



Across The Lanes

The Chairman's Lane By Joe Gosha

Do you remember Joni Mitchell's song "Big Yellow Taxi"? It has that great line "Don't it always seem to go, that you don't know what you've got 'til it's gone." That line is as true about health and being able to swim as it is about trees that get chopped down to make room for parking lots.

Not too long after Joni Mitchell first wrote that song, I tore my anterior cruciate ligament playing volleyball. My orthopedic surgeon at the time told me that he cleaned up the tissue damaged by the 75% tear, but he was never clear about what he did to restore my knee's functionality. I just simply assumed that he repaired the tear, but have recently learned that he probably did not.

Earlier this spring, after having been sidelined for about six weeks by kidney stones, I was finally able to get back to more intense training. It wasn't too long before I began to experience pain and swelling in my knee. I tried to swim through the pain, but finally decided to go to the doctor to find out what happened. He surmised that I had torn my medial meniscus, but first wanted to treat me with an anti-inflammatory for a time before having a specialist determine whether or not surgery might be in order. While the anti-inflammatories have been quite helpful, they have not solved the problem. Last week I saw the specialist. He suggested that I probably have no anterior cruciate ligament left and will likely need either transplant tissue from a cadaver or tendon tissue from my own tibia tendon inserted into my knee joint. While the prognosis is good, the prospect of having to undergo surgery is not pleasant. (I'll know for sure if it's necessary after an upcoming MRI.)

Let me assure you that I am neither a sympathy seeker nor a hypochondriac. There really is a point to my using this space to discuss my medical difficulties. Just because I (we) try to stave off or ameliorate the negative effects of the aging process by swimming seriously, I (we) still suffer those aging effects. As such, I need to take precautions in planning and pursuing my training that weren't necessary when I was a youngster.

I train alone and hadn't been careful to ensure that the

sets I have been doing in the pool like aggressive kick with flippers are not, in fact, actually injurious. (I've since discovered that those kick sets have hyper-extended my knee and likely hastened the demise of the little amount of stability-providing ACL tissue I had left.)

Today I was at (not in) the pool watching kids swim. They ran, jumped, and did all the activities kids do. Once my knee is repaired, and I'm able to resume training, I'll pay more attention to the sets I do. Perhaps my experiences will serve as a warning to anyone who hasn't paid attention to whether or not their training activities are helpful and not hurtful. I hope so.



The Secretary's Lane By Elizabeth Nowak

NC LMSC Meeting Minutes
Raleigh, NC Pullen Park Pool
April 29, 2006 – 4:00 p.m.

Attendees: Joe Gosha, Kemp Battle, Jerry Clark, Elizabeth Nowak, George Simon, Jim Enyart, Mitch Mitchell, and Andrew Richelson

The meeting was called to order at 4:00 p.m. Joe thanked everybody for their willingness to meet today. Everybody introduced themselves to the group.

RAM Reunion Party – Hill Carrow invited Joe Gosha to attend the 25th Raleigh Area Masters Reunion Party. RAM represents the largest club in the North Carolina LMSC.

2006 United States Aquatic Sports Convention – This convention will be held September 10-17, 2006 in Dearborn, Michigan. There are two delegate slots for the North Carolina LMSC. The number of delegates per LMSC is based on the number of LMSC members. Jerry Clark and George Simon will be attending per their roles at the national USMS level (i.e., not as NC LMSC delegates). Joe Gosha, President, is unable to attend. Elizabeth Nowak, Secretary, will attend as one of the delegates. Discussion centered around who could be the second delegate. It was suggested that

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Rhea Wilkens, RAM, would be asked due to her continued support at the convention held in Greensboro in 2005.

Next Step:

◆ Joe will ask Rhea if she is interested in attending the convention on behalf of the NC LMSC.

Bylaws – The last draft of bylaws was completed in 1993. Discussion surrounded the history of the version that was updated in 2004 but never voted on. Mitch gave Joe his NC LMSC binder that has many drafts of the bylaws when Fritz Lehman was President.

Next steps:

- ◆ Joe will review Mitch’s binder and see if he can piece together the draft that was completed in 2004.
- ◆ Joe will ask Fritz if he has a copy, hardcopy and/or on an electronic file.

DAMA Development Meet – Interest has been minimal for the DAMA Development Meet to be held on May 13, 2006 in Durham.

Next step:

◆ Joe will discuss with Danielle Newton the possibility of canceling the meet if registration is not sufficient.

Meeting was adjourned at 5:00 p.m.



**The USMS Board of Director’s Lane
By Jerry Clark**

USMS Executive Director
Selection Process

I feel sure that by the time this newsletter has been distributed, the name of the first ever USMS Executive Director (ED) will have been announced. I’d like to share information about how this person was chosen.

The process for determining expected costs (salary, benefits, expenses, etc.) for this position began in February 2005. At the September 2005 US Aquatic Sports Convention in Greensboro the House of Delegates approved the establishment of the ED position. Board member Laura Winslow of Scottsdale, Arizona was selected to lead the overall process of soliciting bids from search firms, drafting job description items, pri-

oritizing character traits, choosing members of a Search Committee, evaluating candidates, etc.

Laura has prior experience in this field, but would need some assistance. I was appointed to assist. The first task, which fell in my lap, was to create a Request for Proposal to send out to a number of search firms. Anderson & Associates in Charlotte was chosen by the Board at its mid-year meeting in January this year at The Woodlands near Houston, Texas (site of the 2007 USMS Long Course Nationals).

In the meantime, Laura generated long lists of character traits, responsibilities and job description items for Board members to review, discuss, and prioritize. Laura guided the Board through a lengthy process of narrowing down and prioritizing these items. Martin Godwin with Anderson & Associates then got going full steam to identify candidates for this position. A Search Committee was chosen (Laura Winslow, Patty Miller, Rob Copeland, Tom Boak and Jim Miller) and charged with recommending a single individual to the Board.

The search firm was very thorough and provided a prioritized list of candidates from some three hundred inquiries. The search firm further screened the list and then in concert with the USMS Search Committee invited selected candidates to have face-to-face interviews with the Search Committee at the Short Course Nationals in Coral Springs, FL. The committee provided its recommendation to the entire Board by conference call during the third week of May. The Board unanimously approved the recommendation and offered the position to the selected person.

All the candidates were (and will be) treated with utmost confidentiality because all of them are employed elsewhere, and neither they nor we wanted to reveal their possible interest in a job change.

Upon finalizing the contractual relationship with the selected candidate, an announcement will be made to all USMS swimmers. Obviously this article has been written prior to the announcement.

We have benefited from the professionalism and guidance of Martin Godwin with Anderson & Associates. Laura and the Search Committee expended lots of time, thought and energy to this task while doing an excellent job for USMS. They all deserve a big THANK YOU.

PERFORMANCE APTITUDES AND ATTITUDES

YES YOU CAN! -

Developing "Self Confidence" in Athletes

By Wayne Goldsmith

Belief is the knowledge that we can do something. It's the inner feeling that what we undertake, we can accomplish. For the most part, all of us have the ability to look at something and know whether or not we can do it. So, in belief there is power: our eyes are opened; our opportunities become plain; our visions become realities. (unknown)

Successful coaches and athletes often remark that the difference between a successful and unsuccessful performance is confidence. Terms such as "he lacked confidence", "they have no confidence", "that athlete has lost confidence" are used often to describe or explain poor performances.

If confidence is considered an important characteristic of successful sports performance, the coach must ponder. Is it (confidence) a learned skill or an inherited trait? Can it be taught (coached), and if so, how can coaches develop confident athletes?

Leading Australian-based sports psychologist, Dr Mark Andersen suggests:

"Many people believe that confidence is something that comes from the inside, but we probably develop confidence from the models we have around us, that confidence really comes from the outside. If we have coaches, parents, teachers and instructors that model confidence in our abilities and let us know that they think we can do good things, slowly their confidence in us becomes internalized".

Rather than resort to a dictionary or textbook definition, some of Australia's most successful athletes and coaches were asked for their thoughts about CONFIDENCE. What is confidence? How important is confidence in the achievement of sporting success? Is it possible to develop confidence? How can you develop confidence?

Young children gain confidence by learning to master their environment. e.g. in the playground going down the slippery dip, or the one who has the ability to climb up the cubby house tree, or the one who can confidently answer questions. These ones actually become leaders. Physical mastery gives confidence as does mastery over life skills such as reading, writing and self-understanding. Exposing children to a wide variety of challenges and experiences, physically, mentally and emotionally, will give opportunities to gain confidence. Confidence will be gained by life coaches (parents, teachers,

family members, community members- sports/dance/youth group) giving feedback and encouragement. Sport is not isolated from every day life. They are metaphors for life - overcoming difficulties, setting goals, regular training working toward a longer term goal, knowing yourself well enough to explain to the coach how you feel.

Shane Gould, Triple Olympic Gold Medallist.

"Confidence is about believing in yourself and your ability to do something - not necessarily believing in your ability to do it perfectly or better than other people, but believing that you have as good a chance as anyone to achieve something. Confidence is having the courage to get up and try and face whatever the outcome is - good, bad or something in between".

Chloe Flutter (Australian Representative—now Oxford scholar).

"In my experience, confidence is best achieved through controlled independence. The ability to follow good decision-making processes is a crucial part of this. Confidence is the ability to believe you can do something and the courage to do it. If others have made the hard decisions for you, and you have never had to live with the results of your own actions, you can never be expected to know full confidence and the power of the self".

Marty Roberts. (Dual Olympian, Commonwealth Games Gold medallist).

"Attitudes such as belief, optimism, high aspirations, and anticipation of the best possible result---all these positive states of mind add up to *confidence*, the keystone for *success*. But of course it pays for all of these to be built on the firm rock of a sound preparation".

Forbes Carlile (Master Coach, successful business man, author, leading anti-drugs in sport campaigner).

Confidence comes from attempting and achieving things that you may have felt were impossible before. Some actually need to be challenged to do a task that they have not yet achieved, and when they do achieve this, then they can move onto the next level, and then a thing called belief will begin to appear. Once you know where you want to go, and your belief begins to grow, then you will begin to achieve with confidence.

These are the chains which I believe in:

DREAM - BELIEVE - ACHIEVE

CHALLENGE - ACHIEVE - PRAISE - REWARD - NEW CHALLENGE

Scott Volkens, Coach of Susie O'Neill and Sam Riley

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I think confidence is all about believing in your own ability to achieve a particular task or goal. Developing confidence is a step by step thing. Certainly in sport, I think you have to just keep working away at improving on things one step at a time to develop an overall confidence in your ability. You have to have goals, but as well as a big goal, you must have interim goals that are achievable. In this way you can develop your confidence gradually by building up your belief in yourself as you achieve your targets.

At the top level of achievement in anything, particularly competitive sport, confidence is imperative. Mental ability is as important as physical, and confidence is part of that. In the development of my career, increasing confidence has certainly been part of increasing success. In 1995 I went into World Champs believing, for the first time, that I could place in the top five. After coming second, I then developed the confidence that I could go one better and win the World Champs, which I went on to do in 1996.

I think also it is important to focus on the things you are confident about. No one is perfectly confident in every aspect of their performance, so you have to focus on the things which give you confidence. For example, I am not a great performer in training, but as long as I get in consistent work, I am confident in my ability to lift and perform well on race days. Some other athletes draw their confidence from training performances or from training more (volume) than anyone else. I draw confidence from a history of good performances in big races.

Jackie Gallagher, World Triathlon Champion.

We often get winning and confidence back to front - we think we must win first before we can be confident. The number of athletes who even after winning Olympic Medals still don't have confidence is surprising! In reality, confidence must come first, before you can win. Winning is not about being first, or defeating your opponent. Winning is in the struggle, and often that struggle is with your biggest opponent - YOURSELF! Confidence is the indefinable essence that no matter what the result is, you have given your all when it mattered.

Confidence isn't about who was first or faster or stronger or smarter, but that YOU, and you alone, are the master of your performance, and that you didn't let others distract you from your purpose of doing your personal best. Confidence is knowing that you prepared thoroughly. Failing to prepare is preparing to fail. Know your strengths and nurture them. Know your weaknesses, accept those you cannot change, work on those you can, but don't judge yourself by them, just as you should never judge others by your own standards.

Confidence is not arrogance. Arrogance is ignorance, ignoring the qualities of others. Confidence is respecting your competitors, learning from them and admiring them. Everyone has some ability, some quality you don't have - but you can learn them when you talk to them.

Confidence is believing in yourself. You are a good person. You do good things. You admire yourself and enjoy what you do. Don't wait to win before you believe in yourself - believe in yourself first! Confidence is sharing what you enjoy with others. Confidence is not giving up, even when everyone tells you to. By the same token, don't try to teach a pig to sing - it wastes your time, and annoys the pig - be reasonable in your abilities and set achievable goals. Confidence is knowing what you are doing is special to you. Confidence is daring to dream, daring to try and risking failure. Confidence is saying what standard you will set for yourself and, no matter what happens, sticking to it. No one fails who never sells out their beliefs.

Simon Baker, Olympian, Race Walking Champion.

I think confidence is the most important personal skill to develop. This is particularly so at the international level. The best physical preparation is not complete without the best mental preparation and the confidence. An important part of developing confidence is learning just to get up there and go fast in training. It also comes from working on a specific thing at training and competition. Learning to achieve new skills or targets develops the confidence and belief that anything is possible.

If you know you have done the work and you are psychologically prepared, then you can achieve. It is important to develop race day routines to help you feel comfortable and confident. Use what works for you. Confidence helps you to handle adversity and not to get rattled if things go a bit wrong. Confidence also comes from being consistent. Real champions learn to be close to their best performances even when tired.

ALEX BAUMANN, (Canadian Born - now Australian resident) World Champion, Olympic Champion, World Record Holder.

Confidence, it would appear is a common denominator in sporting achievement. These outstanding athletes and coaches have used words like BELIEF, FAITH, CHALLENGE, COURAGE, GOALS, PERSISTENCE and PREPARATION to describe their concepts of confidence.

Wayne Goldsmith, *ASCA Newsletter*, Volume 2006-2. Reprinted with permission of **The American Swimming Coaches Association**. Their website is www.swimmingcoach.org.

2006 USMS SHORT COURSE YARDS CHAMPIONSHIPS

From Jon Klein: Twenty-seven NCMS swimmers journeyed to Coral Springs, FL for sun, fun, camaraderie, and fast swimming. We weren't disappointed. Florida provided the heat and the North Carolina swimmers along with their families provided the rest. Armed with our team banner (thanks to Jon Blank) and the distinctive sombreros courtesy of Charlie van der Horst the NC contingent was the envy of the meet. The team as a whole came in 8th of 134 teams with the women coming in 21st and the men 4th.

Both veterans and newcomers to Masters Nationals alike powered us. Individuals Jon Blank, Jerry Clark, Fred Ferroggiaro, Don Gilchrist, and Suzanne Robbins-Bonitz earned first place finishes. The men's 45+ medley relay of Jon Klein, Jon Blank, Don Gilchrist and Bob Schmitz also took home gold. Cheering for teammates was often rewarded with great swims and a smile. We were again fortunate to have an on-deck coach from Tar Heel Aquatic Team at the meet. Thanks to Griff Helfrich. The spirit of Masters Swimming was at the meet, everyone pulling for each other, individuals reaching for their goals, and an awesome display of fast swimming from ages 18 – 90. It was so much fun we'll have to do it again in 2007 in Federal Way, WA.

RELAYS	PLACE / TIME	TEAM
Mixed 200 Medley	5th / 2:25.68	Robbins-Bonitz, Lee, Mitchell, Bober
Mixed 200 Medley	4th / 1:47.80	Nowak, Blank, Hageman, Farrell
Mixed 200 Medley	13th / 1:56.34	McEachran, Schmitz, Klein, Buxton
Women 200 Free	4th / 1:49.59	Nowak, McEachran, Hageman, Buxton
Men 200 Free	2nd / 1:33.29	Blank, Klein, Gilchrist, Schmitz
Men 200 Free	9th / 1:33.89	Farrell, Fritsch, Colvard, Hollett
Men 200 Free	5th / 1:40.02	Ferroggiaro, Corrigan, Van Der Horst, Bober
Women 200 Medley	13th / 2:35.16	Nowak, Robbins-Bonitz, Cook, Mitchell
Men 200 Medley	12th / 1:51.45	Ferroggiaro, Porco, Hollett, Mangrum
Men 200 Medley	8th / 1:47.37	Cook, Colvard, Fritsch, Farrell
Men 200 Medley	1st / 1:41.95	Klein, Blank, Gilchrist, Schmitz
Men 200 Medley	7th / 1:55.39	Bober, Lee, Van Der Horst, Clark
Mixed 200 Free	6th / 2:10.84	Bober, Robbins-Bonitz, Mitchell, Clark
Mixed 200 Free	3rd / 1:36.42	Nowak, Fritsch, Hageman, Farrell
Mixed 200 Free	11th / 1:44.40	Klein, Cook, McEachran, Gilchrist

Suzanne Robbins-Bonitz: Jon asked for a few notes about our experiences at Nationals this May in Coral Springs FL. It was so positive. First, Jon had rented a large tent in the best area of the swim arena. We were out of the sun and with a bunch of very fun athletes, mostly male. I had the time of my life watching them swim, preparing myself to swim, and just hanging out with everyone. I had not met many of the men and was amazed at the education they represented. There were doctors, lawyers, as well as indian chiefs (just kidding). They all took very good care of this elderly white-haired lady. For example, Betty Christian and I roomed together and didn't have transportation. The guys picked us up for two dinners with the team, and I was so appreciative. Beside, they were FUN !!

AGE GROUP	SWIMMER	PLACE / EVENT / TIME
30-34	Cook, Nicole	8th / 100 Fly / 1:20.15; 12th / 100 IM / 1:23.08; 17th 100 Free / 1:11.63
35-39	Hageman, Heather	6th / 50 Fly / 29.00; 5th / 50 Free / 25.43
40-44	Nowak, Elizabeth	9th / 200 Free / 2:02.97; 4th / 100 Back / 1:05.63; 3rd / 100 Breast / 1:12.23; 4th / 200 IM / 2:19.37; 3rd / 50 Breast / 33.26; 7th / 100 IM / 1:04.78
	Buxton, Karen	13th / 1000 Free 14:23.30; 13th / 200 Free / 2:31.26
	McEachran, Frances	8th / 1000 Free 12:23.39; 9th / 100 Back / 1:09.77; 9th / 200 Back / 2:31.32; 4th / 50 Back / 30.53
55-59	Mitchell, Jeannie	4th / 100 Back / 1:19.89; 5th / 200 Back / 2:52.14; 4th / 50 Breast / 42.60; 6th / 100 IM / 1:22.26; 5th / 50 Back / 37.15
70-74	Robbins-Bonitz, Suzanne	1st / 100 Back / 1:43.93; 1st / 200 Back / 3:55.34; 3rd / 50 Free / 47.18; 2nd / 100 Breast / 2:06.67; 2nd / 50 Breast / 56.73; 1st / 50 Back / 47.73

2006 USMS SHORT COURSE YARDS CHAMPIONSHIPS (Continued)

Fred Ferroggiaro: This is not a very sexy subject matter, but as a relative newcomer to NC and the NC team, the obvious non-swimming talents, successes, and professional competence of the team as a whole struck me. Is there a correlation between a full, well-rounded life which includes focused athletic endeavors (high-level adult swimming) and professional success? To look at the NCMS team one would think so. Doctors, clergymen, business owners, financiers, “extremely alert octogenarians”. I think I will hang around the team a little more and hope some of the skill sets rub off.

AGE GROUP	SWIMMER	PLACE / EVENT / TIME
18-24	Smith, Justin C	3rd / 50 Fly / 24.32; 6th / 50 Free / 22.54
25-29	Porco, Filippo	3rd / 1000 Free 12:33.38; 2nd / 1650 Free 21:02.05; 9th / 200 Breast / 2:38.13; 17th / 100 Breast / 1:11.58; 11th / 500 Free / 5:53.78; 14th / 50 Breast / 31.65
30-34	McFetters, Erik	13th / 500 Free / 5:48.07; 14th / 100 IM / 1:07.06; 20th / 100 Free / 56.82
35-39	Farrell, Andrew	4th / 200 Free / 1:46.99; 3rd / 100 Back / 55.78; 3rd / 200 Back / 2:01.28; 2nd / 500 Free / 4:59.23; 8th / 100 Free / 49.95
	Cook, Matthew	23rd / 50 Free / 24.15; 12th / 200 IM / 2:14.47; 17th / 100 Fly / 59.07; 13th / 100 IM / 1:00.18; 6th / 200 Fly / 2:16.70; 23rd / 100 Free / 53.72
40-44	Fritsch, Dan	17th / 50 Fly / 25.61; 8th / 200 IM / 2:10.03; 9th / 100 IM / 59.21; 10th / 50 Back / 28.07
	Colvard, John	30th / 50 Fly / 27.11; 32nd / 50 Free / 25.54; 14th / 50 Breast / 31.41; 19th / 100 IM / 1:01.71
	Mangrum, John	12th / 400 IM / 5:21.03; 19th / 100 Back / 1:05.84; 12th / 200 Back / 2:24.49; 24th / 200 IM / 2:25.17; 13th / 50 Back / 30.31
45-49	Blank, Jon	5th / 50 Fly / 24.65; 1st / 200 Breast / 2:11.46; 1st / 100 Breast / 59.19; 2nd / 200 IM / 2:03.67; 1st / 50 Breast / 27.33; 3rd / 100 IM / 56.47
	Westerberg, Mark	10th / 1000 Free 13:04.07
	Hollett, Peter	2nd / 1000 Free 10:32.43; 2nd / 200 Free / 1:51.02; 7th / 200 IM / 2:09.37; 3rd / 500 Free / 5:04.14
	Klein, Jonathan E	6th / 50 Fly / 24.66; 4th / 100 Back / 56.48; 3rd / 200 Back / 2:03.31; 6th / 100 Fly / 55.69; 3rd / 100 Free / 49.71; 3rd / 50 Back / 26.19
50-54	Ferroggiaro, Fred	2nd / 1650 Free / 18:17.59; 3rd / 200 Free / 1:55.02; 2nd / 100 Back / 59.04; 1st / 200 Back / 2:06.72; 2nd / 200 Fly / 2:15.86; 6th / 50 Back / 27.93
	Gilchrist, Donald	1st / 400 IM / 4:50.28; 3rd / 200 Breast / 2:25.74; 3rd / 200 IM / 2:10.92; 5th / 100 IM / 1:00.34; 7th / 100 Free / 51.78
	Corrigan, George	3rd / 1000 Free 11:37.47; 6th / 200 Free / 1:59.50; 9th / 200 IM / 2:20.64; 4th / 500 Free / 5:29.69
	Schmitz, Robert	7th / 200 Free / 1:59.94; 5th / 200 Breast / 2:29.95; 10th / 50 Free / 24.51; 5th / 100 Breast / 1:06.76; 9th / 50 Breast / 31.52; 9th / 100 Free / 54.06
	Van Der Horst, Charles	20th / 50 Fly / 29.22; 19th / 200 Free / 2:09.64; 23rd / 50 Free / 26.27; 13th / 200 IM / 2:33.29; 13th / 500 Free / 6:05.23; 22nd / 100 Free / 58.17
55-59	Bober, Richard	2nd / 100 Back / 1:02.17; 3rd / 200 Back / 2:18.16; 2nd / 50 Back / 27.96
	Lee, Terrence	5th / 1000 Free / 11:54.81; 9th / 50 Fly / 27.79; 5th / 200 Breast / 2:37.48; 7th / 100 Breast / 1:10.82; 9th / 100 IM / 1:04.67
65-69	Clark, Jerry	2nd / 1000 Free 13:07.15; 1st / 200 Free / 2:12.21; 1st / 50 Free / 26.52; 2nd / 500 Free / 6:12.95; 6th / 50 Breast / 37.76; 2nd / 100 Free / 59.53

2006 USMS SHORT COURSE YARDS CHAMPIONSHIPS (Continued)

Bob Schmitz: This year's nationals in Coral Springs, FL were the most fun yet. Jon Klein had the foresight to "buy shade." Areas around the pool shaded by tents were sold by the meet organizers. The NC area was perfect with a great view of the pool and was a central gathering place for all the NC swimmers and fans. It made it easy to get to know some swimmers that I had not met or talked to before. The tent gave a team and family atmosphere to the event. Charlie van der Horst brought everyone straw Mexican sombreros which I thought initially was a kooky idea but which turned out wonderfully. People at the meet were envious of our hats and panache in wearing them. NC relays walked up together to the blocks hats on. The intimidation factor was palpable. Dan Frisch brought his wife who recorded the entire gala with professional acumen.

The swimming highlights for me were, to mention just a few: Filippo Porco dropping his times in the distance events by massive amounts (he has been working really hard), and Jon Klein swimming blazingly fast in everything, especially going under 50 for the 100 free and beating Bill Speck in the 50 back. (Jon needed the weights of the hats and the tent over his head to keep from floating away.) My dropping my 100 breast time below 1:07 for the first time in 14 years and swimming a lifetime person best 23.21 on the anchor leg of a winning 200 IM relay. Swimming with three other fast swimmers: Jon Klein, Jon Blank, Don Gilchrist, I was determined not to let them down. I need to swim that way for myself next time!

I hope to see a big crowd at the 2007 nationals in Federal Way, Washington. We'll have another grand time.



USMS 2005 TOP TEN FOR SHORT COURSE METERS

Congratulations to 36 North Carolina Masters swimmers who made the Short Course Meter Top Ten in their age group for the 2005 season. Special recognition to All-Americans **Fritz Lehman, Jon Blank, Jerry Clark and Dick Kitchell** who achieved at least one NUMBER ONE spot in the nation on an individual event!!

There were also quite a few relays that made the Top Ten, including seven Number One spots!!

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, P.O. Box 43824, Richmond Heights, OH 44143.

If your name or an event is missing from this list, please contact Henry Stewart at (919) 417-0512, or email to hstewart@hcwbenefits.com.

RELAYS

AGE GROUP	PLACE / EVENT / TIME	NC MASTERS RELAY TEAM MEMBERS
Men 160-199	1st / 200 Medley / 1:49.72	Henry Stewart, Fritz Lehman, Razvan Petcu, Chris Lechner
Men 200-239	1st / 200 Medley / 2:00.64	Jonathan Klein, Todd Dimsdale, Don Gilchrist, Bob Schmitz
	1st / 400 Medley / 4:25.25	Jonathan Klein, Todd Dimsdale, Don Gilchrist, Bob Schmitz
	1st / 800 Free / 8:56.35	Jonathan Klein, Bob Schmitz, Todd Dimsdale, Don Gilchrist
Men 280-319	3rd / 200 Free / 2:07.29	Clarke E Mitchell, John Kortheuer, Richard W Kitchell, Jerry Clark
	1st / 200 Medley / 2:18.05	Clarke E Mitchell, John Kortheuer, Richard W Kitchell, Jerry Clark
	1st / 400 Medley / 5:17.89	Clarke E Mitchell, John Kortheuer, Richard W Kitchell, Jerry Clark
Women 100-119	3rd / 200 Medley / 2:36.92	Jeannine Carpenter, Lindsay Allen, Rebecca Thomason, Jennifer Lewis
Women 120-159	3rd / 200 Free / 2:01.76	Elizabeth Nowak, Cynthia Nagle, Pamela Lindroos, Liane Teplitsky
	1st / 200 Medley / 2:16.04	Elizabeth Nowak, Cynthia Nagle, Pamela Lindroos, Liane Teplitsky
Women 200-239	10th / 200 Medley / 3:33.06	Suzanne Robbins-Bonitz, Carol Scheible, Rachel White, Stephanie London
Mixed 72-99	2nd / 200 Free / 2:04.19	Sarah Katz, Hayley Carpenter, Scott Haskett, Daniel Calamari
	4th / 200 Medley / 2:20.31	Sarah Katz, Hayley Carpenter, Scott Haskett, Daniel Calamari
Mixed 100-119	2nd / 800 Free / 10:27.23	Derek Parr, Amie Krasnozou, Lucas Illing, Danielle Newton
Mixed 120-159	9th / 200 Free / 1:58.97	Jimmy Murphy, Brooke Baker, Alicia Parr, Nicolai Tvermoes
	4th / 200 Medley / 2:11.23	Brooke Baker, Derek Parr, Nicolai Tvermoes, Alicia Parr
	10th / 200 Medley / 2:14.95	John Riley, Missy Tandlmayer, Mark Medendorp, Meri Amweg
Mixed 240-279	7th / 200 Free / 2:48.74	Hans Van Meeteren, Susan Husson, Greta Van Meeteren, Bob Husson
	8th / 200 Medley / 3:26.87	Hans Van Meeteren, Susan Husson, Greta Van Meeteren, Bob Husson

WOMEN

AGE GROUP	NC MASTERS SWIMMERS	PLACE / EVENT / TIME
18-24	Laura Alsager	9th / 100 Breast / 1:26.29
25-29	Shandra Johnson	2nd / 100 Free / 59.76; 2nd / 400 Free / 36.48; 1st / 100 IM / 1:07.13
	Liane Teplitsky	8th / 200 Free / 2:18.22; 4th / 400 Free / 4:53.03
	Sarah Katz	9th / 200 Back / 2:43.50; 8th / 200 Fly / 2:51.15; 10th / 400 IM / 5:46.35
	Cynthia Nagle	9th / 50 Breast / 38.86; 2nd / 100 Breast / 1:22.65; 4th / 200 Breast / 2:59.28
35-39	Pamela Lindroos	9th / 100 Breast / 1:24.01; 5th / 100 Fly / 1:12.11
	Alicia Parr	10th / 200 Breast / 3:09.48; 10th / 200 IM / 2:51.61
40-44	Elizabeth Nowak	7th / 200 Free / 2:20.56; 7th / 100 Breast / 1:21.77; 6th / 100 IM / 1:12.64
45-49	Kim Stott	9th / 200 Back / 2:59.72
50-54	Beverly Amick	7th / 100 Back / 1:25.29; 7th / 100 Fly / 1:22.35
55-59	Jeannie Mitchell	7th / 50 Back / 40.93; 6th / 100 Back / 1:29.15; 7th / 200 Back / 3:17.60; 9th / 200 IM / 3:24.76
	Sandra Cathey	8th / 100 Breast / 1:46.18; 9th / 200 Fly / 3:46.23; 8th / 400 IM / 7:21.55
70-74	Rachel White	6th / 50 Free / 47.01; 5th / 50 Back / 54.03; 7th / 100 Back / 2:08.85; 7th / 50 Fly / 1:01.24
	Suzanne Robbins-Bonitz	2nd / 50 Back / 50.60; 6th / 100 Back / 2:02.97; 10th / 50 Breast / 1:02.93
80-84	Judy Kelly	9th / 50 Back / 1:21.28

**USMS 2005 TOP TEN FOR SHORT COURSE METERS
(Continued)**

MEN

AGE GROUP	NC MASTERS SWIMMERS	PLACE / EVENT / TIME
30-34	Razvan Petcu	4th / 50 Free / 24.23; 4th / 50 Fly / 25.99; 2nd / 100 Fly / 57.86
35-39	Dennis Meehan	4th / 50 Free / 24.93; 9th / 100 Free / 56.00; 5th / 50 Back / 29.83; 7th / 50 Fly / 26.81
	Andy Farrell	7th / 200 Free / 2:02.61; 6th / 400 Free / 4:24.49
	Nicolai Tvermoes	10th / 50 Back / 30.49; 9th / 50 Fly / 27.53
	Kirk White	9th / 100 Fly / 1:01.73; 5th / 200 Fly / 2:21.21
	Morten Anderson	10th / 100 Fly / 1:01.89
40-44	Henry Stewart	3rd / 50 Free / 24.61; 4th / 100 Free / 55.01; 5th / 200 Free / 2:03.64; 4th / 50 Fly / 27.06; 2nd / 100 Fly / 1:00.24; 4th / 100 IM / 1:04.60
45-49	Fritz Lehman	4th / 50 Free / 25.68; 4th / 50 Back / 29.70; 1st / 100 Back / 1:01.74; 3rd / 100 Fly / 1:01.40; 1st / 100 IM / 1:02.47
	Jon W Blank	7th / 50 Breast / 33.39; 1st / 100 Breast / 1:08.40; 2nd / 200 Breast / 2:32.29; 8th / 50 Free / 25.99
	Jonathan Klein	3rd / 100 Free / 57.59
	Mark Doyle	9th / 200 Back / 2:34.57
	Chris Lechner	9th / 50 Free / 26.11; 5th / 100 Fly / 1:04.04
60-64	Bob Husson	7th / 100 Breast / 1:27.10; 9th / 400 IM / 6:48.01
65-69	Jerry Clark	3rd / 50 Free / 29.86; 1st / 100 Free / 1:06.80; 3rd / 400 Free / 5:49.32; 8th / 50 Breast / 42.13
	Charles Simmons	6th / 100 Breast / 1:38.52; 8th / 100 IM / 1:31.25
	Richard W Kitchell	4th / 50 Fly / 34.48; 1st / 200 Fly / 2:48.78; 2nd / 400 IM / 6:30.08
70-74	John Kortheuer	4th / 50 Breast / 40.56
	Clarke E Mitchell	4th / 50 Free / 31.58; 4th / 50 Back / 38.94; 2nd / 100 Back / 1:23.72; 2nd / 50 Fly / 35.39
80-84	Vester Boone	9th / 50 Free / 49.17; 7th / 100 Free / 1:48.12; 9th / 200 Free / 3:58.63; 7th / 400 Free / 8:28.00; 5th / 800 Free / 17:28.91; 5th / 1500 Free / 33:22.66; 5th / 50 Breast / 1:00.93; 4th / 100 Breast / 2:16.54; 6th / 200 Breast / 5:10.16; 4th / 100 IM / 7th / 200 IM / 5:08.00
	Ole Larson	9th / 400 Free / 8:55.10; 7th / 800 Free / 19:05.31; 6th / 1500 Free / 35:10.63; 8th / 50 Breast / 1:03.45; 8th / 100 Breast / 2:23.76; 7th / 200 Breast / 5:11.62
85-89	Fred Holdrege	4th / 50 Back / 1:02.88; 3rd / 200 Back / 5:01.17

UPCOMING LOCAL 2006 MASTERS SWIMMING EVENTS

DATE	EVENT	LOCATION	POINT OF CONTACT
7/01/2006-7/02/2006	Team Greenville Masters LCM Invitational.	West Side Aquatic Center Greenville SC.	Roy Dessloch, 864.220.0209; TGcoach@aol.com
7/22/2006	Dixie Zone LCM Championships	Optimist Park, Raleigh, NC	Fritz Lehman, Sue Haugh Meetdirector06@yahoo.com
7/23/2006	PIER-2-PIER SWIM	Wrightsville Beach, NC	Todd DeSorbo, 910-251-YMCA ext. 234
9/9/2006	Hilton Head Island Ocean Swim (1K & 5K). <i>As of June 1st this event is not yet USMS sanctioned</i>	Hilton Head Island SC.	Steve Wright (phone 843-681-7273).
9/23/2006-9/24/2006	Steve Barden Memorial Meet SCY and Open Water	Ashville School, Asheville NC.	Kemp Battle & Rodney Marett, 105 Beech Tree Drive. Black Mountain, NC 28711
12/09/2006-12/10/2006	St. Nicholas SCM Invitational	Marietta GA	

2006 CHAMPIONSHIPS

DATE	EVENT	LOCATION	POINT OF CONTACT
5/15/2006-9/15/2006	USMS 5k and 10k Postal Championships PST-LD;		Neil Salkind, 785-841-0947, njs@sunflower.com
7/15/2006	USMS 2 Mile Cable Championships	Chris Greene Lake, Charlottesville, VA	Dave Holland, 804-282-6224, dholland@rnc.edu ;
7/29/2006	USMS 1 Mile Open Water Championships	Lake Erie, Cleveland, OH	Tom Spence, 440-247-7145, talltom13@msn.com
8/4/2006-8/10/2006	2006 XI FINA World Masters Championships - LCM and 3.0 KM open water swim	Palo Alto, CA and Crown Point, San Francisco Bay	Michael Moore, michael@2006FINAmasters.org ;
8/13/2006	USMS 6+ Mile Open Water Championships (10 km)	Horsetooth Reservoir, Fort Collins, CO	George Thornton, 970-482-1818, info@whswim.com
9/9/2006	USMS 3-6 Mile Open Water Championships (5 miles)	Lake Michigan, Chicago, ILL	Chris Sheean, 312-857-7087, chris@bigshoulders.org
9/15/2006-11/15/2006	USMS 3000/6000 Yard Postal Championships PST-LD		Max Veltman, 915-584-0227, max_veltman@yahoo.com

LMSC - NC Officers and Staff

Chairman Joe Gosha, NCMS 140 Lake Concord Rd Concord, NC 28025 (704) 425-9974 NCchairman@usms.org	Vice-Chairman Kemp Battle, AMS 10 Parkside Ave Ashville, NC 28804 828.251.0596 vicechairman@ncmasters.org	Past Chairman Fritz Lehman, RAM 439 Pebble Creek Dr. Cary, NC 27511 (919) 481-9767 fritzlehman@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
Registrar / Webmaster George Simon, RAM 10229 Boxelder Drive Raleigh, NC 27613 (919) 846-2423 NCregistrar@usms.org	Top Ten Chairperson Henry Stewart, RAM 5404 Killarney Hope Dr. Raleigh, NC 27613-1029 (919) 881-9916 hstewart@hcwbenfits.com	Newsletter Editor Jim Enyart, WYM 2840 Marsh Point Rd Southport, NC 28461 (910) 253-3333 NCEditor@usms.org	Records Daniel Schad, RAM 3309 Redbud Lane Raleigh, NC 27607-6830 (919) 395-8822 dschad@seielect.com	

**The Steve Barden Memorial Masters Swim Meet
& Open Water Competition
September 23-24, 2006**

- Sponsored by:** Asheville Masters Swimming
- Sanctioned by:** LMSC for NC, for USMS, Inc. Sanction # 136-06 and 136-06OW
- Date:** Saturday September 23rd and Sunday September 24th, 2006 Asheville
- Location:** Asheville School, Asheville North Carolina
- Directions:** Take I-40 West of Asheville to exit 44. Turn left onto Smokey Park Hwy, also 19/23. Proceed 1 mile straight ahead past hotels and shopping centers. Follow Asheville School signs to drive on right.
- Meet Director:** Kemp Battle & Rodney Marett (USA Swimming Certified Meet Director)
- Meet Referee:** Joe Schmidt (USA Swimming Certified Referee)
- Facility:** Asheville School competition pool, 360 Asheville School Rd, Asheville, NC, is a 25-yard x 6 lanes with non-turbulent lane lines and electronic timing. Five lanes will be used for competition and the sixth lane will be for continuous warm-up/warm-down. Water depth ranges from 4 feet at the shallow end to 12 feet at the deep end. Women and men's locker rooms are available at Asheville School.
- Rules:** Swimmers must be registered with U.S. Masters Swimming (USMS) for pool sessions at Asheville School. One event membership will be available for this meet. Please attach photocopy of current 2006 registration card to entry. Deck entries will be available at the discretion of the Meet Director. The 2006 USMS rules shall prevail. Each swimmer limited to five events plus two relays per day. Relay swimmers must swim one individual event, which could be the open water event.
- Fees:** Ind. Events \$3, Relays \$4. Facility fee \$10. (See open water form for special fees) Fees must accompany entries and are non-refundable. Late and deck entries will be accepted, \$5 per event. A "No Time" (NT) will not be accepted; each entry must have a previous time. Please include estimated time for open water event if this is first time. Make checks payable to Asheville Masters Swimming. Send entries to Rodney Marett, 105 Beech Tree Drive, Black Mountain, NC 28711
- Deadline:** Entry deadline to be seeded is 5 PM EST, September 10, 2006.

Awards: Awards will be given for 1st-6th place in each age group in each event. Team awards will be given to the 1st-3rd place teams.

Scoring: Scoring will be 7-5-4-3-2-1 for individual events and 14-10-8-6-4-2 for relays. There will be no scoring for the Open Water event.

Lodging: **Ramada-Asheville @ River Ridge**
800 Fairview Rd., Asheville, N.C. 28803
828-298-9141, \$79+ (includes breakfast)
www.ramadariverridge.com (9 miles, 15 min. from swim sites)

Ramada Plaza Hotel @ Biltmore West
435 Smokey Park Highway, Asheville, NC 28806
828-665-2161, \$81+ (does not include breakfast)
www.ashevilleramadaplaza.com (2 miles, 5 min. from swim sites)

Room Block Released on August 22nd

Warm up: Saturday Pool Warm-up: 11:00-11:45 AM
Competition Begins: 12:00 PM

Sunday Pool Warm-up: 8:00-8:45 AM
Competition Begins: 9:00 AM

Order of Events
Saturday, Sept. 23

Women	Event	Men
1	Open Water 1/2 mi.	2
3	Open Water 1 mi.	4
5	200 Mixed Medley Relay	
6	100 Freestyle	7
8	200 Backstroke	9
10	50 Butterfly	11
12	200 Individual Medley	13
14	100 Breaststroke	15
16	200 Butterfly	17
18	50 Backstroke	19
20	200 Freestyle Relay	21
	Sunday, Sept 24	
22	200 Mixed Freestyle Relay	
23	200 Freestyle	24
25	100 Individual Medley	26
27	200 Breaststroke	28
29	100 Butterfly	30
31	400 Individual Medley	32
33	100 Backstroke	34
35	50 Breaststroke	36
37	50 Freestyle	38
39	400 Freestyle Relay	40
41	200 Medley Relay	42
43	500 Freestyle	44

The Steve Barden Memorial Masters Swim Meet
Open Water Competition
Sanctioned by LMSC for USMS, Inc., Sanction # 136-06 OW

- Events:** ½ and 1 mile open water lake swims
- Date:** Saturday September 23rd, 2006
- Location:** Biltmore Lake (formally Enka Lake) Asheville, NC
- Directions:** Take I-40 West of Asheville to exit 44. Turn right onto Smokey Park Hwy, also 19/23. 1 mile to Sandhill Rd., then left at stoplight. Go ¼ mile through 1 traffic light to Lake Rd. on right.
- Entry fees:** USMS registered swimmers (\$10 entry fee + \$10 facility fee) Note: \$10 facility fee covers open water event and pool swims. Facility fee still required if only swimming open water event.
- OEVT one event registration is available to non-USMS swimmers, 18 years and older. Cost is \$16 plus a \$10 event fee.
- Note: The Open Water Competition will only take place with a minimum of 25 swimmers. If event is cancelled all monies will be refunded. Entry deadline: September 10th at 5.00pm.
- Race day:** Check In & Registration: 6:30 AM
Warm-up: 7:30 – 8:00 AM
Race Start: 8:30 AM
- Course details:** Race start will be at small beach area in waist deep water. Triangular counter clockwise course (1 loop = ½ mile);
- (2 loops = 1 mile). There will be a 90-minute time limit for racers to complete either course.
- Finish:** Finish will be on land short distance from lake. Officials will guide swimmers into chute where they will be asked to leave numbered swim cap.
- Safety:** The safety of swimmers will be priority with sufficient kayak and rescue boats as well as EMS personnel available.
- Parking:** Parking only permitted at Colbond Inc., 5 minute walk from lake. No vehicles will be permitted to drop off swimmers.
Shuttle service will be available.
- Facilities:** Portable rest rooms will be available, but there is no proper changing facility.
- Awards:** Awards will be given to 1st – 3rd place in the men's and women's divisions. Age groups 18-24, 25-29, 30-34, 35-39..... Times and award will be given out at Asheville School.

The Steve Barden Memorial Masters Swim Meet
Open Water Competition
Sanctioned by LMSC for USMS, Inc., Sanction # 136-06 OW
Please Print Legibly

Name: _____ Club Affiliation: _____
 Address: _____
 City / State: _____ Zip: _____
 Age (on Sept. 24th): _____ DOB: _____ Sex: M F
 Daytime Phone: (____)____-____ Email: _____
 2006 USMS Registration Number: _____

Saturday, Sept. 23			
W	M	Event	Time
1	2	Open Water 1/2 mi.	
3	4	Open Water 1 mi.	
5	5	Mixed Medley Relay	
6	7	100 Freestyle	
8	9	200 Backstroke	
10	11	50 Butterfly	
12	13	200 Individual Medley	
14	15	100 Breaststroke	
16	17	200 Butterfly	
18	19	50 Backstroke	
20	21	200 Freestyle Relay	

Sunday, Sept. 24			
W	M	Event	Time
		Mixed Freestyle Relay	
22	22		
23	24	200 Freestyle	
25	26	100 Individual Medley	
27	28	200 Breaststroke	
29	30	100 Butterfly	
31	32	400 Individual Medley	
33	34	100 Backstroke	
35	36	50 Breaststroke	
37	38	50 Freestyle	
39	40	400 Freestyle Relay	
41	42	200 Medley Relay	
43	44	500 Freestyle	

Facility Charge for USMS swimmers @ \$10 = \$ _____

OR

OEVT (One event membership for non-USMS swimmers) @ \$16 = \$ _____

Must complete form at the meet or send in advance.

The facility or OEVT fee covers both pool and open water events Sept. 23rd and 24th.

Number of pool events: _____ @ \$3 ea. = \$ _____

Number of pool relays: _____ @ \$4 ea. = \$ _____

Open water event: _____ @ \$10 = \$ _____

Total = \$ _____

(USMS swimmers only)

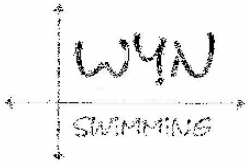
Entries payable to: **Asheville Masters Swimming.**

Mail to: **Rodney Marett, 105 Beech Tree Drive, Black Mountain, NC 28711**

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. Finally I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature: _____

Date: _____



Wilmington Family YMCA and WYN Swimming

2nd Annual PIER-2-PIER SWIM

at Wrightsville Beach, NC, September 9th 2006

- Date:** September 9, 2006 ("storm" date: September 23, 2006)
- Time:** **Check-in:** 7:00 to 8:30 am, **Race Briefing:** 8:45am, **Race Start:** 9:00am
- Location:** **Check-in and Start:** Johnny Mercer's Pier **Finish and Awards:** Crystal Pier, Wrightsville Beach, NC
- Race Course:** Start from shore at Johnny Mercer Pier, Swim 1.71miles to Crystal Pier, and swim to shore for finish
- Divisions:** Individual: Male and Female 14 &U, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, etc. (5 year increments)
Teams: Male, Female, and Mixed (2 each) - 18&U and 19&Over
- Awards:** First through third for each division
- Eligibility:** All participants must be **at least 11** years of age, **AND** complete a supervised **1000 yard** swim prior to the race. Completion of an open water race of 0.75mile (or greater) including triathlons, or a swim meet event (e.g., 1000 yd or 1650 yd free) within the last year will be accepted **with photocopy of results**. Individual Pool swims must be witnessed, and a name and signature of witness provided on registration form.
- Recognition:** LMSC for NC, for USMS, Inc. Sanction # 136-2R
- Rules:** Each swimmer will be required to the **wear a bright colored, numbered swim cap** provided at check-in. **No wet-suits are allowed**. Personal paddlers/kayakers are optional and will be allowed with the race directors consent. The course will be patrolled by Lifeguards on the beach, race marshals in kayaks, and the US Coast Guard. Decisions by the Lifeguard staff in regard to safety during the swim **are final**. Race will start in waves 18&under - 9:00am, 19&Over - 9:10am.
- Entry Procedure:** Enter by mail or in-person at the Wilmington Family YMCA using the form at the bottom of this page.
- Entry Fee:** \$30 per swimmer (includes cap, T-shirt, awards, and beach party)
\$25 per swimmer - for clubs with 20 or more swimmers
- Entry Deadline:** Entries must be received by **August 26th** to guarantee a race spot. 400 swimmer event limit. (Late Entries, including race day entries, will be accepted within the event participant limit, but late entrants will be charged an additional \$5 and may not receive a race T-shirt.)
- Team Entries:** YMCA, USA, and Collegiate swimming teams may enter 4 swimmer teams. "Team" swimmers will be eligible for both individual and team awards. There is an additional \$10 fee per TEAM of four(4) entries.
- Check-in & Verification:** At check-in, all participants will be marked with their race number, and receive a numbered cap and number race start verification "stick". Marks and numbered caps must be worn at all times during the race. To insure all participants are accounted for; (1) Verification "stick" will be collected at the entry point of the "starting coral", and (2) any swimmer leaving the water early will have their cap collected by the lifeguards on the beach.
- Note:** No refunds. No substitutes. Proceeds benefit Wilmington YMCA Navigators Swim Team "Competition Fund".

For further information, call 910-251-YMCA ext. 234. Results and forms can be found at www.swimwyn.com or pier-2-pier.com

CONSOLIDATED ENTRY and RELEASE FORM

Swimmers Name: _____ Age (race day): _____ Gender: M F (circle)
 Address: _____ City: _____ State: _____ Zip: _____
 Phone: _____ E-mail Address: _____
 T-Shirt Size: YL ___ S ___ M ___ L ___ XL ___ XXL(add \$2) ___
 Emergency Contact Name: _____ Phone: _____
 Swim Test Date: _____ Witness/Coach (print/sign): _____
 Open Water / Meet Qualification - Race Name: _____ Race Date: _____ (attach copy of results)
 Entry Fee (\$): _____
 Team Fee (\$10): _____ Team Name: (e.g., WYN-A) _____
 XXL surcharge (\$2): _____
Total Enclosed: _____ *Make Check Payable to: Wilmington Family YMCA* **MAIL ENTRY TO:**
 Pier-2-Pier Swim/ Wilmington YMCA
 2710 Market Street
 Wilmington, NC 28403

Each contestant must print his/her name and sign as a release of liability. Parent or Guardian must sign for entrants under 18 years of age. In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs, executors and administrators waive and release all rights and claims against the Wilmington Family YMCA, the town of Wrightsville Beach, and race sponsors for damages on account of injuries or death resulting from my participation in this event. I understand this is an arduous event and hereby certify that I am properly conditioned. I agree to abide by the rules of the race.

Signature: _____ **Date:** _____



Raleigh Area Masters

are pleased to host the

Dixie Zone 2006 Long Course Championships

July 22nd and 23rd, 2006

Optimist Pool: 5902 Whittier Drive, Raleigh, NC 27609

Phone: 919-870-2882

- Meet Directors:** Fritz Lehman, Sue Haugh – Send questions to Meetdirector06@yahoo.com
- Sanctions:** LMSC for NC, for USMS, Inc. Sanction # 136-05
- Facility** Eight Lane, 50 meter pool with non-turbulent lane dividers. Automatic timing system with touch pads will be used. A separate diving pool will be available for continuous warm-up throughout the meet. Warm-up in the main pool will be allowed during breaks
- Eligibility:** Open to all registered Masters swimmers holding a valid 2006 USMS registration card. Registration information may be found at www.ncmasters.org. A photocopy of your USMS card must be submitted with your entry.
- Rules:** USMS rules apply. Age as of December 31, 2006 shall apply.
- Entries and Fees:** Entries must be received by Saturday, July 15th 2006. There is a flat entry fee of \$35.00 for all swimmers. Swimmers may enter a maximum of ten (10) individual events, with a maximum of five (5) individual events per day.
- Please fill out the forms legibly, include your times for seeding, and sign. Completed forms and the \$35.00 entry fee should be mailed or hand delivered to:
- Fritz Lehman**
207 Glen Bonnie Lane
Cary, North Carolina 27511
- E-mail:** meetdirector06@yahoo.com
- Make Checks Payable to:** Raleigh Area Masters
Late Entries/Deck Entries may be accepted, subject to the Meet Referee's discretion.
- Scoring:** Individual events shall be scored 9,7,6,5,4,3,2,1 and relays shall be double.
- Positive Check-In Required:** Swimmers in the 400, 800, 1500 Freestyle and the 400 IM must check-in according to the directions below.

Dixie Zone 2006 Long Course Championships

Name _____ Club _____
 Date of Birth _____ Age as of Dec. 1 2006 ____ Gender _____
 Phone Number or Email address _____
 USMS Number _____

Session 1 Saturday July 22nd, 2006		Session 2 Sunday July 23rd, 2006	
7:00 warm-up / 8:00 competition		7:00 warm-up / 8:00 competition	
Event # Description	Seed Time	Event # Description	Seed Time
1 1500 Freestyle		12 200 Freestyle	
2 200 IM*		13 50 Breast	
3 50 Backstroke		14 100 Fly	
4 200 Butterfly		15 Mixed 200 Medley Relay **	
5 100 Breaststroke		16 50 Freestyle	
6 200 Medley Relay **		17 400 IM	
7 100 Free		18 200 Free Relay **	
8 200 Backstroke		19 200 Breaststroke	
9 50 Butterfly		20 100 Backstroke	
10 Mixed 200 Free Relay **		21 800 Freestyle	
11 400 Freestyle			

(*) This event will not start before 10:45 a.m. on Saturday. Warm-ups after the 1500 will not start before 10 a.m.

(**) Relays will be followed by 15 minute breaks.

Positive Check-In Times:

Positive Check-In for event #1 will close at 7:45 AM on Saturday.

Positive Check-In for event #11 will close at the conclusion of the 100 breaststroke.

Positive Check-In for event #17 will close at 8:30 AM on Sunday.

Positive Check-In for events #21 will close at the conclusion of the 50 Freestyle.

Seeding

All events shall combine men and women and will be swum slowest to fastest

Read and Sign this Release from Liability:

"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."

X _____ Date: _____