



Across The Lanes

The Chairman's Lane By Joe Gosha

As you will note in the following report the Board of Directors of the North Carolina Local Masters Swim Committee held the organization's annual meeting last month in Greensboro. It was a very productive three and a half hour meeting with discussions covering a wide range of significant topics including the governance of our LMSC, what to do with the organization's 'surplus' funds, and how to best focus the activities of the Board in serving the aims of the organization.

The Board determined not to amend or abandon the provisions of our Bylaws that grant Board membership and voting privileges directly to designated representatives of our local chapters (who are not also officers of the LMSC). Unfortunately most of our chapters in the state rarely send representatives to or vote at our Board meetings. While some would say this gives more active chapters the opportunity to take advantage of our procedures by stacking meetings with voices and votes when it comes to issues with which they are concerned, I am convinced that this is the best way we have to insure that the broadest possible range of opinions and perspectives is represented in our statewide affairs. By reaffirming our form of governance the Board also wants to encourage all state chapters to participate in all of the events and affairs of our LMSC, not only those that happen in the swimming pool.

As for 'surplus' funds (if such indeed are found to be available upon the completion of our budgeting process for the new year), one idea that was floated at the meeting was the possibility of instituting a grant program. According to this proposal local chapters could request financial assistance to help them with projects and programs designed to further chapter development and/or advance the aims of our statewide organization.

USMS also has made new provisions for funds to assist LMSCs with specific membership development projects. It may even be possible to tie an LMSC grant program to the funds USMS is making available on a matching basis. While no specific decision was made to establish such a program at the LMSC level, this is a discussion that will be ongoing.

Finally, do you take advantage of the forum on the USMS website (www.usms.org)? Besides being a lot of fun

(kudos to our own Aquageek) there is great information, and there are great workouts to be found there. For example, where else can you find the founder of TI brainstorming about his latest observations, and see the feedback he is getting from folks who have been in the water for 30 and 40 years? This past week I shared some great information I discovered about EVF on the forum with the high school swimmers I coach. Don't know what EVF is? Check out the forum to find out for what those initials stand.



The Secretary's Lane By Elizabeth Nowak

NC LMSC Meeting Minutes November 8, 2006 Greensboro, NC

Attendees: Joe Gosha (President), Jerry Clark (Treasurer), Elizabeth Nowak (Secretary), George Simon (Registrar), Jim Enyart (Wilmington), Rhea Wilkins (RAM), Danielle Newton (DAMA), Theresa Brown (DAMA)

Meeting was called to order at 1:00 p.m. Joe thanked everybody for their willingness to meet today. Everybody introduced themselves to the group.

Minutes from the April 29, 2006 meeting were read and unanimously approved.

Recap of the 2006 USA Aquatics Convention by NC LMSC Members Who Attended (Jerry Clark, George Simon, Rhea Wilkins, and Elizabeth Nowak):

- 2006 FINA Masters World Championship Meet -- The local Pacific LMSC loaned \$270K to the 2006 FINA Masters World Championship Meet Director, Michael Moore, to initiate the planning for the event. The loan has not been repaid to date. There was a decision to allow Speedo to be the only vendor with a percentage of their earnings to be returned to the local LMSC. There was also a contract with hotels in Palo Alto and surrounding cities with a percentage of their earnings returning to the local LMSC. Neither Speedo nor the hotels have paid the amounts due. Huge mess – it's clear the local LMSC is not going to be fully paid, and thus USMS will be impacted.
- USMS Executive Director – still not hired. Was close to hiring someone two weeks ago but she/he accepted an-

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other job. The search will continue.

- Membership Update – USMS membership is flat at 42,000 members for 2006. Various ideas are being pursued to increase membership for 2007.
- Registration Update – USMS in the process of having all of the local LMSC's registrar's software upgraded for 2007 registrations.
- Membership Dues – will be increasing \$5/member for 2008
- Insurance Committee – no longer a USMS committee. Will have a liaison going forward due to very few claims being filed which has kept premiums low which, in turn, has kept member dues low.
- Hospitality – Rhea was a tremendous help to the Michigan LMSC in the hospitality suite organizing lunch and snack sessions. Rhea was also commended in the most recent issue (Fall 2006) of USMS *Streamlines* newsletter for her efforts. Kudos to Rhea!!!
- Hill Carrow – was recognized as the only person at the convention who has attended for thirty years.

Treasurer's Report (Jerry)

- 2006 total revenue year to date (YTD) (through November 1, 2006) = \$11,005 with total expenses = \$10,489.24 for a net income YTD of \$515.
- Request for Reimbursement from NC LMSC USA Aquatics Convention Attendees - Reimbursements of \$1,704.70 have been paid for reimbursable expenses incurred by Jerry Clark, Rhea Wilkins, Elizabeth Nowak, and George Simon. Hill Carrow requested to be reimbursed by the NC LMSC post-convention. This was not a budgeted expense. Traditional procedure for the NC LMSC is to send two voting delegates based on our LMSC size. The two delegates were Nowak and Wilkins. Clark's and Simon's expenses were mostly paid by USMS due to USMS board/committee chair positions they hold. Discussion surrounded whether Carrow's expenses were to be reimbursed by the NC LMSC. Two votes/motions were made:
 1. Reimburse Hill Carrow 100% for 2006 convention expenses. Motion passed. Treasurer will reimburse Hill.
 2. For all future USA Aquatic Conventions, any NC LMSC member who is a non-NC LMSC delegate who would like to attend convention and receive an LMSC subsidy for doing so must petition the NC LMSC Board of Directors with a written request for any such requested subsidy no later than the May 31st prior to the convention for Board consideration. Motion passed. New policy will be incorporated into the next draft of the NC LMSC Bylaws.
- Treasurer's FY06 year-to-date report was unanimously

approved.

- Discussion / ideas about what to do with the extra money in the NC LMSC bank accounts. The ideas shared included:
 1. Develop a grant program to give local NC LMSC chapter's money to develop local programs to help promote future growth. USMS has allocated \$50,000 to a developmental program for which state LMSCs can apply;
 2. Jointly work with the new MAC coach, Dave Marsh, on program development;
 3. Bring in a VIP to one of the Masters swim meets; and/or
 4. Start promoting Masters swimming at local events (e.g., health fairs, at age group swim meets, YMCAs, etc.)

Next step:

Need to draft 2007 budget (Jerry)

Strategic Plan for NC LMSC

Next step:

Need to draft a 2-5 year strategic plan for the NC LMSC in order to determine our financial needs going forward. Elizabeth will develop a template that will be used by the Board to start development specifically for 2007 and then to start laying the groundwork for future years.

Bylaws for NC LMSC

- Continued discussion about bylaw modifications from the draft that was approved and published on May 1, 2004. The May 1, 2004 version was then red-lined by Jerry Clark on October 13, 2006. This amended version was used for today's discussions.
 - Changes agreed upon include:
 1. Move Article IX on page 7 of the draft (with comments by Jerry and George) to Article XII, making appropriate adjustments to the numbering of the Articles.
 2. Subsidies/Expense Reimbursement for USMS convention expenses:
 - For all future USA Aquatic Conventions any NC LMSC member who is a non-NC LMSC delegate who would like to attend the convention, must approach the NC LMSC Board of Directors with a written request for subsidy no later than the May 31st prior to the convention for consideration.
 - Reimbursement for the allowed (by USMS) number of NC LMSC delegates would have their expenses reimbursed in accordance to the NC LMSC policy
 - Reimbursement for any NC LMSC member who serves as a committee chairperson and/or member of the USMS Board of Directors shall be made for any costs that are not reimbursed by the USMS, subject to the

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NC LMSC policy.

3. Format on how Meet Directors must provide meet results for posting on web sited, etc.

- Computer operators at meets sanctioned by the NC LMSC must provide results in the prescribed manner stated in the USMS rule book and to provide a backup file of the meet results to the NC LMSC Top Ten Chairperson. The results are to be sent via email before the computer operator leaves the swim meet. Written instructions will be provided to the meet director to accomplish these tasks when he/she submits a request for a meet sanction. (See Jerry Clark’s following article.)
- Reinstated the requirement that payment of \$100.00 to the LMSC for NC must be submitted with a meet sanction request. Eighty dollars of that amount will be reimbursed to the meet director within thirty days after the meet -- provided the meet director has complied with the requirements of the sanction pertaining to reporting the results.

4. Annual Awards for NC LMSC.

- The three awards for the NC LMSC membership will be the Volunteer of the Year, the Outstanding Female and the Outstanding Male Swimmer. The awards will be presented at the January meet in Charlotte. The Newcomer of the Year award will be discontinued. Some discussion took place about a Most Improved Swimmer award, but that failed to be voted on because the criteria were too subjective.

Next step:

Joe will update the bylaws per the changes agreed to above and will distribute to group for final review and then approval at next Board Meeting.



**The Registrar’s Lane
By George Simon**

A Rambling about USMS Membership

I have been North Carolina’s registrar for so long I cannot remember, probably since August 1993, or at least I have files on my computer that date back that far. I can remember when I took over from Maury Schott in Greensboro. He said it was a simple job, maybe an hour a week or less to handle all of the registrations, HA HA!! My wife still reminds me that was what I committed to doing. I’m not complaining, just that this is the background for some of the following information . We had 600 members back then and have always hoped to exceed 800. We’ve come

close, but for 2006 our numbers declined from 789 in 2005 to 753 – not good !!!

As most of you know, I use email for the primary communications mechanism to our members, at least those who have provided email addresses. I update them as they change. I am a strong believer of no spam. Accordingly, I have implemented the mailing lists so it is difficult, but not impossible, to use the lists for emails other than from me. I may also start sending emails directly from my ID rather than a list server. The number of our emails blocked is significant due to all of the internet spammers keeping our “ncmasters.org” or “usms.org” server’s address black listed.

I also started sending email renewal invoices from my ID. This approach saves about 50 cents per renewal as well as my time to create unique paper invoices, stuff the envelopes, and mail them to you. Also, since your information is already printed on the email renewal form, it is much easier for me to enter your permanent ID into the software for handling your renewal. I also log each person’s check into a spread sheet, do some calculations based on money received for registrations and donations. Then I make sure that the funds received equal the number of swimmers I have registered, double checking to ensure no one’s registration is overlooked.

I have some pet peeves, especially for those folks that mail in a registration, and their email address bounces a week later, or their address has changed without any notification. Another one is receiving a renewal in July or August when I know the swimmer could have been receiving the *USMS SWIMMER* magazine for all those months but let their membership lapse for six or more months. My biggest pet peeve is for the swimmer who wishes to swim in a meet, didn’t renew their membership and then wants their renewal completed on the day before the meet.

Since USMS membership is on a calendar year basis, everyone’s membership expires on December 31st. USMS allows renewals and new memberships to be accepted from November 1st for the following year. Although this approach spreads out the work for me, it would be even nicer if you plan to renew, please renew during November and December in order that I do not have to continue sending out renewal emails or handling last minute desperation requests.

On-line registration hopefully will be available in late 2007 and 2008. I will still be processing memberships, figuring out funding, and mailing registration cards, but you will not have to mail in forms and can pay by credit card. As the

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USMS Registration Committee Chairperson I have been involved extensively with the effort at the national level. If USMS can find software contractors to create the necessary web pages to handle all fifty-three different LMSCs and their unique requirements, on-line registration should be a reality. Even so this effort is a major undertaking. Wish us luck.

Have an enjoyable Holiday Season and great 2007, maintain your health by continuing to swim, and those of you who have renewed for 2007, THANKS. For those who haven't renewed, USMS membership is a bargain, especially with your *USMS SWIMMER* magazine subscription. If your renewal isn't received by January 15th, (better yet by December 31st) you will miss the March/April issue; so renew now. And for all of you, please recruit new members. Help NC achieve at least 800 for 2007. Forms are available at <http://www.ncmasters.org/regforms.html>



The USMS Board of Director's Lane By Jerry Clark

For Meet Directors
And Meet Computer Operators

USMS has a very active "Current Top Times" page on its website (www.usms.org) which is found by clicking on the Competition tab of the opening page when you access the website.

If your meet uses Hy-Tek's *Meet Manager* or *Team Manager* please read and print the following instructions in order that your computer operator can forward your meet results immediately upon completion of your meet to the addresses listed below. This will allow our Top Ten person to do his work more quickly as well as have the results posted on the NCMS website, the Dixie Zone website and the USMS Current Top Times section of the USMS website. For those who achieve top ten times, it hastens the voluminous scanning of meet results by the person in Minneapolis who prepares the list of USMS Top Ten achievers each year.

The following was sent from Bob Matlack with Hy-Tek. Hopefully the computer guys who use *Meet Manager* will be able to follow the keystrokes without difficulty.

1. To put results in proper order:

Publication order - that's easy (literally) - Select "Reports", "Results", select "all events", "Triple Column" may be chosen (as opposed to single or double), click on the "Include in Results" tab, and I would add in records (time standards also if desired). Click on the "Splits/Sort Order" tab, select "Cumulative" under splits, and "Publication Order" under sort order.

2. To send these results to others:

To create the sdif file: Click on "File", "Export Results for Team Manager or Swims". This will create a zipped file containing two files: a CL2 file with results, and an HY3 file with results. The HY3 is the newer format now used by Team Manager; the CL2 is the older format.

Then the user has to unzip the file or extract the CL2 file. If the operators use Windows Explorer (right click on "start", select "explore") and proceed to where they have saved the file - click on the file, and assuming WINZIP or some other software to unzip is used, the zip file will open. They then can view the files inside. The first one should be the CL2 file. They can confirm that by right clicking on it and going to properties. The file type will be CL2. Extract that file or drag and drop it to a place outside of the zipped file.

Then, in Meet Manager click on "File", "Export", and "Convert a Hy-Tek Export CL2 File to SDIF". On the next screen select the folder the CL2 file is saved in, click on the file, and then click "open". Then select the drive and folder where you want to save the sdif file, and the file will be created and copied there.

3. Here are addresses where to send the file immediately after the meet:

Webmaster for NC is George Simon
(george.simon@mindspring.com);

Top Ten person for NC is Henry Stewart
(hstewart@hcwbenefits.com);

Webmaster for Dixie Zone is Richard Brewer
(1d945b@earthlink.net); and

USMS Current Top Times (MeetResults@usms.org).

Once the results are in Publication Order and placed in a file, they can be sent simultaneously to the above four addresses. The computer operators can accomplish these keystrokes fairly fast if they're familiar with Meet Manager; so it's not hard to complete this necessary task before they leave the meet.

NC Masters' Lanes

First Annual Steve Barden Memorial Swim Meet and Open Water Swim

By Ruth Battle

The First Annual Steve Barden Memorial Swim Meet and Open Water Swim were held on September 23- 24. The Asheville Masters swim team hosted this meet in remembrance of the late Steve Barden, Asheville's original Masters swimmer who passed away in the summer of 2005. Steve's fellow teammates will always remember him for his extreme passion for the sport, his relentless spirit, and commitment to the water. Despite several physical setbacks, Steve always returned to the pool in record time. This is why Steve will always be in the thought and hearts of his teammates forever.

The swim meet was held on the beautiful campus of the Asheville School. More than 100 swimmers came from as far north as Canada and as far south as Florida. An all 200-yard breaststroke relay was held at the end of the day, Saturday, in honor of Steve's favorite event. All the swimmers gathered around the starting end of the pool, and randomly formed relays mixing teams, sexes, and ages. The top two relay teams won awards -- fun was had by all!

The Open Water Swim

By Jim Hinton

I have been swimming with US Masters for the past three years in Asheville with Coach Kemp Battle and his wife Coach Ruth. Prior to that I was fortunate enough to live in Bermuda for sixteen years where I not only swam but also

helped orchestrate open water swimming events. Because of my past experience I was nominated to arrange Asheville's first open water event at Biltmore Lake for the Steve Barden Memorial Swim Meet. I thought it would be a piece of cake to organize, but was I ever wrong. After receiving a twenty-page manual from USMS on how to organize an open water event I was grateful I work out of my home and have a flexible schedule! Setting up Porta-Potties, Kayakers and First Aid were painless next to following all of those wonderful and mandatory rules and regulations! Just to make it extra complicated I believe we were one of the first to combine an open water with two days of short course pool events. This arrangement meant two separate sanctions were required.

At the end of the day or shall I say several months later all the details were complete. The open water swim went off without a hitch due mainly to all the great volunteers working the event. It was very fulfilling to see all the pieces come together and watch the volunteers perform their particular activities so well. We were all a little nervous about weather conditions in Asheville in late September, but the lake temperature warmed up to be 74 degrees on race day, and there were no complaints. I am sure the thirty-six swimmers who did participate in the open water portion of the Steve Barden Memorial Swim Meet will spread the word about what a wonderfully picturesque location Asheville can be in late September. I hope to fill the lake with 100 swimmers in 2007, and I will be one of them!

(Editor's Note: Read Jim's interesting account of his "Open Water Swimming in Bermuda" in our March 2005 *Across The Lanes* <http://www.ncmasters.org/atmar05.pdf>)

| Steve Barden Memorial Open Water Swim Meet | | | | | | | |
|--|-------------------|------------|---------|---------------------|-------------------|------------|----------|
| Women | | | | Men | | | |
| 825 Yard Freestyle | | | | 825 Yard Freestyle | | | |
| 18-24 | Morris, Marla | Unattached | 16:57.3 | 18-24 | Adriatico, Juan | GYMS-SC | 13:14.40 |
| 25-29 | Lewis, Jennifer | RAM-NC | 14:47.7 | 25-29 | Haberman, Brandon | RAM-NC | 13:26.32 |
| 30-34 | Booth, Shelley | AMS-NC | 14:57.8 | 30-34 | Su, Billy | RAM-NC | 12:34.56 |
| 40-44 | Flemng, Amy | Unattached | 13:36.8 | 45-49 | Adamson, Kenet | AMS-NC | 14:04.34 |
| | | | | 50-54 | Snell, Tom | HHAC-SC | 13:19.73 |
| | | | | 65-69 | Barnes, Mikal | AWSM-NC | 20:17.13 |
| 1650 Yard Freestyle | | | | 1650 Yard Freestyle | | | |
| 25-29 | Johnson, Shandra | RAM-NC | 22:42.7 | 25-29 | Medendorp, Mark | TMS | 24:46.77 |
| | Barden, Diana | AMS-NC | 27:45.7 | 30-34 | Walker, Austin | AMS-NC | 25:06.93 |
| | Hawley, Kate | RAM-NC | 28:14.1 | | Fennell, Josh | GYMS-SC | 26:25.05 |
| | Amweg, Meri | TMS | 31:05.5 | 35-39 | Cook, Matthew | AMS-NC | 25:32.70 |
| 30-34 | Allen, Juliet | THAT-NC | 28:01.0 | | Vess, Eric | Unattached | 29:48.68 |
| 35-39 | Reamy, Suzanne | HHAC-SC | 33:03.8 | | Reamy, C J | Unattached | 38:21.83 |
| 40-44 | McKenzie, Susan | NCMS-NC | 28:21.3 | 40-44 | Mangrum, John | RAM-NC | 26:58.60 |
| 45-49 | Batchelor, Robin | NCMS-NC | 25:52.7 | | Bridges, David | GYMS-SC | 27:03.63 |
| 50-54 | Sims, Ann | NCMS-NC | 27:53.2 | | Roerden, Jeffrey | RAM-NC | 29:17.70 |
| | Rogers, Jennie | AMS-NC | 29:43.0 | | Taber, Tom | GYMS-SC | 30:51.36 |
| | Medearis, Rebecca | CSM | 35:38.7 | 45-49 | Wright, Steve | HHAC-SC | 23:22.03 |
| 55-59 | Cutler, Martha | NCMS-NC | 37:55.1 | 50-54 | Ferroggiaro, Fred | NCMS-NC | 23:04.99 |
| 70-74 | Tucker, Beverley | FACT-FL | 44:32.6 | 55-59 | Blackford, Doug | Unattached | 44:38.64 |

NC Masters' Lanes

The First Annual Steve Barden Memorial Swim Meet and Open Water Swim (Continued)

| AGE GROUP HIGHPOINT WINNERS | | | |
|--------------------------------|-------------------|-------|------------------|
| WOMEN | | MEN | |
| 80-84 | Betsy Montgomery | 80-84 | Jim Scherbarth |
| 75-79 | Pat Dockendorf | 75-79 | Dick Webber |
| 70-74 | Beverley Tucker | 70-74 | Richard Erler |
| 60-64 | Nancy Anderson | 65-69 | Mikal Barnes |
| 55-59 | Martha Cutler | 60-64 | Richard Abbott |
| 50-55 | Jennie Rogers | 55-59 | Steve Conover |
| 45-49 | Robin Batchelor | 50-54 | Tom Snell |
| 40-44 | Adrienne Kramer | 45-49 | Walt Bowser |
| 35-39 | Dana Greene | 40-44 | Jeffrey Roerden |
| 30-34 | Shelley Booth | 35-39 | Matthew Cook |
| 25-29 | Shandra Johnson | 30-34 | Josh Fennell |
| 18-24 | Svitlana Kulakova | 25-29 | Brandon Haberman |
| | | 18-24 | Juan Adriatico |

USMS 2006 TOP TEN FOR LONG COURSE METERS

Congratulations to the ten women and sixteen men from the North Carolina LMSC who made the Top Ten list for the 2006 LCM season. NC Masters had thirty-two swimmers participate at this year's World Masters Championships held at Stanford University. Numerous state and personal records were broken at this meet! Special recognition is merited for All-Americans Sue Walsh, Jose Merino, Jerry Clark, Dick Kitchell, John Kortheuer and Clark Mitchell who placed **first** in the nation for their age group in one or more events.

For more information on USMS Top Ten, visit the USMS web site at www.usms.org/comp/1t. Each person on this list is eligible to purchase a Top Ten patch with stroke segment. One stroke or relay segment comes with each patch, and a patch with a relay segment costs \$5.00. Additional stroke or relay segments cost \$1.25 each. Make checks payable to Lake Erie LMSC, and send your information and the check to: [Tom Gorman](mailto:Tom.Gorman@LakeErieLMSC.org), P.O. Box 43824, Richmond Heights, OH 44143.

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

| 2006 USMS Top Ten LCM Relays for North Carolina LMSC | | |
|--|--|--|
| AGE GROUP | PLACE / EVENT / TIME | TEAM |
| Men 280-319 | 2nd / 200 Free / 2:07.86 | Jerry Clark , Clarke Mitchell , Dick Webber , John Kortheuer |
| | 1st / 200 Medley / 2:21.46 WORLD RECORD | Clarke Mitchell , John Kortheuer , Richard Kitchell , Jerry Clark |
| Women 160-199 | 2nd / 200 Free / 1:54.49 | Elizabeth Nowak , Ruth Battle , Elisabeth Deal , Susan Walsh |
| | 3rd / 200 Medley / 2:12.07 | Susan Walsh , Elizabeth Nowak , Elisabeth Deal , Ruth Battle |
| Women 240-279 | 6th / 200 Medley / 3:09.77 | Suzanne Robbins-Bonitz , Sandra Kremer , Eugenia Rogers , Jeannie Mitchell |
| Mixed 160-199 | 6th / 200 Free / 1:50.47 | Brian Goldman , Elisabeth Deal , Ruth Battle , Jose Merino |
| | 2nd / 200 Medley / 1:59.75 | Susan Walsh , Jon Blank , Jose Merino , Elizabeth Nowak |
| Mixed 280-319 | 6th / 200 Medley / 3:13.53 | Suzanne Robbins-Bonitz , Sandra Kremer , Dick Webber , Edward Weiss |

**USMS 2006 TOP TEN FOR LONG COURSE METERS
(Continued)**

| 2006 USMS Top Ten LCM for North Carolina LMSC | | |
|--|------------------------|---|
| AGE GROUP WOMEN | SWIMMER | PLACE / EVENT / TIME |
| 25-29 | Vironica Schreiner | 2nd / 200 Breast / 3:07.78 |
| 30-34 | Erika Braun | 2nd / 50 Free / 28.10; 2nd / 100 Free / 1:02.08; 4th / 50 Back / 33.64; 3rd / 100 Back / 1:11.98; 4th / 50 Breast / 37.55; 6th / 50 Fly / 31.65 |
| 40-44 | Susan Walsh | 3rd / 50 Free / 27.93; 3rd / 100 Free / 1:01.33; 1st / 50 Back / 32.40; 3rd / 100 Back / 1:11.23; 2nd / 50 Fly / 29.79 |
| | Elizabeth Nowak | 10th / 200 Back / 2:46.98; 6th / 50 Breast / 38.35; 5th / 100 Breast / 1:23.95; 10th / 200 IM / 2:43.71 |
| 60-64 | Jeannie Mitchell | 10th / 400 Free / 6:34.03; 3rd / 50 Back / 42.92; 2nd / 100 Back / 1:31.61; 6th / 200 Back / 3:31.71 |
| 65-69 | Sally Newell | 8th / 100 Back / 1:49.15; 5th / 200 Back / 3:53.76; 5th / 100 Breast / 1:54.87; 4th / 200 Breast / 4:02.65; 5th / 200 IM / 3:56.48 |
| 70-74 | Sandra Kremer | 8th / 100 Free / 1:42.78; 6th / 200 Free / 3:37.46; 5th / 400 Free / 7:46.63; 3rd / 800 Free / 15:52.17; 7th / 50 Breast / 1:00.82; 7th / 100 Breast / 2:09.43 |
| | Suzanne Robbins-Bonitz | 7th / 50 Back / 53.29; 8th / 100 Back / 2:04.50; 6th / 200 Back / 4:38.17 |
| MEN | | |
| 25-29 | Ivo Pavlov | 8th / 50 Back / 30.94 |
| 30-34 | Jose Merino | 9th / 50 Breast / 33.11; 9th / 100 Breast / 1:11.91; 2nd / 50 Fly / 26.10; 4th / 100 Fly / 59.01; 1st / 200 Fly / 2:18.22 |
| 35-39 | Andrew Farrell | 5th / 400 Free / 4:30.11; 6th / 800 Free / 9:23.59; 6th / 100 Back / 1:05.22 |
| | Lawrence Lee | 8th / 1500 Free / 19:48.02 |
| 45-49 | Peter Hollett | 8th / 400 Free / 4:38.16; 10th / 800 Free / 9:45.49 |
| | Jonathan Klein | 6th / 50 Back / 30.59; 5th / 100 Back / 1:06.05; 9th / 50 Fly / 27.87 |
| | Jon Blank | 10th / 50 Free / 26.29; 2nd / 50 Breast / 31.03; 3rd / 100 Breast / 1:10.23; 2nd / 200 Breast / 2:36.36; 6th / 50 Fly / 27.61; 6th / 200 IM / 2:24.26 |
| 50-54 | Fred Ferroggiaro | 8th / 800 Free / 9:45.09; 9th / 50 Back / 32.17; 4th / 100 Back / 1:08.65 |
| 55-59 | Richard Bober | 2nd / 50 Back / 31.22; 2nd / 100 Back / 1:08.55; 1st / 200 Back / 2:34.85 |
| 65-69 | Jerry Clark | 3rd / 50 Free / 29.54; 1st / 100 Free / 1:07.81; 4th / 200 Free / 2:33.85; 5th / 400 Free / 5:30.08; 3rd / 800 Free / 11:51.57 |
| | Richard Kitchell | 1st / 100 Fly / 1:16.72; 1st / 200 Fly / 2:58.38 |
| 70-74 | Clarke Mitchell | 2nd / 50 Back / 38.08; 2nd / 100 Back / 1:24.55; 5th / 200 Back / 3:22.32; 3rd / 50 Fly / 35.93; 8th / 100 Fly / 1:40.91 |
| 75-79 | Dick Webber | 4th / 50 Free / 34.34; 4th / 100 Free / 1:19.46; 2nd / 50 Fly / 40.92 |
| | John Kortheuer | 1st / 50 Breast / 40.82; 1st / 100 Breast / 1:34.93; 1st / 50 Free 33.14 |
| 80-84 | Jim Scherbarth | 6th / 50 Breast / 1:19.45 |

PERFORMANCE APTITUDES AND ATTITUDES

CROSS TRAINING FOR MASTERS SWIMMERS

BY WAYNE GOLDSMITH

Cross training can make fitness fun and provide you with limitless options to get in shape, keep in shape and improve your swimming.

Cross training is any form of physical activity—other than your primary physical activity, which for Masters swimmers would be swimming—that allows you to train and keep in shape. It is a great way to get fit, keep fit and help you improve your swimming performance. It allows you the opportunity to work on physical performance factors such as speed, strength and endurance in training environments other than the pool.

But before you go out and put on those jogging shoes or go to the local sporting goods store and buy that expensive bike, there are plenty of questions to answer:

Which cross training choices are best for swimming?

What are the risks?

When should you do it?

Cross training is a great idea, but there are more choices available than there are colors of M&Ms! There's cycling, running/jogging, cross country skiing, walking, weight training, yoga, Pilates..Hey, you could do more cross training than actual swimming training!

WHICH CROSS TRAINING CHOICES ARE BEST FOR SWIMMING?

To answer this question, first think about swimming—I mean, *really* think about it. What physical abilities—i.e., performance factors—do you need to swim fast?

The key physical performance factors in swimming success are:

- Flexibility
- Strength
- Speed
- Endurance
- Coordination

Therefore, when looking for cross training options, look for things that help you to develop these performance factors. One way to do this is to take the SAT—no, not the Scholastic Aptitude Test. We're talking about the Swimming Appropriateness Test.

The SAT is a way of measuring how each of the more popular cross training options can potentially help you improve your swimming (see Chart #1). Each type of training has a score from 1-10 for each category (with 10 being the highest possible score). The maximum SAT score is 50 (5 categories x a maximum of 10 points in each category).

WHAT ARE THE RISKS?

The SAT gives you an idea of which types of training will help your swimming. Once that is established, you should evaluate the positives, negatives and risks for the different types of training (see Chart #2).

CHART #1. Common Cross Training Options For Masters Swimmers And Their Relevance To Swimming

| TYPE OF TRAINING | FLEXIBILITY | STRENGTH | SPEED | ENDURANCE | COORDINATION | SAT SCORE* |
|----------------------|---|----------|-------|--|--------------|------------|
| Walking | 6 | 6 | 5 | 8+ <small>(depending on walking speed and duration of walk)</small> | 6 | 31 |
| Cycling | 6 | 8 | 6 | 9 | 6 | 35 |
| Weight Training | 8 <small>(you should be stretching before and after workouts and between sets)</small> | 10 | 8 | 6 <small>(depending on what type of weight training)</small> | 8 | 40 |
| Running/jogging | 5 | 9 | 7 | 10 | 6 | 37 |
| Yoga | 10 | 8 | 6 | 7 <small>(can vary depending on what type of yoga class you choose)</small> | 10 | 41 |
| Cross Country Skiing | 6 | 7 | 6 | 10 | 8 | 37 |
| Pilates | 10 | 10 | 6 | 6 | 9 | 41 |

CHART #2. THE UPS AND DOWNS OF POPULAR CROSS TRAINING OPTIONS

| TYPE OF TRAINING | POSITIVES | NEGATIVES | RISKS |
|----------------------|--|---|--|
| Cycling | Great for leg strength and aerobic fitness. Interesting training environment—"the Great Outdoors!" | Cost of getting a good bike (and accessories) and having it set up correctly for your individual needs. Bike maintenance. (Learn to change a tire.) | Potentially high from falls, accidents and other mishaps. |
| Running/Jogging | Great for leg strength and aerobic fitness. Interesting training environment. Easy to find somewhere to run anywhere in the world! | Cost of quality running shoes. | Potential overuse injuries to feet, ankles, knees, hips and back due to poor running mechanics and/or doing too much too soon. |
| Cross Country Skiing | Great for leg strength and aerobic fitness. Interesting training environment—Aspen, Whistler, etc. | Cost of ski equipment, and accommodations, lift tickets, etc. (unless you live in a "snowy" climate). | Need to take care in harsh conditions. Don't ski alone! |
| Walking | Can be done anywhere. | None. | Low—be careful of traffic, |
| Weight Training | Great for strengthening swimming muscles to im- | Cost of buying training equipment or gym member- | Potentially high UNLESS you take time learning cor- |
| Yoga | Great for flexibility, coordination, balance, developing strength | Cost of yoga classes | Low |
| Pilates | Great for flexibility, coordination, balance, developing strength and core stability | Cost of Pilates classes. | Low |

WHEN SHOULD YOU DO IT?

Now that you've decided which cross training options suit your needs, your budget and your lifestyle, how do you fit them into your week? Here are some general rules to follow:

Put first things first. If you have scheduled a swimming session and cross training session on the same day, do the swim first—when you are relatively fresh and unfatigued.

Avoid things that will negatively impact your swimming. If you are finding that jogging is giving you injuries that keep you out of the water, maybe you should look for another cross training option. Cross training is supposed to help your swimming, not hinder it.

Mix and match. Can you combine cross training options with swimming? Can you walk, jog or cycle to and from the pool? Can you do "mini-triathlons"—i.e., do a

swim session, cycle home, then go for a jog or walk around the block?

Fatigue is fatigue is fatigue. If you work hard cycling and go to the pool feeling tired, flat and fatigued, you will swim poorly Your body will respond magnificently to a balanced program of swimming and cross training—if you give it time to adapt.

Plan, plan, plan. Fitting cross training into your busy lifestyle means planning meals, clothing, equipment and other logistics in advance.

Wayne Goldsmith is the former sports science coordinator for Swimming Australia and currently a High Performance Swimming Consultant. Reprinted with permission of *Swimming World Magazine*; "Cross Training For Masters Swimmers"; Wayne Goldsmith; *Swimming World Magazine*; September 2006, Volume 47 No. 9; pages 29-30.

UPCOMING LOCAL 2007 MASTERS SWIMMING EVENTS

| DATE | EVENT | LOCATION | POINT OF CONTACT |
|--------------------------|--|---|---|
| 1/27/2007- 1/28/2007 | 33rd Annual Sunbelt Short Course Championships ### | Mecklenberg Aquatic Center Charlotte, NC | Bernie White and Ken Johnson (704/364-2141) |
| 2/3/2007- 2/4/2007 | George Fissette South Carolina SCY Championships. | Mount Pleasant SC | Bob Menches, fishheadbarand-grill@comcast.net, 843.886.9308 |
| 2/10/2007 - 2/11/2007 | David Gregg III Memorial Meet | NOVA of VA Aquatic Center, Richmond, VA | NancyMillr@aol.com www.vaswim.org/meets/2007David_Gregg_MemMt.pdf |
| 2/17/2007 - 2/18/2007 | Auburn Masters Invitational & Dixie Zone SCY Championships | Martin Aquatic Center, Auburn University | Tom Healy, 334.884.1963, auswim1@auburn.edu |
| 3/3/2007 | Frank Clark Masters Open ### | Grimsley High School Pool. Greensboro, NC. | Mark Medendorp, dorp11@yahoo.com , 336-575-6122 |
| 3/3/2007- 3/4/2007 | Maryland Masters Winter Meet | UMBC, Catonsville, MD | Karen Tucker, 410-203-2890; http://www.marylandmasters.com/ |
| 3/17/2007 – 3/18/2007 | Dynamo Masters St. Patrick's Day SCY Invitational. | Dynamo Swim Center Atlanta, GA, | Edward Saltzman: 770-442-9075 Edward.Saltzman@bellsouth.com |
| 3/31/2007 | THAT Devil Spring Splash. | Duke University Taishoff Aquatic Center | Robin Robinson at robinsr@nc.rr.com |
| 4/21/2007 | College Flashback Meet. | Hilton Head Island Recreation Center, Hilton Head, SC | Steve Wright (Meet Director) or Marla Morris at (843) 681-7273 |
| 4/28/2007 – 4/29/2007 | North Carolina SCY State Championships. ### | Raleigh NC | |
| 6/2/2007 | Classic City Invitational | UGA, Athens, GA | |

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

2007 CHAMPIONSHIPS

| DATE | EVENT | LOCATION | POINT OF CONTACT |
|--------------------------|---|------------------|------------------|
| 4/12/2007 - 4/15/2007 | YMCA Masters National Championships. | Indianapolis, IN | |
| 5/17/2007 - 5/20/2007 | USMS National SCY Championships. | Federal Way, WA | |
| 6/27/2007 7/2/2007 | National Senior Games. | Louisville KY | |
| 8/10/2007 - 8/13/2007 | USMS National LCM Championships. | The Woodlands TX | |

LMSC - NC Officers and Staff

| | | | | |
|--|--|--|--|--|
| Chairman Joe Gosha, NCMS 140 Lake Concord Rd Concord, NC 28025 704-294-2021 NCchairman@usms.org | Vice-Chairman Kemp Battle, AMS 10 Parkside Ave 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 Henry Stewart, RAM 5404 Killarney Hope Dr. Raleigh, NC 27613-1029 (919) 881-9916 hstewart@hcwbenfits.com | |

THAT Devil Spring Splash

March 31, 2007

Sponsored by: Tar Heel Aquatic Team (THAT)
Sanctioned by: LMSC for NC for USMS, Sanction # 137-03
Meet Director: Robin Robinson
Meet Referees: Pending

LOCATION: Duke University Taishoff Aquatic Center (attached to the Wilson Recreation Center), Durham, NC; <http://map.duke.edu/building.php?bid=7799>; Eight lane 25-yard competition pool with 7-foot wide lanes and a depth tapering from 4.5 feet at both ends to a depth of 7 feet in the center. The facility also features a Colorado Timing System 5000 and 8-lane scoreboard. There is ample bleacher seating for competitors and spectators.

RULES: USMS rules govern the meet. You must attach a copy of your 2007 USMS registration card to the entry form. No one-event USMS registrations. You must sign a waiver. Your age as of 3/31/07 determines your age group for the meet. **Except for sprint lanes in warm-up and when competing, ANY ENTRIES IN WATER MUST BE FEET FIRST.**

DEADLINE: Entries must be **received** before 5:00 p.m. Saturday, March 24, 2007. No faxes accepted. Deck entries will be accepted as space allows but you are strongly encouraged to sign up in advance. If you have any questions, e-mail Robin Robinson at robinsr@nc.rr.com.

FEES: Single fee of \$30.00 covers entry fee and facilities charge. Late entries are \$35.00. No charge for relays. Make checks payable to Tar Heel Aquatic Team. Meet fees are non-refundable.

ENTRIES: Swimmers may swim up to 5 individual events. Mail entry form and fee to Robin Robinson, 90 Cedar Hills Circle, Chapel Hill, NC 27514.

AWARDS: Custom awards.

SCORING: Individual events will be scored 9-7-6-5-4-3-2-1, relays 18-14-12-10-8-6-4-2. Meet results will be posted on www.ncmasters.org and will be sent to team representatives and the NC LMSC records chairperson.

WARM-UP: The pool will be open for warm-up from 10:00 – 10:50 a.m. Sprint lanes will be designated with diving allowed from 10:35 – 10:50 a.m. (25 yard, one-way). Continuous warm-up/cool down lanes will be available throughout the meet.

SEEDING: All events will be pre-seeded with the exception of the relays, which will be deck seeded by time. Deck entries will be added as space allows. In some cases, men and women may be combined if needed. All events will be swum slow to fast. Relays will follow USMS age groupings 25+, 35+, 45+, 55+, etc. Relay teams may be women, men or mixed.

DIRECTIONS TO POOL: From I40, take Highway 15/501 (Exit 270) east towards Durham. Stay on Highway 15-501 Bypass to Highway 751/Cameron Blvd (Exit 107). Turn right onto Highway 751/Cameron Blvd. Proceed to second light and turn left onto Science Drive. Turn right onto Whitford Drive. Go to top of the hill, parking lot is on the right. Pool is down the hill and left of the Yoh Football Center.

OTHER: No food or drinks may be brought into the facility.

THAT Devil Spring Splash

March 31, 2007

Warm-ups permitted from 10:00 – 10:50 a.m. Events begin at 11:00 a.m.

Name: _____ Street: _____

City/State: _____ Zip: _____ Phone: (____) _____.

E-mail Address: _____

Age as of 3/31/07: _____ Date of Birth: _____ Sex: _____

USMS Registration #: _____ Team Initials: _____

Please circle event numbers, and specify stroke for 200 Open event:

| Women's <u>Event #</u> | <u>Entry Time</u> | <u>Event In Yards</u> | Men's <u>Event #</u> | <u>Entry Time</u> |
|---------------------------|-----------------------|---|-------------------------|-----------------------|
| 1 | _____ | 500 Y Free | 2 | _____ |
| 3 | _____ | 200 Y IM | 4 | _____ |
| 5 | _____ | 50 Y Fly | 6 | _____ |
| 7 | _____ | 400 Y Free Relay (W, M, Mixed) | 7 | _____ |
| 10 minute break | | | | |
| 9 | _____ | 100 Y Breast | 10 | _____ |
| 11 | _____ | 50 Y Back | 12 | _____ |
| 13 | _____ | 100 Y Free | 14 | _____ |
| 10 minute break | | | | |
| 15 | _____ | 100 Y Fly | 16 | _____ |
| 17 | _____ | 50 Y Breast | 18 | _____ |
| 19 | _____ | 100 Y IM | 20 | _____ |
| 21 | _____ | 200 Y Free Relay (W, M, Mixed) | 21 | _____ |
| 10 minute break | | | | |
| 23 | _____ | 100 Y Back | 24 | _____ |
| 25 | _____ | 50 Y Free | 26 | _____ |
| 27 | _____ | 200 Y Open -- Circle which stroke: Fly Back Breast | 28 | _____ |
| 10 minute break | | | | |
| 29 | _____ | 200 Y Free | 30 | _____ |
| 31 | _____ | 400 Y IM | 32 | _____ |
| 33 | _____ | 200 Y Medley Relay (W, M, Mixed) | 33 | _____ |

Please read and sign:

I, 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 of 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 VOLUNTEERING OR OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. IN ADDITION, I AGREE TO ABIDE BY AND BE GOVERNED BY THE RULES OF USMS.

Name (print): _____ Signature: _____ Date: _____

Entry Fee (make check payable to Tar Heel Aquatic Team): **\$30** (\$35 after March 24, 2007)

Mail Entry form and fee to Robin Robinson, 90 Cedar Hills Circle, Chapel Hill, NC 27514

Frank Clark Meet hosted by Triad Masters Swimming

Saturday, March 3rd , 2007

Sanction: Sanction by LMSC for NC for USMS, Inc. Sanction # 137-02

Meet Director: Mark Medendorp, dorp11@yahoo.com, 336-575-6122

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 (dorp11@yahoo.com) or fax (336-335-2966) by Midnight on February 26, 2007. 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 registering 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 3, 2007

Please print legibly

Name: _____ Team Initials: _____

Address: _____

City/State/Zip: _____

Sex: M F Age: _____ DOB: _____ USMS Number: _____

Phone: _____ Email: _____

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

Number of events: _____ x \$3.00 each = \$ _____

Meet Surcharges: x \$5.00 = \$ 5.00

Total: = \$ _____

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

Mark Medendorp
213 Leftwich St.
Greensboro, NC 27401

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: _____

CHARLOTTE SWIM MASTERS LLC

SUNBELT CHAMPIONSHIP

January 27-28, 2007

- Sanction: Sanction by LMSC for NC for USMS, Inc. Sanction # 137-01
- Meet Directors: Bernie White and Ken Johnson (704/364-2141) Meet Referee: Marty Fehr
- Facility: Mecklenburg County Aquatic Center, 800 East Second Street, Charlotte NC. (704) 336-3483 The pool is 50 meters by 25 yards, with a bulkhead dividing the competition area into an 8 x 25 yard course. Continuous warm up/down lanes available in separate tank. Parking is across the street on Saturday. The pool length has been certified with USMS.
- Rules: Swimmers must be registered with USMS for 2007. USMS One Day Registration forms will not be allowed for this meet. USMS rules govern the meet. Swimmers are limited to 5 individual events per day. **You must enter the pool feet first except in sprint lanes. No paddles or kickboards are allowed when warming up.**
- Deadline: Entries must be received by 5:00pm EDT January 21, 2007.
- Fees: Individual event charge is \$3.00. Relay charge is \$4.00. There will be no refunds unless the meet date is cancelled, in which case the surcharge will be retained but individual entry fees will be refunded.
- Scoring & Awards: Individual events will be scored 9-7-6-5-4-3-2-1; relays doubled. No ribbons or individual high point awards will be given, but a paper plaque for peel-off stickers will be given to all entrants. Team awards will be given for places 1-3 for both in-state teams and out-of-state teams.
- Seeding: All events will be seeded by sex and time, with the exception of the following events; 1650, 1000, 500 free and 400 IM. **In order to be seeded in the 400 IM and the 500 free, you must re-confirm at the pool that you will swim.** These events will be seeded by time only with the sexes combined. All events will be seeded slow to fast **except the 500 free, which will be seeded fast to slow.** "No Time" is not allowed. The Meet Director reserves right to combine sexes in any other events.
- Schedule: Saturday morning: Warm up 8:00am; first heat of the distance events start 8:45am.
The pool will be open at 7:30 am.
Saturday afternoon: Warm up 11:30am; first heat starts 12:30pm.
Sunday morning: Warm up 8:00am; first heat starts 8:45am.
- Lodging: Hampton Inn \$79 (breakfast free) 704-373-0917. Hilton Garden Inn \$79 (pay for breakfast). Mention Masters Swimming. Both within walking distance to pool. Call before January 21st to get the special rates. Adams Mark has changed to The Blake and the cost is \$99 per night.

2007 SUNBELT CHAMPIONSHIP ENTRY FORM

Please Print Legibly

Name: _____ Club Initials: _____

Street: _____ CityStateZip _____

Age: ____ Birth Date: ____/____/____ Sex: M F Day Phone (____) _____

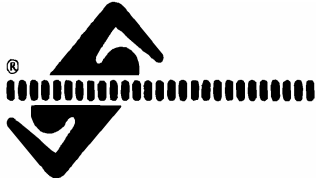
E-mail address: _____ **WRITE CLEARLY**

2007 USMS registration number: _____ (please attach copy of your card)

| Saturday January 27, 2007, Warm up 8:00 am, Meet start at 8:45am | | | | Sunday January 28, 2007, Warm up 8:00am, Meet start 8:45am | | | |
|--|----|--|------|--|----|--------------------------------------|------|
| W | M | Event | Time | W | M | Event | Time |
| 1 | 1 | 1,650 yd Freestyle Limited to first 24 entries | | 21 | 22 | 50 yd Butterfly | |
| 2 | 2 | 1,000 yd Freestyle Limited to first 40 entries | | 23 | 24 | 200 yd IM | |
| | | Warmup 11:30am, Meet start at 12:30pm | | 25 | 26 | 50 yd Backstroke | |
| 3 | 4 | 100 yd Butterfly | | | | Break | |
| 5 | 6 | 50 yd Breaststroke | | 27 | 27 | 200 yd <i>Mixed Free Relay</i> | |
| 7 | 8 | 200 yd <i>Medley Relay</i> | | 28 | 29 | 100 yd Breaststroke | |
| 9 | 10 | 100 yd Backstroke | | 30 | 31 | 200 yd Backstroke | |
| 11 | 11 | 400 yd IM | | 32 | 33 | 100 yd Freestyle | |
| | | Break | | 34 | 35 | 200 yd Butterfly | |
| 12 | 13 | 50 yd Freestyle | | 36 | 37 | 200 yd Freestyle Relay | |
| 14 | 15 | 200 yd Breaststroke | | 38 | 38 | 500 yd Freestyle seeded fast to slow | |
| 16 | 17 | 200 yd Freestyle | | Number of Events: ____ @ \$ 3.00 each = \$ ____ Surcharge @ \$ 8.00 = <u>8.00</u> T-Shirt Size ____ @ \$10.00 each = ____ TOTAL _____ | | | |
| 18 | 19 | 100 yd IM | | | | | |
| 20 | 20 | 200 yd <i>Mixed Medley Relay</i> | | | | | |
| | | | | Checks to Charlotte Swim Masters LLC and mail to: Jerry Clark 128 South Tryon Street, Suite 1565 Charlotte, NC 28202 | | | |

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:** _____



2007 Membership Application

Renewal – my last USMS number was _____
 New registration

Register with the same name you will use for competition. Please print clearly.

| | | | | |
|---|-----|---------------------|-------------------------|----|
| Last Name | | First Name | | MI |
| Street Address | | | | |
| City/State/Zip | | | Phone | |
| Date of Birth (mm/dd/yy) | Age | Sex (circle) M F | E-mail address | |
| North Carolina Masters Swimming Club (default), NCMS chapter, or unattached | | | Today's Date (required) | |

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

Signature (required): _____

Fees when registering between the dates

I wish to contribute \$1.00 (or \$ _____) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2007 registration fees.

I wish to contribute \$1.00 (or \$ _____) to the United States Masters Swimming Foundation. I have added this amount to my 2007 registration fees.

I coach Masters swimmers.

I am a Swimming Official with _____

| 2007 Yearly Fees & effective date 11/1/06 to 12/31/07 | | End of 2007 Discount & effective date 9/1/07 to 12/31/07 | |
|--|----------------|---|----------------|
| USMS fee | \$20.00 | USMS fee | \$15.00 |
| LMSC fee | \$10.00 | LMSC fee | \$5.00 |
| Total Fee | \$30.00 | Total Fee | \$20.00 |

Total fee must be paid, Membership expires December 31st, 2007

I wish to receive my LMSC's newsletter by Email or by hard copy via US Postal Service bulk mail

On rare occasions, USMS may need to inform me of an important issue, I DO/ DO NOT wish to receive them.
 A USMS sponsor may wish to offer you information emailed from the USMS National Office, I DO / DO NOT wish to receive them.
(Email addresses are not supplied to the sponsor.)

Benefits of Membership include: A subscription to USMS's magazine, *USMS SWIMMER*, during the length of the membership year (\$8.00 of the annual dues is designated for the magazine subscription), and periodic mailings from the Local Masters Swimming Committee.

USMS Registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.

Please make check for total fee plus any donation amounts payable to: LMSC for NC

**Mail check and completed form to: George S. Simon
 Registrar, LMSC for NC
 10229 Boxelder Dr
 Raleigh, NC 27613-6139**

Please write in your choice for affiliation with a club, chapter, or unattached on the form above. The current choices in the **Local Masters Swimming Committee for North Carolina** are shown below. The default is NCMS, the state club, with no chapter affiliations. Please make your **\$30** check payable to **LMSC for NC**. Mail to the address listed on page 1.

***If you are joining RAM**, please use the RAM registration form, at <http://www.ncmasters.org/forms/2007ram.pdf> and make the **\$40** check payable to **RAM** and mail to the same address. Thank you.

| Organization/Team | Location | | Team Fee | Total | Contact |
|--|-----------------|------|-----------------|--------------|---------------------------------|
| Unattached | unattached | \$0 | \$30 | | George Simon 919 846-2423 |
| Clubs: | | | | | |
| North Carolina Masters Swimming (NCMS) | unattached | \$0 | \$30 | | George Simon 919 846-2423 |
| Chapters of NCMS club: | | | | | |
| Asheville Masters Swimming (AMS) | Asheville | \$0 | \$30 | | Kemp Battle 828 251-0596 |
| Burke/Unifour Masters Swimming (BUMS) | Valdese | \$0 | \$30 | | Linda Kidd 828 874-0847 |
| Cape Fear Aquatic Club Masters (CFAC) | Wilmington | \$0 | \$30 | | Todd Desorbo 910 279-0193 |
| Charlotte SwimMasters (CSM) | Charlotte | \$0 | \$30 | | Bernie White 704 364-2141 |
| Durham Area Masters Aquatics (DAMA) | Durham | \$0 | \$30 | | Greg Sousa 919 403-6782 |
| Gaston Gators (GG) | Gastonia | \$0 | \$30 | | Michael Dickson 704 865-3943 |
| Goldsboro YMCA Masters | Goldsboro | \$0 | \$30 | | Alex Black 919 778-8557 |
| Greensboro Community YMCA Masters (GCYM) | Greensboro | \$0 | \$30 | | Mary Young 336 478-9622 x235 |
| James J Harris YMCA Masters (HARY) | Charlotte | \$0 | \$30 | | Joan Roberts 704 716-6853 |
| Swim Lenoir Masters (LENR) | Lenoir | \$0 | \$30 | | Pat Hites 828 754-3834 |
| MAC Masters (MAC) | Charlotte | \$0 | \$30 | | Patty Waldron 704 846-5335 |
| Morganton Makos Masters (M3) | Morganton | \$0 | \$30 | | Seth Hawkins 828 430-9942 |
| North Carolina Aquatic Masters (NCAM) | Chapel Hill | \$0 | \$30 | | Sean Quinn 919 933-4905 |
| Raleigh Area Masters (RAM) | Raleigh | \$10 | \$40 | | George Simon 919 846-2423 |
| *see note above regarding payment | | | | | |
| Rocky Mount YMCA Masters (RMYM) | Rocky Mount | \$0 | \$30 | | Vickie Payton 252 972-9622 |
| Seahawk Aquatics Club Masters (SAC) | Wilmington | \$0 | \$30 | | Dan Forrester 910 799-2845 |
| Sports Center of Morehead Masters (SCMM) | Morehead City | \$0 | \$30 | | Norman Macartney 252 504-2319 |
| Stingray Aquatics Masters (SAM) | Matthews | \$0 | \$30 | | Jack Maddan 704 542-4594 |
| Tar Heel Aquatic Team Masters (THAT) | Durham | \$0 | \$30 | | Eric Steidinger 919 968-0303 |
| Triad Masters Swimming (TMS) | Greensboro | \$0 | \$30 | | Andrew Richelson 336 540-8774 |
| Triangle Y Recreational Aquatic Masters (TYRA) | Durham | \$0 | \$30 | | Edward Suarez 919 416-4454 |
| Twin Rivers YMCA Masters (TRYM) | New Bern | \$0 | \$30 | | Greta van Meeteren 252 745-9836 |
| ViQuest Wellness Center (VQWC) | Greenville | \$0 | \$30 | | Rebecca Phillips 252 847-0823 |
| Warren Wilson Fighting Owls (WWFO) | Asheville | \$0 | \$30 | | Laura Rice 828 771-3005 |
| Winston Salem Area Masters (AWSM) | Winston Salem | \$0 | \$30 | | John Pence 336 650-7482 |
| Y of Western North Carolina (YWNC) | Asheville | \$0 | \$30 | | Jim Cottam 828 775-3288 |