



Across The Lanes

LMSC for North Carolina's Newsletter

In this September, 2000 Issue

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From The Chairman's Lane- by Jerry Clark

Our LMSC's News

This article was prepared one week prior to departing for Baltimore for the long course national championship meet. We have made arrangements for our swimmers' results to be included in this Newsletter. Maybe its something about Baltimore being fairly close to NC, maybe its my past pleas for more of our swimmers to participate in national meets, but whatever the reason, there are 40 of us going to this meet (41 entered, but Shannon Lange had to scratch due to a twisted ankle). This is a record for NC participants at a national meet since 1992 when Hill Carrow directed the national short course championships in Chapel Hill. I hope we look shiny (and go fast) in our new suits with the green/white North Carolina Masters Swimming logo embroidered on them. If you don't know about our relationship with Kast-A-Way Swimwear, check it out on our web site ncmasters.org By the way, for \$5.00 they will be glad to embroider the logo on your existing suit if you send it to them. I suggest calling their 800 number to make the necessary arrangements.

The Board of the LMSC for NC has unanimously approved annual awards to be presented to the outstanding female swimmer, the outstanding male swimmer, and an annual service award for an individual who has contributed/volunteered to NCMS affairs during the past year. Further, we have approved going back to 1999 to begin these awards (you'll have to think back to last year for 1999 nominees).

Nominations are welcomed from anyone; a form will be put on our web site (as well as in this Newsletter) so that there is a common format to follow when identifying people for these awards. We hope many of you will give these honors serious consideration and submit nominations for all three awards. They will be due by December 1st of each year. The LMSC Board, the LMSC registrar, the LMSC top ten chairperson, and all the team representatives will vote on the nominations. The most votes for any one person will decide who wins each of these awards. For your information, the outstanding swimmer award doesn't necessarily have to go to a person who has scored the most points at a national meet, or at any meet, for that matter. I encourage your participation to help make these annual awards a significant part of our statewide Masters swim program.

Webmaster's note: to download the 1999 form  and to download the 2000 form 

We plan to present the awards for both 1999 and 2000 at the meet in Charlotte on the last weekend in January, 2001 (no snow/ice planned for then!).

We hope many of you will participate in the short course meters meet in Hillsborough October 21st. This is a great meet, and it's a fun day at a great pool. Meet information/entry form is on the web site, and for those of you whose email addresses we don't have, it is included with your snail mail "Across The Lanes" Newsletter.

That brings up another subject, which is financial in nature. We can really save some significant money if we could put our Newsletter only on our web site each quarter. The 77% of you who have e-mail addresses are receiving notification of the website Newsletter by e-mail this time. Please update any e-mail address change to George Simon at nregistrar@usms.org so he can keep the database correct. It will be USMS Registration renewal time shortly (George usually gets these out a couple of months before December 31st). Please print your e-mail addresses legibly for him on your renewal form. I plan to push for delivering the Newsletter notification each quarter by e-mail to our board, even though many of us (me included) enjoy receiving and reading a hardcopy. I'd rather do this than suggest a dollar or two increase in the annual fee. I'm sure we'll have a lively discussion about this at our upcoming LMSC meeting(s).

Thanks to those of you who remembered to pull for us in Baltimore August 17-20, and I look forward to seeing many of you at the Hillsborough Fall Invitational in October.



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Notes From The Nationals

POWERED BY TEAMWORK by Jerry Clark

Well, Jim has held the newsletter until I got home, so I get to tell you that the women, men and combined team all finished 3rd at the national championship meet. Further, John Murphy (back), John Kortheuer (breast), Mitch Mitchell (fly) and Dick Webber (free) stepped up to the occasion and set a new state, national and world record in the 280+ bracket of the 200 medley relay. Their time was almost 2 full seconds faster than the previous record. Fritz Lehman made 3 attempts at the 50m back world record in the 40-44 age group, and came within :03 of making it. What valiant efforts, especially when everyone on your team knows you're trying for a new record. Congratulations, not only to these guys, but to all who gave it their best and to the many who had personal best times.

I dwell on teamwork when writing about these meets, and it was prevalent again. Jon Klein did another masterful job of setting up relay teams before the meet commenced, and there is no doubt that this organized approach led to maximization of points over the 4 days of the meet. Next year's meets are in Santa Clara, CA in May for short course, and Federal Way, WA in August for long course. Air fare to San Francisco and Seattle may not be too high if you search for ticket bargains. Both are great pools with experienced organizations who have conducted many national events, and both locations are fun vacation areas. Give some thought to training over the winter and participating next year. I am proud to have been with the team in Baltimore and look forward to competing with these teammates again in the future.



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NC'S BACKSTROKE BOYS

Call them the "Backstroke Boys." North Carolina swimmers Alan Godfrey, Jon Klein and Fritz Lehman dominated the men's 40-44 backstroke events at the USMS Long Course Nationals held in Baltimore from Aug. 17-20. At least two North Carolina swimmers placed in the top five in all three backstroke events in their age group:

- In the 50-meter back, Fritz finished first at 28.72 (just .03 shy of the world record) and Jon was fourth at 30.92.
- In the 100-meter back, Fritz finished first again at 1:02.89. Jon was fourth at 1:06.63, and Alan was fifth at 1:07.13
- In the 200-meter back, Godfrey was second at 2:24.67 and Klein was third at 2:30.14.

Lehman, 41, swam at the University of Oklahoma from 1976-80. He was a Big Eight champion in the 100- and 200-yard backstrokes. After a break from swimming, Lehman returned in 1989 to set short-course meters world records in the 100 and 200 back. He got back in the pool again in 1997 and has made routine Top 10 appearances ever since. He trains in Raleigh with RAM.

Godfrey, 43, also trains with RAM and has just stepped down after five years as a member of RAM's governing board. He was the director for RAM's long-course meet in July - the state's only LCM meet this year - running the meet and still swimming a full slate of events. Alan also has posted Top 10 rankings. As an age group swimmer in Australia, Alan trained under the legendary coach Forbes Carlisle.

Klein, 42, swam at Johns Hopkins University from 1975-79. He returned to swimming in 1991. He began training seriously for the 1992 nationals held in Chapel Hill, where he posted lifetime bests in freestyle and placed in the top five in his backstroke events. Klein is now a fixture in Top 10 rankings. Earlier this year, he participated in a Masters camp at the U.S. Olympic training center. Klein trains in Chapel Hill with NCAM.

While Godfrey, Klein and Lehman chalked up point after point in the backstroke events in Baltimore, they aren't North Carolina's only national-caliber backstrokers in the men's 40-44 age group: Joe Rhyne, 41, of Winston-Salem, has been ranked in the Top 10 in the 200 backstroke. In fact, his third-place swim at last summer's long-course nationals in Minneapolis - 2:19.13 - would have won the event this year in Baltimore. And Bill Davis, 42, who trains with Klein in Chapel Hill, also has been ranked in the Top 10 in backstroke events. Davis still holds state records in the men's 30-34 200-yard back (1:58.24 in 1992) and the men's 35-39 200-yard back (2:00.64, in 1995).



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... **ONE FOR ALL** By Clarke Mitchell

There wasn't any particular strategy involved in our relay. I just swam the fly leg because they told me to!! As far as strategy is concerned, after they told me which leg to swim, they just said "when John touches the wall, get in there and get to the other end as quick as you can." It's exciting to even be swimming for a possible record and even more so when you're competing on a team of proven winners, like those other three. I'm very proud of them and thankful I could do my part.



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**NC MASTERS RESULTS AT THE
2000 USMS LONG COURSE METERS
NATIONAL CHAMPIONSHIPS**

August 17-20

Baltimore, Maryland

Congratulations to all participants for a fine meet! This was the largest long course championship in the history of USMS, with 1380 swimmers entered. There were 77 USMS and 51 world record breaking performances in the meet by 33 individual swimmers and 7 relay teams.

AGE GROUP	NAME WOMEN	EVENT / TIME / PLACE
25-29	Bruch, Rebecca	400 IM / 5:20.34 / 1st; 100 Breast / 1:15.89 / 1 ^{st*} ; 200 Breast / 2:45.04 / 1 ^{st*} ; 200 IM / 2:29.70 / 1st; 50 Breast / 34.73 / 1st
30-34	Hageman, Heather	50 Back / 33.29 / 1st; 50 Fly / 31.04 / 1st; 50 Free / 27.35 / 1st; 50 Breast / 41.93 / 10th; 100 Free / 1:00.66 / 1st
35-39	Geiss, Angelique	50 Back / 39.53 / 9th; 100 Breast / 1:34.45 / 14th; 200 Breast / 3:32.89 / 13th; 50 Free / 31.90 / 13th; 50 Breast / 43.38 / 12th
	Haugh, Sue	800 Free / 10:48.18 / 3rd; 200 Free / 2:32.55 / 11th; 100 Breast / 1:31.83 / 9th; 200 IM / 2:53.42 / 12th; 400 Free / 5:12.60 / 8th
	Speight, Peggy	1500 Free / 20:49.44 / 4th; 200 Free / 2:29.83 / 10th; 50 Free / 31.24 / 10th; 400 Free / 5:17.34 / 9th; 100 Free / 1:07.26 / 9th
40-44	Stott, Kim	50 Back / 40.74 / 13th; 50 Fly / 37.45 / 20th; 100 Back / 1:26.52 / 11th; 50 Breast / 45.03 / 16th; 200 Back / 3:07.45 / 9th
45-49	Amick, Beverly	800 Free / 11:10.40 / 3 rd ; 400 IM / 6:20.22 / 4th; 200 Fly / 2:59.65 / 3rd; 400 Free / 5:26.39 / 2nd; 100 Fly / 1:18.86 / 5th
	Medearis, Rebecca	1500 Free / 29:42.99 / 11 th ; 100 Breast / 1:55.19 / 10th; 200 Breast / 4:09.47 / 11 th

	Sansbury, Mary	100 Breast / 1:41.12 / 6th; 200 Breast / 3:35.13 / 6th; 50 Free / 33.94 / 16th; 50 Breast / 45.92 / 7th; 100 Free / 1:17.77 / 14th
55-59	Freeman, Sunny	50 Back / 49.69 / 6th; 50 Free / 39.96 / 4th; 100 Free / 1:38.82 / 5th
60-64	Newell, Sally	100 Breast / 1:44.69 / 3rd; 50 Free / 38.12 / 2nd; 50 Breast / 46.89 / 2nd; 200 IM / 3:41.44 / 3rd
65-69	Robbins-Bonitz, Suzanne	50 Back / 48.45 / 2nd; 100 Back / 1:53.61 / 1st; 50 Free / 45.63 / 5th; 50 Breast / 59.60 / 7th; 200 Back / 4:17.04 / 1st
	MEN	
30-34	Doan, Brian	50 Back / 33.34 / 11th; 100 Breast / 1:10.01 / 3rd; 200 Breast / 2:37.18 / 5th; 200 IM / 2:33.83 / 15th; 50 Breast / 31.21 / 1st
	Murray, Jeff	400 Free / 4:26.52 / 2nd; 50 Free / 24.80 / 4th; 200 IM / 2:32.65 / 14th; 100 Fly / 1:00.42 / 3rd; 100 Free / 54.43 / 2nd
	Flowe, Layne	100 Breast / 1:27.25 / 21; 200 Breast / 3:13.87 / 17th; 100 Free / 1:10.07 / 29th
	Kucharski, Mike	50 Fly / 30.34 / 20th; 50 Free / 29.25 / 32nd; 50 Breast / 39.75 / 22nd
35-39	McCutchan, Michael	50 Free / 27.42 / 14th; 200 IM / 2:36.68 / 7th; 100 Free / 1:00.29 / 11th
	Celii, Michael	100 Breast / 1:20.59 / 15th; 200 Breast / 3:01.72 / 10th; 50 Free / 29.66 / 26th; 50 Breast / 36.31 / 17th
	Reece, Jeff	100 Breast / 1:16.76 / 10th; 200 Breast / 2:49.72 / 6th; 50 Breast / 34.70 / 12th
40-44	Kennedy, Gene	50 Free / 28.63 / 23rd; 50 Breast / 39.64 / 19th; 100 Free / 1:04.37 / 21st; 200 Free / 2:31.78 / 19th; 50 Fly / 33.13 / 31st
	Lehman, Fritz	50 Back / 28.72 / 1st; 50 Fly / 27.87 / 9th; 100 Back / 1:02.89 / 1st; 100 Fly / 1:03.77 / 7th; 100 Free / 56.30 / 3rd
	Godfrey, Alan	200 Free / 2:11.16 / 7th; 400 Free / 4:44.88 / 7th; 100 Back / 1:07.13 / 5th; 200 Back / 2:24.67 / 2nd; 100 Free / 58.48 / 9th
	Klein, Jonathan	50 Back / 30.92 / 4th; 50 Fly / 28.03 / 12th; 100 Back / 1:06.63 / 4th; 200 Back / 2:30.14 / 3rd; 100 Free / 58.97 / 11th
45-49	Carrow, Hill	200 Fly / 2:52.79 / 10th; 50 Fly / 30.82 / 19th; 50 Free / 27.44 / 11th; 100 Fly / 1:10.05 / 12th
	Facchine, Kevin	800 Free / 10:17.18 / 4th; 200 Free / 2:15.01 / 6th; 400 Free / 4:54.83 / 7th; 200 IM / 2:38.83 / 15th; 100 Fly / 1:08.51 / 10th
	Bober, Richard	50 Back / 31.19 / 3rd; 100 Back / 1:08.50 / 2nd; 50 Free / 27.18 / 9th; 200 Back / 2:29.95 / 2nd
50-54	Glotzer, Robert	50 Fly / 34.22 / 19th; 50 Free / 30.37 / 23rd; 100 Fly / 1:24.48 / 11th; 100 Free / 1:09.57 / 17th
	Glass, Ernie	50 Back / 36.45 / 13th; 200 Free / 2:34.32 / 18th; 50 Fly / 31.53 / 15th; 50 Free / 29.15 / 19th; 100 Free / 1:05.30 / 10th
	Gonzalez, Jorge	1500 Free / 19:36.66 / 3rd; 200 Free / 2:21.54 / 9th; 400 Free / 5:00.22 / 6th; 50 Free / 28.79 / 14th
55-59	Barden, Steve	100 Breast / 1:29.39 / 7th; 200 Breast / 3:15.40 / 6th
	McGrain, Peter	

		50 Fly / 32.61 / 6th; 50 Free / 29.61 / 10th; 800 Free / 12:05.48 / 5th; 200 Free / 2:39.58 / 15th
	White, Bernard	50 Fly / 33.06 / 7th; 50 Free / 31.59 / 14th
60-64	Macartney, Norman	400 IM / 8:22.91 / 6th; 200 Fly / 4:58.39 / 5th; 200 Breast / 4:12.95 / 4th
	Clark, Jerry	800 Free / 11:30.07 / 1st; 200 Free / 2:31.76 / 2nd; 400 Free / 5:25.13 / 2nd; 50 Free / 28.52 / 2nd; 100 Free / 1:04.41 / 2nd
65-69	Mitchell, Clarke	50 Back / 37.83 / 2nd; 50 Fly / 37.29 / 6th; 100 Back / 1:25.22 / 2nd; 200 Back / 3:08.47 / 1st
	Kortheuer, John	100 Breast / 1:30.62 / 2nd; 200 Breast / 3:30.77 / 2nd; 50 Breast / 38.05 / 1st
70-74	Webber, Dick	50 Fly / 39.92 / 3rd; 50 Free / 31.94 / 2nd
75-79	Murphy, John	50 Back / 44.79 / 2nd; 100 Back / 1:41.08 / 2nd; 50 Free / 36.01 / 4th; 200 Back / 3:53.14 / 2nd; 100 Free / 1:28.09 / 3rd



New Men's 280+ 200M Medley Relay world record holders:

John Murphy, John Kortheuer, Clarke Mitchell, and Dick Webber

RELAY EVENTS			
AGE GROUP	EVENT	TIME / PLACE	TEAM
100+	Mixed 200 Medley	2:00.61 / 1st	Murray, Jeff; Bruch, Rebecca; Doan, Brian; Hageman, Heather
120+	Mixed 200 Free	1:46.94 / 1st	Murray, Jeff; Bruch, Rebecca; McCutchan, Michael; Hageman, Heather
120+	Mixed 200 Medley	2:17.79 / 13	Lehman, Fritz; Geiss, Angelique ; Kucharski, Mike; Sansbury, Mary
160+	Mixed 200 Free	1:53.77 / 2nd	Klein, Jonathan; Speight, Peggy; Haugh, Sue; Lehman, Fritz
160+	Mixed 200 Free	2:03.46 / 9th	Glotzer, Robert; Sansbury, Mary R ; Geiss, Angelique ; Facchine, Kevin

160+	Mixed 200 Medley	2:11.86 / 7th	Klein, Jonathan; Reece, Jeff ; Haugh, Sue; Speight, Peggy
200+	Mixed 200 Free	2:04.49 / 4th	Clark, Jerry; Stott, Kim; Amick, Beverly; Glass, Ernie
200+	Mixed 200 Medley	2:26.47 / 8th	Bober, Richard; Newell, Sally; Stott, Kim; Clark, Jerry
240+	Mixed 200 Free	2:31.87 / 5th	Gonzalez, Jorge; Robbins-Bonitz, Suzanne; Freeman, Sunny; Murphy, John
240+	Mixed 200 Medley	2:45.61 / 5th	Murphy, John; Medearis, Rebecca; Amick, Beverly; Webber, Dick
240+	Mixed 200 Medley	2:49.23 / 6th	Robbins-Bonitz, Suzanne; Kortheuer, John; Mitchell, Clarke; Freeman, Sunny
160+	Men 200 Free	1:45.43 / 3rd;	Lehman, Fritz; Facchine, Kevin; Godfrey, Alan; Klein, Jonathan
160+	Men 200 Medley	1:59.20 / 4th	Lehman, Fritz E, Reece, Jeff ; Godfrey, Alan F, Klein, Jonathan
200+	Men 200 Free	1:54.66 / 3rd	Glass, Ernie; Clark, Jerry; Kennedy, Gene; Carrow, Hill
200+	Men 200 Free	1:58.55 / 8th	Gonzalez, Jorge; McGrain, Peter; Celi, Michael; White, Bernard
200+	Men 200 Medley	2:12.76 / 5th	Carrow, Hill; Gonzalez, Jorge; Facchine, Kevin; Clark, Jerry
200+	Men 200 Medley	2:18.64 / 7th	Glass, Ernie; Celi, Michael; McGrain, Peter; White, Bernard
280+	Men 200 Free	2:12.94 / 1st	Mitchell, Clarke; Murphy, John; Kortheuer, John; Webber, Dick
280+	Men 200 Medley	2:31.54 / 1st**	Murphy, John T , Kortheuer, John; Mitchell, Clarke; Webber, Dick
120+	Women 200 Free	2:00.50 / 2nd	Bruch, Rebecca; Hageman, Heather; Speight, Peggy; Haugh, Sue
120+	Women 200 Medley	2:14.27 / 3rd	Hageman, Heather; Bruch, Rebecca; Haugh, Sue; Speight, Peggy
160+	Women 200 Free	2:14.09 / 9th	Geiss, Angelique; Stott, Kim; Amick, Beverly; Sansbury, Mary
160+	Women 200 Medley	2:39.59 / 10th	Stott, Kim; Medearis, Rebecca; Amick, Beverly; Geiss, Angelique
200+	Women 200 Free	2:46.93 / 8th	Freeman, Sunny; Newell, Sally; Robbins-Bonitz, Suzanne; Medearis, Rebecca
* USMS NATIONAL RECORD			
** USMS WORLD RECORD			



One way to swim faster is to remove all the padding from your swim suit



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UPCOMING 2000 / 2001 MASTERS SWIMMING EVENTS

Sep	9	Montclair Lake 1 & 2 Mile Lake Swim	Montclair, VA	Harry Delong: (703) 368-0309
Sep	23	Sandhills Sharks Open Water Swim	Pinehurst, NC	Catherine Bailey: (910) 949-2371
Oct	13-15	SCM Meet	Orlando, FL	Julie Sundstrom (407) 363-1911 home.att.net/~dixiezone/Meets
	21	Fall SCM Invitational	Hillsborough, NC	Jerry Clark, (704) 366-2045
Nov	4,5	Dixie Zone SCM Championships	Anderson, SC	Steve Wycoff: (864) 260-5170
Jan	27, 28	Sunbelt Championships	Charlotte, NC	Jerry Clark, (704) 366-2045



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NC Masters Swimmer Working To Bring International Masters Competition To Raleigh

Capitol pitches new meet By Dale Gibson

The Business Journal; Week of August 21, 2000

RALEIGH A 10-day, Olympics-style competition involving as many as 8,000 national and international athletes is being planned for the Triangle in 2003 by Capitol Broadcasting Co. owner Jim Goodmon.

Masters athletes, generally those over 20 who are certified by age group within various sports, would be invited to the Triangle every two or three years to participate in such events as swimming, cycling, baseball, golf, tennis, basketball and track and field.

Goodmon says the plan was sparked by his frustration with the Triangle's unsuccessful bid for the 2007 Pan Am Games, which the U.S. Olympic Committee awarded to San Antonio. "It was obvious we had the best facilities and the best presentation, but we lost politically inside the Olympic group," he says. "I'm rebelling against the system. I didn't think we were treated fairly, and I decided we needed to do our own event."

Goodmon says no cost estimates have been developed to launch the 2003 games. "Our agreement is that we keep working on it and investing in it as long as we think we have a viable proposition. If it turns out we don't, we'll quit. This is about as entrepreneurial as it gets."

A new company called Carolina Sports Marketing has been incorporated to plan and stage the event. Hill Carrow, who headed the 1987 U.S. Olympic Festival in the Triangle, has been named president of the company and Winkie LaForce, a Capitol Broadcasting employee who headed the region's bid for the 2007 Pan Am Games, has been named vice president.

Carrow is a former Raleigh resident who was working with Carolina Power & Light Co. in the mid-1980s when he left to head up the Triangle's bid for the Olympic Festival. He left the region in 1993 to join Sara Lee Corp., where he oversaw the company's Olympics sponsorships.

Since 1993, he has worked with the U.S. Olympic Committee in Colorado Springs and has now relocated to Raleigh. Besides staging the 2003 event, Capitol Sports Marketing also will offer sports-marketing services as a part of the sports division of Capitol Broadcasting.

Carrow and LaForce are working with sports organizations such as U.S. Masters Swimming to pitch the concept and develop a list of invitees. "We have done research with the national governing bodies that indicates they would support this and they would like to see this happen," says Goodmon.

The scope of the event would fall somewhere between the Goodwill Games launched by broadcast tycoon Ted Turner and the U.S. Olympic Festival.

The 1987 festival in the Triangle drew 4,000 participants in 33 sports over 14 days. A total of 464,000 spectators attended, and it produced \$7.1 million in revenues on \$5.6 million in expenses.

Carrow says the 2003 competition probably would attract more participants but fewer spectators and less national exposure. But, he says, it also would be less costly to stage because existing facilities would be used and athletes would be responsible for their own expenses.

Masters athletes are certified in their individual sports and generally represent veteran performers who have a desire to win but are no longer considered world-class competitors. Masters athletes in running include the likes of former

Olympians John Tuttle and Ruth Wysocki.

Though the Triangle has hosted a number of amateur events, this one would be different in a significant respect: It would aim to make a profit for Capitol, whose media holdings include WRAL-TV, WRAL-FM radio and the North Carolina News Network along with the Durham Bulls.

It also holds the promise of injecting tourism dollars and bringing recognition to the region, which would allow Capitol Sports Marketing to make a pitch for sponsors to help underwrite costs. No sponsors have been approached.

"This has the potential to be a winning formula," says Harvey Schmitt, president of the Greater Raleigh Chamber of Commerce. "We have an excellent community for amateur athletics; we have an organizational team that has worked at the highest levels of amateur athletics; and we have very attractive venues to attract performers."

Besides the competition, Carrow says companion events focused on health and well-being as well as entertainment and cultural productions are planned to make the games an attractive destination for adults who maintain a desire to compete.



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Forms in this Newsletter

The hard copy of this newsletter contains the following forms, that can be downloaded in their correct format using the Adobe Acrobat Reader. If you need directions on obtaining the free Adobe Acrobat reader or instructions on how to use, [Click Here](#)

Sandhills Sharks Open Water Swim Meet, Pinehurst on September 23, 2000 Meet Information and Entry Form 

NC Fall Invitational Short Course Meters Swim Meet, Hillsborough on October 21, 2000 Meet Information and Entry Form 

Outstanding 1999 Swimmer and Volunteer Award Forms 

Outstanding 2000 Swimmer and Volunteer Award Forms 

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<http://www.NCmasters.org/atlsep00.html>