



Across The Lanes

LMSC for North Carolina's Newsletter

In this May, 2000 Issue

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SHORT COURSE NATIONALS

Indianapolis, Indiana

April 27 – 30, 2000

This article initiated at The Slippery Noodle Inn

Home of Good Food, Beer and Blues

Well, its another Sunday night at the end of a national swim meet, and I'm filled with the same emotion that seems to prevail at all such meets after they're over: Togetherness. We had 21 people from NC at this meet, with a few rookies, some older vets and a lovely recruit from Chicago named Becky Bruch. Becky is a friend of Heather Hageman; they swam together on a team after college (Becky swam at UCLA), and Heather convinced her to become a member of Charlotte SwimMasters so she could swim for NC at national meets this year. We all 'got connected' over the 4 days of the meet and were fast friends by Sunday.

I'm sure we all had some personal highlights (and disappointments too) during the meet, but one of the more noteworthy events was the women's heat of the 200 medley relay which was the last event on the last day of the meet. Our women in the 19+ age group knew they had a chance at the national record (1:52.20) – thanks to astute research and relay team compilation by Jon Klein – so they got themselves properly psyched before the swim. Liz Sullivan (Chapel Hill) led off in the backstroke (:29.48), then Becky Bruch (Chicago) took over with the breaststroke (:29.98), and was followed by Heather Hageman (Charlotte) in the butterfly (:26.77). Jennifer Mancini (Raleigh) was the freestyler (:24.27) who put the coup de grace on the race. Total time: 1:50.50. Awesome to watch, and we were so proud of these four women!



NC's Women's 19+ Relay Team

Our team finished 4th in the medium size team division (had we only 20 swimmers, we would have been in the small team division). Pretty doggoned good, especially when we had to swim older people down in lower age groups in many relays. We were in 7th place after Saturday's round, so we gained lots of ground on Sunday with some great swims from people digging down deep. As I don't have the results in front of me now, I'm sure I'll unintentionally omit commenting about somebody who deserves to be mentioned, but I must say I was proud of our older vets who have 'been to war' at these meets before.

The Sunday events were the 500 free, 100 free, 200 breast, 50 fly, 100 IM, 200 back and 200 medley relay. Take a look at the results in these events when you get this newsletter and read how all of us met the challenge on Sunday. I'll always remember watching Dick Webber in heat 3 and Clarke (Mitch) Mitchell in heat 4 of the 50 fly; they were swimming simultaneously with Dick in the north pool and Mitch in the south pool. Both came in first in their age groups! Bingo – 22 more points for the NCMS team. That definitely was a motivating moment. Both Suzanne Robbins-Bonitz and Jeannie Mitchell went out and won their 200 back races, John Murphy finished a strong 2nd in the 200 back and Jon Klein earned a 7th, I swam a 2nd in the 500 free and a 3rd in the 100, Heather won the 100 free, Sean Stringer went way under his seed time in the 200 back and earned a 3rd, and Sally Newell stepped up and turned in a 2nd in the 200 breast and a 3rd in her first 100 IM at a national meet. All this was followed by the 19+ women's relay which, of course, was a first place, earning 22 more points. Its hard to describe the feeling when all of us are working our you-know-whats off to do as well as we can. All I can say is that more of you oughta be part of it.

In closing, I want to tell you I'm working on a deal with Kast-A-Way for people going to Nationals to provide us with deep discounts on attire and to embroider our logo (probably with one color) on the suits we buy from them. I've taken some hints from Jim Miller, who heads up the Virginia Masters team which each year provides its national meet contestants with an item valued at not more than \$20. No details yet, but I'll get something put together before we go to Long Course Nationals in Baltimore in August and will get the word out ASAP. I know our LMSC will not pay for these items, and so the cost for them would be your responsibility if you go to the National meet. I virtually guarantee that if you do go, you'll end up buying a new suit from one of the vendors there anyway. Just ask my friend Layne Flowe, who just swam at his first Nationals; the vendors just rubbed their hands together when they saw Layne coming toward their booths.

Have fun, train smart and get somebody new to join USMS within the next week. We have 587 NCMS members now, and I'm still hoping we get near 1,000 by the end of the year.



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From The Secretary's Lane – by Sally Newell

LMSC-NC MEETING MINUTES

Because there were two LMSC-NC meetings, at Charlotte and Raleigh, since the last "Across The Lanes", just the salient topics of the two forums will be reported here. If needed, the complete minutes as well as the complete convention policy are available.

February 19, 2000

George Simon, Registrar, reported 543 members and listed the clubs and their numbers. The X Men is the newest Club with six swimmers. George added that T-shirts are not selling that fast. We basically make no money on T-shirts. The basic operating budget comes from registration fees. The biggest ticket item is the newsletter and the second is the convention.

Next on the agenda was discussion of future annual awards for male and female outstanding swimmers. Clarke Mitchell told us how his former coach motivated statewide participation in fellowship activities and events. A lengthy discussion followed, but no decisions were made. Additional deliberations are described below in the April 1 Minutes.

Jerry reported that a natatorium is being built in Huntersville, 15 miles north of Charlotte. Jerry and Hill Carrow recently toured the MAC pool as a possible Nationals site. They determined there was not adequate space to host such an event.

The USMS 2000 convention will be held October 8-15 in Orlando, FL. The following is the reimbursement policy. Delegates from North Carolina to the US Aquatic Convention shall be reimbursed for the following expenses by our LMSC:

1. The cost of the convention registration fee at the early registration rate.
2. The cost of coach class air fare to and from the convention city at early-air reservation cost. If a delegate chooses to drive to the convention, he/she is encouraged to carpool. The car owner shall be reimbursed for the distance to and from the convention at the rate allowed by the IRS for that year.
3. One-half the cost of a double room at the convention hotel.
4. Meal costs for the delegate at the convention are not to exceed \$35.00 per day. The arrival and departure days are included.
5. The cost of shuttle transportation to and from the hotel/airport. If the delegate elects to rent a car, any parking fees at the convention hotel will be reimbursed.

New Business: Kevin Facchine, President of Raleigh Area Masters announced there would be a long course meters one-day meet on July 15, 2000 at the Optimist Pool. He asked that all teams support it.

April 1, 2000

George Simon, Registrar, reported 586 members which puts us ahead of last year. Membership will possibly reach 600.

Alice Jones, Treasurer, reported a Bank Balance \$4,823.07. March Interest: \$2.00. CD Balance as of 3/10: \$3,876.55. (Renews in April). A new Expense Report Form will now be used.

Discussion followed as to the manner in which the Hillsborough Meet is run. Kevin Facchine motioned that "LMSC would accept proposals from entities who want to host meets but need to borrow money for start up expenses". Alice Jones seconded the motion.

Discussion of annual awards for male and female outstanding swimmers resumed. Jerry Clark suggested nominations be solicited through the newsletter. Officers and LMSC attendees would then vote. Alice Jones' former organization in New York determined the Outstanding Swimmers by points scored at meets throughout the year. A Service Award was also presented. Kevin Facchine and Jerry Clark will develop a proposal to evaluate candidates for these awards.

George Simon reported on the future possibility of electronic newsletters and meet entries. He reported only 50% of RAM members access the newsletter. It was determined that going totally electronic is 3-5 years away.

Beverly Amick reported on her observations at a recent Virginia meet. Swim merchandise is made available to team members. VMST purchases items from Kast-A-Way at cost. For each big meet, a different piece of swim gear, with team logo (cap, suit, travel bag, etc) would be available for purchase by members at cost. Joe Rhyne, Beverly and Jerry will investigate the possibility of forming a similar arrangement with Kast-A-Way.

Ceil Blackwell made a motion that George Simon and Jerry Clark be our official team representatives to the National Convention.



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Sunbelt Meet

February 19-20, 2000

Charlotte, NC

By Jerry Clark

The 15th or 16th annual (more research needed) Sunbelt Meet was held on the above dates after an earlier snowstorm and a threatening snow/ice storm caused the rescheduling of this meet from its traditional last weekend in January date. Thank all of you for helping us get through an awkward but necessary date change.

There were 160 contestants, a record high for recent years (see parenthetic statement in first paragraph), even after processing 31 dropouts due to the date change of the meet. From our perspective it seemed that everybody had a good time at both the meet and the social event Saturday evening. We were organized better than ever, and we think it showed. Even with the larger crowd, we were finished earlier than ever on Sunday so people could get back home before dark. We have already implemented several suggested changes into plans for next year's meet (last weekend in January) which will include more warm-up/down lanes for Saturday afternoon, so we hope to have an even more fun and competitive event then. We were delighted that Robert Poiletman of Columbia, SC announced his intention to try for a new national record at our meet, and that he was successful in setting a new mark in the 55-59 200 fly. Congratulations Robert. Meet results are on our web site, which is www.ncmasters.org

The first round of the East – West Challenge took place at this meet, with the West ending up with a lead of roughly 1,000 points. That lead evaporated quickly in the second round at the state meet in Raleigh April 1-2, and the East team ended up winning the Challenge Cup for the first year. The trophy will reside in Raleigh until the challenge is renewed in 2001. Thank you's are in order to Kevin Facchine of RAM and Heather Hageman of CSM for the difficult work of organizing relay teams, some of which included people they'd never met before. Most of all, thanks to the computer operators here in Charlotte and at Raleigh for their help and patience.



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NC Masters SCY Championships

April 1-2, 2000

Raleigh, NC

By Kim Stott

The Raleigh Area Masters team welcomed 212 swimmers to the Pullen Aquatic Center in Raleigh for the North Carolina Masters Short-Course Yards Championships on April 1-2. Meet director Tim Sexauer said it was the biggest state meet in recent years.

The meet attracted swimmers from near (Raleigh-Durham-Chapel Hill-Cary) and far (Florida, Washington, D.C., Maryland, South Carolina and Virginia), as well as teams both large (Raleigh, Charlotte) and small. (The Montgomery Ancient Mariners, Maryland Masters, Orlando Masters and St. Pete Masters all brought one swimmer to the meet.) Competitors ranged from novice (RAM's Cathy Davis, for example, swam in her first meet) to the Olympian (Virginia Masters' Chris Stevenson competed for Greece in the Olympics). Challenges ranged from posting personal best times to breaking state records to finishing that 200 fly or 400 IM.

The meet was the second event in this year's new North Carolina East-West Challenge. Inaugurated at the Charlotte meet in January, the East-West format pits swimmers on teams east of Greensboro against those on teams in Greensboro or west. The new format provides for intriguing combinations on relays, while fostering both comradery and competition. Comradery? In the relay staging area, North Carolina swimmers scouted the pool deck for missing relay members, made quick introductions, and quickly tried to gauge their most effective relay lineups. And competition? While the West swimmers took the lead in the East-West competition after the Charlotte meet, the East swimmers overcame the deficit in Raleigh and can claim this year's bragging rights.

Our thanks to the swimmers and volunteers who made this year's meet a success! We look forward to seeing you in Raleigh this summer for our long-course meet and for next spring's state meet.



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. More Universal Laws

Affecting Competitive Swimming

Reprinted from ASCA Newsletter Volume #98, Issue #8

Law of Finite Attention:

Even after carefully explaining the efficiency and effectiveness of an ideal stroke rate, within 3 minutes swimmer will invariably lose the ability to count strokes and think about any related concept. See similar anomaly under Law of Acceleration.

Relativity:

The position of the swimmer's body in relation to be in the position it is supposed in, may vary up to + or - 100%.

Vertical and Horizontal Telemetry:

When rotated 90 degrees from the vertical to a supine or sublime position, the brain loses most of its ability to function.

Historical Principal of Babylon:

Within 3 minutes of the start of coach speaking, the swimmers begin hearing unrecognizable tongues. See similar anomaly under Law of Finite Attention.

Fluid Mechanics:

The amount of fluids the bladder can retain is directly proportional to the difficulty of the middle of the current practice set. The same principle seems to apply to ripping hats and broken goggle straps, but no scientific evidence connecting the 3 has been documented.

If you are a coach, you should be experiencing all of these laws during all of your practices. If you are a true coach, you will find a way to overcome these natural laws without losing your sanity.



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The Company You Keep

The USMS front office in their current Newsletter, STREAMLINES, has published the number of Masters in each age group for each LMSC in the United States. The chart below compares the number of NC Masters with the total number of Masters in the US.

As of mid-April

	19+	25+	30+	35+	40+	45+
North Carolina	41	72	79	90	105	57
USMS	1519	2990	3929	4831	4965	4250

As of mid-April

	50+	55+	60+	65+	70+	75+
North Carolina	39	36	17	18	12	18
USMS	2889	1744	1055	842	621	421

As of mid-April

	80+	85+	90+	95+	Grand Total	Women	Men
North Carolina	3				587	254	333
USMS	179	91	18	4	30351	13373	16978



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PERFORMANCE APTITUDES AND ATTITUDES

HOW MUCH IS TOO MUCH?

By Jessica Seaton, D. C.

While talking with one of my older friends at Long Course Regionals last year, the topic of how much training is too much came up. We both agreed that as we age things change. As our bodies change, so must our expectations of what we can and should do. Changing one's expectations is a lot easier for some than for others. I decided I'd express some of my thoughts on this topic; I would appreciate any feedback.

Athletes show certain patterns as they age. I've observed that athletes in their early twenties can get away with a lot: they can train irregularly, train hard, injure themselves and bounce back pretty quickly. By the late twenties or early thirties a swimmer may experience a more or less serious injury which serves as the first "wake-up" call. If he or she gets good treatment, including rehabilitation exercises, future injuries to that area may be avoided. By the time athletes are in their late thirties they are beginning to understand that they are mortal. Irregular training, training too hard, training too little, all start making a bigger difference than they did ten years before. Poor training habits will lead to poor performance or to injuries (or both). By the time athletes are over forty they know they're not spring chickens anymore. Irregular training has more dire consequences, often leading more quickly to injury, and often of a more serious nature. This in turn leads to poor performance. It takes noticeably longer to heal and to get back up to one's former training level. As the years go on, all of this becomes more pronounced.

With all those nice generalizations mentioned above, there is one caveat: we are all on our own physiological schedule. We have only to look at Karlin Pipes-Nielson, who in her thirties is swimming faster than in her twenties. As most of us have noticed we're not Karlin! We all age on slightly different schedules. Some of the factors that affect how quickly one ages are: genetics, quantity and quality of exercise, nutrition, illness, habits such as drinking alcohol or smoking cigarettes, outlook and attitude, and stress. Although "stress" is a kind of catch-word now, it is very significant. Most of us have seen friends practically age right before our eyes when they are under a lot of stress, either from work, family, friends, or relationships.

By far the most studies on swimmers have been done on college swimmers in their late teens and early twenties. While they each have their own genetic make-up with their own biochemical and physiological individuality, they are still a rather homogenous group. Their lives are all rather similar with similar stress levels. Also, they are also all within a five year age group (18 to 23). A good training program for a twenty year-old college student might only lead to fatigue and poor performance in a forty-five year-old swimmer. A good program when life is easy and stress is minimal might cause one to fall apart when life is filled with stress. So each person may have different optimal workouts for different times of their life.

Metabolism is the sum of catabolism (the process by which living tissue is changed into energy and waste products of a simpler chemical composition) and anabolism (the process by which food or any simple substance is changed into more complex compounds living tissue). Metabolism is a process that is constantly going on, whether we're active or inactive. The rate at which substances are being broken down and rebuilt is known as metabolic rate. Basal metabolic rate is the rate of metabolism when the body is at rest. We know that as we age this rate slows down. Something that I've noticed is that there appears to be a drop when one reaches the early forties. It seems that at that point, in order to maintain one's weight, one needs to eat less and/or exercise more. People in their sixties generally eat a lot less than people in their thirties. Often by then they've adapted to a slower metabolism.

This same slowing of the basal metabolic rate affects tissue healing. Training is a process of overusing a tissue (muscle), causing it to break down, and then a rebuilding of the muscle as a reaction. As we get older, this process is slower. If you're training hard every day of the week, or several days in a row, you're really not giving your body time to rebuild. The result is that you simply end up being broken down. This may show up as being constantly tired, easily injured, or just plain crabby. Some people do well swimming four consecutive days before they rest. Others can only swim two days in a row. Some can swim five days in a row if they alternate easy and hard workouts.

A well-meaning, but uninformed coach may be encouraging you to do more than your body is able to do well. As Masters swimmers, we really need to listen to our own bodies. If you are feeling worn out or tired, that is your body telling you to take it easy. If you are under a lot of stress, your body's ability to repair itself may be impaired. Training hard during such times does not make sense and may very well lead to injury. If you know that five years ago you were able to train a certain way, it doesn't mean that you can train that way now. If you are constantly fatigued, your form will suffer and you'll be practicing sloppy and not perfect strokes.

If you need to be in the water five or six days per week for your mental health, then focus on kicking for a couple of those workouts. Most of us could use more kicking, and our shoulders could probably use the rest.

Dr. Seaton is a chiropractic orthopedist in private practice in West Los Angeles. She swims with West Hollywood Aquatics and is a member of the USMS Sports Medicine Committee. She can be reached at (310) 470-0282 or JSeaton@aol.com.



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NC MASTERS RESULTS AT THE 2000 USMS SHORT COURSE YARDS

NATIONAL CHAMPIONSHIPS

April 27-30

Indianapolis, Indiana

Age Group	Name	Place / Event / Time
Women		
19-24	Susan Rector	12th/50 Back; 17th/100 Free
	Jennifer Mancini	3rd/200 Free; 4th/200 IM; 2nd/50 Free; 2nd/100 Free; 3rd/100 IM
25-29	Elizabeth Sullivan	3rd/200 Free; 2nd/400 IM; 2nd/500 Free; 3rd/200 IM; 2nd/200 Back; 3rd/100 IM
	Rebecca Bruch	1st/100 Breast (1:05.71); 1st/ 50 Breast (30.84); 1st/ 200 IM (2:09.93); 1st /200 Breast (2:21.40); 2nd/100 IM
	Heather Hageman	1st/50 Free (24.00); 1st/100 Free (52.92); 3rd/50 Back; 6th/50 Breast; 2nd/50 Fly
35-39	Angelique Geiss	27th/100 Breast; 26th/50 Breast; 28th/50 Free
45-49	Debbie Wilson	6th/1650 Free; 13th/200 Free; 6th/500 Free; 15th/100 Free
	Mary Sansbury	13th/100 Breast; 17th/50 Breast; 11th/200 IM; 15th/50 Free; 12th/200 Breast; 13th/100 IM
	Ann Sims	3rd/1000 Free; 7th/100 Breast; 9th/500 Free; 11th/50 Breast; 3rd/200 Breast
50-54	Jeannie Mitchell	1st/200 Back (2:51.32); 2nd/50 Back; 11th/100 Fly; 2nd/100 Back; 5th/100 IM
60-64	Sally Newell	3rd/100 Breast; 2nd/50 Breast; 3rd/50 Free; 6th/100 Free; 2nd/200 Breast; 2nd/100 IM
65-69	Suzanne Robbins-Bonitz	1st/50 Back (42.86); 1st/100 Back (1:34.94); 1st/200 Back (3:34.11); 7th/100 Breast; 5th/50 Breast; 4th/50 Free;
Men		
19-24	Sean Stringer	2nd/100 Back; 3rd/200 Back
30-34	Layne Flowe	24th/100 Breast; 32nd/100 Free; 16th/200 Breast

40-44	Jonathan Klein	5th/50 Back; 12th/200 Free; 6th/100 Back; 10th/100 Free; 8th/50 Fly; 7th/200 Back
45-49	Charles Van Der Horst	25th/200 Free; 17th/100 Fly; 20th/200 IM; 37th/50 Free; 35th/100 Free; 20th/50 Fly
50-54	Terrence Lee	3rd/1650 Free; 3rd/100 Breast; 9th/400 IM; 2nd/50 Breast; 7th/200 Fly; 5th/500 Free
60-64	Jerry Clark	1st/1000 Free (12:28.02) ; 4th/200 Free; 7th/50 Breast; 3rd/50 Free; 2nd/500 Free; 3rd/100 Free
65-69	Clarke Mitchell	1st/50 Fly (31.70) ; 2nd/50 Back; 2nd/100 Fly; 3rd/100 Back; 4th/200 IM; 2nd/200 Back
70-74	Dick Webber	1st/50 Fly (33.37) ; 3rd/200 Free; 2nd/50 Free; 2nd/100 Free; 3rd/100 IM
75-79	John Murphy	4th/50 Back; 2nd/100 Back; 7th/50 Free; 4th/100 Free; 2nd/200 Back

Relays	Women	Place / Time / Team
19+	200 Freestyle Relay	1st/1:39.61; (Bruch, Hageman, Sullivan, Mancini)
	200 Medley Relay	1st/1:50.50; (Sullivan, Bruch, Hageman, Mancini)**
	200 Freestyle Relay	11th/2:11.66; (Rector, Geiss, Newell, Robbins-Bonitz)
	200 Medley Relay	9th/2:24.57; (Mitchell, Newell, Sansbury, Rector)
45+	200 Freestyle Relay	6th/2:03.08; (Sansbury, Wilson, Mitchell, Sims)
	Men	
19+	200 Freestyle Relay	10th/1:38.45; (Klein, Flowe, Van Der Horst, Stringer)
55+	200 Freestyle Relay	6th/1:53.17; (Clark, Murphy, Mitchell, Webber)
55+	200 Medley Relay	5th/2:14.93; (Murphy, Clark, Mitchell, Webber)
	Mixed	
19+	200 Medley Relay	13th/1:53.85; (Sullivan, Lee, Van Der Horst, Mancini)
	200 Medley Relay	2nd/1:44.04; (Klein, Bruch, Stringer, Hageman)
	200 Freestyle Relay	4th/1:35.09; (Klein, Bruch, Hageman, Stringer)
	200 Freestyle Relay	13th/1:41.96; (Van Der Horst, Sullivan, Lee, Mancini)
55+	200 Medley Relay	5th/2:20.26; (Robbins-Bonitz, Newell, Mitchell, Clark)
	200 Freestyle Relay	4th/2:04.67; (Webber, Robbins-Bonitz, Newell, Clark)



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SHORT COURSE METERS TOP TEN FOR 1999

By Ceil Blackwell, Top Ten Chair for NC

Congratulations to the North Carolina Masters who ranked in Top Ten in the nation for the 1999 short course meters season. Note that a new national record was set by the 280+ medley relay team consisting of John Murphy, John Kortheuer, Clarke Mitchell and Dick Webber. Another relay that placed first in the nation was the 76+ 200 free relay consisting of Charles Britt, Lee Ann Britt, Susan Rector and Layne Flowe. Swimmers who placed first in the nation for their age group in at least one individual event are Kerry Fraas, Harold Hoffman, John Kortheuer, Jennifer Mancini, and Sally Newell. If your name or an event is missing from the list below, please contact Ceil at (919) 787-8324, ceilb@aol.com or mail to 4305 John Rencher Wynd, Raleigh, NC 27612

SWIMMERS	PLACE / EVENT
Women 19-24	
Candice Johnson	4 th 200 BACK
Rian Larkin	9 th 50 BACK
Jennifer Mancini	1 st 200 IM (2:36.02); 2 nd 100 FREE; 2 nd 100 IM
Women 25-29	
Kerry Fraas	1 ST 100 IM(1:11.64); 2 nd 50 FREE; 2 nd 100 FREE; 4 th 50 BRST; 6 TH 200 FREE
Heather Hageman	3 rd 50 FREE; 3 rd 100 FREE; 6 th 50 FLY; 8 th 50 BACK; 10 th 50 BRST
Liz Sullivan	3 rd 200 FREE; 3 rd 200 IM; 4 th BACK
Women 30-34	
Patricia Hogan	10 th 200 BACK
Pamela Lindroos	9 th 50 BRST
Women 50-54	
Sandra Cathey	7 th 1500 FREE; 8 th 100 BRST; 8 th 400 IM; 9 th 200 FLY
Jeannie Mitchell	2 nd 50 BACK; 3 rd 100 BACK; 6 th 200 BACK; 9 th 100 IM
Women 55-59	
Ceil Blackwell	5 th 100 BACK; 8 th 50 BACK; 9 th 100 IM
Women 60-64	
Alice Jones	9 th 50 BRST
Sandra Kremer	10 th 50 BRST; 10 th 100 BRST
Sally Newell	1 st 50 BRST (46.97); 3 rd 100 BRST; 6 th 200 BRST; 7 th 50 FREE; 7 th 100 IM
Women 65-69	
Nancy McPhee	6 th 400 IM; 10 th 100 IM
Women 75-79	
Judy Kelly	6 th 100 BRST; 9 th 50 BRST
Men 25-29	
Ivan Ditscheiner	9 th 100 FLY
Men 30-34	
John Sloyan	8 th 200 FLY
Men 35-39	
Will Monroe	8 th 50 BRST
Men 40-44	

Alan Godfrey 5th 200 BACK; 7th 100 IM; 7th 200 IM; 7th 200 FREE; 8th 400 FREE;
9th 100 FREE; 9th 100 BACK

Jonathan Klein 3rd 50 FLY; 4th 50 BACK; 5th 100 BACK; 8th 200 BACK

Fritz Lehman 2nd 50 BACK; 2nd 200 IM; 3rd 100 BACK; 6th 100 FREE; 7th 50 FREE

Men 60-64

Jerry Clark 2nd 50 FREE; 2nd 100 FREE; 3rd 200 FREE; 3rd 800 FREE

Milton Gee 2nd 50 BRST; 3rd 100 BRST

Men 65-69

John Kortheuer **1st 50 BRST (38.08); 1st100 BRST (1:26.15); 1st 100 IM (1:21.15); 3rd 50 FLY**

Clarke Mitchell 2nd 50 BACK; 2nd 100 BACK; 2nd 200 BACK; 3rd 20 IM; 4th 100 IM; 5th 50 FLY;
7th 200 FREE

Men 70-74

Vester Boone 5th 800 FREE; 6th 1500 FREE; 8th 200 FREE; 10th 200 IM

Dick Webber 3rd 50 FREE; 4th 50 FLY; 7th 100 IM

Men 75-79

John Murphy 2nd 50 BACK; 2nd 100 BACK; 4th 100 FREE; 5th 50 FREE

Bob Perry 8th 200 FREE; 10th 400 FREE

Men 90-94

Harold Hoffmann **1st 50 FREE (1:35.05); 1st100 FREE (4:21.96)**

RELAYS

Women

120+ 200Free 3rd (Heather Hageman, Lee Ann Britt, Sue Haugh, Laurie Watson)

120+ 200Medley 7th (Lee Ann Britt, Sally Newell, Sue Haugh, Jennifer Mancini)

240+ 200Free 3rd (Mary Vass, Sandra Kremer, Nancy McPhee, Sally Newell)

240+ 200Medley 2nd (Beverly Tucker, Sally Newell, Sandra Kremer, Nancy McPhee)

MEN

120+ 200Free 7th (Fritz Lehman, Kevin Facchine, Frank Wefering, John Sloyan)

120+ 200Medley 6th (Fritz Lehman, Will Monroe, John Sloyan, Frank Wefering)

160+ 200Medley 9th (Jonathan Klein, Fritz Lehman, Alan Godfrey, Kevin Facchine)

280+ 200Medley **1st 2:28.34** (John Murphy, John Kortheuer, Clarke Mitchell, Dick Webber)**

MIXED

76+ 200Free **1st 2:09.23 (Charles Britt, Lee Ann Britt, Susan Rector Layne Flowe)**

120+ 200Free 2nd (Jennifer Mancini, Sue Haugh, John Sloyan, Frank Wefering)

100+ 200Mix.Medley 6th (Heather Hageman, Lee Ann Britt, Charles Britt, Konstantin Sturza)

120+200Mix. Medley 8th (Elizabeth Sullivan, Keith Moon, Charles Vanderhorst Kerry Fraas)

120+ 200Mix.Medley 9th (Jonathan Klein, Greg Zoltners, Pamela Lindroos, Patricia Hogan)



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North Carolina Masters Compete in National Senior Games

In October 1999 seventeen NC Masters swimmers journeyed to Orlando, Florida to participate in the National Senior Games. The events were held in the YMCA Aquatic Center configured for long course meters. The major challenge of the swimming events has been to locate and compile the results below. Thanks to Dan Murphy (picture) of Chapel Hill who made all the calls as well as surfing the Internet to track down the swimming results. This is why we are able to just now post the results. Dan as well as Jim Enyart had the experience of swimming their heat of the 400-Meters after midnight. At least parking was not a problem. Congratulations to all the NC Masters who represented us so well. Special kudos to **Dick Webber** who garnered first place honors in the 50-Meter freestyle.

wOMEN	NAME	PLACE / EVENT
55-59	Ceil Blackwell	6 th /50 Free; 2 nd / 50 Back; 2 nd / 100 Back; 4 th / 100 Free
60-64	Alice Jones	11 th /50 Free; 6 th / 50 Fly; 2 nd / 50 Breast; 10 th / 100 Free
	Anita McIntosh	10 th /50 Free; 18 th / 50 Back; 17 th / 50 Breast; 11 th / 100 Free
	Dawn Stroupe	6 th / 200 IM; 15 th / 50 Back; 4 th / 100 Breast; 8 th / 50 Breast; 12 th / 100 Free
	Mary Vass	13 th / 50 Back; 14 th / 100 Breast; 16 th / 50 Breast
65-69	Nancy McPhee	8 th / 200 IM; 6 th / 50 Fly; 17 th / 200 Free; 5 th / 200 Back; 5 th / 100 Fly
70-74	Daisy Trivette	26 th /50 Free; 16 th / 50 Breast; 22 nd / 100 Free
75-79	Judy Kelly	16 th / 50 Back; 11 th / 100 Back; 8 th / 100 Breast; 9 th / 200 Back; 8 th / 50 Breast
MEN		
55-59	Jim Enyart	14 th /50 Free; 5 th / 400 Free; 10 th / 200 Free; 11 th / 100 Free
	Dan Murphy	5 th / 200 IM; 3 rd / 400 Free; 4 th / 100 Back; 6 th / 200 Free; 4 th / 200 Back; 6 th / 100 Free
	Charles Simmons	6 th / 200 IM; 7 th / 100 Breast
60-64	Norman Macartney	23 rd /50 Free; 14 th / 100 Breast; 14 th / 50 Fly; 7 th / 200 Free; 19 th / 100 Free
	Mike Stroupe	32 nd / 100 Free
70-74	Arnie Formo	7 th / 400 Free; 7 th / 100 Breast; 8 th / 200 Free; 12 th / 100 Free
	Edwin McCarthy	22 nd / 100 Free
	Dick Webber	1st /50 Free (31.5) ; 4 th / 200 IM; 8 th / 50 Back; 2 nd / 50 Fly; 2 nd / 100 Free
75-79	James Scherbarth	15 th /50 Free; 19 th / 50 Back



NC'Dan Murphy



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UPCOMING 2000 MASTERS SWIMMING EVENTS				
Jun	3	U of GA LCM Meet	Athens, GA	Ray Woller: (rwoller@arches.uga.edu)
	16-18	Freedom Swim 2000	Georgia Tech Atlanta, GA	www.rainbowtrout.com David Payne: (404) 898-1275
	18	Terrapins 800/1500 Meter Swimming Meet	Uof MD; College Park, MD	David Diehl: (301) 946-0649 www.swimgold.org/pv/
	18	Jack King 1-Mile Ocean Swim	Virginia Beach, VA	Betsy Durrant:(757) 422-6811 www.swimgold.org/pv/
	24	VA Masters Summer Invitational	Newport News, VA	Charles Cockrell: (757) 865-6250; cockrell@usms.org
Jul	8	2-Mile Cable Swim	Charlottesville, VA	Beth Waters: (804) 276-5229 Patty Powls: ppowls@aol.com
	8	Open Water Swim	Wrightsville	Alton Boshoff: 919-233-3861

			Beach, NC	aboshoff@ipass.net
	8	Davy Jones 2-Mile Open Ocean Swim	Camp Lejeune, NC	Mike Marion: (910) 451-1799
	14-16	Dixie Zone LCM Championships	Brunswick, GA	Carlton DeVoght: (912) 638-7047
	15	Raleigh LCM Meet	Raleigh, NC	Alan Godfrey: (919)-755-3878
	16	D.C. LCM Meet	Hains Pt. Washington, DC	Meredith Gardner: (202) 364-4111; www.swimgold.org/pv/
	30	DC Masters LCM Meet	Geo Mason Univ; Northern VA	Barbara Frid: (703) 550-7314 www.swimgold.org/pv/
Jul-Aug	27-7	FINA Masters World Championships	Munich, Germany	
Aug	17-20	USMS National LCM Championships	Baltimore, MD	Barbara Protzman: (410) 788-2964
Sep	9, 10	Smoky Mountain LCM Meet	Hendersonville, NC	Cheryl Stuller: (828) 693-7669 x14
Oct	21	Fall SCM Invitational	Hillsborough, NC	Krista Phillips: (919) 732-3818
Nov	4,5	Dixie Zone SCM Championships	Anderson, SC	Steve Wycoff: (864) 260-5170



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<http://www.NCmasters.org/atlmay00.html>