



ACROSS THE LANES

YOUR NC-LMSC NEWSLETTER



2019 Spring Edition

April showers bring... headaches—if you're not prepared. We are so busy making plans toward the gigantic goals that would leave us easily feeling overwhelmed these days, and that finding time for daily things – sleep, eat, exercise, and catching up with friends thru swimming – can often take a back seat. Now that spring has sprung, it's the perfect time to get focused and organized (to swim) for the rest of the year.

In this newsletter, we will look back the events happened during the first quarter of 2019. Then with the new swimming schedules through the summer and fall, we hope that you will find some fun opportunities to set personal goals and (re)connect with friends. Be sure to check the upcoming and ongoing swimming events, and sign up to support your local North Carolina swim hosts as they put on these meets.

You will find in this newsletter:

- Chairman's Corner *by Kristen Jenö*
- 2019 Swim Meets recap:
 - Sunbelt Championships, Charlotte NC
 - South Carolina SCY Championships, Myrtle Beach SC *by Celia Wolff*
 - Frank Clark Memorial Meet, Greensboro NC
 - Coastal Masters Invitational, Bolivia NC *by Celia Wolff*
 - North Carolina State Championships, Cary NC *with Mark Rubacky*
 - Other Masters Swimming Splashes
 - FINA World Top Ten Rankings
- NCMS Featured Member: George Simon
- 2019 USMS-Sponsored Education Programs/Events
- New NC-LMSC board of officers & Social Media links
- Upcoming Masters Swimming Events

CONGRATULATIONS from This Weekend:

Nearly 2000 swimmers included Olympians raced at the USMS 2019 Spring Nationals on April 25-28 in Mesa AZ. Our North Carolina Masters Swimming team of 29 swimmers scored 677 points to finish 10th Overall (7th Place in the Regional Clubs Division). More details will be in our next newsletter...

If you would like to contribute to the next NC-LMSC Swimming Newsletter: swim stories, favorite workouts, interviews, open water or pool, training techniques, nutritional recipes, please message me. All ideas are welcome and generous compensation is available for your contribution.



HAPPY SWIMMING

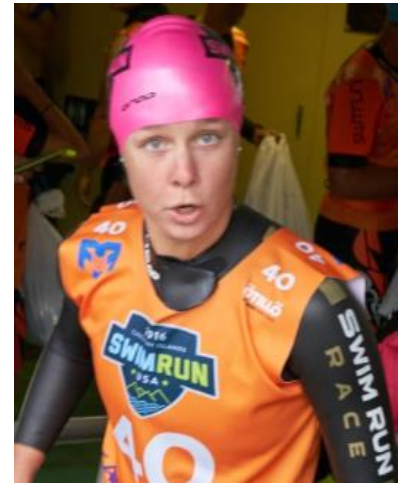


Chairman's Corner

From our newly elected NC-LMSC chairperson Kristen Jenó

We've had a very busy and exciting winter and early spring so far with several successful local NC meets. At the conclusion of the NC SCY State Championship the NC LMSC elected its new board members and here are new officers elected:

Chair: Kristen Jenó
Vice Chair: Trey Taylor
Secretary: Steve Weatherman
Treasurer: Todd Torres
Registrar/Sanctions Chair: Joanne Wainwright



My name is Kristen Jenó and I live in Wilmington, NC. I've been a member and avid USMS swimmer now for over 10 years. Graduating from East Carolina University where I dropped out of swimming to play Water Polo, I graduated in Exercise Physiology and then moved to Wilmington to pursue a career in training/ coaching. I am a full time coach for Without Limits and coach several sports - swimming, biking, trail/ultra running, and swimrun. I direct several races - swim run, open water, swim meets, and assist in run events. In my spare time I enjoy the beach, gardening, and spending time with family. I was a bit nervous as first but now excited and honored as I'm ready to tackle the next 3 years as the NC LMSC Chair. I was brought in about 5 years ago as At-Large Coaches chair and slowly moved up the ranks. I've been fortunate enough to attend several USMS Conventions, which brings in much information and education within the USMS governing body. Growing up in USA Swimming and now serving in USMS shows just how incredible the sport of swimming can impact a persons life. Swimming has always been my passion and to still be apart of that community speaks highly of how important it is to continue to expand, educate, and create oppertunities for future and current master swimmers.

As Chair a few things that come to mind in terms of goals of the NC LMSC are the following -

- Continue to expand USMS within the state - memberships and clinics
- Educate current swimmers how to become more active within their community - hosting meets, hosting clinics, continuing education
- Recruiting more USMS Officials, Starters, and Head Referees
- Giving back to the world of swimming - hosting socials, education oppertunities, team building platforms / advise

I am of course also open to opinions, thoughts, and discussion on other matters as well.

As we embark on the next term with a new board I'd like to thank Steve Weatherman for serving as Chair for the last 3 years and doing a great job. Thank you Steve for all you've done for the NC LMSC and for keeping NC successful with National meets, recognitions, and organization. I'd also like to thank George Simon for many years of service to the NC LMSC as webmaster, register, and sanctions chair. George has personally helped me learn the proper ways applying, sanctioning, and concluding a swim meet. Happy retirement George! Thank goodness for his patience with the new kid on the block :). Finally I'd like to give Todd Torres a big pat on the back for being inducted into the NC Swimming Hall of Fame.

We have a great board and again I'm very excited to elected as Chair this term. *Kristen Jenó (NC LMSC Chair)*

2019 Sunbelt Championships

Charlotte, NC: The Sunbelt Championships returned to the Macklenburg Aquatic Center on January 19-20. Hosted by the Charlotte Swim Masters, this 45th Annual Event drew over 200 swimmers and had many great individual plus relay competitions. The pool was certified and the official meet results were successfully recognized with USMS Records.

Congratulations to HAWK Masters of **Karen Stump, Chris Moore, Paul Denison, and Alicia Uhl** on breaking the state record in the Mixed 800 Free Relay; Mecklenburg Swim Association (MSA) Masters team of **David Purser, Mike Conroy, Bill Hughes, and Peter Meyers** (pictured below with their coach Patty Waldon) crushed the Men's 65+ 400 Free Relay record. Additionally, these new USMS National Records were set:



Women 45+ 800 Free Relay team of Erika Braun, Jennifer Buckley, Mary Dore, and Amy Holland (above pic)
Women 45+ 400 Medley Relay team of Jennifer Buckley, Sara Dunn, Erika Braun, and Amy Holland (see above)
Mixed 45+ 400 Free Relay team of Henry Stewart, Amy Holland, Morten Andersen, and Erika Braun (see below)
Women 45+ 400 Free Relay team of Amy Holland, Sara Dunn, Jennifer Buckley, and Erika Braun (below photo)



2019 South Carolina SCY Championships

*From our NC Coach-on-Deck at the meet: **Celia Wolff***

North Myrtle Beach, SC: It was another trip South of the Border for our NCMS swimmer Feb. 22-24, for the South Carolina SCY Championships. North Carolina Masters Swimming always has a strong showing at this meet and this year was no different. Traveling south to enjoy the fun, sun and competition were 17 of our finest swimmers who showed up, swam fast and claimed the 1st Place, Out-of-State Team trophy once again. NCMS placed fourth overall after three, larger South Carolina teams.

Jay Griffin, from RAM, threw down a blazing fast 1650 on Friday night breaking his own state record by over 5 seconds in a 17:25.87. The pool was electric as he lead the final heat for not only an age group win but also the fastest time of the meet. The North Carolina team was inspired by Jay's swim and threw down the gauntlet as they walked away with seven of the age group high point winners. AG winners were; Earl Anderson, Paul Denison, Carrie Fox, Violetta Gratsou-Zodl, Chris Moore, Mary-Anne Savage and Gary Stevens.

Many of our NCMS swimmers were competing in the maximum 10 events and were thrilled to swim a few more 50's on our relays. We were able to enter some 18+ relays all the way up to 45+, but we need MORE SWIMMERS to attend so we can really represent North Carolina in a BIG, RELAY WAY. What are you waiting for? Here's your invitation to attend the next meet!

Grand Strand Masters has added several challenges in recent years. One is the **Beast Challenge**. Swimmers must complete the 200 fly, 400IM, 500 and 1650. Scoring some extra swag and points for the team were; Earl Anderson and Jamie Miller!

The second opportunity for swag was the **Sprint Squad Challenge**. Swimmers must race in the 50 of each stroke plus the 100IM. Winners of some sweet bag tags were; Earl Anderson, Paul Denison, Robert Hendricks, Mary Anne Savage and Elise Shank.

Most importantly, the team found a new burger place close by for post race refueling. If in North Myrtle Beach, check out BurgerFi on the corner of Hwy17 and Main St. They have great burgers, craft beers and some delicious frozen custard! Great Job, Team!

#NCMS #funnestsport #checkusoutonfacebooklive

Photos: Ft Bragg Masters Coach -Elise Shank- with the 1st place trophy (left) and High-Point Winners (right).



NCMS team at the 2019 SC SCY Champs: Violet Gratsou-Zodl, Chris Moore, Celia Wolff, Paul Denison, Elise Shank, Gary Stevens, Earl Anderson, Joe Long, Mary Anne Savage, Kathy Pawlowski, Dale Alton, Robert Hendricks, Jamie Miller. *Missing*: Kathy Levintow, Jay Griffin, Don Manley, Carrie Fox.



2019 Frank Clark Meet

Greensboro, NC: The 2019 Frank Clark Memorial Swim Meet took place on Sunday February 24th at UNC-Greensboro's Kaplan Wellness Center. Even with the conflicting scheduled weekend against the South Carolina SCY Championships, the meet host Triad Masters Swimming put on a wonderful event for almost 100 swimmers by providing plenty of breaks to warm down in the sauna at this facility.



Congratulations to all swimmers!!



2019 Coastal Masters Invitational

*From our NC Coach-on-Deck: **Celia Wolff***

Bolivia, NC: HAWK Masters hosted the third annual Coastal Masters Invitational on March 23rd at Brunswick Community College. This year's meet was the largest yet bringing in 123 swimmers to the #funnestmeet.

Historically, the CMI has been a relaxing meet for veterans and a starting point for newer swimmers and triathletes who have never tried a masters' meet. This year boasted almost 30 first-time masters competitors! The meet lineup includes 25's of all the strokes, 4x25 medley and free relays and to end the meet with flair, who can sit out during the Floaty relay?

Imagine yourself in calm, warm water, the sun shining on your face and a refreshing drink in your hand... The floaty relay is NOTHING like that! This is your opportunity to team up with three other swimmers and race the pool in the inner tube for top bragging rights! This year's relay incorporated a double inner tube and a lot of strategy.

Race directors, Kristen Jenó and Alica Uhl, had this to say about the meet; "We welcomed many new and experienced swimmers from around NC, SC and beyond. Everyone swam well and had a great time. One of our favorite moments was looking up before the start of the 50 free and seeing a sea of "I only fear not trying," first time masters meet participant caps! Congrats to all of these new masters swimmers for taking on an exciting new, and hopefully infectious, challenge! It goes without saying that another great moment was all 4 heats of the floaty relay! It was a tough race that caused full body soreness- from our cheeks from laughing to our legs from kicking (the air) so fast!"

The meet awards culminated at the post-meet social with free BBQ and beer at a nearby park. Awards for high point, fastest male and female swimmers, floaty relay awards and random drawings were all included in the meet fees. Check us out next year and join in the fun!



Coastal Masters Invitational *photos*



2019 North Carolina State SCY Championships

Cary, NC: The 2019 North Carolina State Championships took place on Saturday, April 6 and Sunday, April 7, 2019 at Triangle Aquatic Center. Read below for the meet recap from our Meet Director: **Mark Rubacky**



Congratulations to all the RAM swimmers that competed at the NC SCY Championships at TAC this weekend. We won for in state team!

Additionally, congratulations to the following people that won Age Group High Point awards Emily Carson, Nancy Whelchel (also high point for Women with 75 points), Michael Dellanoce, Mark Rubacky, Mike Bitzenhofer and Doug Fletcher. Please see me or Jonathan Watson for your trophy if you didn't pick it up.

Also congratulations to Erika Braun and her relay mates (Madison Kennedy, LaJoya Smith and Kerry Lindauer) for breaking the Womens 25+ national relay record. (Madison Kennedy also broke the 50 free record with her lead off split)

Finally a big thank you to all the volunteers that did timing, Harry Delong for being head timer, Sue Haugh and Steve Weatherman for helping me run the meet Nicole Silvernale for handling all the money and Nancy Whelchel for organizing all the volunteers.



Madison Kennedy, LaJoya Smith, Kerry Lindauer, and Erica Braun (pictured at right) combined to break the USMS National Record in the Women's 25+ 200 Free Relay with a time of 1:34.62

Madison Kennedy's lead-off time of 22.37 is also a new USMS National Record for the Women's 50 Free in the 30-34 Age Group.



2019 NC Masters Swimming Splashes

On March 30th, our NCMS team of 11 swimmers competed at the annual Ancient Mariners' Albatross Open in North Bethesda MD. **Scott Dallamura and Erika Braun** (below on left) are having fun inside the Eunice Kennedy Shriver & Sargent Shriver Aquatic Center. Pictured below on right is the 200 & 400 SCM Medley Relays' quartet of **Jon Klein, Sara Dunn, Erika Braun, and Henry Stewart**.



North Carolina Swimming Hall of Fame



The 2019 Banquest and Induction Ceremony took place on Friday, April 5th 2019 in Cary NC. The North Carolina Swimming Hall of Fame Committee were proud to recognize outstanding achievements in, and contributions to, the sport of Swimming in North Carolina. From 1985 to 1991, then again starting in 2016, the Hall of Fame expanded the recognitions across many aquatic sports including Swimming, Diving, Synchronized Swimming, Water Polo, Masters Swimming, and Open Water Swimming.

CONGRATULATIONS to the Class of 2019 NC Swimming Hall of Fame inductees:

**David Allen, Jeff Gaeckle, Janis Hape Dowd, Abby Johnston,
and Todd Torres** (our own NC-LMSC Treasurer)

FMI, please visit www.ncswimhalloffame.com



2019 IM Madness Results



The 2019 IM Madness postal event, hosted by our own North Carolina Masters Swimming, had 37 registered swimmers with 48 splashes. Our new NC-LMSC Registrar, **Joanne Wainwright**, reported that \$876 total projected income generated, less expenses of \$370, resulting in a net profit of \$506. T-shirts are also being printed and will be mailed out to those ordered participants.

CONGRATULATIONS to our fast North Carolina Masters swimmers in the FINA World's Top Ten for 2018 SCM and LCM seasons, <http://archives.fina.org/database/main/tabulations.php>

PLACE	AG	SCM EVENT	TIME	SWIMMERS
9	40-44	50 Free	27.68	Kerry Lindauer
8	40-44	100 Free	1:00.57	Kerry Lindauer
9	40-44	50 Back	32.58	Kerry Lindauer
5	40-44	100 Back	1:09.57	Kerry Lindauer
1	45-49	50 Free	26.29	Erika Braun
1	45-49	100 Free	57.89	Erika Braun
3	45-49	50 Back	31.15	Erika Braun
3	45-49	100 Back	1:07.55	Erika Braun
3	45-49	50 Breast	34.92	Erika Braun
1	45-49	50 Fly	28.66	Erika Braun
1	45-49	100 IM	1:06.22	Erika Braun
9	55-59	400 Free	5:09.33	Mary Dore
8	55-59	800 Free	10:43.52	Mary Dore
9	60-64	400 Free	4:46.99	Greg Sanchez
9	60-64	1500 Free	19:10.87	Greg Sanchez
6	60-64	100 Fly	1:06.37	Greg Sanchez
2	60-64	200 Fly	2:31.02	Greg Sanchez
4	60-64	400 IM	5:27.90	Greg Sanchez
5	60-64	50 Back	31.21	Jonathan Klein
1	60-64	100 Back	1:07.33	Jonathan Klein
8	60-64	200 Back	2:32.62	Jonathan Klein
9	60-64	50 Fly	29.62	Paul Denison
8	60-64	100 IM	1:09.88	Paul Denison
8	60-64	200 IM	2:35.19	Paul Denison
3	65-69	200 Fly	3:33.00	Cheryl Murray
4	65-69	400 IM	7:01.45	Cheryl Murray
6	85-89	200 IM	5:26.05	Steve Barrett

PLACE	AG	LCM EVENT	TIME	SWIMMERS
8	30-34	200 Fly	2:34.45	Anna Graham
6	40-44	50 Free	28.03	Kerry Lindauer
7	40-44	100 Free	1:02.39	Kerry Lindauer
7	40-44	50 Back	32.62	Kerry Lindauer
8	40-44	50 Breast	36.38	Kerry Lindauer
4	40-44	400 IM	5:42.94	Alicia Uhl
1	45-49	50 Free	27.32	Erika Braun
1	45-49	100 Free	59.68	Erika Braun
1	45-49	50 Back	32.45	Erika Braun
2	45-49	100 Back	1:11.06	Erika Braun
6	45-49	200 Back	2:40.44	Erika Braun
5	45-49	100 Breast	1:20.88	Erika Braun
1	45-49	50 Fly	28.42	Erika Braun
2	45-49	100 Fly	1:09.08	Erika Braun
7	45-49	50 Breast	37.02	Sara Dunn
6	45-49	100 Breast	1:21.76	Sara Dunn
8	50-54	50 Back	34.1	Celia Wolff
7	55-59	100 Free	1:07.56	Mary Dore
8	55-59	200 Fly	3:08.74	Mary Dore
10	50-54	50 Free	25.78	Lawrence Lee
6	50-54	200 Free	2:07.43	Lawrence Lee
3	50-54	200 Back	2:22.11	Lawrence Lee
3	50-54	100 Fly	1:01.73	Lawrence Lee
5	50-54	200 IM	2:22.59	Lawrence Lee
4	55-59	50 Fly	28.34	Henry Stewart
4	55-59	100 Fly	1:04.77	Henry Stewart
9	60-64	50 Free	27.59	Jonathan Klein
3	60-64	50 Back	31.62	Jonathan Klein
2	60-64	100 Back	1:08.10	Jonathan Klein
4	60-64	200 Back	2:32.61	Jonathan Klein
10	60-64	50 Fly	29.83	Jonathan Klein
3	60-64	100 Fly	1:07.78	Greg Sanchez
3	60-64	200 Fly	2:33.13	Greg Sanchez
7	60-64	200 Breast	3:01.81	Dave Tuchler
2	65-69	1500 Free	23:04.00	Cheryl Murray

Congratulations to our NCMS Relays in the FINA World's Top Ten for 2018 SCM and LCM seasons:

PLACE	AG	SCM EVENT	TIME	SWIMMERS			
1	200-239	W 400 Medley Relay	5:01.22	Maria Vazquez	Dale Alton	Erika Braun	Mary Dore
8	240-279	X 400 Free Relay	4:46.91	Dale Alton	Beverly Amick	Greg Sanchez	Jonathan Klein

PLACE	AG	LCM EVENT	TIME	SWIMMERS			
5	120-159	X 400 Free Relay	4:18.62	Whitney Hausner	Alicia Uhl	Dave Rossi	Rob Butcher
2	160-199	W 200 Free Relay	1:52.08	Kerry Lindauer	Karen Stump	Alicia Uhl	Erika Braun
1	160-199	W 200 Medley Relay	2:07.51	Erika Braun	Kerry Lindauer	Karen Stump	Alicia Uhl
9	160-199	M 200 Medley Relay	1:55.56	Lawrence Lee	Rob Butcher	Scott Dallamura	Henry Stewart
5	160-199	X 200 Free Relay	1:51.14	Scott Dallamura	Alicia Uhl	Karen Stump	Rob Butcher
10	160-199	X 200 Medley Relay	2:02.73	Lawrence Lee	Rob Butcher	Karen Stump	Alicia Uhl
1	200-239	X 200 Free Relay	1:48.62	Lawrence Lee	Kerry Lindauer	Greg Sanchez	Erika Braun
2	200-239	X 200 Medley Relay	2:03.38	Jonathan Klein	Kerry Lindauer	Henry Stewart	Erika Braun
5	240-279	M 200 Free Relay	1:52.53	Jonathan Klein	Eric Carlson	Greg Sanchez	Paul Denison
3	240-279	M 400 Free Relay	4:22.03	Jonathan Klein	Neal Vestal	Paul Denison	John Moore
2	240-279	M 400 Medley Relay	4:36.68	Jonathan Klein	Neal Vestal	Greg Sanchez	Henry Stewart



Featured Member:

George Simon



George began swimming regularly back in 1977 to improve his bad back and later joined the Raleigh Area Masters in 1983. He wasn't a competitive swimmer, just swimming for fitness, but did compete once in the 1650 at the LCM National Championships at Raleigh's Optimist Park pool. He finished 13th in his age group. His favorite stroke is freestyle and he enjoys swimming the miles. George lives across the street from a neighborhood pool, where he and a few of his friends swim 3 days a week during the warm months in the early mornings.

George worked for IBM for 36 years, retiring in 2002, and then got involved with NCSU's PE department as a SCUBA volunteer and working his way up to become certified as a SCUBA instructor in 2008 and then teaching for a semester, which he totally enjoyed. He then worked with LENOVO for 8 months and now has totally retired from any paying job.

He enjoys working with computers and that is why he enjoyed being the NC Registrar. He became involved as the state registrar in the late 80's, and has remained as the State Registrar until his retiring this April. At the National Level, George was the Chairman of the USMS Registration Committee for several years and later as vice-chair.

George was very involved at the National level with the development of the on-line Registration Systems, first with Club Assistant's on-line implementation and later with the National IT staff's creation. George spent many hours with design suggestions and debugging of the software, making the on-line swimmer's as well as the registrar's interface systems work faultlessly and with ease.

George is still swimming, although not a lot during the cold months. He enjoys riding his recumbent trike for a couple of hours as often as possible on Raleigh's greenway system.

At USMS Annual Meetings, George received the Dorothy Donnelly Service Award in 2004 for his RAM and LMSC efforts, and was the second person to receive the Ted Haartz US Masters Swimming Staff Appreciation Award in 2010 for his work with the On-line systems.

CONGRATULATIONS to George

AND

HAPPY RETIREMENT!!



2019 USMS-Sponsored Education Programs and Events



Feb. 15-28	SPV USMS Winter Fitness Challenge
March 1-3	LMSC Summit @ Phoenix, AZ
April	Adult Learn-to-Swim Month
April 25-29	Spring Nationals @ Mesa, AZ.
May 31-July 31	Grant Application Window for SSLF
June 1-9	Try Masters Swimming Week
July 15-30	SPV USMS Summer Fitness Challenge
Aug. 7-11	Summer Nationals @ Mission Viejo, CA.
Aug. 9-18	FINA World Masters Champs @ Gwangju, South Korea
Jan. 1-Feb. 28	1-Hour ePostal
May 15-Sept. 15	5K/10K ePostal
June 1	Middle Open Water Nats @ Lake Berryessa, CA
June 15	2-Mile Cable Nationals @ Eagle Creek Park, IN
July 14	Ultramarathon Open Water Nats @ Portland, OR
Aug. 16	Sprint Open Water Nats @ Lake Willoughby, VT
Aug. 17	Long Open Water Nats @ Lake Willoughby, VT
Sept. 11-15	USMS Annual Meeting @ St. Louis, MO
Sept. 15-Nov. 15	3000/6000 ePostal
Sept 22	Marathon Open Water Nats @ Knoxville, TN

Try Masters Swimming Week

Try Masters Swimming Week is an initiative to introduce the many benefits of swimming and U.S. Masters Swimming membership to people who want to learn to swim, swim for fitness, or compete in swimming.

During a week in early June, we encourage USMS members to bring their family, friends, and co-workers to practice. We also encourage coaches to welcome potential new swimmers or invite local lap swimmers to their workouts for Try Masters Swimming Week.

Interested in participating in TMSW? Please contact Membership Services at membership@usmastersswimming.org.

USMS-Sponsored Education in North Carolina

Saturday, August 31st, 2019: Clinic Course for Coaches @ Charlotte NC
Saturday, August 31st, 2019: Stroke Development Clinic @ Charlotte NC

2019-2021 NC-LMSC OFFICERS

Our LMSC is represented by officers from all corners of North Carolina

Position	Officer	Town	Email
LMSC Chair	Kristen Jenó	Wilmington	kbs1011@gmail.com
Vice Chair	Trey Taylor	Gastonia	gatorsmasters@gmail.com
Secretary and Open Water Chair	Steve Weatherman	Raleigh	ssweatherman@aol.com
Treasurer and Webmaster	Todd Torres	Greenville	toddtorres@gmail.com
Registrar and Sanctions Chair	Joanne Wainwright	Greensboro	joswims@twc.com
At large member - Coaches Chair	Celia Wolff	Wilmington	ikeepswimming@gmail.com
At large member - Fitness Chair	Scott Dallamura	Durham	scott.dallamura@gmail.com
At large member	Megan Lassen	Winston-Salem	swim2win4u@gmail.com
At large member - Communications Chair	Sonny Nguyen	Mooresville	snguyen925@yahoo.com
At large member - Records & Top 10 Chair	Sara Dunn	Charlotte	sdunn102@gmail.com
At large member - Official's Chair	Bill Luse	Jacksonville	wclswim@ec.rr.com



Visit our NCMS Website
which has a new look:
www.ncmasters.org

2018 Regional Club of the Year Award



North Carolina Masters Swimming



DON'T MISS THESE EVENTS

for your swimming calendar:

dixiezone.org/Meets.htm

www.ncmasters.org



April 25-28, 2019: USMS Spring Nationals (SCY), Mesa AZ

May 4th, 2019: Dixie Zone Open Water Championships, St. Pete Beach FL

June 15-16, 2019: Dixie Zone Championships (LCM), Greenville SC

June 22-23, 2019: Powerade State Games Swimming (LCM), Charlotte NC

July 20th, 2019: Fontana Lake 5K – 10K – 15K Open Water Races, Almond NC

August 7-11, 2019: USMS Summer Nationals (LCM), Mission Viejo CA

September 21st, 2019: Swim Across America (Charlotte), Lake Norman, NC

October 6th, 2019: Eastern Masters Invitational (SCY), Greensboro NC

October 11-13, 2019: Dixie Zone Championships (SCM), Orlando FL



HAPPY SWIMMING

