



Across The Lanes

The Chairman's Lane By Fritz Lehman

It's the end of the year again and time for me to express my appreciation for your efforts and successes.

Jim Enyart puts this newsletter together. He's never asked for any public notoriety and unfortunately he doesn't get much. Quite often people come up to tell me what a nice newsletter we have. I just want everyone to know that Jim is responsible. He does an outstanding job putting it together and encouraging the rest of us to contribute. George Simon has been our Registrar for as long as I can remember. He keeps the LMSC and members registered -- no small undertaking. He completes all the paperwork required by the national office and serves on national committees. This year he even got me to register early. Jerry Clark is our Treasurer. He works closely with George to collect the registration money and keep the bills paid. He's also single handedly pushed to bring swim clinics to North Carolina. My very sincere thanks go out to the three of you.

This year we've hosted six meets and also participated in several open water events. If you have had no experience hosting a meet, then it's hard to appreciate the work that is involved. You've got to work with the owner of the facility to secure the pool time; then enlist volunteers to officiate, time, present awards, check people in, work timing systems, take deck entries, man hospitality areas, enter entries into meet software, print heatsheets, etc, etc, etc. I've never hosted an open water event. I can only imagine the headaches that come with that. Hosting an event is a big deal. Thanks to all who are responsible for making the meets available for the rest of us. Everyone who participates in one of our events should make sure they take a moment to thank the meet hosts and volunteers. Knowing that you are appreciated makes a difference.

North Carolina is the National Long Course Champion! We had a superb team comprised of outstanding individuals. I want to thank you all for competing and mak-

ing it happen. I also want to single out one individual who pulled many of us together and whose effort just may have put us over the top. Thank you Jon Klein for taking the time to organize us onto the many relays that scored a huge number of points at the meet. No other LMSC had the organization we had, and that proved to be the difference. Jon and the TarHeels Aquatics Team (THAT) have the National Championships banners and I hope they display them proudly.

Thanks Julie Rashid for taking on the RAM summer meet. Thanks THAT for hosting the Fall Invitational SCM meet this year. I hope it's found a home.

Thanks to all the Masters who take the time to workout, participate in meets, run your teams, go to parties and just generally make this organization great. I appreciate that many of you have taken the time to introduce yourselves to me. I look forward to getting to know even more of you in the next year.

Last but not least, thanks to my team for helping me keep going. You guys are the best.

We had many positive things happen in 2004. Here's looking for an even better 2005.



The Registrar's Lane By George Simon

The Big Experiment

As the vast majority of members are aware, this year we decided to email the 2005 renewal invoices. I now have a program that will send personalized emails from my email account using North Carolina's registration information database. The experiment seems to be working. When comparing the receipt of 2004 renewals during November 2003, approximately the same number of swimmers renewed for 2005 this November 2004. A big THANKS to those of you who have already renewed. Not only does this email process save

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the LMSC money on postage, it saves me a lot of time in creating and mailing the renewal forms. Additionally, if you save your email, you can easily find your renewal form and print it when you decide to complete and mail your renewal form.

A special note to those of you who really checked the email information for correctness. There is a software bug that does not exactly create your current registration number. It adds an extra 0 (zero) in the registration number in the "year" field. As an example, my registration number for 2004 was 134W-022WN, and the program email created it as 1304W-022WN. Unfortunately the software didn't allow me to only show the permanent ID, which is the 022WN part. Everyone is now assigned a permanent ID. Only the first four digits (i.e., the 1304 part) can change, and perhaps only one of them each year, but most likely two will change.

As always, your 2004 membership expires on December 31st of the year. In order to participate in team practice sessions and swim meets, you must have a current registration. Also, your *SWIM Magazine* subscription will expire with the January/February issue. You must be registered to receive the new USMS magazine, *USMS SWIMMER* which will replace the *SWIM Magazine*. If you haven't renewed your membership for 2005, please do so before December 31st. You may as well renew now, because you will receive the maximum issues of *USMS SWIMMER* magazine. All member subscriptions end with the 2006 January/February issue regardless of when you register for 2005.

Email addresses are extremely important for me to have in order to notify our membership of new events and deadlines for participating in those activities. Even though many of you want to have a hard copy newsletter snail-mailed to you, important information can be sent out in a much more timely manner with email notification. So please, if you have an email or change your email address, and have not notified me,

please send me a note at registrar@ncmasters.org. I will assure you that the email addresses are not sold to anyone and all precautions are taken to keep viruses from being transmitted from my account. In fact, there will never be any attachments sent from my ID. The ID that I use when sending out email is george.simon@mindspring.com.

**The Treasurers's Lane
By Jerry Clark**

**LMSC FOR NORTH CAROLINA
2004 Third Quarter Report**

| Statement of Revenues and Expenditures For the 3 rd Qtr. Ending 9/30/04 | | Statement of Assets, Liabilities, And Fund Balances as of 9/30/04 | |
|--|---------------|---|---------------|
| Revenues | - | Assets | |
| | | | |
| Chk Account Interest | \$ - | Cash - Checking Account | \$ 1,865.52 |
| Member Dues | \$ 2,541.00 | CD Balance | \$ 6,070.68 |
| | | | |
| USMS Coaches Clinic | | Total Assets | \$ 7,936.20 |
| | \$ | | |
| Total Revenue | 2,541.00 | | |
| | | | |
| Expenditures | | Fund Balance | |
| | \$ | Fund balance at 6/30/04 | \$ 3,531.60 |
| Convention Expense | 1,727.88 | Net Excess of Revenues | \$ (1,666.08) |
| Awards | \$ - | Over/Under Expenditures | |
| Merchandise (T-shirts & Caps) | \$ 186.17 | Fund Balance at 9/30/04 | \$ 1,865.52 |
| USMS Coaches Clinic Exp. | \$ - | | |
| | \$ | | |
| USMS | 2,139.50 | | |
| RAM | | | |
| Reimb. Overpayment of Reg. Fees | \$ 56.00 | Total Funds | |
| Newsletter | | Balance | \$ 7,936.20 |
| Meter Permit | \$ - | | |
| Postage | | | |
| Publishing Cost | | | |
| Office Expense | \$ 97.53 | | |
| Registrar Annual Payment | \$ - | | |
| Rule Books | \$ - | | |
| New Checks | \$ - | | |
| Bank Service Charges | \$ - | | |
| | | | |
| | \$ | | |
| Total Expenditures | 4,207.08 | | |
| | | | |
| | | | |
| Revenue Over/Under Expenditures | \$ (1,666.08) | | |

The NC Masters' Lanes

Great Swimming at the North Carolina Fall Masters Invitational

By Todd Dimsdale

The North Carolina Fall Masters Invitational was held at the Hillsborough Sportsplex on October 30, 2004. Eighty swimmers from across the state participated. This is the only short course meters meet for most NC Masters, and everyone seemed to make the most of the opportunity. Forty-nine state records were broken during the five-hour meet. Of course, the greatest accomplishments were achieved by those who were swimming a meet for the first time, got the dive right for the first time, overcame challenges like swimming a 200 for the first time, and those whose health has been improved by their passion for the sport. As always though, the most striking feature of the meet was the amount of fun had by all.

Many thanks go to Martha Aitken, Meet Director, and her team of volunteers whose planning and organizing resulted in a smoothly run meet free of any need to focus on anything but fun and swimming.

Some swims are notable from the perspective of the observer, and many very important accomplishments go noticed only by the swimmer who experiences them. With that caveat, here are some of the notable swims:

Jon Blank – now owns all three 40-44 men's state breaststroke records, even though he is 44. He will be competing in the USMS 2005 SCY Nationals in Ft. Lauderdale as a 45 year old. If his improvement from last Summer's Nationals to the Fall Invitational is any indication, my money is on him to win gold there.

Heidi Williams broke state records in every event she swam – Women's 35-39 100, 200, and 400 freestyle, 200 backstroke, and 400 IM.

Fred Holdredge rewrote the backstroke records for men 85-89, and Sally Newell established three state records in the women's 65-69 age group.



Second Annual Intensive Training Camp

LMSC for NC

November 6-7, 2004

By Jerry Clark

Twenty-two somewhat apprehensive swimmers arrived at the Aquatic Center in Charlotte Saturday morning November 6th to begin a tough two days of swim training under the guidance of Kerry O'Brien and Debbie Santos, coaches of the Walnut Creek, CA Masters, along with Dr. Jim Miller, coach of the Virginia Masters team in Richmond, VA. The underwater film lane was the first stop that morning. Ty Segrest from Casselberry, FL guided each of us back and forth while filming us from the side, front and rear (breaststroke) angles.

Next, the entire group began the Stroke Focus segment where we isolated the correct position of the hands, elbows, head, shoulders, chest, hips, knees and feet in each of the four strokes by doing easy 25's for each of the listed body parts in the sequence of an entire stroke cycle. This was both fun (meaning nobody was breathing hard while doing this) and educational. Then we broke into two groups with Group 1 swimming a 1,600 yard set with Tempo Trainers under our caps, and Group 2 doing a 1,550 yard set that focused on race pace training. The two groups then flip-flopped and swam the other set to complete the morning workout. Lunch and the film review session took place after that, lasting the remainder of the afternoon.

About fifteen of us went out together Saturday night, which allowed those who didn't know each other to meet and talk. This gathering also provided the opportunity to ask some general questions of the coaches.

Back to the pool at 7:30 Sunday morning, where we went over the Stroke Focus points again (everyone liked repeating it after yesterday's session). We then separated into Sprint and Distance groups. The Distance people swam 4,000 yards, with the main set being a 2,700-yard pyramid.

The Sprint group was challenged with about 3,000 yards of hard work on the various aspects of sprinting very fast. For example, we'd hang on the wall doing

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sprint kicking for ten seconds, then take off on a 50 sprint at a full race effort. We had a neat pull set where we swam a straight long pull working on distance-per-stroke. This set was followed immediately by sprinting some 50s in which we were to descend the swim time and use three less strokes per 25 than the stroke count we used in the straight long pull.

The last part of the sprint set consisted of using a resistance band and swimming out as many strokes as we took doing the 50s, then letting the band bring us back to the wall. We'd immediately move over one lane and do an easy 50 recovery swim, then move over to another lane and get up on the starting block and do a full effort sprint 25. Then we'd move over into yet another lane (against the side wall) and we'd attach a cord to our waist and the coach would go to the other end and would pull the already taunt stretch cord to bring us down to his/her end of the pool at a very rapid rate. This was hard work for the coaches and fun for the swimmers.

Some of us were able to return to the film lane on Sunday as Ty was very much "into" this clinic and wanted us to see how we looked while trying to make corrections that the coaches had suggested Saturday. The swimmers really appreciated this.

This clinic had a \$2,000 subsidy from LMSC for NC, USMS and Charlotte SwimMasters. The cost per person was \$75.00. Even with the substantial subsidy, the clinic still had a deficit. It's clear that we'll have to raise the cost next year. In the critique sheets received thus far, all of the comments indicate that the clinic is much better with fewer swimmers, and all who replied indicated they are willing to pay more next year in order to keep the number of swimmers about the same as this year.

We learned a lot, had fun and were sore and tired at the end of this occasion. The clinic was very productive as well as enjoyable according to the comments received to date.



Alice Springs 10th Masters Games 2004 Alice Springs, Australia.

By John Mangrum

The 1986 Alice Springs Masters Games became only the second event of its kind to be staged in the world. The only previous multi-sport Masters Games having been the first World Masters was in Toronto, Canada in 1985. The Games and the concept developed in to a success story and quickly earned the reputation of 'The Friendly Games' because of the camaraderie and good spirited nature of the competitors and the environment created by the Games village atmosphere of Alice Springs. That tag has stuck ever since, and in 2004 the Alice Springs Masters Games celebrated 10 successful Games held over 18 years. More than thirty sports were played during Games week with the many highlights captured by local and interstate media.

Some interesting Games facts included:

- more than 4,500 participants and 500 volunteers,
- 460 doctor and 607 physiotherapist consults,
- 2000 medals engraved,
- 8,500 gold, silver and bronze medals were won, weighing more than 600kg in total,
- 25,000 photographs taken and on display, and
- **15,240 cans of beer consumed at opening ceremony.**

On arrival to Alice Springs, Australia the Games Ambassadors were there with a very nice array of beverages as a Welcome to the Games Token. So I enjoyed my share as well as did others. After learning the official Australian Salute, I was ready to conquer Alice Springs. It was very hot on arrival, and the flies are like nothing I had ever experienced before. The Australian Salute is swatting flies off your face. By weeks time I became a General at this.

After a bus transfer from the airport to the Crowne Plaza I was ready to sleep. It took 27 hours to travel there. Pam Gunn, as some of you may remember from last May was there also competing. Pam and her mates would be arriving later that afternoon.

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At registration everyone was given a goodie bag, (this was such a change from Italy). The bag was a nice shoulder sack, water bottle, with your ID, program and coupons to use around the town. This was also the main area for questions, meeting notices, connections and site seeing tours as well as photography sales and merchandise sales.

At the Opening Ceremonies the athletes marched through the town and into stadium. Deb and I marched in with the swimmers. I held my little American Flag with pride and wore my NC Master's Shirt. Pam and Jules marched in with the Netball teams. In all, over 5000 people marched in together. It was really something to be a part of the pageantry of the night.

The Swimming Centre has an Olympic 50m, 8 lane open air pool, attractively sited with lawns and the rugged MacDonnell Ranges providing a picturesque backdrop. The pool is well served with flood lighting, kiosk, toilets, hot and cold showers and is conveniently located near other sporting venues, such as Traeger Park where Athletics events are held. The pool was heated to around 78 degrees.

The main pool was available from one hour before competition commenced each day for warm ups. A cool down lane was available throughout the competition except during relay events. There was also a 25 meter pool but very shallow. One end was 5 feet deep and the other end close to 2.5 feet deep. The weather was beautiful the whole time. Once the sun went down it became very cool and very quickly.

The outside temps during the day would range be-

tween 95 and 105 and the air very dry. After a 200 meter event or longer, distance people like myself who were not use to the extreme dryness would experience coughing attacks. The best way to describe it is running in cold air and stopping. Once you stop you start coughing. During my 200 back swim I felt as if someone took all the oxygen out of the air.

Pam and I along with Robert from California and Ethie (Pam's team mate) swam in two relays together. We won a Bronze medal in the 200 Free Mixed Relay and placed fourth in the Mixed Medley Relay. I had met Robert and his father Steve (who also swam and played basketball) at the World Master's Games in Melbourne, Australia in 2002. It was nice seeing my friends again.

Again, fun was had by all. I ended up swimming in six individual events, four relays and a triathlon relay in which we placed fourth, but I did manage to bring home nine medals and break a pool record in the 200IM. Pam also swam in six events and four relays (two with me) to bring home six swimming medals. Her triathlon team took the Gold Medal and clocked the fastest time over all.

We were all pretty pleased with all of our competitions and would recommend that if anyone gets a chance to attend any of these Master Games - go for it. Not only is it fun to swim, but you meet some fascinating people and build wonderful friendships.

Next Trip is the 5th World Master's Games in Edmonton Canada, July 22-31, Pam and I are both signed up for six individual events, four relays, and team triathlon.

LMSC - NC Officers and Staff

| | | | | |
|--|--|---|---|--|
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The USMS President's Lane
By Jim Miller, MD

USMS National Publication

Many of you received the latest issue of SWIM Magazine and saw the reference to the cessation of that magazine as United States Masters Swimming's official publication. Unfortunately, it was not made clear that USMS will have a new official publication for its members in 2005. Here is additional information about the periodical.

USMS's contract with Sports Publications, the publisher and owner of SWIM Magazine, will expire at the end of 2004. Beginning with a March/April issue, USMS members will receive another publication with a new and exciting format. It will also have a new name, 'USMS SWIMMER'. These developments followed a year-long and complex process of request for proposals, submissions, interviews, comparison, and evaluation. The 2004 House of Delegates voted to accept the recommendation of the Executive Committee to enter into a relationship with Douglas Murphy Communications to publish our magazine. USMS will own the magazine and its contents. While we specialize in content and service to you, both fitness and competitive athletes, Douglas Murphy will specialize in production, design, graphics, and writing excellence.

This opportunity is exciting to us. USMS is a dynamic organization which is unique among all masters organizations. We have become unique by dedicating ourselves to insisting upon excellence in education and service for all of our members. We are constantly looking for opportunities to enhance this service. The new publication will offer us the next level of service by allowing USMS to control quality and ensure that our members' needs and interests are being addressed. A transition team composed of representatives from several areas of USMS is hard at work to assure the best product for our members.

Your new national publication will **not** have a new price tag. All the costs of development will be done within the current budget with no dues increase needed. I appreciate your feedback as we implement this change and work to provide the best service to you.



PERFORMANCE APTITUDES AND ATTITUDES

The Golf Swing

By Allan Kopel

The Golf Swing by Roy McAvoy (Roy McAvoy, played by Kevin Costner, is a fictional golf pro and the lead character in the movie “Tin Cup”.)

Coaches can be a bit serious and analytical. Perhaps “The Golf Swing” by Roy McAvoy provides a light yet insightful perspective on rhythm and technique. Apply it to swimming and see if it reminds us to keep things fun, flowing and fundamental.

What is the golf swing by Roy McAvoy? I tend to think of the golf swing as a poem. The critical opening phrase of this poem will always be the grip in which the hands unite to form a single unit by the simple overlap of the little finger. Then slowly and slowly, the club head is led back and pulled into position, not by the hands, but by the body, which turns away from the target, shifting weight to the right side without shifting balance.

Tempo is everything, perfection unattainable, as the body now coils to the top of the swing, there is a slight “nod to the gods” (since the golfer is fallible and perfection unattainable), and now the weight begins shifting back to the left, pulled by the powers inside the earth. It’s alive, this swing, -- a living sculpture. And down through contact, always down, striking the ball crisply, with character, and a tuning fork goes off in your heart. Such a pure feeling is the well-struck golf shot and the follow through to finish, always on line.

The reverse “C” of the Golden Bear – every finishing position is unique. That’s what the golf swing’s all about. It’s about getting control of your life and letting go at the same time. There is only one other acceptable theory about hitting a golf ball – “Grip it and rip it”.

The end of the poem says to “Grip it and Rip it!” In swimming, the place to think is in practice. In meets we want to relax and simply go for it. Trust your thoughtful preparation and let yourself just race baby! Have you played tag or capture the flag on the playground, or sharks and minnows in the pool? You probably ran or swam really fast without thinking about anything other than getting to the other side of the field or pool. At meets, call upon the kid in each of us that know how “Grip it and Rip it!”

Every finishing position in golf is unique. Swimmers have

subtleties that make their strokes unique. Do not analyze or be concerned with differences. Accept and enjoy our differences.

Focus on fundamental movements and mechanics.

Like the golf grip, swimmers feel the water with their hands. Relaxed hands control the club and the water. Coiling and uncoiling and shifting weight with balance is the essence of long and short axis rotation in swimming. Both sports use tempo and rhythm. Perfection in golf and swimming is unattainable. As in golf, when our rhythm, tempo and feel (of the water) is truly on, it sings in our heart and mind. Golf pro Roy McAvoy gives swimming a unique view on balance, power, flow, trust, run and rhythm.

Trust – Believe – Persist – Have Fun – and Achieve
And as Roy McAvoy says, sometimes we need to just:
“Grip it and Rip it!” (Grip it Gently – But let it Rip)

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Dick Webber “Flies” to Gold at FINA World Masters Championships

Dick Webber, NC Masters Swimmer, from western North Carolina captured gold at the Championships in the 50 Meter Fly. Dick blazed a 40.44 in the 75-79 age group butterfly. Additional achievements of Dicks are: 5th in the 200 M IM in 3:54.38; 3rd in the 100M Free in 1:16.92; 4th in the 200M Free in 3:12.59; and 2nd in the 50M Free in 33.15. Congrats, Dick.



UPCOMING LOCAL 2005 MASTERS SWIMMING EVENTS

| DATE | EVENT | LOCATION | POINT OF CONTACT |
|-------------------------|---|---|---|
| 1/29/2005- 1/30/2005 | Charlotte Swimmasters Sunbelt Championships | Mecklenburg County Aquatic Cntr, Charlotte NC | Jerry Clark; 128 South Tryon Street, Suite 1565; Charlotte, NC 28202 |
| 2/5/2005- 2/6/2005 | George Fissette South Carolina SCY Championships | Mount Pleasant SC. | Bob Menches (843-886-9308, thefishheadbar@bellsouth.net). |
| 2/25/2005- 2/27/2005 | Dixie Zone SCY Championships. | Ft. Lauderdale FL | |
| 3/5/2005 | Frank Clark Masters Meet | Greensboro, NC | See pages 9&10 for information |
| 3/12/2005- 3/13/2005 | St. Patrick's Day SCY Invitational. | Atlanta GA | |
| 3/18/2005- 3/20/2005 | National Triathlon Training Center SCY Invitational | Clermont FL | |
| 4/21/2005- 4/24/2005 | YMCA Masters SCY Nationals. | Indianapolis IN | |
| 4/30/2005- 5/1/2005 | Savannah Masters Invitational. | Savannah GA | |
| 6/4/2005 | Classic City Masters LCM Invitational. | Athens GA | |
| 6/12/2005 | The Great Chesapeake Bay 4.4 Mile Swim & 1 Mile Challenge | Baltimore, MD | Lin-Mark Computer Sports, 7 Westwood Dr, Mantua, NJ 08051, 856-468-0010 |

2005 CHAMPIONSHIPS

| DATE | EVENT | LOCATION | POINT OF CONTACT |
|-------------------------|--|--------------------------------|---|
| 1/1/2005- 1/31/2005 | 2005 USMS One Hour Postal Championships | | Mel Goldstein, 5735 Carrollton Ave, Indianapolis, IN 46220, 317-253-8289 |
| 4/21/2005- 4/24/2005 | YMCA Masters Nationals. | Indianapolis IN | |
| 5/15/2005- 9/30/2005 | 2005 USMS 5 & 10K Postal Championships | | Christine Swanson, 2536 Maryland Ave, Tampa, FL 33629, 813-254-4514 |
| 5/19/2005- 5/22/2005 | 2005 USMS Short Course Nationals | Ft. Lauderdale, FL | Stu Marvin, 501 Seabreeze Blvd., Ft Lauderdale, FL 33316, 954-828-4580 |
| 6/3/2005 - 6/18/2005 | National Senior Games | Pittsburgh, PA. | |
| 7/16/2005 | 2005 USMS 2-Mile Cable Championships | Mirror Lake, Lake Placid, NY | Ann Svenson, PO Box 425, Greenfield Center, NY 12833, 518-893-1967 |
| 7/22/2005- 7/31/2005 | World SCM Masters Games | Edmonton, Alberta, Canada | www.2005worldmasters.com |
| 7/29/2005 | 2005 USMS 1-Mile Open Water National Championships | Elk Lake, Bend, OR | Bob Bruce, 61200 Parrell Rd., Bend, OR 97702, 541-317-4851 |
| 8/7/2005 | 2005 USMS 5-Mi Open Water National Championships | La Jolla Bay, San Diego, CA | David Lamott, 2425 Palermo Dr, San Diego, CA 92106, 619-222-3436 |
| 8/10/2005- 8/14/2005 | 2005 USMS Long Course National Championships | Mission Viejo, CA | Mark Moore, 25108-B Marguerite Pkwy #391, Mission Viejo, CA 92692, 949-233-6521 |
| 9/1/2005- 10/31/2005 | 2005 USMS 3000/6000 Yard Postal Championships | | Riley Stevens, 200 Indian Trail, Anderson, SC 29625, 864-287-0956 |
| 9/10/2005 | 2005 USMS 2.5K Open Water National Championships | Lake Michigan, Chicago, IL | Peggy Dempsey, 5476 N. New England, Chicago, IL 60656, 773-775-5687 |
| 10/25/2005 | 2005 USMS 10K National Open Water Championships | Gulf of Mexico, Ft. Meyers, FL | Bill Nunez, 7510 Briarcliff Rd., Ft. Meyers, FL 33912, 239-427-1472 |

Frank Clark Meet
hosted by Triad Masters Swimming
March 5th , 2005

Sanction: Sanction by LMSC for NC for USMS, Inc. Sanction # 135-02

Meet Director: Maryellen Kammer; nckamm@triad.rr.com, (336) 643-1304

Facility: Grimsley High School Pool. 801 Westover Terrace, Greensboro, NC. 25 yard, 8 lane racing course with attached diving well. 6 lanes will be used for competition, with one buffer lane and one warm-up/down lane attached to the diving well.

Eligibility: Swimmers *must* register with USMS as of the 1st day of the meet as determined by the Registrar of NCMS. NO EXCEPTIONS. USMS rules govern the meet.

Deadline: Entries must be received by mail (to meet director), email (nckamm@triad.rr.com) or fax (336-335-2966) by Midnight on February 25, 2005. Entries received after this time and date will be handled as *deck entries*. Relays and deck entries **must** be submitted by 9:30 am on the day of the meet.

Fees: \$5.00 meet surcharge. \$3.00 per event for pre-registration. Deck entries accepted at \$5.00 per event. There are *no* relay charges. *There will be no refunds, unless the meet date is changed.* Those paying via email or fax **must** have payment ready at the time of the meet.

Scoring and Awards: Individual events will be scored 9-7-6-5-4-3-2-1. Ribbons given to top 8 finishers in each event.

Seeding: All events will be seeded by sex and time, with the exception of the following events: 500 freestyle and 1000 freestyle. These events will be seeded by time only with sexes combined. All events will be seeded slow to fast, except the 500 freestyle and 1000 freestyle which will be fast to slow. "No Time" will be placed in slow heats. Meet Director reserves the right to combine sexes in any events. There will be positive check-in for the 500 and 1000 freestyle events.

Schedule: Warmups will begin at 8:00 am with the first event (1000 free) starting at 8:45 am. The second warmup session will begin at the conclusion of the 1000 free, with the meet continuing at approximately 10:00 am. The diving well and one outer lane will be open during event 1. Dependent on entries and timeline, 5-10 minute breaks may be included in the event order per Meet Director. ****You must always enter the pool feet first (during warm-ups) except in sprint lanes.**

Frank Clark Meet Entry Form

March 5, 2005

Please Print Legibly

Name: _____

Team initials: _____

Address: _____

City/State/Zip: _____

Sex: M__ F__

Age: _____

D.O.B.: _____

USMS Number _____

| Women | Time | Event | Time | Men |
|-------|-------|--------------------|-------|-----|
| 1 | _____ | 1000 Freestyle | _____ | 1 |
| | _____ | Break | _____ | |
| | _____ | 200 Medley Relay | _____ | |
| 7 | _____ | 50 Freestyle | _____ | 8 |
| 9 | _____ | 200 IM | _____ | 10 |
| 11 | _____ | 50 Backstroke | _____ | 12 |
| 13 | _____ | 100 Butterfly | _____ | 14 |
| | _____ | Break | _____ | |
| 15 | _____ | 100 Breaststroke | _____ | 16 |
| 17 | _____ | 200 Freestyle | _____ | 18 |
| 19 | _____ | 100 IM | _____ | 20 |
| 21 | _____ | 50 Butterfly | _____ | 22 |
| 23 | _____ | 100 Backstroke | _____ | 24 |
| | _____ | Break | _____ | |
| 25 | _____ | 50 Breaststroke | _____ | 26 |
| 27 | _____ | 100 Freestyle | _____ | 28 |
| 29 | _____ | 200 Open (strokes) | _____ | 30 |
| | _____ | 200 Free Relay | _____ | |
| 35 | _____ | 500 Freestyle | _____ | 35 |

Number of events: _____ x \$3.00 each = \$ _____
 Meet Surcharges: _____ x \$5.00 = \$ _____
 Total: _____ = \$ _____

Make Checks payable to Triad Masters Swimming (TMS) and mail to:

Maryellen Kammer
 5513 Faye Drive
 Greensboro, NC 27410

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 MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide and be governed by the rules of USMS.

Signature: _____

Date: _____