



North Carolina
Masters
Swimming

Across The Lanes



USMS CONVENTION ISSUE



BUT FIRST AN IMPORTANT ANNOUNCEMENT !!!

NC Masters Victorious at USMS 2004 Long Course Meters Championships

Things were not looking good late in the afternoon of Friday, August 13th at the USMS Long Course National Championships at the Chatham County Aquatic Center in Savannah, Georgia. The meet, in the second of its four days of competition, was about three hours behind schedule, and weather forecasters were warning that within 18 hours a weakened, but nevertheless still dangerous, Hurricane Charley would likely pass directly over the city. Meet organizers announced that they would make a decision before dawn on Saturday morning whether or not to cancel the remainder of the meet. By 8:00 PM Friday evening, however, Charley had turned to the right and started on a new course. He would eventually pass 100 miles out in the ocean to the east of Savannah at about the same time the meet resumed the next morning. And so, with the potential obstacle of a hurricane out of the way, not much else remained to prevent the NCMS team from its own 'storming' through the pool and winning the meet's Large Teams Division championships.

Sixty-three NCMS swimmers (26 women and 37 men) were among the nearly 1100 competitors. Even though the host Georgia (GAJA) team was nearly twice as large as our NCMS team, our NCMS team won the combined large team championship by a score of 2151 points to 1933 points for Georgia. The Florida Aquatic Combined team earned third place in the division with a total combined score of 1567 points.

Two factors combined to give NCMS the victory. First, many, many NCMS swimmers performed superbly in their individual races, achieving among other things, a remarkable total of 36 individual event first place finishes. Second, our team leaders did an excellent job coordinating individuals and their schedules in order to maximize our relay entries and potential.

NCMS swimmers who had more than one first place finish in individual events included Matt Allen, Erika Braun, Jerry Clark, Erik Crankshaw, Todd DeSorbo, Andrew Far-

rell, Jonathon Gellin, Fritz Lehman, and Susan Walsh. Melanie Deal, Heather Hageman, Christy Hall, John Kortheuer, Jeannie Mitchell, Sally Newell, Razvan Petcu, Suzanne Robbins-Bonitz, Pat Sargeant, Henry Stewart, and Dick Webber all won one single individual event each.

In winning his event, Razvan Petcu set a new individual event World Record. Swimming in the Mens 30-34 age group, Razvan established the new mark for the 100 Fly with a time of 56.25, eclipsing the old mark of 56.49. Congratulations Razvan!

A total of forty-five different NCMS relay teams took to the water. Forty one of those teams scored points by finishing in the top ten in their events. Thirteen NCMS relay teams finished first. Major props go to Jonathon Klein (and those who assisted him in the endeavor) for coordinating and encouraging all of our relay teams.

One relay team, consisting of Clarke Mitchell, John Kortheuer, Richard Kitchell and Dick Webber, smashed the existing world record in the Mens 280-319 age group 200 Medley Relay by nearly six seconds. Their new World Record time is 2:22.68, compared to the old record time of 2:28.46. (Are these guys studs or what!)

We all know that Masters Swimming is mostly about individual effort and individual accomplishment in an environment made great by mutual encouragement and satisfying fellowship. Nevertheless, its meets like these Nationals that remind us that Masters Swimming is also a team sport. Kudos to all of the NCMS swimmers and coaches who made the Savannah meet such a great team experience and victory.

By Joe Gosha, NCMS

***Individual and Relay Team Results are on
Pages 13 — 15.***



The United States Masters Swimming 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 held in Orlando, FL September 15-19, 2004. George Simon. (Vice Chair of the Registration Committee), Jerry Clark (Vice Chair of the Championship Committee), and Hill Carrow (USMS liaison to the US Olympic Committee) attended from North Carolina.

The below selections 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, for an insight into the significant work the leadership and delegates undertake on our behalf as they establish the general direction of USMS for the coming as well as the future years.

Highlights:

The recommended bidder for the USMS National Publication, Douglas Murphy Communications Inc., was approved by the House of Delegates. The first issue of our new magazine will be the March/April 2005 issue. The House of Delegates acknowledged the many years of service to USMS by Sports Publications Inc. and in particular, the Editor in Chief of *SWIM* magazine Phil Whitten.

After a year's worth of hard work by the Planning Committee and several fruitful public sessions at convention, the House of Delegates approved sweeping changes to the makeup of the USMS Board of Directors (BOD). Election of the new BOD members will take place at the 2005 convention, and much more work to finalize all of the required processes will take place this coming year.

Election Results:

June Krauser is retiring from the office of FINA Representative in 2005. An election was held in the HOD meetings, and Nancy Ridout of the Pacific LMSC will be our new FINA Representative upon June's retirement.

Awards Presented:

Among the deserving recipients of USMS awards are NC Masters Hill Carrow who was recognized with the National Championship Award and George Simon who earned a Dorothy Donnelly USMS Service Award.

2006 Pool Championships Awarded To:

Short Course Yards: Coral Springs Aquatic Complex, Coral Springs, FL. The tentative meet dates are May 4-7, 2006

Long Course Meters: There will be no 2006 USMS Long Course National Championships due to the 2006 FINA World Championships being held at Stanford from August 7 - 14, 2006.

THE BLOCKS:

The USMS Committees that possess common themes are aggregated during the convention to facilitate discussions that may crossover into one another's area of responsibility.

The Blocks are composed of the following Committees

Block 1 - Championship, Coaches, International, Officials, & Rules

Block 2 - Finance, Ad Hoc Legal Counselors, Legislation, & Planning

Block 3 - Communications, Marketing, Publications, & Registration

Block 4 - Fitness, Insurance, Long Distance, Safety Education, Sports Medicine

Block 5 - ISHOF Nominating, History & Archives, Recognition and Wards, and Records & Tabulation

Block 1 Activities:

The main topic of this meeting was the 2006 FINA World Championships at Stanford.

a. Publicizing & Promoting: We discussed the building of an International Contact List, mentioning potential sources of contacts such as Michael Moore's list that was built at the 2004 World Championship Meet, FINA masters contacts, and contacts from other international events in 2004 & 2005.

b. Officiating: We discussed...

1) Submitting the names of four key officials to the FINA Masters List of Officials and soliciting interested US officials to serve in the many spots that need to be filled.

2) Working with the officials from USA-Swimming to use the meet as a national qualifying meet for USA-Swimming officials.

3) Publicizing the differences between FINA and USMS rules to potential participants, particularly those from the USA, through inclusion in the entry information, website links, and USMS Rulebook.

c. Coaching: We discussed the issues with FINA concerning the recognition of coaches and the structure of a USMS

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coaching presence at the meet. These topics will be addressed specifically by the Coaches Committee.

d. Liaison: Since the Organizing Committee for the 2006 FINA World Championships includes three members of the USMS Championship Committee, we believe that no special liaison between these two committees was needed.

Block 2 Activities:

1. Nancy Ridout summarized the process the Task Force on Governance went through. The premise was that the current structure of USMS has served us well over the years, but our needs have changed, and our Board of Directors has become unwieldy. Most of the recommendations of the Task Force are still being discussed, but if we are going to restructure the Executive Committee, it must be done this year, or we will have to wait five years to make another change. Maria Doelger, also a member of the Task Force and a new delegate last year, spoke about how frustrated she was after last year's convention that change was so slow in USMS, and how that motivated her to present ideas for change.

2. Jennifer Parks asked if the Task Force anticipated difficulty in assigning committees to particular Vice Presidents under the new structure. Nancy said that was deliberately left vague in order to leave room for input from delegates at this convention. One of the goals for the Vice Presidents is to take some of the load off of the President. The typical USMS President is actually working two jobs (their "real" job and the presidency); it is also essentially an eight-year commitment.

3. Anna Lea asked Nancy which positions would be salaried in the proposed new structure. Nancy answered that only the Executive Director would be paid, but that position is several years down the line. This person would deal with sponsors, the public, and basically be the "front man" for USMS. Anna Lea asked Nancy what the job description was for each Vice President. Nancy answered that there would be Vice Presidents for member services, community services, national operations, and local operations. The Vice Presidents would assume the function of the current Executive Committee liaisons. Nancy noted that under the new structure, the Registration Committee would probably be assigned to a different Vice President than the Communications, Marketing, and Publications Committees.

4. The audience commented on potential impacts of the new structure. Most felt that it would enhance the flow of information. The Vice Presidents could also be a conduit, so that people would know who to go to for information. The new structure could also help prevent volunteer burnout. We would still have committees, but perhaps some of the committees could be combined. A more detailed plan would be presented as legislation in 2005.

5. The proposed restructuring of the Board of Directors was discussed. One way of electing Directors would be by regions, which would not replace our current zones. Each region would have approximately the same number of members, so that the different regions would have equal representation on the Board.

NOTE: " MSA" means "Motion made, seconded, and approved"*

DIXIE ZONE Committee Activities

* MSA to award Dixie Zone Championships to the following venues for 2005:

Ft Lauderdale for SCY; possibly Charlotte, NC for LCM; New Orleans for SCM.

Details:

1. FINANCES- Rob stated that the Dixie Zone has \$1300 available for newsletter expenses. \$1500 is still available for use in our zone from USMS funds.

2. NEWLETTERS- Rob apologized for not putting out a Dixie Zone newsletter this past year. He does plan to start producing one again next year, and asked the committee members for feedback on ways to do that. One suggestion was to have the LMSCs send their newsletters electronically to Dick Brewer, who can then put them on the Dixie Zone website. Rob will discuss this possibility with Dick.

3. TOP TEN- Dick Brewer has resigned his position as Top Ten recorder. The problem has been that certain LMSCs have not been filing their results correctly or timely. Debbie Cavanaugh suggested that we set a specific deadline for submission of results, and make sure that deadline is strictly enforced. It was also suggested that we contact the LMSCs who are having problems and see what we can do to help them.

4. RECORDS- Ed Saltzman has updated the Dixie Zone records.

5. TOP TEN PATCHES- Ed sold 30 patches this year. The patches are \$3 apiece.

6. ZONE POLICIES- Debbie Cavanaugh will help Rob in printing up related Dixie Zone policies to distribute to the Dixie Zone members.

7. COACHES MENTOR CLINIC- Committee members were reminded that the Coaches Committee will allocate \$500 to requesting clubs to bring in a qualified coach to conduct a swim clinic. The Coaches Handbook will be put out this year on the website.

8. FUTURE DIRECTION OF ZONES- The future looks promising, as pending legislation recommends putting a representative from each zone on the Board of Directors.

9. OTHER BUSINESS- Several questions were raised. Karol Welling commented that USMS seems very top heavy, when the real help is needed in the LMSCs. It is

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hoped that with the realignment of the Executive Committee, this help may be obtained. Lisa Watson commented on an ongoing problem of Masters groups who don't encourage their members to join USMS. How can we get them to promote this?

Ed Nessel, who has recently moved to Florida, was introduced as a new member of the Dixie Zone.

Ed Saltzman commented that Dick Brewer, who was absent from the convention, was involved in the Hurricane Relief program for victims of Hurricane Ivan. The committee encouraged people to send in donations, and voted to send the \$90 earned from the sale of the Top Ten patches to this relief fund.

Championship Committee Activities:

The Championship Committee has approved the 5-day format for Mission Viejo.

* MSA to amend and submit a new rule proposal, both of which allow the Championship Committee to require NQTS for distance events, if deemed necessary.

* MSA to submit a Rules proposal that allows the Championship Committee to seed events 400yds/mtrs or higher by time only, if deemed necessary.

* MSA to submit a Rules proposal that allows the Championship Committee to set a maximum time for all age groups in events 200 yards or longer.

* MSA to submit a Rules proposal that changes the distribution of team awards.

* MSA to accept dates of May 4-7 for 2006 SCY Nationals in Coral Springs.

* MSA to change Long Course NQTs to fifth place + 11%.

* MSA to submit amended Rule Proposal R7 which allows the Championship Committee to require NQTs for the 800 or 1500, if deemed necessary.

* MSA to submit a new Rules proposal that allows the Championship Committee to mandate 2 per lane seeding for distance events, if deemed necessary.

* MSA to submit a new Rules proposal that states a swimmer may be pulled from an NQT event if he/she exceeds the seed time by over 30%.

Details:

1. 2005 NATIONALS- Plans for 2005 Nationals were reviewed. Stu Marvin discussed the plans for the Ft Lauderdale SCY Nationals. Dates are May 19-22. There will be three courses available for use during the distance events, with the third course for upper age groups. Swimmers may swim both the 1000 and 1650 as long as they have the NQT in at least one of those events.

2. RULES PROPOSALS- the Championship Committee reviewed a number of rules proposals that have been discussed during the year. Carolyn Boak first reported on the survey that was distributed at the recent LC Nationals in

Savannah, asking for feedback on suggestions for shortening the length of the meet. There were 192 respondents to the survey. The most popular suggestions included: dropping the third non NQT event, seeding events by time only, and dropping the maximum number of events from 6 to 5. There were a number of suggestions recommended chase starts as well. There was also a rules proposal that changes the distribution of team awards. The committee felt that the current method of categorizing team divisions in Large, Medium, and Small categories is flawed. The new proposal would simply give out awards through tenth place and was felt by the committee to be a better method.

3. DISCUSSION ON CHAMPIONSHIP BIDS- The committee continued discussion on the ever present challenge of soliciting qualified bids. It was commented that this was the second year in a row with only one Championship bid for SCY. Michael Moore mentioned that the meet reports of previous meet directors should be a very valuable resource for potential meet hosts. As an example, Mark Gill was complimented for the excellent job he did on his meet report for Tempe. The committee decided to form a subcommittee to look at ways to solicit bids and find suitable venues for Nationals meets. The committee was concerned that for the second straight year, a bidder did not send a representative to the Convention. It was suggested that the policy be changed to mandate that a representative be present at the Convention.

4. Coral Springs was the only bid received by the Championship Committee for 2006 SCY Nationals. The bidders were unable to have a representative at the convention, so a conference call was used to field questions during the presentation. The co-meet director answered questions on the conference call. The Coral Springs facility offers 16 competitive lanes and also 16 warm-up lanes for use. It is an outdoor facility, and ample shading will be provided for various areas of the pool. Questions about restroom facilities, hotels, restaurants, concessions, and vendors, were satisfactorily answered.

5. The Championship Committee has tried to come up with rules to discourage swimmers from lying about their times, particularly those who may end up significantly impacting the length of the meet. This proposal hopes to serve as that deterrent. It is fair in that it affects all swimmers, not just a particular category. The Committee does not foresee having to invoke this rule except on those rare occasions when it is obvious that the swimmer is well behind his seed time and will considerably delay the meet.

6. Barry Fasbender shared some additional suggestions that had been proposed as ways to improve the efficiency of National meets. These suggestions include the following: -- Require swimmers who enter NQTS to have documentation from the referee of the meet in which that time was

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achieved --Have an additional space allotted on the Nationals entry form for the swimmer to insert the time and date that each NQT listed was achieved --Allow swimmers to check in for all events on the day of arrival at deck seeded Nationals meets. The swimmer must officially scratch any events he doesn't plan to swim. No Shows will be scratched from the remainder of their events. They may be reinstated for for any days following the day on which the scratch occurred by talking with the administrative referee. Initial reaction of the committee was not favorable to this last suggestion.

Coaches Committee Activities:

- * MSA unanimously to support the concept of full participation for 18-year-olds in USMS.
- * MSA unanimously to express support for the Olympic Training Camp.

Communications Committee Activities:

- * MSA to continue the web developer position for next year at a cost of \$56,000.
- * MSA to accept the proposal for a Communications Award.
- * MSA to support the web development plan and Web Management Guidelines.
- * MSA that each zone or LMSC shall be responsible for determining which non-USMS events in its geographical area shall be posted on the USMS website.

Details:

1. Bill Volckening discussed the proposal for a new Communications Award. The award will be presented annually, and will represent the highest communications achievement in USMS. This award may apply for funding from one of the USMS national sponsors. The award will be in recognition of an individual or group's communicative efforts that have furthered the progress of USMS. Any USMS swimmer, volunteer or other individual who has contributed to the growth, improvement, or success of USMS through effective, consistent, reliable, innovative use of communications, will be eligible for the award.
2. Bill Volckening, the USMS national publication editor, gave his report. Throughout the year Bill worked with the publishers of *SWIM Magazine* to best represent USMS. They tried to balance editorial content, and came up with several new feature ideas, especially personality features on non-elite swimmers. They plan to have more lifestyle features in the future. Several pictorial features on technique have shown Masters swimmers demonstrating technique.
3. Jim Matysek, the USMS Webmaster, reported on the progress of the redesign of the website. The current design is stale. We have a lot of content on the homepage, but most visitors don't scroll far enough down to see it all. The

new design has many more pictures and more color. The new design will switch from a vertical navigation bar to tabs across the top. The potential categories for the tabs will be home, health and fitness, training, competition, articles and publications, and administration.

International Committee Activities

- * MSA that the International Section on the USMS website provide details on International meets which are sanctioned.
- * MSA that Jim Miller and Mel Goldstein, USMS representatives to ASUA, communicate that the sense of the International Committee is that the ASUA Masters Technical Committee meeting be open to all interested parties.

Details:

1. Olympian, Anne Warner Cribbs, who was the head of the San Francisco Bay Area Olympic Organizing Committee, assisted Michael Moore and the USMS FINA Task Force in preparing the USMS bid to FINA. There was a general concern expressed about obtaining the necessary visas for other countries to enter the United States legally. Anne already has secured an immigration liaison at the State Department in Washington, D.C. who will work directly with the LOC.
2. We are continuing to support the LOC in promoting the 2006 FINA World Championships. Our world contacts list is being updated with primary contacts and website information in conjunction with the contacts collected at Riccione, Italy last June by Michael Moore and volunteer swimmers.
3. Chris Smith, President of Masters Swimming Canada, is researching the possibility of sharing the World Masters Games Edmonton data base, and Hill Carrow has obtained the contact person for the Australian World Masters Games from 2002.
4. The Committee agreed that we should also put emphasis on promoting the World Championships within our USMS membership. Having the championships in our own backyard provides an opportunity for our swimmers to experience a high level of competition without having to travel outside of the country. Marketing ideas such as posters and "save the date" postcards have been suggested to the LOC.

Registration Committee Activities:

- * MSA to include \$1200 in the budget for Anna Lea, Leo and Jim to meet with Tracy and Esther at the National Office to work out the procedures for online registration.
- * MSA that registrars have a backup plan in place.

Details:

1. Report from Esther Lyman: It's been a good year all around, not sure if we are going to meet the same registrations from last year. Last count is at about 40,000 members, about 93% of last year. Most of our members are in Cali-

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fornia. We have seen an unusual increase in recovering members from 10 years ago.

2. Permanent ID: Problems included that the registration program had to get out early and didn't pick up registrations from late in the year. This is a problem when people change LMSCs. We also had problems with one-event registrants. Some were registered in past years so already had a permanent ID.

3. Online registration: Jim Matysek gave us an overview of how online registration could work with USMS. Each LMSC charges it's own fees, which vary. Swimmers want to have the online registration option for convenience. Also will be useful for the procrastinators who register at the last minute.

4. Registrar Disaster Plan proposal: We had an incident this year where a registrar was hospitalized and some registrations needed for Nationals were not processed. We discussed whether we need to have a plan in place. * MSA that registrars have a backup plan in place.

Sports Medicine Committee Activities:

* MSA \$320 for a representative from the Sports Medicine Committee to attend the FINA Sports Medicine Committee Congress at Indianapolis in October 2004. The representative will submit a report to the committee.

Details:

1. A report was given by Laura Kessle regarding the Sports Medicine Lecture Series on the Aging Athlete at 2006 World Masters Games to be held at Stanford Aquatic Center. There are 3 speakers lined up with additional proposed speakers. Michael Moore has been asked to include \$500 honorarium for each speaker in his budget for the 2006 World Masters Games. Laura will be working with Anne Cribbs from the Worlds Organizing Committee. Among other things they will be contacting Stanford Sports Medicine Department and Catholic Hospital regarding participation. Jim Miller also suggested getting speakers from the FINA Sports Medicine Committee.

2. Joel Stager reported on the status of 2 research projects.
a. The first research project was funded by USMS, and supported by Mini Mitter Corporation and Actical, on an omnidirectional accelerometer (similar to a pedometer). The goal was to develop a method to measure workout intensity during swimming workouts. The research established that it can be done. The results of the study will be presented at the American Physiology Conference and at the FINA Sports Medicine program in Indianapolis.

b. The second project, the USMS Aging Study, does not yet have funding. Joel and assistants performed surveys and analysis of more than 200 swimmers at the Nationals at Indianapolis. The response was overwhelming and swimmers had to be turned away. A survey was also conducted

through the website. Joel reviewed the results obtained which included demographics, pulmonary function, blood pressure, cholesterol and HDL, height and weight, vertical jump, skin fold thickness. The results to date are confirming what is known about the effects of other sports on the above parameters. The study is important because it provides data not previously available about the benefits of swimming as exercise. In order to expand the study to include larger numbers and to include longitudinal data (via presence at Nationals yearly) additional funding will be needed.

While the above Convention activities and salient issues were selected from the USMS website, the following first hand perspective has been provided by NC Masters Swimmer Jerry Clark who provides additional background to and experiences with some of the Convention's events.

First, the one change that will be most evident is that we'll see a new magazine next year. For many years, USMS has paid the publisher of *SWIM* for our individual subscriptions and has received 3% of the advertising revenue annually. When USMS approached this publisher some 18 months ago about extending the contract, the publisher proposed a 12 year extension with the cost of subscriptions increasing every two years. USMS thought that was too expensive. Consequently the USMS solicited bids from companies that publish periodicals for associations (the AARP magazine is a good example). The publishing company that was chosen convinced USMS that we'll see a better magazine both in appearance and content. Furthermore, USMS will own the magazine (*SWIM* owns it now), will receive 75% of the advertising revenue, and will have direct involvement with the content of the articles. Were USMS to continue with *SWIM*, the annual cost in three years would be over \$400,000. However projections of advertising income in the new magazine indicate that the share USMS receives in the third year are likely to equal the cost of publishing. Thus it's reasonable to think that, as the cost of publishing decreases, there will be more and more money that USMS can plow back into programs due to our share of advertising revenue.

Second, there will be a new method of governance of USMS. The Board of Directors will be reduced from 40+ people to 16. Eight of the sixteen board members will come from the eight zones, and the other eight people will come from the Executive Committee. In case of tie votes, the President will be able to vote. There will also be four Vice Presidents, each with specific responsibilities. This streamlined method of governing ourselves should benefit those of us at the grass roots level.

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Third, the committee I serve on (championship) has been faced with controlling the time per day it takes to conduct our long course national championship meets. Many factors are involved, but whatever they are, it's not good to have officials and swimmers dealing with 13-14 hour days at these meets. Therefore rules were passed that give this committee more options to use to keep the days at or around 10 hours. The national qualifying times (NQTs) for the 2005 long course nationals at Mission Viejo will be calculated by taking the 5th place time in the Top Ten listing for every event/age group/gender and add 11% to it. If someone misrepresents his/her seed time and is causing a significant delay of the meet, that person can be disqualified and removed from the pool. This will prevent the extremely long swims that sometimes (but rarely) occur from holding up a swim meet. Frankly, we hope this will prevent people from seeding themselves at a time much faster than they can actually swim. If we feel it necessary, we can require people entering the 1500 and/or the 800 to have met the NQTs before they are allowed to swim in those events. Last, if we feel it necessary, we can seed events 400 meters and longer by (a) age group, (b) by time, or (c) by a combination of both.

Fourth, a rule was passed that reads: "To be eligible for competition, including participation in warm-ups (note: the day before a national meet is a warm-up day), members

(which means that the swimmer must belong to USMS) must be 18 years of age or over". The former age group 19-24 will now be 18-24.

Last, the vast majority (me included) of our committee felt that we needed to address the grossly oversimplified method of determining the divisions (small, medium and large) of the teams at a national championship meet. After months of debate, it was approved (against my wishes) to give out 10 awards in the combined team category, 10 to the women's team category and 10 to the men's team category. I felt a better way was to have seven team groupings rather than the three (S, M & L) we've been using; this would allow more refined breakpoints in the team sizes in my opinion, but I was one of a very small minority on our committee who felt this way. We'll tune in to the response to the new method, and hopefully will tweak it if need be.

Next year we go to Fort Lauderdale May 19-22 (with 3 courses to swim in) for SCN, and to Mission Viejo (Los Angeles area) August 10- 14 (Thursday – Monday, with the 1500 on Monday) for LCN. AND the convention next year is September 14-18 at the Sheraton Four Seasons in Greensboro, NC. Our LMSC will be hosting a hospitality suite (which sees action from early morning til late night) and also hosting the Zone Committee lunches on Saturday September 17th. We'll need numerous volunteers for the hospitality suite, so be prepared for a phone call.



Award recipients at the 2004 USMS Convention include NC Masters Swimmers Hill Carrow (center, front row) and George Simon (far right, front row). CONGRATS to George and Hill for their well-deserved recognition!!

ON THE ROAD WITH NC MASTERS

The XMEN's Open Water Swim

By Alton Boshoff

The XMEN Fifth Annual Open Water Swim was held in Emerald Isle, NC on August 28, 2004. This year's race featured 2-mile and 5-mile distances, both of which were shore-parallel, "down and back" swims to buoys of the appropriate distance. We had 50 swimmers participate in the 2 mile race, and 10 swimmers participate in the 5 mile race, for a total of 60 swimmers. This year's proceeds went to the Carteret Currents, the local age-group (USAS) swim team.

In the men's 5 mile distance, Erik Cranshaw finished first (1:50:40) for the second year in a row, followed by Zane Honnold (2:07:17) and Brian Huey (2:10:32). Coming in first in the women's 5 mile was newcomer Sarah Rice (1:57:22), followed by veterans Heidi Williams (2:01:10) and Kelly Alexander (2:14:34).

Placing first in the men's 2 mile race was Chip Peterson, with a time of 40:22, followed by Robbie Bittner (43:26), and Andy Farrell coming in for a close third (44:53). First place in the women's two mile was claimed by local swimmer Amy Quinn (51:04), followed by Christine Addison (55:52) and Miriam Sutton (55:56).

Previously, this open water event has been held at Wrightsville Beach, NC. Both the logistics of transporting swimmers to and from the start and finish, as well as the relocation of key race volunteers contributed to our decision to relocate. Based on feedback from our repeat participants, it was a very successful decision. We also received great logistical support from the Town of Emerald Isle, which contributed safety/rescue personnel for the duration of the event. Many thanks go out to all of our sponsors, and especially to our Triangle-based and local volunteers, all of whom contributed to making this event run smoothly.

To find out more about the swim and to view all results, please visit www.xmenswimming.net.

X FINA World Masters Championships Riccione, Italy June 3-13, 2004

By John Mangrum

Pam Gunn is a friend of mine who traveled from Adelaide, Australia and worked out with RAM before going to Italy for the 10th World Master's Swim Meet. Pam and I arrived

in Italy on the afternoon of the opening ceremony. We did not use a car rental, and there were no coach transfers from the Rimini Airport; so the best choice was the local bus. The local city bus was PACKED like sardines in a can. What a hoot - peak hour, hundreds of people and all our luggage - thank goodness we both traveled light - one swim bag and a suitcase bag. Then, talk about a small world, who hops on the bus after a few stops but Pauline and Ivan, two of Pam's friends from her home town. We were pointed in the right direction to the hotel and told when and where the opening ceremonies were going to be held. Just so happens it was just down at the end of the block from our hotel. Settled into the hotel and then went for an orientation walk around Riccione - cool and overcast - not what we were expecting. It was much cooler than normal. Good thing we both had a sweat shirt.

The Championships were well organized, with two 50-meter pools, but the training times were not good. You were only allowed into the pools if you were actually swimming an event on that day. I guess with over 6,000 entrants there had to be restrictions. At registration everyone was given a "goodie" bag, with a string for your ID and some other information about restaurants in the area where a discount was offered. There was no comparison between Christchurch, New Zealand's "goodie" bag. Riccione could have learned a bit from Christchurch.

Apart from swimming we were determined to see as much of Italy as possible. The hotel provided bicycles that we rode to the pool each day. The trip took about 15 minutes and was a great way to see the City and surrounding areas. No hassle in parking bikes either. There was a free shuttle bus, but with the bikes, after we had finished our events for the day, we could ride down to the local train station, and harass the poor information lady to get us as far as possible in the time remaining for that day. I'm sure by the end of the week she was trying to lock the door before we got in.

Morning breakfasts were quit nice at the hotel. Jerry Clark and Mike Reid stayed at the same hotel. Several mornings we all had breakfast together. Pam and I would always take a couple extra fruit and sandwich munchies to get us through the day. Suppers were nice; we tried a different restaurant every night. Some were better than others; we both liked the little pizzas. They are very different than Dominos and Pizza Hut. Every night was ended with a cool refreshing Galatia, a very thick mousse type ice cream.

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What fun, and in between all the site seeing we did manage to swim five events each. Pam swam in the 800 Freestyle, 200 IM, 400 Freestyle, 400 IM, and the 3km open water swim. It was very nice to have someone there cheering you on and swimming your best. Both Pam and I swam personal bests in our events. I swam the 400FR, 200BK, 400IM, and 3k Ocean Swim. I scratched the 200 Fly. My back had started giving me trouble. The Ocean swim was my first, and it was something. There were these big orange buoys but the group ahead of us also had on orange hats which made it hard to get your bearings. We were both pleased with all my races and would recommend that if anyone gets a chance to attend any of these Master Games - go for it. Not only is it fun to swim, but you meet some fascinating people.

We met a lovely lady from Brazil at dinner one night who only came for one event - the 50 Freestyle and won a gold medal. She was happy and was staying for the rest of the week just to catch up with people she had met at previous games.

We managed to see quite a bit given the time we had there. Pam and I visited seven cities before we flew out at 6.00 am on Sunday morning to the USA.

My next Trip is the 10th Alice Spring's Australia Master's Games being held Oct 16-23, 2004. Pam and I are entered in six individual events, four relays, and the team triathlon.

CIAO RICCIONE

By Jerry Clark

Attending this event was a great experience in many ways. Flying from Charlotte, I went to Frankfurt then to Rimini, a fairly large town on the Adriatic coast just north of Riccione. Upon arrival I met fellow Charlottean Fred Ferrigiarro who had traveled via Munich, and we shared a taxi for the 3k ride to Riccione. The taxi driver met our expectations: quick darts around whatever seemed to impede his goal of getting us where we were going in record time. Then he adroitly double charged me upon arrival at my hotel. Oh well, after a long journey, I was ready to check in and get settled down.

Riccione is a beach town with hotels and condos strung out up and down the coast. I would guess the permanent population there might be 20,000 people, but it and Rimini (a much larger town) swell up in the summer months with European vacationers. There were numerous shops to browse, restaurants to choose from and the people were very friendly and helpful. I saw many American flags

throughout the town and on t-shirts; not once throughout our trip did I see any anti-American propaganda.

A total of 8,130 people were registered, with 6,306 of those entered in the pool events. The others were entered in open water swimming, water polo, diving and synchronized swimming. The meet organization managed to herd us along as well as could be expected. With the multiple nationalities present (a woman at the registration desk told me there were 96 countries represented), this wasn't an easy task. The swim facilities were super. There was an outdoor 50m pool with its 6 lane 25m warmup pool, plus an indoor 50m pool with its 5 lane 25m warmup pool. The pools were flip-flopped daily between women and men throughout the meet. The locker rooms were pretty tight, but that was expected. The vendors were disappointing as there was nothing like we see at our national meets. However, the crowd watching was superior to what we're used to, and I'll just say that the bathing suit salesmen short-changed a lot of women sunbathers. A shuttle service, operated relatively well, was provided. The biggest problem was that the Italians were erratic in their way of doing things, and we learned of changes mostly by conversing with other swimmers. For example, heat sheets were revised without notice, the location of heat sheets was moved during the first three days, etc. Very few of their volunteers spoke English, which made it difficult to find answers to questions. Nevertheless, the meet moved along relatively well.

At a World Meet, the contestants have to wear identification badges at all times. We're checked and re-checked as our heats move slowly forward toward the starting blocks. This makes for advance planning with regard to restroom visits, having the necessary equipment (hey, always have flip flops in addition to goggles and cap), getting psyched up then calmed down right before getting up on the block, etc.

I learned two lessons about advance planning. The first one is to leave way too early if you're using the shuttle to get to the pool. I thought I'd done that on Sunday morning, only to subsequently find out that the shuttle service ran on a different schedule on Sunday (no prior notice about this!). After waiting some 45 minutes for the bus, I decided to get a taxi to the pool.

Upon arrival, I found that my heat of the 50 breast had been stacked and released into the pool area, but the lady outside the door of the locker room would not let me move forward into the pool area to join my heat. She spoke no English, so I was out of luck trying to get her to let me get in my

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heat which had not gotten to the starting blocks.

The second lesson learned pertains to being ready after your heat has been stacked. You may have read an article in SWIM in which the writer mentioned a certain starter in the men's 50 free at this meet. The writer was pretty outspoken about what happened, perhaps too much so, but I can share his feelings because the same starter caused me to have a bad swim in that event.

Normally when the heats approach the starting blocks, there are 2 chairs and a plastic basket behind the block for each lane. We are led behind the 2nd chair, remove our warmup attire and put it in a plastic basket then sit down in the 2nd chair. When a heat dives in, we move up to the 1st chair and sit in it. When the next guy goes off the block, we then stand behind the block and wait for the heat in the water to reach the other end. Then we expect the 3 whistles to sound notifying our heat to be ready. Then the single whistle sounds for us to mount the block and put at least one set of toes over the end of the block.

Apparently the officials got behind in the early heats of the men's 50 free, and when I walked to the plastic basket and began taking off my t-shirt and flip flops, three whistles sounded. I turned around to look, and then one whistle sounded, so I frantically pulled my cap over my head while stepping up on the block, then the command 'take your marks' sounded as I was pulling my goggles on. My dive was a perfect 10 - straight down to the bottom. There I was patrolling the floor of the pool in a 50 freestyle race! So much for doing well in that event.

Apparently the hurried process continued, for the writer of the SWIM article was several heats behind mine. It was disappointing to see the guys in the later heats of the 50 free having plenty of time to get rid of their warm-ups, sit in chair # 2, then chair # 1, then up behind the blocks, etc. They had time to compose themselves and race to their ability. The moral of the story is to have the caps and goggles on well before getting to the starting area. Guess what; while watching the meet in Athens, I observed that all the Olympians arrived at the starting end with their gear in place.

My wife joined me after the meet, and we had a great time traveling by car to Florence, the Tuscany and Umbria areas then down to Rome. Last lesson: there are no signs saying Rental Car Return when you turn a rental car in at the Rome airport, so get the scoop on how to find that area wherever you pick your car up

when traveling in Italy.

Please join me at the XI FINA World Meet at Stanford University in August 2006!



USMS Rule Change Updated July 14, 2004

Effective June 5, 2004, USA Swimming amended their rules in order to align them with FINA with respect to the use of equipment that can convey pacing information to a competitor. The change is in response to the availability of individual radio receivers that can transmit information to a swimmer from a coach or other person.

Pursuant to USMS rule 601.4.6B, USMS has adopted this change based upon the action of the Rules Committee that accepted the USA Swimming change. Thus the following change is effective immediately (the addition is underlined):

102.15.9 - Swimmers are not permitted to wear or use any device or substance to help their speed, pace, or buoyancy. Goggles may be worn and rubdown oil applied if not considered excessive by the referee.

USMS will follow the interpretation of USA Swimming that indicates that pacing devices including tempo training devices and radio transmitters that allow instructions to be passed to the swimmer are forbidden. USA swimming has also indicated that other devices on the swimmer such as watches are not allowed. In response to questions received, it should be noted that this change does not prohibit one from conveying pace information through hand signals, placement of lap counters and the like. Additionally, this change does NOT affect long distance swimming.

For those officiating USMS meets, it is suggested that the enforcement of the rule be approached from an educational perspective. For example, if one sees a swimmer approach the block with a prohibited device, inform them of the rule and allow them to make any necessary changes rather than letting them start and disqualifying them.

Leo Letendre
For the USMS Rules Committee

PERFORMANCE APTITUDES AND ATTITUDES

The Difference is YOU

By Wayne Goldsmith

OK. It's 5:00 a.m. It's still dark. You would probably rather be home in bed asleep. Your coach has come in as enthusiastic and motivated as ever and has written up this workout on the whiteboard: The question is now, what do you do next? The obvious answer is 400 Freestyle, 6 x 50 breaststroke drills etc, etc. **Everyone** in your team will be doing that. The question really is, what will you do that is better, faster and smarter than everyone else to give you the winning edge? What will you do in this session that will make you a better athlete?

If you want to be the best swimmer in your club, your state, Australia or the World, you must be the best swimmer in your LANE first. You must set yourself a higher standard than anyone else in your lane is prepared to. You must set a higher standard and more challenging goals than even your coach thinks possible. Successful swimmers set themselves tougher goals than anyone else could possibly set for them.

The difference between good swimmers, very good swimmers and great swimmers is very often their approach to their training. While the workout itself is important, the real secret to success is in how you do the workout. The benefit you gain from the workout is totally dependent on your attitude and approach to your training program.

You must set yourself a higher standard than anyone else in your lane is prepared to. You must set a higher standard and more challenging goals than even your coach thinks possible. Successful swimmers set themselves tougher goals than anyone else could possibly set for them.

How would three swimmers (a good, a very good, and a great swimmer) approach our workout? The good swimmer does the training program: does what the coach has asked. The very good swimmer also does the training program, does what the coach asked AND sets a few personal goals along the way to get a little more out of the workout. The great swimmer does the same program, does what the coach asks, and then demands an uncompromising level of excellence from themselves to get the maximum benefit from the workout. The great swimmer sees the workout as

an opportunity to improve and to get the most out of their efforts.

One of the biggest steps a swimmer must make in their development is the step from age group swimming to open level competition. One of the biggest changes that a swimmer needs to make in order to take this step is in the mental approach to their workouts. Most coaches set their workouts for the average level of swimmer in their team. The great swimmers understand this and set a personal standard that is well above average.

"Little kids" see workouts very simply. How do I do the minimum amount of work I can get away with? "Big kids" (those who are trying to take the step from age to open level competition) see the workout activities and then aim to set themselves a standard well in excess of the level of the workout. They do more than the coach asks. They do the little things well. They aim for maximum distance per stroke, minimum number of breaths, excellent turns and outstanding skills.

Ask yourself, am I a "big kid" or a "little kid" in a "big kid's" body?

Size and age has little to do with being a senior swimmer. Being a senior swimmer means training and racing with a senior swimmer's attitude. You can be 12 years of age and think like a senior swimmer or 22 years of age and think like a junior swimmer. You must "train your brain" in the same way that you train your body. You train your body for speed, for power, for strength and for technical excellence to help you achieve your best. Train your brain to do the same.

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WORKOUT ACTIVITY	GOOD SWIMMER	VERY GOOD SWIMMER	GREAT SWIMMER
Warm up 400 easy free.		Swim slow easy freestyle, making sure not to breathe inside the flags and to streamline off every turn.	Swim slow easy freestyle, making sure not to breathe inside the flags and to streamline off every turn, not breathing on the first or last strokes trying to swim each lap with one less stroke than the one before.
Drills 6x50 on 1:30.	Do the drills.	Do the drills correctly.	Do the drills correctly, aiming to do the minimum number of pulls and kicks each lap, developing great distance per kick and trying to hold an exact pace with a full underwater pull out each 50.
Kick 10x50 on 1:15.	Do the kick set.	Do the kick set fast and hard with strong powerful kicks.	Do the kick set fast and hard with strong powerful kicks, trying to kick each 50 as close as possible to their 50 metre PB swim time with as few kicks as possible.
16x100 on 1:40 holding PB plus 15 seconds.	Do 16x100 on 1:40 holding PB plus 15 seconds.	Do 16x100 on 1:40 holding PB plus 15 seconds, trying to streamline out of each turn.	Do 16x100 on 1:40 holding PB plus 15 seconds, aiming to hold an exact pace, or experimenting with pacing strategies like negative splitting. They may also consider trying to minimise strokes and breaths, while holding an exact pace and streamlining a minimum of 10 metres off every turn.
Swim Down 6x100 IM.		Swim down 600 metres aiming to do good turns.	Swim down 600 metres aiming to do good turns and practicing to improve on any areas of weakness in their worst stroke.

USMS 2004 Long Course Meters Championships NC Masters Results

Age Group	Swimmer	Place / Event / Time
20-24	Deal, Melanie J	4th / 100 Back / 1:17.64; 1st / 200 Breast / 3:11.30 ; 2nd / 200 Back / 2:50.12
25-29	Cummings, Jessica E	5th / 50 Fly / 34.16; 7th / 50 Free / 31.19; 4th / 100 Breast / 1:25.08
	Schreiner, Vironica M	9th / 50 Fly / 35.52; 5th / 200 Breast / 3:19.24; 6th / 50 Free / 30.90; 4th / 50 Breast / 40.24; 3rd / 50 Back / 35.77
	Keto, Alexis D	7th / 50 Fly / 34.67; 7th / 200 Breast / 3:30.41; 5th / 50 Free / 30.56
	Hall, Christy D	1st / 1500 Free 19:10.17 ; 3rd / 200 Breast / 3:05.34; 2nd / 400 Free / 4:53.15
30-34	Braun, Erika L	4th / 50 Fly / 32.06; 1st / 100 Back / 1:13.78 ; 1st / 50 Free / 27.73 ; 2nd / 100 Fly / 1:11.94; 2nd / 100 Free / 1:02.32
	Inscore, Staci K	4th / 400 IM / 5:57.89; 8th / 50 Fly / 33.99; 4th / 100 Back / 1:17.86; 2nd / 200 Back / 2:46.78; 3rd / 100 Fly / 1:14.96
	Hageman, Heather M	3rd / 50 Fly / 31.95; 4th / 50 Free / 29.12; 8th / 50 Breast / 43.30; 1st / 50 Back / 34.67
35-39	Haruta, Deborah M	12th / 200 Free / 2:40.49; 9th / 400 Free / 5:43.56; 9th / 50 Free / 32.95; 9th / 100 Free / 1:13.55
	Baartmans, Carrie S	11th / 50 Free / 33.75; 7th / 50 Back / 44.09
40-44	Kirby, Katie	25 th / 50 Free / 37.51; 16 th / 50 Back / 47.53
	Walsh, Susan	1st / 50 Fly / 30.56 ; 2nd / 100 Back / 1:12.34; 2nd / 50 Free / 28.10; 2nd / 100 Free / 1:02.24; 1st / 50 Back / 32.31
	Springer, Margie J	24th / 50 Fly / 42.39; 9th / 200 Free / 2:47.49; 19th / 50 Free / 33.93; 15th / 50 Breast / 46.44
45-49	Rohner, Patricia A	7th / 800 Free 11:09.53; 6th / 200 Free / 2:30.26; 5th / 400 Free / 5:22.14; 11th / 50 Free / 31.44
	Stott, Kim	11th / 800 Free 12:24.16; 8th / 100 Back / 1:26.47; 7th / 200 Back / 3:04.52; 9th 50 Back / 40.77/
	Batchelor, Robin H	3rd / 1500 Free 21:38.85; 5th / 400 IM / 6:16.95; 10th / 400 Free / 5:37.30; 4th / 200 Back / 2:56.23; 3rd / 200 Fly / 3:05.29
50-54	Amick, Beverly O	3rd / 800 Free 11:45.46; 6th / 50 Fly / 35.77; 5th / 400 Free / 5:38.13; 2nd / 100 Fly / 1:20.14
	Sansbury, Mary R	11th / 200 Breast / 3:43.66; 11th / 50 Free / 35.69; 9th / 100 Breast / 1:46.37; 9th / 50 Breast / 47.56; 10th / 100 Free / 1:21.18
	Sargeant, Pat	4th / 50 Fly / 35.10; 4th / 200 Free / 2:36.02; 5th / 50 Free / 31.09; 1st / 200 IM / 3:01.48 ; 6th / 100 Free / 1:10.55
	Rogers, Eugenia (Jennie) A	7th / 800 Free 12:54.04; 4th / 400 IM / 7:28.42; 5th / 200 Back / 3:17.15; 3rd / 200 IM / 3:21.64; 3rd / 200 Fly / 4:08.30
55-59	Van Meeteren, Greta	10th / 100 Breast / 2:01.35; 10th / 50 Breast / 55.11
	Mitchell, Jeannie R	5th / 400 IM / 7:17.71; 1st / 100 Back / 1:27.07 ; 3rd / 200 Back / 3:18.99; 6th / 200 Fly / 3:55.00; 1st / 50 Back / 40.28
60-64	Jones, Alice U	6th / 50 Fly / 57.49; 5th / 200 Breast / 4:38.49; 5th / 50 Free / 45.16; 6th / 100 Breast / 2:06.74; 4th / 50 Breast / 53.84
65-69	Newell, Sally	3rd / 50 Fly / 50.16; 1st / 100 Back / 1:44.14 ; 2nd / 200 Back / 3:45.88; 2nd / 100 Breast / 1:45.93; 2nd / 50 Back / 48.47
	Kremer, Sandra L	7th / 200 Free / 3:38.95; 3rd / 200 Breast / 4:35.57; 4th / 400 Free / 7:47.03; 5th / 100 Breast / 2:06.07; 5th / 50 Breast / 56.60
70-74	Robbins-Bonitz, Suzanne E	3rd / 100 Back / 1:56.66; 5th / 200 Back / 4:24.11; 4th / 50 Free / 49.41; 3rd / 50 Breast / 1:00.84; 1st / 50 Back / 51.67
75-79	Dockendorf, Pat	4 th / 200 Breast / 6:26.82; 4 th / 100 Breast / 2:56.04; 5 th / 50 Breast / 1:22.87

NC Masters Results (Continued)

Age Group	Swimmer	Place / Event / Time
20-24	Gellin, Jonathan C	1st / 50 Fly / 27.59; 1st / 200 Free / 2:05.11; 1st / 100 Fly / 1:00.07; 1st / 200 Fly / 2:18.02; 1st / 100 Free / 56.43
25-29	DeSorbo, Todd M	1st / 200 Free / 2:02.69; 1st / 200 Back / 2:11.60; 1st / 200 Fly / 2:11.35
	Porco, Filippo M	4th / 200 Breast / 3:06.15; 4th / 100 Breast / 1:21.84; 6th / 400 Free / 5:19.75; 4th / 50 Breast / 35.88; 4th / 1500 Free 21:22.99
	Allen, Matt G	1st / 400 IM / 4:53.41; 1st / 200 Free / 2:02.69; 2nd / 50 Free / 25.81; 1st / 400 Free / 4:20.47
30-34	Su, Billy	8th / 50 Fly / 31.80; 8th / 100 Fly / 1:10.66; 6th / 400 Free / 5:10.52; 4th / 800 Free / 10:44.78
	Aber, Dan	3rd / 200 Breast / 2:53.75; 3rd / 100 Breast / 1:19.84; 4th / 200 IM / 2:46.86
	Petcu, Razvan D	2nd / 50 Fly / 26.06; 2nd / 50 Free / 24.35; 1st / 100 Fly / 56.25
	Crankshaw, Erik C	2nd / 800 Free / 9:12.10; 1st / 400 IM / 4:59.68; 2nd / 200 Free / 2:04.10; 1st / 200 IM / 2:20.72; 2nd / 400 Free / 4:32.41
	Farrell, Andrew J	1st / 200 Free / 2:03.74; 1st / 200 Back / 2:22.62; 6th / 50 Free / 26.07; 1st / 400 Free / 4:30.24; 4th / 100 Free / 56.92
40-44	Stewart, Henry D	1st / 50 Fly / 27.51; 6th / 200 Free / 2:06.86; 2nd / 50 Free / 25.41; 4th / 100 Free / 55.93
	Holshouser, Jay	7th / 200 Breast / 3:27.26; 11th / 100 Breast / 1:33.45; 15th / 200 IM / 3:17.11
	Blank, Jon W	13th / 50 Free / 27.27; 5th / 100 Breast / 1:17.21; 7th / 50 Breast / 34.96
45-49	Waldbauer, Eric	9th / 200 Breast / 2:57.10; 10th / 100 Breast / 1:21.17
	Lehman, Fritz E	8th / 50 Fly / 29.06; 1st / 100 Back / 1:04.45; 2nd / 200 Back / 2:25.61; 10th / 100 Free / 1:01.96; 1st / 50 Back / 29.72
	Siegel, Craig O	15th / 200 Free / 2:27.33; 13th / 400 Free / 5:26.16; 9th / 800 Free 11:14.79
	Zsoldos, Peter F	3rd / 100 Breast / 1:16.46; 4th / 50 Breast / 33.97
	Dimsdale, Todd	4th / 400 IM / 5:36.88; 2nd / 200 Breast / 2:48.45; 1st / 100 Breast / 1:12.73; 5th / 200 IM / 2:32.93; 1st / 50 Breast / 32.67
	Klein, Jonathan E	4th / 50 Fly / 28.19; 4th / 100 Back / 1:08.05; 3rd / 200 Back / 2:29.96; 5th / 100 Free / 58.81; 3rd / 50 Back / 31.02
	Lehman, Tim G	4th / 50 Fly / 28.19; 3rd / 200 IM / 2:28.61; 4th / 100 Fly / 1:04.09; 6th / 400 Free / 4:42.27
	Shields, Larry W	6th / 1500 Free 21:13.93; 14 th / 50 Fly / 31.24; 7th / 100 Back / 1:15.96
	Carrow, Hill	12th / 50 Free / 29.21; 9th / 100 Fly / 1:13.42
50-54	Gilchrist, Donald B	3rd / 400 IM / 5:32.44; 2nd / 200 Breast / 2:52.61; 4th / 100 Breast / 1:18.46; 3rd / 200 IM / 2:30.13
	Fleck, Douglas H	11th / 50 Fly / 30.53
	Gosha, Joseph D	22 nd / 50 Free / 31.45; 17th / 50 Breast / 42.20; 17th / 100 Free / 1:10.74
	Coxhead, George L	9th / 200 Free / 2:19.79; 7th / 200 Breast / 3:06.15; 12th / 200 IM / 2:46.18; 8th / 100 Free / 1:03.17
	Schmitz, Robert	5th / 200 Breast / 2:56.50; 6th / 50 Free / 27.83; 7th / 100 Breast / 1:19.95; 5th / 50 Breast / 35.06; 7th / 100 Free / 1:02.27
55-59	Glass, Ernie	5th / 50 Fly / 31.16; 9th / 200 Free / 2:27.16; 5th / 50 Free / 28.05; 6th / 100 Free / 1:03.54; 5th / 50 Back / 36.55
60-64	White, Bernard T	7th / 50 Fly / 33.10; 6th / 50 Free / 30.71; 6th / 100 Fly / 1:29.81; 9th / 100 Free / 1:11.29
	Kitchell, Richard W	3rd / 100 Fly / 1:13.87; 2nd / 200 Fly / 2:55.98
65-69	Pinkerton, Rolffs S	4th / 200 Back / 3:32.23; 6th / 50 Back / 40.56
	Clark, Jerry	1st / 800 Free / 11:38.55; 2nd / 200 Free / 2:34.30; 1st / 50 Free / 29.36; 2nd / 400 Free / 5:36.26; 1st / 100 Free / 1:06.97
	Gee, Milton	9th / 200 Breast / 3:58.26; 8th / 100 Breast / 1:43.45; 10th / 50 Breast / 44.07; 10th / 100 Free / 1:23.86
	Jacobs, Joel P	5th / 200 Breast / 3:37.19; 2nd / 200 Back / 3:28.42; 6th / 100 Breast / 1:39.77; 5th / 200 IM / 3:36.20
70-74	Mitchell, Clarke E	3rd / 50 Fly / 38.12; 2nd / 100 Back / 1:29.96; 2nd / 50 Free / 33.16; 5th / 100 Free / 1:18.41; 3rd / 50 Back / 38.83
	Kortheuer, John D	2nd / 100 Breast / 1:31.75; 1st / 50 Breast / 39.47; 6th / 50 Back / 43.11
75-79	Webber, Dick N	1st / 50 Fly / 40.91; 2nd / 200 Free / 3:15.84; 2nd / 100 Free / 1:20.44

NC Masters Results (Continued)

Relay Events	Place / Time	Team
Women 200 Medley	1st / 2:18.28	Braun, Erika ; Schreiner, Vironica M; Inscore, Staci K; Hall, Christy D
Women 200 Medley	1st / 2:19.89	Walsh, Susan; Springer, Margie J; Hageman, Heather M; Rohner, Patricia A
Women 200 Medley	1st / 3:55.60	Robbins-Bonitz, Suzanne E; Dockendorf, Pat; Jones, Alice U; Kremer, Sandra
Women 200 Medley	3rd / 2:31.59	Batchelor, Robin H; Newell, Sally; Amick, Beverly O; Sargeant, Pat
Women 200 Medley	8th / 2:48.71	Baartmans, Carrie; Sansbury, Mary R; Rogers, Eugenia (Jennie); Haruta, Deborah
Women 200 Free	2nd / 1:57.79	Hageman, Heather M; Hall, Christy D; Inscore, Staci K; Braun, Erika L
Women 200 Free	2nd / 2:04.06	Deal, Melanie J; Schreiner, Vironica M; Cummings, Jessica E; Keto, Alexis D
Women 200 Free	2nd / 3:30.93	Newell, Sally; Dockendorf, Pat; Kremer, Sandra L; Robbins-Bonitz, Suzanne EF71
Women 200 Free	3rd / 2:06.94	Rohner, Patricia A; Amick, Beverly O; Batchelor, Robin H; Walsh, Susan
Women 200 Free	7th / 2:43.04	Mitchell, Jeannie R; Van Meeteren, Greta; Rogers, Jennie; Sansbury, Mary
Women 200 Free	8th / 2:18.24	Haruta, Deborah M; Baartmans, Carrie S; Stott, Kim; Springer, Margie J
Mixed 200 Medley	1st / 2:03.33	Inscore, Staci K; Crankshaw, Erik C; Petcu, Razvan D; Braun, Erika L
Mixed 200 Medley	1st / 2:05.69	DeSorbo, Todd; Cummings, Jessica; Gellin, Jonathan C; Schreiner, Vironica
Mixed 200 Medley	1st / 2:55.79	Newell, Sally; Kortheuer, John D; Webber, Dick N; Kremer, Sandra L
Mixed 200 Medley	2nd / 2:36.45	Mitchell, Jeannie R; Van Meeteren, Greta; White, Bernard T; Clark, Jerry
Mixed 200 Medley	3rd / 2:04.62	Walsh, Susan; Dimsdale, Todd; Murray, Jeff L; Rohner, Patricia A
Mixed 200 Medley	4th / 2:10.50	Hageman, Heather M; Aber, Dan; Allen, Matt G; Hall, Christy D
Mixed 200 Medley	4th / 2:16.95	Deal, Melanie J; Porco, Filippo M; Su, Billy; Keto, Alexis D
Mixed 200 Medley	6th / 2:57.08	Robbins-Bonitz, Suzanne E; Jacobs, Joel P; Carrow, Hill; Jones, Alice U
Mixed 200 Medley	7th / 2:23.72	Batchelor, Robin H; Schmitz, Robert; Gilchrist, Donald B; Rogers, Jennie
Mixed 200 Medley	12th / 2:17.18	Lehman, Fritz E; Springer, Margie J; Farrell, Andrew J; Stott, Kim
Mixed 200 Medley	12th / 3:05.33	Mitchell, Clarke E; Dockendorf, Pat; Glass, Ernie; Sansbury, Mary R
Mixed 200 Medley	14th / 2:22.05	Baartmans, Carrie S; Waldbauer, Eric; Stewart, Henry D; Haruta, Deborah M
Mixed 200 Free	1st / 1:49.07	Petcu, Razvan ; Schreiner, Vironica; Hageman, Heather M; Gellin, Jonathan
Mixed 200 Free	2nd / 1:51.12	Lehman, Fritz E; Stewart, Henry D; Haruta, Deborah M; Walsh, Susan
Mixed 200 Free	3rd / 2:39.69	Kremer, Sandra L; Jones, Alice U; Kortheuer, John D; Webber, Dick N
Mixed 200 Free	5th / 2:01.97	Schmitz, Robert; Amick, Beverly O; Glass, Ernie; Stott, Kim
Mixed 200 Free	7th / 2:17.23	Klein, Jonathan E; Van Meeteren, Greta; Sansbury, Mary R; Gilchrist, Donald B
Mixed 200 Free	9th / 2:08.08	Baartmans, Carrie S; Gosha, Joseph D; Kirby, Katie; Dimsdale, Todd
Men 200 Medley	1st / 1:54.12	Crankshaw, Erik C; Zsoldos, Peter F; Petcu, Razvan D; Farrell, Andrew J
Men 200 Medley	1st / 1:58.59	DeSorbo, Todd M; Aber, Dan; Allen, Matt G; Gellin, Jonathan C
Men 200 Medley	1st / 2:22.68	Mitchell, Clarke E; Kortheuer, John D; Kitchell, Richard W; Webber, Dick N
Men 200 Medley	2nd / 1:55.03	Lehman, Fritz E; Dimsdale, Todd; Stewart, Henry D; Klein, Jonathan E
Men 200 Medley	4th / 2:09.90	Carrow, Hill; Gilchrist, Donald B; Coxhead, George L; Schmitz, Robert
Men 200 Medley	4th / 2:10.52	Lehman, Tim G; Porco, Filippo M; Su, Billy; Gosha, Joseph D
Men 200 Medley	5th / 2:24.43	Glass, Ernie; Gee, Milton; White, Bernard T; Clark, Jerry
Men 200 Free	1st / 1:39.71	Murray, Jeff L; Stewart, Henry D; Farrell, Andrew J; Petcu, Razvan D
Men 200 Free	1st / 1:42.28	Allen, Matt G; Crankshaw, Erik C; Gellin, Jonathan C; DeSorbo, Todd M
Men 200 Free	1st / 2:09.77	Mitchell, Clarke E; Kortheuer, John D; Webber, Dick N; Clark, Jerry
Men 200 Free	2nd / 1:52.38	Carrow, Hill; Coxhead, George L; Gilchrist, Donald B; Schmitz, Robert
Men 200 Free	3rd / 2:12.38	Glass, Ernie; Gee, Milton; White, Bernard T; Jacobs, Joel P
Men 200 Free	4th / 1:45.00	Blank, Jon W; Klein, Jonathan E; Dimsdale, Todd; Lehman, Fritz E
Men 200 Free	9th / 1:54.26	Lehman, Tim G; Waldbauer, Eric; Siegel, Craig O; Shields, Larry W
Men 200 Free	9th / 2:06.07	Aber, Dan; Su, Billy; Porco, Filippo M; Holshouser, Boyce Jay



In the 280+ 200 Medley Relay, North Carolina Masters Clarke Mitchell, John Kortheuer, Richard Kitchell and Dick Webber swam a 2:22.68 for a new world record by nearly six seconds under the previous mark.

UPCOMING LOCAL 2004 / 2005 MASTERS SWIMMING EVENTS

DATE	EVENT	LOCATION	POINT OF CONTACT
10/30/2004	North Carolina Fall Invitational	Hillsborough, NC	Martha Aitken, 1118 Stonebridge Dr., Durham, NC 27712; martaitken@aol.com
10/31/2004	Patriot Masters Sprint Classic	- Georg Mason Univ, Fairfax, VA	Cheryl Ward, 4207 Univeersity Dr, Fairfax, VA 22030, 703-359-5366
11/6/2004 - 11/7/2004	SWIM Florida Masters SCM Meet	Fort Myers, FL	
11/20/2004- 11/21/2004	Virginia Masters Fall Invitational	Newport News, VA	Charles Cockrell, 107 Lilburne Way, Yorktown, VA 23693, 757-865-6250
12/4/2004 - 12/5/2004	SCM: Holiday Classic	Coral Springs, FL	
12/11/2004 - 12/12/2004	SCM: St. Nicholas Invitational	Marietta, GA	
1/29/2005- 1/30/2005	Charlotte Swimmasters Sunbelt Championships	Mecklenburg County Aquatic Cnter, Charlotte NC	Jerry Clark; 128 South Tryon Street, Suite 1565; Charlotte, NC 28202
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

2004 / 2005 CHAMPIONSHIPS

DATE	EVENT	LOCATION	POINT OF CONTACT
9/1/2004- 10/31/2004	2004 USMS 3000/6000 Yard Postal Championship		Bob Bruce, 61200 Parrell Rd., Bend, OR 97702, 541-317-4851, bob-bruce13@attglobal.net
11/6/2004- 11/14/2004	Pan Pacific Masters Games	The Gold Coast, Queensland, Australia	Queensland Masters Swimming, +61 7 3976 2822
1/1/2005- 1/31/2005	2005 USMS One Hour Postal Championships		Mel Goldstein, 5735 Carrollton Ave, Indianapolis, IN 46220, 317-253-8289
4/21/2005- 4/24/2005	YMCA Masters Nationals.	Indianapolis IN	
5/15/2005- 9/30/2005	2005 USMS 5 & 10K Postal Championships		Christine Swanson, 2536 Maryland Ave, Tampa, FL 33629, 813-254-4514
5/19/2005- 5/22/2005	2005 USMS Short Course Nationals	Ft. Lauderdale, FL	Stu Marvin, 501 Seabreeze Blvd., Ft Lauderdale, FL 33316, 954-828-4580
6/3/2005 - 6/18/2005	National Senior Games	Pittsburgh, PA.	
7/16/2005	2005 USMS 2-Mile Cable Championships	Mirror Lake, Lake Placid, NY	Ann Svenson, PO Box 425, Greenfield Center, NY 12833, 518-893-1967
7/22/2005- 7/31/2005	World SCM Masters Games	Edmonton, Alberta, Canada	www.2005worldmasters.com
7/29/2005	2005 USMS 1-Mile Open Water National Championships	Elk Lake, Bend, OR	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, 25108-B Marguerite Pkwy #391, Mission Viejo, CA 92692, 949-233-6521
9/1/2005- 10/31/2005	2005 USMS 3000/6000 Yard Postal Championships		Riley Stevens, 200 Indian Trail, Anderson, SC 29625, 864-287-0956
9/10/2005	2005 USMS 2.5K Open Water National Championships	Lake Michigan, Chicago, IL	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

CHARLOTTE SWIMMASTERS SUNBELT CHAMPIONSHIP

January 29-30, 2005

Sanction: Sanction by LMSC for NC for USMS, Inc. Sanction # 135-01

Meet Director: Bernie White and Ken Johnson (704/364-2141) Meet Referee: Marty Fehr

Facility: Mecklenburg County Aquatic Center, 800 East Second Street, Charlotte NC. (704) 336-3483
The pool is 50 meters by 25 yards, with a bulkhead dividing the competition area into an 8 x 25 yard course. Continuous warm up/down lanes available in separate tank. Parking is across the street on Saturday.

The pool length has been certified with USMS.

Rules: Swimmers **must** be registered with USMS and **must** attach a copy of their 2005 registration card to the entry form. **No Exceptions.** USMS rules govern the meet. Swimmers are limited to 5 individual events per day. **Note:** USMS One Day Registration forms **will not** be available at this meet.

Deadline: Entries must be received by mail or fax to Jerry Clark (704) 334-6223 by January 19, 2005. Entries received after this date will be handled as **deck entries**.

Fees: See entry form for individual fee. Deck entries accepted at \$5.00 per event. Relays no charge. **There will be no refunds, unless the meet date is changed.**

Scoring & Awards: Individual events will be scored 9-7-6-5-4-3-2-1; relays doubled. Ribbons given to top 8 finishers in each event. High point awards given each sex/age group. Team awards given only to **out of state** teams for places 1-3.

Seeding: All events will be seeded by sex and time, with the exception of the following events; 1650, 1000, 500 freestyle and 400 IM. These events will be seeded by time only, (sexes combined). All events will be seeded slow to fast except the 500 free, which be fast to slow. "No time" will be put in slow heats. Meet Director reserves right to combine sexes in events. For the 500 free, you must confirm you will swim this event before the break on Sunday by initialing your name at the deck enter/relay desk.

Schedule: Saturday morning: Warm up **8:00am**; first heat of the distance events start **8:45am promptly**. Pool will be open at 7:30 am.

Saturday afternoon: Warm up **11:30am**; first heat event 5 starts **12:30pm promptly**.

Sunday morning: Warm up **8:00am**; first heat starts **8:45am promptly**.

You must enter the pool feet first except in sprint lanes. No paddles or kickboards allowed in warm up/down swimming.

Lodging: Adams Mark \$59 (no breakfast); 704-348-4675; Four Points \$69 (breakfast) 704-372-7550; Hampton Inn \$ 69 (breakfast) 704-373-3146. Mention Masters Swimming. All within walking distance to pool.

Social TBD at 6:30 Saturday. It is appreciated if you will reserve space when mailing entry.

LMSC Meeting: **Saturday January 29, 2005 at the aquatic center immediately following Sat afternoon events. All officers and team reps are urged to attend.**

SUNBELT CHAMPIONSHIP ENTRY FORM

Sanction # 135-01

please print legibly

Name: _____ Club: _____

Address: _____ City/State _____ Zip _____

Age: ____ Birth Date: ____/____/____ Sex: M ____ F ____ Day Phone (____) _____ - _____

E-mail address: _____ Team initials _____
(PEAK, CSM, RAM, etc)

2005 USMS registration number: _____ (must attach copy of card)

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

Saturday January 29, 2005, Warm up 8:00 am, Meet start at 8:45am			
W	M	Event	Time
1	1	1,650 yd Freestyle	
2	2	1,000 yd Freestyle	
Warm up 11:30 am, Meet start at 12:30pm			
3	4	100 yd Butterfly	
5	6	50 yd Breaststroke	
7	8	25 yd Backstroke – novice*	
9	10	200 yd Medley Relay	
11	12	100 yd Backstroke	
13	13	400 yd IM	
Break			
15	16	50 yd Freestyle	
17	18	25 yd Butterfly – novice*	
19	20	200 yd Breaststroke	
21	22	200 yd Freestyle	
23	24	100 yd IM	
25	25	200 yd Mixed Medley Relay	

Sunday January 30, 2005, Warm up 8:00am, Meet start 9:00am			
W	M	Event	Time
27	28	50 yd Butterfly	
29	30	200 yd IM	
31	32	25 yd Freestyle – novice*	
33	34	50 yd Backstroke	
Break			
35	35	200 yd Mixed Free Relay	
37	38	100 yd Breaststroke	
39	40	200 yd Backstroke	
41	42	100 yd Freestyle	
43	44	25 yd Breaststroke – novice*	
45	46	200 yd Butterfly	
47	48	200 yd Freestyle Relay	
49	49	500 yd Freestyle	

* ONLY SWIMMERS IN THEIR FIRST MEET MAY SWIM

NOVICE EVENTS, NO POINTS AWARDED

Number of Events: _____ @ \$ 3.00 each = \$ _____
 Surcharge @ \$ 8.00 = \$8.00
 Social _____ @ \$15.00 each = _____
 T-Shirt Size _____ @ \$ 8.00 each = _____
 TOTAL _____

Make checks payable to Charlotte SwimMasters and mail to: Jerry Clark
128 South Tryon Street, Suite 1565
Charlotte, NC 28202

Read and Sign this Release from Liability: I, the undersigned participant, intending to be legally bound, do 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 MEET OR SUPERVISING SUCH ACTIVITIES. In addition I agree to abide and be governed by the rules of USMS.

Signature: _____ Date: _____

Signature on form is required!

NC FALL INVITATIONAL

October 30, 2004

Sponsored by Tar Heel Aquatic Team (THAT)
Sanctioned by LMSC for NC for USMS, Sanction # 134-08
Meet Director: Martha Aitken
Meet Referees: Pending

LOCATION: Triangle Sportsplex, Hwy 70 East (Bus), Hillsborough, NC (919) 644-0339. Ten lane 25yd x 25m pool with 6 lanes used for racing.

RULES: USMS rules govern the meet. You must attach a copy of your 2004 USMS registration card to the entry form. No one event USMS registrations. Swimmers are limited to 5 individual events. You must sign a waiver. Your age as of 12/31/2004 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 26, 2004. **NO FAXES ALLOWED.** Send email to martaitken@aol.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 \$25.00 covers entry fee and facilities charge. Late entries are \$35.00 Make checks payable to **Tar Heel Aquatic Team.** Meet fees are non-refundable.

Mail entry form and fee to **Martha Aitken, 1118 Stonebridge Dr., Durham, NC 27712**

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 and will be sent to team representatives and the NCMS records chairperson.

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). Continuous warm-up/cool down lanes will be available throughout the meet.

SEEDING: All events will be preseeded with the exception of the relays, which will be deck seeded by time. Deck entries will be added as space allows. Sexes may be combined if needed. All events will be swum slow to fast. Relays will follow USMS age groupings 76-99, 100-119, 120-159, etc. Relay teams may be women, men or mixed.

DIRECTIONS TO POOL: From I-85 (Exit 165), I-40 South, and Chapel Hill take Hwy. 86N towards Hillsborough. Turn right onto Hwy. 70 East (Bus). Go about ¼ mile and make a right onto Meadowlands Drive. Make a left into the Triangle Sportsplex (big white bldg.).

OTHER: There are snack & drink machines and a snack bar. No food or drinks may be brought into the facility.

NC FALL INVITATIONAL - Saturday October 30, 2004

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

Name: _____ Street: _____

City/State: _____ Zip: _____ Phone: (____) _____

Age (as of 12/31/04): _____ Birth date : _____ Sex: M ____ F ____

USMS Reg. Number: _____ Your team initials _____
 (RAM,CSM,MAC,THAT,NCAM,DAMA,AMS,TMS,GCYM etc.)

Events begin at 10:50 a.m.

Women's <u>Event #</u>	E n t r y Time	Event	Men's <u>Event #</u>	E n t r y Time
1	_____	400 m. Freestyle		
3	_____	200 m. I.M.	4	_____
5	_____	50 m. Butterfly	6	_____
7	_____	800 m. Free Relay (W,M, Mixed)	7	_____
	10 min break			
9	_____	100 m. Breaststroke		_____
11	_____	50 m. Backstroke	12	_____
13	_____	100 m. Freestyle	14	_____
	10 min break			
15	_____	100 m. Butterfly	16	_____
17	_____	50 m. Breaststroke	18	_____
19	_____	100 m. I.M.	20	_____
21	_____	200 m. Free Relay (W,M,Mixed)	21	_____
	10 min break			
23	_____	100 m. Backstroke	24	_____
25	_____	50 m. Freestyle	26	_____
27	_____	200 m. Open(strokes)	28	_____
	10 min break			
29	_____	200 m. Free	30	_____
31	_____	400 m. I.M.	32	_____
33	_____	200 m. Medley Relay (W,M,Mixed)	33	_____

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 _____