



The Chairman's Lane By Joe Gosha

At the Greensboro meet earlier this month I had a conversation with a swimmer with whom I haven't been particularly well acquainted. In the course of the conversation, based on a comment by the other person, it became clear that he had read one of my earlier President's columns in this *Across The Lanes* newsletter. I was gratified (thank you B!) and humbled that my words had registered with someone in our organization. It seems that this passion we all have – in one form or another - for swimming causes us to value and care about the organization and its members. That makes the contributions of people like the NC Masters swimmer who has served as our *Across The Lanes* newsletter editor for the past ten years all the more noteworthy.

I have been amazed as I have looked back at the collection of newsletters that have been produced by Jim Enyart over the decade. One of the first things that comes to my mind is "Where did this guy get all of this stuff?!" Now granted, others from this LMSC have certainly contributed to the newsletter, and USMS makes a tremendous amount of material available through the website and various other avenues as well. But Jim has served us so well not only as just a writer, but as a tremendous EDITOR! It takes a person who has the will – and the skill – to sort through it all, and find material that will cause a remarkably diverse group of people to come back quarter after quarter.

Reviewing those back issues also makes it clear that Jim has kept serving the swimmers of North Carolina Masters as his primary purpose and focus in editing *Across The Lanes*. From 'Swimmer's Profiles' to 'Team Spotlights' to accurately reporting meet results, Jim's work as our editor has demonstrated caring and concern for all of us. (What other quarterly newsletter have you ever seen where the editor is so dedicated to the people he serves that he cares enough to print corrections at the first possible opportunity – even if that opportunity doesn't come around for another three months.)

It was for Jim's decade of service as our outstanding *Across The Lanes* newsletter editor that the Board chose to recognize Jim as our LMSC for North Carolina 'Volunteer of the Year' for 2006.

Across The Lanes

Jim and his wife are in the process of necessarily relocating to Florida. As such, we will only get to enjoy his handiwork for one more issue of the newsletter after this current one. I expect that the Board will be designating a new Editor at our next meeting.

If you have opportunity to see Jim – in Durham later this month or perhaps in Raleigh later this spring – take a moment to say thank you, and wish he and his wife the best as they enter into a new season in their lives. Thank you, Jim!



The Registrar's Lane By George Simon

In a recent issue of the Raleigh News and Observer an article was written noting what our USO volunteers say to soldiers leaving for Iraq. They never say "goodbye"; it is so final. Instead they say "be safe" or "see you soon". I am certainly not trying to equate one of our dedicated volunteers to a soldier leaving for Iraq, but it is hard to say "goodbye" now that he is leaving North Carolina to be closer to elder parents in Florida. He will enjoy having a community pool within two miles of his home versus his current thirty-four miles and to belong to an active Masters team to continue with his love of swimming.

We all will certainly miss him; his dedication for ten years of service to our LMSC as newsletter editor is outstanding. I'll even bet he cannot recall when his first issue was published. I am sure you all know who I am writing about, Jim Enyart, who retired to Southport back in 1997 and became our newsletter editor succeeding Mary Craddock Hoffman after her last issue in March of 1997. His first issue was the November 1997 issue, and he has steadfastly published an issue each quarter since then. Jim, my friend, I don't know how the North Carolina Masters Swimming community can say enough to thank you. There are many of us who will hope to "see you soon" at a swim meet. JIM, THANKS!

(Issues from 1995 of the *Across the Lanes* newsletter are on the website at <http://www.ncmasters.org/atl.html> - a little research found Jim's first issue).

NC Masters' Lanes

2007 Sunbelt Swim Meet Highlights Bernie White and Ken Johnson - Meet Directors

This year there were 157 swimmers. By far the largest age group was the men 45 thru 49. Nine of the 26 teams were from out of state -- it must have been the out-of-state trophies that were the big draw). Dan Summerlin with the Virginia Masters turned a sizzling 20.93 in the 50 free, he is 34.

Bob Schmitz said "He raced home to beat Jon Klein at something other than breaststroke."

First the highlights:

Kacie in the 500 free: Her first meet in 20 years!!! She swims steady but is two body lengths behind a guy in the next lane. With 75 to go she begins to track him down and beats him! Great effort, exciting race.

Suzanne Robbin-Bonitz: Perfect 200 backstroke. We youngsters should have been taking stroke technique notes. Head back, and arms at 10 and 2. I have 30+ years to get it right.

Sally Newell: gorgeous breaststroke technique in the 100 breast with head down and great extension (incorporating changes Jeff suggested earlier in the meet!)."

One of the local swimmers, Dick Sesler swam in his first meet in 10 years. After months of practice, he was forced to swim without "fins" and did very well. But in practice he has to give them up.

For those of you that missed the meet this year, the weather was great, the folks were friendly, and the water temperature was perfect. Thank you to all of the volunteers who make this meet work



Celebrating Diversity in Swimming By Scott Acheson, HARY Masters

Lack of minority participation in the sport of swimming is well documented. USMS for many years has been addressing this issue. Interested readers may find more information at the following link:
<http://www.usaswimming.org/USASWeb/>. I made this casual observation as a new member of the Masters organization and working as a lifeguard and swim instructor at the Johnston YMCA in Charlotte, NC. The intent of the poem is to raise awareness of this issue amongst our membership.

I hope that all of us will reflect on ways in which we can encourage and increase minority participation in the sport of swimming and be more inclusive of individuals with differing backgrounds.

Avia swims swiftly
Elijah splashes with glee

Has nothing to do with money
Swim meet was halfway across town
Van nearly ran out of gas

Imani glides serene
Nubia shivers stiff

Clear pools and muddy creeks
Water gets up my nose
I am scared, do not throw me in!

Cody dives over and over
Travis listens to the fish

My kids learned at the pool
She spent 100 bucks on her hair
You think she is going to swim laps?

Aiden is afraid to blow bubbles
Jaylen's cannonball explodes

Baby rainbows splash me
Confident smiles and laughter
The lesson over

Darian cramps up
Avia swims swiftly

Acknowledgement: I would like to acknowledge the patrons of the Johnston YMCA, HARY Masters swim team members for support and encouragement, and members of Splash Hall Poetry forums for their critique of my poem.



Meeting the Masters By Caroline Kaplan

I had walked into Dynamo Swim Center countless times before, but this time there was a new atmosphere to it. I felt strange because I had never stayed out of the water while I was at Dynamo. I also felt a little weird because I was uncertain about with whom I was going to be spending the next three hours. I had received a call from Dynamo the day before asking if I would be interested in timing a master swim meet. The masters were a group of adults who

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swam at Dynamo for some good exercise. Not knowing into what I was getting myself, I agreed without hesitation to time the meet. I had no idea at the time that watching senior citizens swim back and forth for three hours could be so entertaining.

Once I was fully inside the swim center, I took a good look around. The usual bunch of competitive, fast, broad-shouldered kids had been replaced with quite an odd group of people. I turned to one corner of the building and saw a few old men sleeping heavily. I then walked into the locker room. I had not been notified that the women's locker room was apparently the official hangout for the women master swimmers. The ladies were all chit-chatting and catching each other up on the latest gossip. They were even comparing their prescription swim goggles to each other. I overheard one woman exclaim, "How fabulous are these goggles? They're the latest thing!" The woman dangled her pair in the air for all the ladies to observe.

"Oh, Gertrude! Those are fabulous! Do they really work?" asked a grey-haired woman who sitting on one of the benches. "Of course," replied Gertrude. "They help my vision, and they're hip! Right, sweetie?" Gertrude nudged me and smiled. Unaware that the woman had even noticed me, I spit out, "Oh. Um. Absolutely!" Gertrude nodded and seemed pleased with my approval. The women all giggled and went on to brag about their grandchildren. Right then I knew that this swim meet was not going to be like any other.

I walked out of the locker room and saw a man motioning for all the timers to come outside. I walked outside into the warm air, and I was immediately handed a yellow stopwatch. "Lane three," he barked as he shoved a clipboard into my hand. "Be sure to start the timer when you see the flash at the beginning of the race. Hit the plunger and the stopwatch at the end of the race. Write the swimmers' times down as soon as they finish and clear the stopwatch immediately for the next heat. Also, ask each swimmer their name before their race. Sometimes these folks have trouble finding the right lane number." "Um, no problem," I said with a faint smile.

With that statement the man nodded sharply and turned around to explain the schedule to another kid. Hesitantly, I strolled back to the pool and assumed my position. I had competed in too many swim meets to count, but I had never seen the action from a timer's point of view. I did know, however, that a swim meet moved fast. I was sure that to complete all the tasks the head timer had instructed me to do I needed to be quick. Wanting to be prepared, I cleared

the stopwatch and readied my clipboard.

Only then did I realize that no swimmers were behind the blocks yet. I was very surprised because I usually liked to get behind the blocks very early for my own races. I concluded that the masters must be much more laid back than I was. I supposed that they were just swimming to have a good time. Knowing that the ladies would probably wait until the last possible second to come out of the locker room, I sat down to examine the heat sheet, a booklet that stated all of the swimmers' names, ages, and event numbers. My jaw dropped when I saw that swimmers as old as eighty-nine were competing in the meet! I puzzled over this idea for the next few minutes.

Still pouring over the heat sheet, I jumped at the sound of a whistle. The meet was about to begin! The first race was 200 yards of freestyle. I was getting ready when an elderly man approached me with a goofy smile on his face and said, "I just want to thank you again!" I had absolutely no idea what this man was talking about. However, I replied with equal enthusiasm, "You're welcome!" Looking down at my heat sheet, I then asked, "Are you Mr. Williams?"

The stranger thought for a moment and answered, "Why yes. I believe I am! What do you know?" A little confused, I slowly said, "I believe you're in this race, Mr. Williams." "Okeydoke!" Mr. Williams yelled as he climbed onto the block awkwardly. I hoped that Mr. Williams wouldn't slip on the slick block as he swayed back and forth on the platform. Luckily, he did not. A few moments later the shrill sound of the beep went off, and the swimmers were off! The race was exciting at first, but soon I felt as though it was never going to end. I feared that half of the men in the water were going to sink before the completions of their races!

At that point I was wishing I had worn my swimsuit in case I had to jump in to save some of these poor guys. Much to my surprise the race did come to an end, and every swimmer finished. However, they had quite a bit of trouble getting out of the pool. Every single swimmer needed to use the ladder. This process added even more time to the meet because only one ladder was in the pool. I could tell that I had been completely wrong about the pace of the meet. I knew that I should probably get comfortable in lane three.

Over the course of the next hour, I witnessed a series of belly flops, helped about twenty feeble old ladies onto the block, and had several disturbing sightings of oversized Speedos falling down in the water. Furthermore, the smell of chlorine was really starting to get to me. I was usually in

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the water and could get used to the scent. However, after standing on the edge of the pool for such a long time, the odor seemed heavier than ever. When I thought I had seen and smelled everything, I had an acquaintance with yet another unusual character.

I was sitting down in a chair behind the block when a man of about eighty popped up in the seat next to me. I tumbled over backward at his entrance. The gentleman burst into hysterics and helped me up. A few moments later I cautiously settled myself back down in the seat. After the man had dried the tears of laughter from his eyes, he randomly broke out into a nursery rhyme. He cleared his throat and said, "Little Miss Muffet sat on her tuffet eating her curds and whey. Along came a spider, who sat down beside her, and she stomped the heck out of it!" As soon as he finished his speech the man broke out into another series of booming laughs. With a bewildered look on my face, I watched as the odd man, still chuckling, walked away and mumbled, "Oh that's a knee slapper!" Strangely enough, I never saw him again.

The next half hour went by very slowly. I was becoming quite bored because each race seemed to last an eternity. I even had time to polish off a tasty chicken salad sandwich and a refreshing Coca Cola during one event. As I was about to doze off from boredom a familiar face passed in front of me. I jerked myself upright at the words, "I just want to thank you again!"

I looked up into the face of Mr. Williams and smiled. "You are welcome again," I responded. The elderly man winked at me and continued walking: "What a sweet old man," I thought as I turned to face the water. I saw that the sixty year-old woman in the pool was racing her heart out, but she still had twelve more laps to go on her twenty lap race. I sighed and sunk back into my chair. Just then, I had yet another entertaining experience.

A man who looked much younger than the other swimmers approached me slowly. He took his glasses off and tucked them in my shirt. Taken by surprise, I stepped back. "You don't mind holding those while I swim, do you?" he asked. Without giving me a chance to respond, he said, "Thanks! You're a doll." The stranger turned around and briskly walked to block, which wasn't even in lane three. He returned several minutes later and claimed his glasses. The man gave me a quick pat on the head and disappeared.

"Well, that was weird," I mumbled under my breath. I thought the meet couldn't get any more amusing until I met my next swimmer. Her name was Barbara, and she was

about to swim. the 100 freestyle. The woman was seventy-five, but she looked much older. Only moments before the start of her race she turned around to speak to me. "You're going to need to count my laps for me," she said with a quiet but confident voice. "I'm not very good at keeping track of them. I'm afraid my hearing's not what it used to be, so you're just gonna have to lean over and scream the number at the top of your lungs. And make sure you tell me when to stop, too. I don't wanna have to swim any more laps than I have to."

"The race is only four laps, ma'am," I called as she stepped onto the block. However, I didn't think she heard me. I wondered why anyone would need help counting to four. I sighed and got ready to scream at an old woman at the top of my lungs in front of the rest of the world. Barbara finished her first two laps slowly but surely. Just as she was approaching the wall, I screamed, "Two! Two! Two! Keep going!" The timers in the other lanes looked at me as if I was crazy, but I ignored them. Barbara kept swimming and finally came to the final stretch of her last two laps. "Stop! Stop Barbara! Stop!" I screeched. I was sure that everyone out of the pool must have thought I was a psycho at that point, but at least Barbara stopped. I helped her out of the pool carefully. "Good counting, sugar," Barbara said matter-of-factly. Then she walked away. I prepared myself for the next race. I was ready for anything.

However, the next swimmer in my lane was relatively normal. Surprisingly, I found myself a little disappointed. I realized that I was rather enjoying meeting these wacky people. I sat calmly as I stared at the woman in the pool when one more elderly man plopped down beside me. I glanced down at my heat sheet and saw that my next swimmer's name was Mr. Gfroerer. I turned to him and asked, "Are you Mr. Gafrair?"

With a surprised look on his face, the man replied, "Wow! You said that very well! You're one of the only people to ever pronounce my name correctly!" Proud that I had impressed him, I replied, "I knew because my doctor has the same name." "No kidding! That's my little boy! He's right over there," the man said as he pointed toward the bleachers.

I looked over at the "little boy" in the stands. Sure enough, waving at me was my pediatrician Dr. Gfroerer. I was amused because standing with the doctor was his four year-old son. I wondered what the man next to me would call his grandson if his grown son was a little boy! I turned back to the eldest of the Gfroerer family and saw him bursting with pride. He then got up from his seat to go swim his race.

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"Nice to meet you," he said to me with a small smile.

"I'm glad I could be here," I responded. The truth was that I was happy to be there. I could have spent my weekend at home on the couch, but I would have missed out on this great experience. I had truly enjoyed myself and had a great time. Right on cue, Mr. Williams came up to me once more. As I expected, he cried, "I just want to thank you again!" I noticed that Mr. Williams had the same funny smile on his face that he had the first two times he had talked to me. A split second later, I realized that I was wearing the exact same grin! "No. Thank you, Mr. Williams!" I exclaimed.

Mr. Williams gave me a quick hug and walked away one last time. I heard him mutter under his breath, "Good kid."

He chuckled and continued walking. I had a blast that day and learned that one really can't judge a book by its cover. All of the people I met at the swim meet had a huge impact on me, and I will always remember getting to know them. The meet didn't turn out the way I had planned; it turned out even better. I will never forget that fun, unusual, and wonderful day at Dynamo Swim Club.

Caroline Kaplan is a friend of Sally Newell's daughter. Caroline, 15, wrote this piece as a school assignment at age 13. Caroline began competing in summer swim league at the age of 4 and joined year round swimming at age 8 for the Dynamo Swim Club in Atlanta. At Dynamo, age group swimmers sometimes serve as timers at Masters meets to repay the many times that the Masters team has timed for their meets.

USMS 2006 TOP TEN FOR SHORT COURSE METERS

Congratulations to the North Carolina Masters swimmers who earned Short Course Meter Top Ten recognition in their age group for the 2006 season. Special recognition to All-Americans **Jon Blank, John Kortheuer, and Ole Larson** who achieved a NUMBER ONE spot in the nation on an individual event!!

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

If your name or an event is missing from this list, please contact Henry Stewart at: hstewart@strategicbenefitsolutions.net

AGE GROUP	SWIMMER	PLACE / EVENT / TIME
Women 40-44	Elizabeth Nowak	6th / 100 Free / 1:04.89; 3rd / 50 Breast / 38.59; 4th / 100 IM / 1:14.24
50-54	Beverly Amick	8th / 100 Back / 1:26.95
55-59	Sandra Cathey	10th / 1500 Free / 27:36.47; 7th / 100 Breast / 1:47.25; 9th / 200 Breast / 3:49.58
Men 25-29	Filippo Porco	7th / 1500 Free / 21:37.52
45-49	Jon Blank	10th / 50 Free / 26.18; 2nd / 50 Breast / 31.72; 1st / 100 Breast / 1:08.69 ; 2nd / 200 Breast / 2:33.31
75-79	John Kortheuer	1st / 50 Breast / 40.62
	Dick Webber	4th / 50 Fly / 46.54; 8th / 100 IM / 1:42.43
85-89	Ole Larson	3rd / 50 Free / 48.71; 2nd / 100 Free / 1:53.61; 2nd / 200 Free / 4:14.03; 2nd / 400 Free / 8:59.80; 2nd / 800 Free / 18:39.30; 1st / 1500 Free / 35:27.51; 2nd / 50 Breast / 1:03.96; 2nd / 100 Breast / 2:25.71; 1st / 200 Breast / 5:12.12

2006 North Carolina LMSC Awards

One of the rewarding privileges associated with serving as an officer of the LMSC for North Carolina is the opportunity to participate in recognizing the accomplishments of our North Carolina Masters in the pool and in service to our membership. A particular honor I have as Chairman these past fifteen months is the further opportunity to actually present the awards to those selected by the Board.

We announced our various awards for 2006 at the Charlotte Sunbelt Masters meet this past January 27th. Two of the awards were presented at that time, and the remaining award, while announced in Charlotte, will actually be presented at an upcoming meet in the Triangle.

While I said above that the Board selects the recipients of our awards each year, over the past several years the way that the Board has determined this is by ‘not messing with the math.’ Some years back a points formula was created that is applied to the “National Top Ten Times” lists to provide an objective evaluation of who really stole the show in the pool last year.

The announced ‘Female Swimmer of the Year’ who “ruled the pool” for 2006 is **Erika Braun** from Raleigh Area Masters. Erika finished the year with 70 National Top Ten Times points.

In 2006 the ‘Male Swimmer of the Year’ who stole the show was **Clarke Mitchell** from Asheville Masters Swimming.

The men’s race, however, was remarkably close (kind of like the men’s fly between Crocker and Phelps in Athens in 2004). Based on the points formula, Jerry Clark from Charlotte Swim Masters finished the year’s three seasons (SCY, SCM, and LCM) with 114 Top Ten Times points, while Clarke Mitchell earned 115. (When Jerry learned the results, he jokingly said, “I guess I shoulda gone on and jumped in the 200 free down in Marietta.”)

Hats off to Clarke for his accomplishment as well as to Jerry, Dick Kitchell, and John Kortheuer who joined Clarke on the relay team that established a world record during the year!

As noted elsewhere in this edition of *Across The Lanes* the award for ‘Volunteer of the Year’ for 2006 was presented to our newsletter editor **Jim Enyart**. My “The Chairman’s Lane” column” provides a glimpse of the tremendous work this man has accomplished in service to the LMSC.



PERFORMANCE APTITUDES AND ATTITUDES

The Aqua-Active Lifestyle
FILLING UP AT THE PRE-EVENT MEAL
 By Kathleen Woolf and Megan St. Thomas

You have witnessed this scenario over and over in competition: two competitors are swimming stroke-for-stroke, heading for the finish of their race. During the last few strokes, one competitor touches the wall mere tenths of a second ahead of the other competitor. While differences in training practices account for much of your success as an athlete, the foods you eat also impact your performance. Incorporating well planned, pre-event meals as part of your training regimen can mean the difference between first and second place.

The pre-event meal consists of the foods you consume before practice or a competitive event. Don't be fooled by the simplicity of the definition. The pre-event meal ensures that an athlete has a maximal amount of fuel before an event by "topping" off carbohydrate stores. Research also indicates that a pre-event meal prolongs the time before the body becomes fatigued.

Athletes should follow a few simple guidelines when choosing foods for the pre-event meal. First, include foods high in carbohydrate, moderate in protein and low in fat. Unfortunately, the body only stores a limited amount of carbohydrate, which can be easily depleted during a single workout. The pre-event meal helps replace these carbohydrate stores in the body. Because we digest protein and fat

more slowly than carbohydrate, they may cause stomach discomfort when eaten too closely to athletic competition and should be included in small amounts in the pre-event meal.

Next, the timing of your pre-event meal influences the foods to include (see Table). The length of time before competition determines the amount of food you need. For example, when eating four hours before your event, consume more carbohydrates (4g per kg body weight). When eating one hour before competition, consume smaller amounts of carbohydrate (1g per kg body weight). For morning events, be sure to get up early enough to allow time to eat. Timing the right foods at the right time provides an optimal balance of food when your body needs it.

Lastly, be sure to practice using different foods and menus as pre-event meals during the days or weeks before your big meet, but avoid experimenting with new foods during competition—you never know how your body will react. The pre-event meal prepares an athlete for competition. Although the meal does not compensate for poor eating habits, it provides a final opportunity to maximize your energy stores. Choosing foods that emphasize carbohydrate at the right time will fuel up your body for competition.

Kathleen Woolf Ph.D., R.D., is an assistant professor in the department of nutrition at Arizona State University. Megan M. St. Thomas, B.S., is an ASU graduate student. Reprinted with permission. *Swimming World Magazine*; January 2007, Volume 48 No. 1; page 26. Their website is www.swimmingworldmagazine.com.

TABLE			
Pre-event Meal Guidelines			
Carbohydrate Timing	Intake Goal	Food	Carbohydrate
4 hours before event	4 g/kg body weight 70 x 4 = 280 g	4 c pasta with meatballs 1 slice of French bread (4 oz) 1 large piece of fruit (8 oz)	180 g 60 g 30 g
3 hours before event	3 g/kg body weight 70 x 3 = 210 g	6 pancakes (4 inches diameter) or 6 waffles (4 inches square) ¼ c maple syrup 1 large banana 1% milk (8 oz)	90 g 60 g 45 g 15 g
2 hours before event	2 g/kg body weight 70 x 2 = 140 g	1 large bagel (6 oz) 2 tbsp peanut butter Sport drink (24 oz)	90 g 10g 45 g
1 hour before event	1 g/kg body weight 70 x 1 = 70 g	1-1/2 energy bar Sport drink (16 oz)	40 g 30 g
* = Guidelines for a 70 kg (154-pound) individual			

UPCOMING LOCAL 2007 MASTERS SWIMMING EVENTS

DATE	EVENT	LOCATION	POINT OF CONTACT
3/17/2007 – 3/18/2007	Dynamo Masters St. Patrick's Day SCY Invitational.	Dynamo Swim Center At- lanta, GA,	Edward Saltzman: 770-442-9075 Edward.Saltzman@bellsouth.com
3/24/2007	Albatross Open -SCM	Bethesda, MD	David Harmon, 301-972-1417, david.c.harmon@verizon.net
3/31/2007	THAT Devil Spring Splash. ###	Duke University Taishoff Aquatic Center	Robin Robinson at robinsr@nc.rr.com
4/21/2007	College Flashback Meet.	Hilton Head Island Recrea- tion Center, Hilton Head, SC	Steve Wright (Meet Director) or Marla Morris at (843) 681-7273
4/21/2007	Myrtle Beach 1 and 2.5 Mi Ocean Swims - OW	Myrtle Beach, SC	Michael Shank; www.MyrtleBeachOceanSwim.com
4/28/2007 – 4/29/2007	North Carolina SCY State Champi- onships. ###	Raleigh NC	
6/2/2007	Classic City Invitational	UGA, Athens, GA	

Meet Information and Entry Forms are / will be available on www.NCmasters.org

2007 CHAMPIONSHIPS

DATE	EVENT	LOCATION	POINT OF CONTACT
4/12/2007 - 4/15/2007	YMCA Masters National Champion- ships.	Indianapolis, IN	Mel Goldstein, 317-253-8289 goldsteinmel@sbcglobal.net
5/17/2007 - 5/20/2007	USMS National SCY Champion- ships.	Federal Way, WA	www.usms.org
6/27/2007 7/2/2007	National Senior Games.	Louisville KY	www.nsga.com (225) 766-6316
8/10/2007 - 8/13/2007	USMS National LCM Champion- ships.	The Woodlands TX	

LMSC - NC Officers and Staff

Chairman Joe Gosha, NCMS 140 Lake Concord Rd Concord, NC 28025 704-294-2021 NCchairman@usms.org	Vice-Chairman Kemp Battle, AMS 10 Parkside Ave Asheville, NC 28804 828.251.0596 vicechairman@ncmasters.org	Past Chairman Fritz Lehman, RAM 439 Pebble Creek Dr. Cary, NC 27511 (919) 481-9767 fritzelehman@nc.rr.com	Secretary Elizabeth Nowak, THAT 2734 Sevier St. Durham, NC 27705 919.489.8328 Secretary@ncmasters.org	Treasurer Jerry Clark, CSM 3107 Cloverfield Rd. Charlotte, NC 28211 (704) 374-1807 treasurer@ncmasters.org
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North Carolina Short Course Yards Championship

April 28-29, 2007



- Sponsor:** Raleigh Area Masters
- Sanction by:** LMSC for NC, for USMS, Inc. Sanction No. 137-04
- Meet:** Tim Lehman – meetdirector07@yahoo.com
- Organizers:** Sue Haugh
- Meet Referee:** Tom Cox
- Facility:** Pullen Aquatic Center, 410 Ashe Avenue, Raleigh, NC. The pool is 50 meters by 25 yards with a bulkhead dividing the competition area into an 8 lane x 25 yard competition pool and 10 lane x 25 yard warm up pool. Non-turbulent lane lines and an electronic timing system will be used. Competition pool is 16 feet deep. The pool will be measured for compliance with new USMS rules on records. Results will be submitted for top ten immediately following the meet.
- Rules:** Swimmers must be registered with U.S. Masters Swimming (USMS). A photocopy of your current 2007 registration card must accompany your entry. The 2007 USMS rules shall prevail. Each swimmer will be limited to five events per day plus relays. Swimmers may enter either the 1650 or the 1000 Free, not both. **The 1650, 1000, and 500 freestyle races will be deck seeded fast to slow. See the check in schedule below for these events. In order to keep the meet running smoothly it is important you check in on time. You do not have to check in for any other events.**
- Fees:** Entry fees are \$4.00 for each individual event and a \$10.00 surcharge is added for automatic timing and pool rental. Relay fees are \$5.00 and will be paid at the meet. **Individual event fees must accompany entries and are non-refundable.** Make checks payable to **Raleigh Area Masters**. Send entries to: Tim Lehman, 104 Magerton Ct, Cary, NC 27511 .
- Deadline:** Entry deadline to avoid late fees is April 23, 2007. Late and deck entries will be accepted at \$6.00 per event. Be there early to deck enter. To expedite deck entries there will be a separate entry area for men and women. See schedule below for deck entry times.
- Awards:** Awards will be given for 1st place in each age group as well as team awards. Cards will be provided for placing stickers that will contain your event/time/place.
- Scoring:** Scoring will be 9-7-6-5-4-3-2-1 for individual events and 18-14-12-10-8-6-4-2 for relays.
- Event Times:**
- | | Event | Warm Up | Final Check In | Events Start | Final Deck Entries |
|------------|-------|----------|----------------|--------------|--------------------|
| Sat | 1-4 | 8 am | 8:10 am | 8:30 am | 8:10 am |
| | 5-24 | 11:30 am | | 12:30 pm | 12 pm |
| Sun | 25-44 | 8 am | | 9 am | 8:45 am |
| | 45-46 | -- | 10:30 am | -- | 10:30 am |
- Social Event:** A social is planned for Saturday evening starting around 6:00 pm at a local "hip" restaurant where you will have a choice of one of three entries. Dessert and appetizers will be provided as well. The restaurant is close to the pool. As we finalize the event we will post updated information on NC Masters website.

Entry Form

Name _____				Male ___ Female USMS# _____				
Birth Date ___/___/___ Age ___ Club _____				Phone (____) _____ - _____				
				Email Address _____				
Circle event number and enter time in the space provided. Enter NT for No Time.								
W	M	SATURDAY, April 28, 2007		Time	W	M	SUNDAY, April 29, 2007	Time
		Warm-up 7:45 a.m. Start 8:30 a.m.				Warm-up 8:00 a.m. Start 9:00 a.m.		
1	2	1650 Freestyle			25	26	100 I.M.	
3	4	1000 Freestyle			27	28	50 Butterfly	
		Start No Earlier than 12:30 p.m.			29	30	200 FREE RELAY	
5	6	50 Freestyle			31	32	100 Backstroke	
7	8	MIXED 200 FREE RELAY			33	34	50 Breaststroke	
9	10	100 Breaststroke			35	36	400 FREE RELAY	
11	12	200 Backstroke			10 Minute Break			
13	14	100 Butterfly			37	38	200 Breaststroke	
		10 Minute Break			39	40	100 Freestyle	
15	16	200 MEDLEY RELAY			41	42	200 Butterfly	
17	18	200 IM			43	44	MIXED 200 MEDLY RELAY	
19	20	200 Freestyle			45	46	500 Freestyle	
21	22	50 Backstroke						
23	24	400 I.M.						

Checks to: **Raleigh Area Masters** No. of events ___ x \$4.00 = \$ _____
 Meet Surcharge = \$ 10.00

Mail to: **Tim Lehman** Social Event ___ x \$18.00 = \$ _____
104 Magerton Ct. Total. = \$ _____
Cary, NC 27511

For Official Use Only

Amt. Recvd. _____

Date _____

USMS WAIVER

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

CITY OF RALEIGH WAIVER

IN CONSIDERATION OF THE ACCEPTANCE OF THE **Raleigh Masters Masters** SWIM MEET SPONSORED BY **Raleigh Area Masters**, TO BE HELD **April 28-29, 2007** AT THE **Pullen Aquatic Center** POOL OF THE CITY OF RALEIGH, I HEARBY, MY HEIRS, EXECUTORS, ADMINISTRATORS AND ASSIGNS, RELEASE AND DISCHARGE THE CITY OF RALEIGH, PARKS AND RECREATION DEPARTMENT, THE PROMOTERS, MANAGERS, EMPLOYEES, AND OPERATORS OF THE **Pullen Aquatic Center** POOL FROM ANY INJURY OR LOSS WHICH MIGHT OCCUR DURING MY PARTICIPATION AND TRAVEL TO AND FROM THE SAID EVENT. I SPECIFICALLY RELEASE AND DISCHARGE THE SAID PROMOTERS AND SPONSORS AND THE CITY OF RALEIGH WHOSE FACILITIES ARE BEING USED FOR THIS EVENT, ETC., FROM ALL INJURIES OR DAMAGES ARISING FROM OR CONTRIBUTED TO BY ANY PHYSICAL IMPAIRMENTS OR DEFICIT I MAY HAVE, WHETHER LATENT OR PATENT, AND AGREE THAT THEY ARE UNDER NO OBLIGATION TO PROVIDE PHYSICAL EXAMINATION OR OTHER EVIDENCE OF MY FITNESS TO PARTICIPATE IN SUCH EVENTS, THE SAME BEING MY SOLE RESPONSIBILITY.

Name _____ Signature _____
 Date _____
 Street Address _____
 City _____ State _____ Zip Code _____

Signature on form is **REQUIRED!**
 Late or incomplete entries or entries postmarked after date due **MAY BE REJECTED!**



Hotel Information

Holiday Brownstone Hotel & Conference Center
 1707 Hillsborough St. Raleigh, NC 27605
www.brownstonehotel.com

In-House Reservations office hours are Monday through Friday between
 8:00 am and 5:00 pm.
 Local: (919) 828-0811
 Toll Free: 1-800-331-7919

RESERVATION METHOD:

Guests to make their individual reservations by contacting one of the
 Reservations Departments as stated above. Reservations to be received
 no later than Friday, 4/13/2007 to receive group rate. After the cut-off
 date, no reservations will be guaranteed at the special group rate.

Group Rate - \$79. All room rates are quoted on a net non-commissionable
 basis and do not include applicable taxes, subsidies, housing fees or
 other charges that may be required. Please note the tax for Raleigh is
 currently thirteen percent (13%).

Block of Rooms	Fri	04/27	Non-Smoking Double	10
	Sat	04/28	Non-Smoking Double	30