easing the up front financial burden.

He realizes there are some concerns with the large expense line items for the travel, lodging and per-diem for the FINA Officials. He suggested that we concentrate on the “rewards” which can be significant and look beyond. This is a tremendous opportunity to showcase our sport.

### **Dixie Zone Committee Meeting**

Chair: June Krauser; Recorder: Lisa Watson;

Committee Members present: 28

#### **ACTION ITEMS**

- Rob Copeland was elected as the new Dixie Zone Chair. Stu Marvin was elected as Vice President and Lisa Watson as Secretary.
- The Dixie Zone Committee voted to use the same standards for Dixie Zone records as those for USMS records.
- The Dixie Zone Committee awarded the 2004 Dixie Zone SCY Championships to Brentwood, Tennessee.

#### **MINUTES**

**FINANCES:** Chairman June Krauser called the meeting to order. She announced that \$1400 is available in Dixie Zone funds. All zone funds are now handled by USMS, rather than at the zone level.

**RECORDS PROCEDURES:** Ed Saltzman reminded the committee that he and Dick Brewer were maintaining the

Dixie Zone records, and that times need to be submitted in the proper formats. Emails of times are not submittable. Ed mentioned that a world record for a South Carolina swimmer appeared in SWIM, but was not verified and recorded in time, which needs to be within 60 days. The meet director is at fault here, and the swimmer may need to follow up to get the world record recognized.

**COACHES MENTOR CLINICS:** Scott Rabalais spoke about the USMS Coaches Mentor clinics, which was a project of the Coaches Committee. The Mentor Clinic serves 2 purposes- to train coaches to run clinics and also to serve our USMS swimmers. \$500 grants are available to help offset expenses- a maximum of 6 can be offered per year. Open Water clinics have also been occurring- 3 are remaining for 2003.

**CORE OBJECTIVES:** Scott also addressed the committee about the new Core Objectives. The Executive Committee is encouraging all zones to help promote these objectives: service, education, and growth. The zones should play a roll in implementation of these core objectives among the various LMSC. Zones are to report back at next year's convention in Orlando to show what they have done to promote the Core Objectives.

**CURRENT DIXIE ZONE RECORDS:** Ed Saltzman, Dixie Zone Top Ten Recorder, provided updated LC, SCY, and SCM records to the committee members. Margie Hutinger presented a proposal for modifying procedures for Dixie Zone Top Ten. There is already an existing policy. Ed Saltzman volunteered to compare the proposed policy with the existing policy and report back to the Dixie Zone.

**STANDARDS FOR DIXIE ZONE RECORDS:** The Dixie Zone voted to use the same standards for Dixie Zone Records as those for USMS records.

**2004 ZONE MEETS:** There were 3 bids for the 2004 Dixie Zone SCY Championships: Brentwood, Tennessee; Clearwater, Florida; and Ft Lauderdale, Florida. The Dixie Zone Committee awarded the 2004 Dixie Zone SCY Championships to Brentwood, Tennessee. There were no bids for either the 2004 LC or SCM Dixie Zone Championships. Members were urged to tell their LMSCs to submit any bids to the new chair.

**2004 CONVENTION IN ORLANDO:** Meegan Wilson stated that the Orlando Masters would appreciate any help possible from the Dixie Zone during next year's convention in Orlando.

## World Records Achieved By North Carolina Masters

Two NC Masters relay teams and a backstroker have trained smart and earned national recognition establishing world records this year. The two Hendersonville Hotshots relay teams of (1) Boyd Campbell, Martin Rutter, Jim Scherbarth, and Harold Hoffmann; and (2) Clarke Mitchell, John Kortheuer, Dick Kitchell, and Dick Webber (also the teams' coach) clocked two world records. The teams' extraordinary accomplishments are chronicled in the current, Sep/Oct 03, *SWIM* Magazine and thus need not be repeated here.

Upon the ATL Editor's request, Fritz Lehman recounts his efforts that resulted in his achievements.. Congrats to all.

At age 39-40, I had a very loose idea of a five-year plan with this year, 2003, being the focus of the five years. My goal has been to lower my times to under the 45-49 world records during those five years and try to maintain those times until I turned 45, and that's pretty much what happened.

Did I train any differently? I don't think so. That's because my most valuable competition occurred at most every RAM workout. When there are forty-to-fifty other Masters there, practice is always fresh and fun with no one cutting their lane mates any slack while they provide encouragement. Several swimmers, having competed in college during the last several years often offered recently developed stroke and turn improvements for me to incorporate. Remaining relatively injury free during the five years of workouts and meets was also an important factor in any success, for it facilitated the necessary consistency and continuity in my training.

That said, the anticipation that 2003 could be a big year was almost always on my mind. At times I think being that aware wasn't helpful. My 200 meters at the Albatross Meet (described below) was an example of probably being too conscious of the possibilities and putting too much pressure on myself. Maybe the 50 meters at the LCM Nationals this summer was another example. When I'd remember to relax and just swim for fun, the times would take care of themselves. Training to specifically break records isn't the best way for me to approach my meet events. Even after swimming for 30+ years, I've still have to remind myself why I do it.

On March 29th I entered the SCM Albatross Open in Bethesda, Maryland.

I swam the 200/100/50 back in that order and broke the world record in each. That may be more information than

you want. The 200 was really hard!! I was way too excited going into it and realized almost immediately that I was in trouble. Instead of a smooth feeling for the first 50 meters it felt more like a sprint. I knew finishing was going to be a problem, but I just decided to keep moving as fast as I could for as long as I could. I can honestly say I wasn't sure I was going to finish the last 25 meters. The old record was 2:15.5, and I went 2:13.3.

About 30 minutes later we swam the 100. I thought about scratching because my heart was still beating way too fast, but I figured I came to swim; so I'd give it a shot. I just tried to stay relaxed the first 50 and see what happened. I swam a 1:00.09. The old record was 1:02.31. I was pretty shocked given how tired I felt but also very happy. It was a much better swim than the 200. The 50 meters was last, maybe 45-60 minutes later. Normally a 50 isn't a big deal but after the 200 and 100 my legs were really burned out. I didn't feel tired at the start and went a 28.40 breaking the old record of 28.81. At the finish I realized how tired I was. Three hard races in such a short time are difficult. I had a good day though and, needless to say, was very pleased. I also know that I could go faster under better conditions.

At the USMS LCM Nationals in August I had a poor 50-meter back to start the race. I've raced under the 45-49 world record probably a dozen times in the last four years. Of course they didn't count because I was in the 40-44 age group. Again, I think I was too tight and keyed up going into the race. That, and my left shoulder had been really bad all summer. I was uncertain about my physical abilities. However, I went 29.7, missing the record of 29.1.

The 200 was a couple of days later. I wasn't sure it was going to go. My shoulder hurt, the 50 was bad, and I'd also swum a poor 50 fly. I stayed relaxed and led at the 50, 100, 150, and all the way to the final set of flags. I did break the world record of 2:20.5. My time was a 2:19.0. However, another guy went 2:18.6. It was a great race with the top four finishers all under the world record. I'm sure that has happened before, but it's got to be rare. The 100 was the last day. I was relaxed and more confident because of the 200. I'd decided that I was going to go out strong, and if the others were going to beat me they were going to have to chase me down. I was 30.2 at the 50, which tells me the 50 back really wasn't a good race, and finished in a 1:02.62. The old world record was listed at 1:03.6.

In between March and August I swam very well at short course nationals winning the 100 with a time that is just a tad slower than when I was in college. I've had a good year. Now I'm thinking about the next 5-year plan.

## PERFORMANCE APTITUDES AND ATTITUDES

### START...From Scratch

By Eric Duckering

**What do you REALLY know about starts?** Before you answer, think really hard. This is not a trivial question. In fact, we venture to say that it's the most important question you could possibly ask yourself as a swimmer or coach.

There is a huge volume of experience in starts, and technique decisions have been made based on considerable "evidence". But it all really amounts to anecdotal evidence only. Students contact us continuously looking for information for a thesis, calling that research, but appear to have little or no understanding of proper research or experimentation protocols. To date, we are not aware of any single, *truly scientific* analysis or experimentation with start techniques.

Our observation has been that most swimmers and coaches emphasize refining whatever start technique appears to be working for the top swimmers. This produces varying results. Typical studies appear to focus on "reaction time", first to the water and/or first to break out. We need to be extremely careful and selective where we get our guidance on starts. There are some tremendously successful swimmers out there, but often *in spite* of the start rather than *because* of it.

We believe that there is a significant amount of un-tapped time improvements being left on the blocks and not showing up on the clock (or *off* the clock).

**Who wins the start?** Look at the 2000 Olympics 50m Freestyle. Gary and Anthony hit the water first, but crossed the 15m mark in about 4<sup>th</sup> or 5<sup>th</sup>. So they had to play catch-up.

But the vast majority of the rest of us just don't have that luxury. In the "mortal" world of swimming (Natalie and Michael and the rest notwithstanding) we have to use every advantage possible, and squeeze every ounce of potential out of everything we do.

It's not the first one to react to the starter's signal that wins the start. It's not the first one to the water that wins the start. It's not the first one to breakout that wins the start. ***It's the first one to 15 meters!***

And let's face it: most swimmers, even highly competitive ones, spend less than 5% of their practice time on starts. Yet in the 50m, the start represents 25-30% of the distance. And practicing mistakes and inefficiencies doesn't help.

**Starts have NOTHING to do with swimming.** Swimming is the only sport on Earth that is fastest at the beginning and gets slower as the race progresses. It's fastest at the begin-

ning because it's out of the water, and the key parameters are Thrust, Trajectory, Gravity, Ballistics, Lift, and Single-phase Fluid Drag. All four swimming strokes, on the other hand, are in the water and are primarily governed by Propulsion Efficiency and Wave Drag.

So as a swimmer, you have myriad stroke/distance combinations to work on, but the same start for each. So who has the time to work on starts?

More importantly: who has the *expertise*?

### **Start technique is a *specialty*.**

To become specialists in understanding and training starts techniques, we have started with a blank slate, with no preconceptions and no limitations on the questions we could ask. Questions like: "Why is it done that way? What is the objective basis for that decision? Can we look at this from a completely different perspective? What is the most productive movement at this instant?"

We studied every minute aspect of the start, from the instant the gun goes off to breakout at full swim. This study revealed nine distinct but continuous stages of a complete start and at least 50 different aspects of the start that affect the result. And all 50 happen within 3 seconds!

**Radical Improvement.** In the many little details of typical start techniques, there are inefficiencies. Each one is tiny by itself, but collectively they can add up to seconds at the wall.

We are creatures of habit. A mental habit is hard enough to change, but the habits representing "muscle memory" can be even more difficult to change. Muscle memory is the result of hundreds or thousands or zillions of repetitions of a physical motion. In the extreme, muscle memory almost becomes instinct, an autonomic response to stimulus.

Changing a muscle memory is actually easier the more different the new motion is from the habit. Small refinements don't "stick" because they are too similar to the original motion, and once the motion is started the body automatically takes the initial trigger and tends to activate the memorized motion rather than the modified one. Now try to imagine "refining" 50 different motions at once! Or worse, refining only one at a time. You'll never get there.

On the other hand, if you get far enough away from the original muscle memory, it has no influence; and developing a new habit or technique is *much* easier and lasting.

Similarly, mental habits are easier to change the farther away  
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you are from the original. So, to fully exploit that untapped potential in starts, to gain that radical improvement, use radical thinking.

### **Starts...from scratch**

Our mission is to apply radical thinking to starts, to ask uncomfortable questions, to find scientific answers, and to *create* a start technique, piece-by-piece, instant-by-instant, inch-by-inch, from the ground up. That way we will build a start that is as productive and efficient as possible at every point in the continuum.

**Radical Thinking.** Don't be limited by years of habit or the tribal knowledge of other swimmers who have not studied starts analytically either, or to the photo on the cover of *Swimming Magazine*. Take the time to study the physics and biomechanics of the starts you are using. Then apply an objective, *scientific approach* to evaluating what you are doing and what would be more productive.

Remember, there are more than 50 distinct components to monitor in a start, all taking place in 2-3 seconds. It's impossible to observe and/or quantify all of that with the naked eye. We use a combination of video analysis, technique analysis and multimedia presentation to assist coaches in developing that true scientific approach to studying and improving starts.

Think outside the box (or *blocks*). Apply Radical Thinking. In fact, in most established environments, applying basic physics and common sense can often be the most radical approach of all. Here are just a few radical thoughts.

**Radical Thought #1:** Just because you're winning all the time doesn't mean you're doing it right. Just because you're better than everyone else doesn't mean you're as good as you *could* be. The goal should be to achieve the "best possible performance". Push the envelope.

**Radical Thought #2:** Since travel through the air is so much faster than travel through the water, why the rush of most swimmers to get to the water so soon? The goal ought to be to *maximize the distance and time in the air*. Starting from basic physical principles, we apply the optimum ballistic trajectory for maximum distance: a parabola initiated at a 45° angle from the blocks, with maximum force (thrust) in the launch.

**Radical Thought #3:** The best way to develop thrust in starts is to get out of the aquatic center and go work out with a track team. Run stairs, do bounding drills and plyometrics. Spend some time with a high jumper and learn how to create leg force with your arms.

**Radical Thought #4:** If you do what everyone else is doing, you'll get the results that everyone else is getting. If you want to set yourself apart, you have to think differently, learn

differently, and perform differently.

### **Question everything**

If you do nothing else, question everything you are doing as a coach or a swimmer. Ask yourself, "Why am I doing it this way?" Be sure there is a real, objective basis to support that technique, rather than just an unfounded habit.

**Think Differently.** Learn the basics. Know the difference between the advantages and disadvantages of various techniques.

**Learn Differently.** Instead of practicing your mistakes over and over, you need instantaneous feedback while actually performing the start. Waiting until you are out of the water is too late.

**Perform Differently.** Use the Laws of Physics and Biomechanics; don't let them (ab)use you.

### **Results**

Improving your stroke can take hundredths off your finish time. Improving your start can take *seconds* off your times.

Quicker off the block, farther through the air, more powerful in the glide, faster at the breakout, less energy exerted. A faster start equals a faster race.

We've seen age group swimmers take as much as 5 seconds off their 100m race times. We've seen 80% of a team set new personal records at their first meet after our clinic with them. Most importantly, we've seen the elation of success replace the frustration of plateaued race times.

Is this a radical approach to starts? Yes. Is it different from "tradition"? Yes. Is there disagreement on what is the "best" start technique? Yes.

Does any of that matter when you're standing on top of the podium? No.

Now that the science, engineering, and radical thinking have been introduced, how are these principles of PowerStarts™ applied? The PowerStarts™ website [www.quickgetaway.com](http://www.quickgetaway.com) has a wealth of additional information on the Science of Starts™. Find discussion and examples of the nine stages and fifty Components of Powerful Starts. Learn to understand and apply the PowerStarts Technique™.

*Eric Duckering & Kerry MacKelvey have created PowerStarts™, an enterprise devoted to the innovative application of science, engineering and radical thinking to the study and improvement of competitive swim starts.*

*See how the patented PowerStarts Start-Dive Training System™ creates radical improvements in start performance almost immediately. Find unique educational CD-ROMs to expand your understanding of the Science of Starts. And find the only truly portable starting blocks in the world.*

## **New Pools in Paradise and the Charlotte Connection**

By Jim Enyart

Sure, it's late summer with fall approaching rapidly, especially if you reside in the spectacularly colorful NC mountains, but you need to plan ahead for when winter blows in, and thawing out as well as shoveling add substance to your life style. I know this only because we receive the Raleigh and Durham based newscasts on the local cable TV here in southeastern NC. Also, our local chamber of commerce admits to only four days of winter-like events a year on the coast. So I can't relate to cold weather anymore.

Last March, the princess bride and I ventured forth on the bi-annual Florida in-law tour. One of the destinations was the Florida Upper Keys. The Keys and the weather at this time of the year are just beautiful -- a real paradise. To my pleasant surprise, there are two new aquatic facilities, the Jacobs Aquatics Center in Key Largo, (Mile Marker 99.6, (305) 453-swim, [www.jacobsaquaticcenter.org](http://www.jacobsaquaticcenter.org)); and the other in Islamorada at Founders Park (MM 87, (305) 852-1685, [www.islamorada.fl.us](http://www.islamorada.fl.us)).

The Key Largo Center opened in July 2002, has three swimming pools, one an eight-lane twenty-five meter heated pool, a heated therapy pool, and a kids interactive water park. The aquatic director and Masters Swim Club coach is Jeremy Linn, an Olympic Gold medallist. I did not swim at this scenic Key Largo complex as the M-I-L lives very near the Islamorada Park. The Park's aquatics facility, an outdoor heated fifty meter by twenty-five yard pool that includes a diving well, opened its lanes in September 2001. Jon Olsen, also an Olympic Gold medallist, is the aquatics director at this multi-recreational activity family park by the bay.

Some NC Masters may know Jon as his travels paused in Charlotte for a couple of years after the '96 Atlanta Olympics. The Olsen's have many ties to North Carolina as Jon's wife Jennifer grew up in Charlotte. Jon is not the only swimmer in the family for Jennifer swam with the Mechlenburg Aquatics Club for several years. While residing in Charlotte, Jon represented Bank of America as a corporate speaker, coached at USA Swimming clinics in Raleigh and Durham, and swam with MAC in preparation for training with the World Sprint Team in Phoenix, AZ. Through his friendship with Jeremy Linn, Jon learned of the planned aquatic complexes in the Keys. Because of this exceptional opportunity, the Olsens relocated to the Islamorada area in August 2001.

Last winter during the schools' holiday and semester breaks, the tandem of the two aquatic centers hosted the training and suntan time for twenty-three college teams of over 700 swimmers. Additionally, Jon presides over three Masters workouts a day. The workouts times permit the partaking of the other myriad Keys vacation activities. Jon prepares the day's work-

out for each lane and then is on deck to provide technique instruction. Not having the benefit of coached workouts at the Wilmington Y, Jon reminded me of a few stroke adjustments that really helped a few days later when I participated in the local Florida senior games in Clearwater, FL (one can never enter too many states' games). Jon, of course, can provide customized group clinics and individual attention.

As noted earlier, it's probably not too early for a little long-range thinking about your winter get-away to a not-to-distant paradise. Islamorada is a special place since you can take the family, enjoy the warmer weather, prepare for the Charlotte, Atlanta, as well as the Greensboro / Frank Clark meets, and not have to trudge through six inches of partly cloudy.

### **Fourth Annual Xmen Swim Inlet to Inlet at Wrightsville Beach, NC**

By David Stutts

This year the Xmen Swim Club held their Fourth Annual Inlet to Inlet Swim at Wrightsville Beach, NC on August 16, 2003. The two open-water races consist of a 5-mile swim from the North to the South end of the island, and a 2-mile swim from the Johnny Mercer pier to the South end. This year, we had a total of 65 swimmers compete in this event. Proceeds from the race were donated to the Cape Fear Chapter of the Surfrider Foundation.

Erik Crankshaw (NCAM) won the 5-mile race with a time of 1:29:25. Close behind him was Thomas Thorum (UTAH) at 1:29:29. Rod Gallagher (VMST) came in third with a time of 1:32:19.

For the women, Heidi Williams (NCAM) won with a time of 1:39:04, followed by Kelly Alexander (RAM) coming in at 1:48:30, and Margie Springer (RAM) placed third with a time of 1:59:00.

Melanie Deal (CMS/TMS) won the 2-mile race with a time of 54:31. Coming in second for the women was Patricia Rohner (RAM) with a time of 58:20, and Jennifer O'Reilly (NCMS) placed third with a time of 59:18.

For the men, Paul Quinn (UNAT) came in first with a time of 57:32. Coming in second was Eric Lind (UNAT) with a time of 58:00. Billy Su (RAM) placed third with a time of 58:38.

Thanks to the support of the Xmen Swim Club and all of our volunteers and sponsors, this year's event went without a hitch. Swimmers were treated to free pizza, food and beverages after the race. Prizes were awarded to the top three in each event.

For more information on this event, please check our website ([www.xmenswimming.com](http://www.xmenswimming.com)) where results from this year's event and information on next year's swim will be posted.



## NC Combined Masters Team Earns Second Place Honors at the 2003 USMS LCM National Championships

This year's Meet was swam at the Sonny Werblin Recreation Center, Rutgers University, Piscataway, New Jersey August 13-17, 2003. The twenty-four NC Masters swam in the medium teams division. The combined team was first runner-up to the New England Masters with eight NC Masters women placing fourth, and the sixteen NC Men finishing second. Winning an individual event or competing on a winning relay team were: Taylor Clarke, Heather Hageman, Suzanne Robbins-Bonitz, Mary DeMilia, Andrew Farrell, Fritz Lehman, Clarke Mitchell, Robert Schmitz, Bernard White, Jerry Clark, Jonathan Klein, and Henry Stewart. Congratulations.

Andy Farrell, a member of NC Masters extended (way extended) family, enjoyed a remarkable LCM Championships. Andy won or helped to win nine consecutive events that he swam at the Championship Meet. Andy Farrell relates his experiences outside the LCM Championships lanes:

It was late Wednesday evening around 6:15 p.m. I was driving around Piscataway, New Jersey, lost among the construction zones and multiple campuses for endless hours it seemed. Already missed the registration time for tomorrow's events... what to do...if I can just get there while someone is still around, maybe they'll still let me sign in... maybe this is it...yes, I think this road can get me there....STOP – Construction Block – go back 5 miles and try again...

Well, although a common theme of the Rutgers location was "Where is it and how do I get there?" due to all the

construction and detours around campus – and the fact that there was actually more than one campus. The meet ran very smoothly, and there were a lot of great swims. The meet went great even with a declared state of emergency (the blackout was going on in New York and New Jersey during the meet, although the only part we saw in Rutgers was a brief power surge on Friday afternoon).

How was the facility? Fast competition pool. Good seating. Difficult warmup situation -- 20 yard, 4 lane pools for warmup (which everyone used instead of the outdoor constructed pool – because it was rumored you couldn't do a flip turn in that one without punching a hole in the side...)

As usual, the NC Masters exhibited a lot of camaraderie throughout the meet – from a team dinner out (who picked Mexican anyway?) to signing each other in for events (thanks Filippo or I wouldn't have gotten to swim the 800 Free on Thursday) to cheering others on in their events, to some great relays.

I am always impressed by the way the NC Masters stick together as a team – in fact, I register with them specifically for that reason (as I still live in Orlando which is another story altogether) – but it's hard to find a more friendly or supportive bunch at the meet.

North Carolina really had a great meet with many fantastic individual swims and relays. But we also were one of the most close knit teams there, even with our team being geographically spread out across the state (and outside the state). See everyone at the next meet!

| EVENT                  | PLACE / TIME / TEAM MEMBERS  |
|------------------------|--|
| Mixed 200 Free Relay   | 3rd / 2:17.1 / Stott, Kim; Newell, Sally; Clark, Jerry; Mitchell, Clarke               |
| Mixed 200 Free Relay   | 4th / 1:54.1 / Klein, Jonathan; Nagle, Cynthia; Lehman, Fritz; Clarke, Taylor          |
| Mixed 200 Free Relay   | <b>1st / 1:50.2 / DeMilia, Mary; Hageman, Heather; Farrell, Andrew; Stewart, Henry</b> |
| Mixed 200 Medley Relay | 3rd / 2:29.6 / Mitchell, Jeannie; Newell, Sally; Schmitz, Robert; Clark, Jerry         |
| Mixed 200 Medley Relay | 4th / 2:10.3 / Stott, Kim; Lehman, Fritz; Klein, Jonathan; Hageman, Heather            |
| Men 200 Medley Relay   | <b>1st / 2:14.4 / Mitchell, Clarke; Schmitz, Robert; White, Bernard; Clark, Jerry</b>  |
| Men 200 Medley Relay   | 7th / 2:14.3 / Mangrum, John; Porco, Filippo; Schnute, Justin; Rubidge, Carl           |
| Men 200 Medley Relay   | <b>1st / 1:57.4 / Klein, Jonathan; Lehman, Fritz; Stewart, Henry; Farrell, Andrew</b>  |
| Men 200 Free Relay     | 7th / 2:01.8 / Schmitz, Robert; Mitchell, Clarke; Rubidge, Carl; Clark, Jerry          |
| Men 200 Free Relay     | 4th / 1:51.2 / Mangrum, John; Porco, Filippo; Conrad, Terry; Schnute, Justin           |
| Men 200 Free Relay     | <b>1st / 1:41.1 / Stewart, Henry; Klein, Jonathan; Lehman, Fritz; Farrell, Andrew</b>  |
| Women 200 Medley Relay | 4th / 2:45.9 / Robbins-Bonitz, Suzanne ; Newell, Sally; Stott, Kim; Hageman, Heather   |
| Women 200 Free Relay   | 3rd / 2:19.6 / Hageman, Heather; Newell, Sally; Mitchell, Jeannie; Stott, Kim          |

## NC Combined Masters Team Finishes Third at the 2003 USMS LCM National Championships (Continued)

| AGE GROUP    | SWIMMER                 | PLACE / EVENT/ TIME   |
|--------------|-------------------------|---|
| <b>MEN</b>   |                         |   |
| 25-29        | Porco, Filippo          | 7th / 1500 Free / 22:27.59; 7th / 800 Free / 11:28.35; 3rd / 200 Breast / 3:12.98   |
|              | Schnute, Justin         | 7th / 50 Fly / 28.67; 7th / 100 Free / 58.06; 6th / 50 Free / 26.03   |
|              | Su, Billy               | 5th / 800 Free / 10:39.75; 12th / 100 Fly / 1:10.96 ; 16th / 50 Fly / 31.33   |
| 30-34        | Farrell, Andrew         | <b>1st / 800 Free / 9:17.96; 1st / 200 Free / 2:02.20; 1st / 400 Free / 4:25.05; 1st / 200 Back / 2:20.92; 1st / 100 Free / 56.05; 3rd / 100 Back / 1:04.43</b> |
|              | Rubidge, Carl           | 12th / 50 Free / 31.74  |
| 35-39        | DeMilia, Michael        | 10th / 800 Free / 17:34.95  |
| 40-44        | Conrad, Terry           | 11th / 100 Fly / 1:09.17; 12th / 400 Free / 5:13.28; 11th / 100 Free / 1:01.46; 9th / 200 IM / 2:33.35; 3rd / 200 Fly / 2:51.35; 13th / 800 Free / 10:57.77     |
|              | Mangrum, John           | 7th / 50 Back / 35.17; 8th / 400 IM / 5:57.97; 5th / 200 Back / 2:46.29; 13th / 200 IM / 2:46.85; 4th / 200 Fly / 3:00.12                                       |
|              | Stewart, Henry          | 4th / 50 Back / 31.56; <b>1st / 100 Fly / 1:01.64</b> ; 3rd / 200 Free / 2:07.52; 2nd / 50 Fly / 27.46; <b>1st / 100 Free / 55.52</b> ; 2nd / 50 Free / 25.60   |
| 45-49        | Lehman, Fritz           | 2nd / 50 Back / 29.76; 7th / 50 Fly / 28.41; 2nd / 200 Back / 2:19.07; <b>1st / 100 Back / 1:02.62 (WR)</b>   |
|              | Klein, Jonathan         | 5th / 50 Back / 31.40; 9th / 200 Free / 2:12.08; 8th / 200 Back / 2:31.22; 10th / 100 Free / 59.06; 6th / 100 Back / 1:07.70                                    |
| 50-54        | Schmitz, Robert         | 4th / 100 Breast / 1:19.21; 8th / 50 Back / 36.46; 4th / 200 Breast / 3:00.38; 3rd / 50 Breast / 35.26  |
| 60-64        | White, Bernard          | 6th / 50 Fly / 33.11  |
| 65-69        | Clark, Jerry            | 2nd / 800 Free / 11:41.76; 3rd / 200 Free / 2:33.47; 2nd / 400 Free / 5:34.08; 2nd / 100 Free / 1:06.98; 2nd / 50 Breast / 42.42; 2nd / 50 Free / 29.14         |
|              | Macartney, Norman       | 6th / 800 Free / 16:20.54; 8th / 100 Fly / 2:24.05; 6th / 400 IM / 8:59.04  |
| 70-74        | Mitchell, Clarke        | 2nd / 50 Back / 39.18; <b>1st / 100 Fly / 1:46.22; 1st / 50 Fly / 38.20</b> ; 2nd / 200 Back / 3:17.15; 3rd / 100 Free / 1:16.17; 2nd / 100 Back / 1:25.27      |
| <b>WOMEN</b> |                         |   |
| 25-29        | Clarke, Taylor          | 2nd / 100 Fly / 1:13.02; <b>1st / 50 Fly / 31.68</b> ; 5th / 50 Breast / 39.88; 5th / 200 IM / 2:40.60; 2nd / 50 Free / 29.58                                   |
|              | Nagle, Cynthia          | 3rd / 100 Breast / 1:26.28; 4th / 200 Breast / 3:05.86; 4th / 50 Breast / 39.48   |
| 30-34        | DeMilia, Mary           | 3rd / 100 Breast / 1:29.76; 3rd / 100 Fly / 1:16.22; 4th / 400 IM / 6:16.93; 5th / 200 IM / 2:53.52; 4th / 200 Fly / 3:03.28                                    |
|              | Hageman, Heather        | <b>1st / 50 Free / 28.14</b> ; 3rd / 50 Back / 35.25; 2nd / 50 Fly / 31.43; 3rd / 100 Free / 1:03.48  |
| 40-44        | Stott, Kim              | 8th / 800 Free / 12:15.63; 7th / 50 Back / 40.13; 10th / 50 Fly / 39.26; 3rd / 200 Back / 3:02.17; 7th / 100 Back / 1:26.68                                     |
| 55-59        | Mitchell, Jeannie       | 3rd / 200 Back / 3:19.46; 5th / 100 Free / 1:24.76; 4th / 50 Breast / 51.47; <b>1st / 100 Back / 1:29.03</b> ; 6th / 50 Free / 37.56                            |
| 65-69        | Newell, Sally           | 2nd / 100 Breast / 1:46.62; 3rd / 50 Back / 47.67; 2nd / 200 Breast / 3:52.99; 2nd / 200 Back / 3:40.63; 2nd / 50 Breast / 49.11; 2nd / 100 Back / 1:42.43      |
| 70-74        | Robbins-Bonitz, Suzanne | <b>1st / 50 Back / 51.12</b> ; 3rd / 200 Back / 4:11.91; 4th / 50 Breast / 1:02.12; 2nd / 100 Back / 1:56.42; 4th / 50 Free / 50.43; 2nd / 100 Breast / 2:11.92 |

### LMSC - NC Officers and Staff

|  |  |   |  |  |
|--|--|---|--|--|
| <b>Chairman</b>  | <b>Vice-Chairman</b>   | <b>Past Chairman</b>  | <b>Acting Secretary</b>  | <b>Treasurer</b>   |
| Fritz Lehman, RAM<br>439 Pebble Creek Dr.<br>Cary, NC 27511<br>(919) 481-9767<br>NCchairman@usms.org     | Clarke (Mitch) Mitchell, WNCY<br>Box 19768<br>Asheville, NC 28805<br>(828) 299-1410<br>NCswimrcem@juno.com | Jerry Clark, CSM<br>3107 Cloverfield Rd.<br>Charlotte, NC 28211<br>(704) 374-1807<br>jerryclark@bellsouth.net | Jerry Clark, CSM<br>3107 Cloverfield Rd.<br>Charlotte, NC 28211<br>(704) 374-1807<br>Secretary@ncmasters.org | Jerry Clark, CSM<br>3107 Cloverfield Rd.<br>Charlotte, NC 28211<br>(704) 374-1807<br>treasurer@ncmasters.org |
| <b>Registrar / Webmaster</b>   | <b>Top Ten Chairperson</b>   | <b>Newsletter Editor</b>  | <b>Records</b>   |  |
| George Simon, RAM<br>10229 Boxelder Drive<br>Raleigh, NC 27613<br>(919) 846-2423<br>NCregistrar@usms.org | Ceil Blackwell, RAM<br>4305 John Rencher Wynd<br>Raleigh, NC 27612<br>(919) 787-8324<br>ceilb@aol.com      | Jim Enyart, SAC<br>2840 Marsh Point Rd<br>Southport, NC 28461<br>(910) 253-3333<br>NCeditor@usms.org          | Fritz Lehman, RAM<br>439 Pebble Creek Dr.<br>Cary, NC 27511<br>(919) 481-9767<br>fritzlehman@nc.rr.com       |  |

**UPCOMING 2003 / 2004 MASTERS SWIMMING EVENTS**

| <b>DATE</b> | <b>EVENT</b> | <b>LOCATION</b>   | <b>POINT OF CONTACT</b>                 |   |
|-------------|--------------|---|---|---|
| Oct         | 4, 5         | Hilton Head Masters SCY Meet                              | Hilton Head, SC                         | Eric Kemeny, 843-681-7273, <a href="mailto:Erickemeny@aol.com">Erickemeny@aol.com</a> ; Rebekah Stuntz, 843-681-7273, <a href="mailto:rebekahstuntz@yahoo.com">rebekahstuntz@yahoo.com</a>  |
|             | 25           | NC East vs. West  | Hillsborough, NC                        | East: Alan Godfrey&Fritz Lehman<br>www.ncmasters.org  |
|             | 26           | GMU Patriot Masters SCY Sprint Classic                    | George Mason Univ, Fairfax, VA          | Peter Ward, 703-993-3930, <a href="mailto:cherylaward@yahoo.com">cherylaward@yahoo.com</a> ;  |
| Nov         | 1,2          | South Carolina LMSC SCM Championships                     | Westside Aquatic Center, Greenville, SC | Roy Dessloch; 864.220.0209; TGcoach@aol.com   |
|             | 8            | Virginia Masters Fall SCY Invitational                    | Newport News, VA                        | Charles Cockrell, 757-865-6250, <a href="mailto:cockrell@usms.org">cockrell@usms.org</a> ;  |
|             | 16           | Lox & Bagel SCM Meet                                      | JCC of No VA, Fairfax, VA               | Matthew Alvin, 703-323-0880 (x32), <a href="mailto:MattA@JCCNV.org">MattA@JCCNV.org</a> ;   |
| Dec         | 6, 7         | Dixie Zone SCM Championships & St. Nicholas Invitational. | Marietta, GA                            | Lisa Watson, 804 Howell Ct, Duluth, GA 30096-7959, 770-497-1901(h), <a href="mailto:lwatson@hermes.gc.peachnet.edu">lwatson@hermes.gc.peachnet.edu</a> ; <a href="http://home.att.net/~dixiezone/Meets.htm">home.att.net/~dixiezone/Meets.htm</a> |
|             | 7            | Terrapin Masters 1000/1650 SCY Meet                       | Univ of MD, College Park, MD            | Dave Diehl, 301-946-0649(h), 301-314-5372(w), <a href="mailto:DD119@umail.umd.edu">DD119@umail.umd.edu</a>  |
|             | 31           | Swim SCY in the New Year 2004                             | - Univ of MD, Colleg Park, MD           | Cheryl Wagner, 202-387-2361(h), <a href="mailto:cherylw@crosslink.net">cherylw@crosslink.net</a> ;  |
| <b>2004</b> |              | Charlotte Sunbelt SCY Championships                       | Charlotte NC                            |   |
| Jan         | 24, 25       |   |   |   |
| Mar         | 6            | Frank Clark Masters SCY Open                              | Greensboro, NC                          | Craig Hertz; 336.207.0194   |
|             | 27, 28       | Dixie Zone SCY Championships                              | Brentwood TN                            |   |
| Apr         | 15-18        | YMCA Masters National SCY Championships.                  | Ft. Lauderdale FL                       |   |
| May         | 1, 2         | NC State Masters SCY Championships                        | Raleigh NC                              |   |
| Jul         | 31           | Raleigh Area Masters LCM Invitational                     | Raleigh NC                              |   |

**USMS 2004 CHAMPIONSHIPS**

| <b>DATE</b>         | <b>EVENT</b>                              | <b>LOCATION</b>                      | <b>POINT OF CONTACT</b>  |
|---------------------|---|--------------------------------------|--|
| 1/1/2004-1/31/2004  | 2004 USMS 1 Hour Postal Championship      | Your Pool                            | Nancy Ridout, 415-892-0771, <a href="mailto:nancyridout@mindspring.com">nancyridout@mindspring.com</a>       |
| 4/22/2004-4/25/2004 | 2004 USMS Short Course Championships      | Indiana University, Indianapolis, IN | Mel Goldstein, 317-253-8289, <a href="mailto:goldstein@mindspring.com">goldstein@mindspring.com</a>          |
| 6/3/2004-6/13/2004  | 10th FINA World Masters LCM Championships | Riccione, Italy                      | www.fina.org/<br>mastersnews_riccione04.html   |
| 6/12/2004           | 2004 USMS 5K Open Water Championship      | Atlantic Ocean, Fernandina, FL       | Edward Gaw, <a href="mailto:edginc@att.net">edginc@att.net</a>   |
| 8/12/2004-8/15/2004 | 2004 USMS Long Course Championships       | Savannah, GA                         | Scott Rabalais, 912-927-7016, <a href="mailto:scottrabalais@compuserve.com">scottrabalais@compuserve.com</a> |

## NC East Versus West Championship October 25, 2003

Sponsored by Friends of LMSC for NC  
Sanctioned by LMSC for NC for USMS; Sanction # 133-07  
Meet Directors: Alan Godfrey and Fritz Lehman  
Meet Referees: Pending

**EAST LOCATION:** Triangle Sportsplex, Hwy 70 East (Bus), Hillsborough, NC (919) 644-0339. Ten lane 25yd x 25m pools with 6 lanes used for racing. From I-85 (Exit 165), I-40 South, and Chapel Hill take Hwy. 86N. Turn right onto Hwy. 70 East (Bus). The pool is about ¼ mile on the right (big white bldg.). No food or drinks on the pool deck.

**RULES:** USMS rules govern the meet. You must attach copy of your 2003 USMS registration card to entry form. No one-event USMS registrations. The 1,500 will be limited to three heats on a first come first serve basis. Swimmers are limited to 5 individual events. You must sign waiver. Your age as of 12/31/2003 determines your age group in the meet. Except for sprint lanes in warm-up and when competing, ANY ENTRIES IN WATER MUST BE FEET FIRST.

**DEADLINE:** Entries must be **received** before 5:00pm Tuesday October 22, 2003. Send email to [sasfel@yahoo.com](mailto:sasfel@yahoo.com) if you have any questions. Deck entries will be accepted but we strongly encourage everyone to sign up in advance.

**FEES:** Single fee of \$20.00. Deck entries will are \$30.00. Make checks payable to **LMSC for NC**.

**Mail** all entry forms and fees to Fritz Lehman, 207 Glen Bonnie Lane, Cary, NC 27511.

**AWARDS:** Ribbons to places 1-6 will be awarded.

**SCORING:** Individual events will be scored 7-5-4-3-2-1, relays 14-10-8-6-4-2. Meet results will be posted on [NCMASTERS.ORG](http://NCMASTERS.ORG)

**WARM-UP:** The pool will open for warm-up 10:00-10:50 a.m. Sprint lanes will be designated with diving allowed from 10:35-10:50 (25m. one-way).

**SEEDING:** All events will be preseeded with the exception of the 1500 freestyle, which will be deck seeded by time. At the discretion of the meet director, all events may be deck seeded. Sexes may be combined if needed. All events will be swum slowly to fast with the exception of the 1500 freestyles, which will be swum fast to slow. Relays will follow USMS age groupings 76-99, 100-119, 120-159, etc.

**EAST/WEST:** East Swimmers are considered to be all those living East of Greensboro, and West Swimmers are those living in Greensboro and West.

**NC FALL INVITATIONAL - Saturday October 25, 2003**

Warm-up at 10 and events begin at 10:50 a.m.

Name: \_\_\_\_\_ Street: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Age(as of 12/31/03): \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex: M \_\_\_\_ F \_\_\_\_

USMS Reg Number: \_\_\_\_\_ Circle One: East or West

I will swim on relays! Circle one: Yes or No.

| Women's Event # | Event                   | Men's Event # |
|-----------------|-------------------------|---------------|
| 1 _____         | 1500 m. Freestyle       | 2 _____       |
| 3 _____         | 200 m. I.M.             | 4 _____       |
| 5 _____         | 50 m. Butterfly         | 6 _____       |
| 7 _____         | 200 m. Mixed Med Relay  | 7 _____       |
|                 | 10 min break            |               |
| 9 _____         | 100 m. Breaststroke     | 10 _____      |
| 11 _____        | 50 m. Backstroke        | 12 _____      |
| 13 _____        | 100 m. Freestyle        |               |
|                 | 10 min break            |               |
| 15 _____        | 100 m. Butterfly        | 16 _____      |
| 17 _____        | 50 m. Breaststroke      | 18 _____      |
| 19 _____        | 200 m. Freestyle        | 20 _____      |
| 21 _____        | 100 m. I.M.             | 22 _____      |
|                 | 10 min break            |               |
| 23 _____        | 100 m. Backstroke       | 24 _____      |
| 25 _____        | 50 m Freestyle          | 26 _____      |
| 27 _____        | 200 m. Mixed Free Relay | 27 _____      |
|                 | 10 min break            |               |
| 29 _____        | 200 m. Open (strokes)   | 30 _____      |
| 31 _____        | 400 m. Freestyle        | 31 _____      |

Please read and sign:

I, 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 of 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 VOLUNTEERING OR OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Name (print) \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_