



# Across The Lanes

## The USMS Lane

Six months after the United States Aquatic Sports / USMS Convention the USMS Leadership produces their Mid-Year Report describing their objectives and accomplishments to advance our sport. The following is just a small extraction exemplifying their efforts. You are encouraged to learn more of their work at <http://www.usms.org/admin/nycu2005spring.pdf>. The report begins on page five of the *Streamlines* issue.

### **EXECUTIVE COMMITTEE MID YEAR REPORTS**

#### **PRESIDENT**

Jim Miller, MD

(also includes International Liaison and USAS Representative reports)

The first half of this year has been an exciting time for USMS. Many aspects of our organization are under evaluation. The Core Objectives of service, education, and growth have allowed us to focus our efforts to benefit the members more effectively. This becomes clearly evident in the organization and content of our new national publication, *USMS SWIMMER*. The process is also under way in the new governance proposals. Change is difficult and exciting at the same time.

In the governance process, I congratulate the members of the Board of Directors for having the courage to focus on the health of the organization and not get caught up in protecting their turf simply 'because it has always been that way.' Once again, change is often difficult. The movement to a more nimble organization will further all three aspects of the Core Objectives.

Our international activity is picking up with the 11th FINA Masters World Championships just 15 months way. Michael Moore and Anne Cribbs are an excellent team, and from all reports FINA is very pleased with the progress. I realize that the objections were great when I started the push following the 9th FINA World Championships in New Zealand to have USMS step up to the challenge of showcasing our wonderful organization. I also foresaw an opportunity to give something back to our athletes. Participation in a World Championship is a highlight for all athletes.

#### **SECRETARY**

Sally Ann Dillon

Before we know it, we'll be convening in **Greensboro, NC**

for another annual meeting of USMS. Convention work has been going on for the EC for the last few months as the schedule was developed and approved. We were unable to find time for Block Meetings this year but we have arranged the meeting schedule again so that the committees within a block do not conflict with each other. A fair amount of time has been set aside to allow you to get to know the candidates who are running for the various offices.

This convention will be packed with important business. We will be electing not only a new Executive Committee, but also eight Directors who will complete the newly designed USMS Board of Directors. Important legislation will also be considered this year that will reflect many governance changes. I can't emphasize enough how important it is for YOUR delegates to be well informed BEFORE they arrive in Greensboro! It will take time for all of us to absorb the information that will be voted on and waiting until the plane ride (or later) is not recommended.

#### **PAST PRESIDENT**

Nancy Ridout

(also includes the USOTC Liaison Report)

USMS/USA Swimming High Altitude Training Camp

Our 8th camp was held February 12-16, 2005, at the Olympic Training Center in Colorado Springs. The camp was increased from 12 to 18 athletes this year, and it worked out very well. Our nine women and nine men athletes came from **NC, Bob Schmitz**, and eleven other states, and range from 35 to 68 years of age. The staff included coaches Bob Bruce (OMS), Mark Moore (MVN), and Rick Powers (DAM), Flexibility/ROM/Strength & Conditioning Steve Thompson MPT, CSCS, and Sports Psychology Consultant Scott Boyle, M.A. (in cooperation with USA Swimming). The USA Swimming staff was outstanding and John Walker provided excellent leadership.

Part of the responsibility undertaken by each athlete that is selected is to share the knowledge that they gained with others. This is a high priority for all of us as space is limited in the camp. Our athletes and coaches have taken this seriously and already have written articles, run stroke clinics, and given talks. Many of our applicants have heard about this opportunity from those who have experienced it. The OTC is a special place, the USA Swimming staff is at the cutting

edge, and our Masters coaches are chosen for their excellence in stroke analysis and technique and their communication skills. It is a once in a lifetime experience that is a valuable asset to our USMS program.

**USMS NATIONAL OFFICE MID YEAR REPORTS**

USMS DATABASE ADMINISTRATOR

Esther Lyman

Our registrars and top ten recorders continue to become comfortable with the permanent identifier implemented over the past three seasons for the main purpose of tagging each swimmer so they can be correctly matched up with their swimming accomplishments over time. Given the geographically distributed nature of our ‘business’ and the long time span – for many of us going on 25-30 years, this is no easy task.

As of mid-April, we have booked 31,733 members with registration dates through April, or 75.5% of the 2004 year-end total of 42,044 (net of transfers). As always, it is hard to tell because of varying transmittal times, but it seems like we are running a little ahead of this time last year. With the help of some wishful thinking, we could begin to imagine reaching 43,000 this year.

For those who are interested in the amount of competition within their age group, this is how the numbers break down for 2005 to date: (Age calculated as of 12/31/2005)

Year-end Age	Women / Men		Total
85+	50	81	131
80+	102	168	270
75+	168	274	442
70+	235	409	644
65+	340	588	928
60+	529	1064	1593
55+	920	1754	2674
50+	1688	2357	4045
45+	2145	2921	5066
40+	2349	2760	5109
35+	1826	2121	3947
30+	1592	1462	3054
25+	1531	1026	2557
18+	816	457	1273
2005 YTD	14291	17442	31733

Minor variations in numbers with the ones shown elsewhere are from transfers, error corrections and unresolved issues.

**USMS COMMITTEE MID YEAR REPORTS**  
**CHAMPIONSHIP**

Barry Fasbender, Chair

**Jerry Clark, Vice Chair**

2005 LCM Nationals in Mission Viejo, California: Mark Gill is the meet liaison for the Mission Viejo nationals. This is a five-day meet this year, and we expect an above average participation. The Meet Information document has been submitted to USMS Swimmer for publication in the May-June issue.

2006 SCY Nationals in Coral Springs, Florida: Mark Gill is the meet liaison for the Coral Springs nationals

2007 National Championship Pool Venues: Jeff Roddin will be sending out a letter to major aquatic facilities encouraging them to consider bidding for the 2007 National Short Course Championship. A short time later, he will send out letters to the local LMSCs requesting that they encourage potential host to bid.

2007 National Short Course Championships Bids: Possible interest from Auburn University, Bakersfield California (LCN), Las Vegas, Nevada (SCN), Maui Hawaii (LCN), Orlando, Florida (LCN), Pacific Northwest (SCN), and Woodlands, Texas (LCN).

CONVENTION

Michael Heather, Chair

Debbie Cavanaugh, Vice Chair

**Rhea Wilkins** attended the USAS Site Review in February to scout for a hospitality suite. Received meeting schedule from EC, formatted schedule and sent to USAS. Working with **Jerry Clark** to arrange volunteers, busing and pool space for delegates. Tracy Grilli distributed convention registration and hotel reservation forms.

**TASKS FOR THE MONTHS LEADING UP TO CONVENTION**

- Arrange for Hospitality suite in Greensboro.
- Arrange for Treasurer to open master billing account at Hotel
- Distribute Audio Visual request form to BOD and other meeting holders.
- Diligent, cheerful and overworked member Grilli to create and distribute delegate pre convention packages

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## INTERNATIONAL COMMITTEE

Sandi Rousseau, Chair  
Myriam Pero, Vice Chair

The International Committee has been primarily focused on assisting the Stanford Local Organizing Committee in any way possible in preparation for the FINA World Masters Championships in August 2006. Myriam Pero attempted to get representatives from all sports to be contested at Stanford to a meeting with Michael Moore and Anne Warner Cribbs when they visited the State Department in Washington DC.

We have provided the LOC with a list of International Committee members who are attending a variety of championship meets and willing to staff a booth and/or provide information at these various meets to promote the Stanford World meet. These meets include the USMS Short and Long Course nationals, the ASUA (Amateur Swimming Union of the Americas) in the Dominican Republic, the World Masters Games in Edmonton, Canada, and the Laty-Car Championships in Sao Paulo, Brazil.

## LEGISLATION

Rob Copeland, Chair  
Jennifer Parks, Vice Chair

2005 is an ON year for Legislative amendments and with all of the anticipated changes coming from the Planning Committee's governance task force this looks to be a very active summer and fall. So far this year the committee has looked at the few recommendations which have come from the task force. As the July 10th submission deadline approaches we expect to see much more from the governance task force as well as other proposed changes.

Anticipated changes include significant revisions to the roles and responsibilities of our officers and board of directors. In addition we anticipate changes to how our committees are organized and in some cases the composition and responsibilities of these committees

## MARKETING COMMITTEE

Doug Garcia, Chair  
Connie Barrett, Vice Chair

Marketing Goals:

- Increase awareness of USMS to potential member and influencer audiences.
- Increase USMS membership by 5 percent annually.
- Improve internal communications and provide services to USMS members.
- Communicate the message of swimming for life consistently to all USMS audiences both internal and external.

ternal.

- Create revenue producing opportunities and attract financial support.

## PLANNING

Betsy Durrant, Chair  
Jim Wheeler, Vice Chair

Governance: Lengthy discussions were held to clarify the role of the HOD, BOD, and EC. This document and the applicable legislation was posted on the USMS website and a discussion forum was opened for comments and suggestions. The Executive Committee submitted recommendations to Governance to streamline the committee structure. Governance debated the recommendations and is now finalizing proposals and legislation. These proposals will be posted on the website and another discussion forum will be opened.

## REGISTRATION

Anna Lea Roof, Chair  
George Simon, Vice Chair

We are still working out some of the bugs associated with the new USMS Permanent Swimmer ID. The USMS registration software ("Leoware") contains an encrypted database of all swimmers who have ever been assigned a Permanent ID. Leoware was updated to a new version (with an updated database) at the beginning of the registration year. Because the registrars are all working on stand-alone computer systems, it is important that the registrars install the new version of Leoware as soon as it is available.

We had some glitches at the beginning of the 2005 registration year (in November, 2004). The 2005 software update was issued to the registrars later than usual. We didn't do a good job of communicating the importance of installing the update before beginning the 2005 registrations. Many of the resulting glitches were due to registrars sending in their first transmittals using the older version of Leoware. We need to do a better job in the future of managing this issue.

## USMS Research Project:

Joel Stager reports:

Progress is being made on the research pertaining to the energy cost of swimming. We have tested nearly 60 swimmers. All are being asked to swim a series of 400 yard swims. We are collecting data on the aerobic cost of swimming, the acceleration of the limbs and trunk, and stroke characteristics. This is being done as a means of providing a method (and algorithm) for estimating energy expenditure in a manner more accurate than is otherwise available today. In essence we hope to provide an instrument and equation that will be analogous and easy to use as a "pedometer".

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### AD HOC LEGAL COUNSELORS

Patty Powis, Chair

Bruce Hopson, Vice Chair

While tasks for Legal Counsel, such as renewing and creating sponsor and licensee contracts, answering questions from members and event organizers, advising the Executive Committee, answering questions from the 2006 FINA World Championship Organizing Committee, and addressing issues related to our national publication are ongoing, the Ad Hoc Legal Counselors Committee is just getting underway with a couple of tasks that require assistance and input from committee members.

While federal and state laws affirming the validity of electronic signatures have been on the books for several years now, the use of those laws to ensure the validity of electronically "signed" event waivers has not been tested in the courts yet. Nevertheless, many sports organizations use electronically signed waivers for both events and membership registration. In fact, some of our clubs have already begun to do so for events. Therefore, the committee needs to provide guidelines for electronic waiver signatures to increase the chances of such agreements being found valid and binding. I have asked for volunteers from the committee to work on this project.

The status of the committee as an ad hoc committee is being examined by USMS's Governance Task Force, which will likely result in legislative proposals to create another form for this group or its successor, such as an advisory board.

### **USMS LIAISONS AND SPECIAL ASSIGNMENTS MID YEAR REPORTS**

#### USMS Swimmer

Bill Volckening

This year has been very busy, and we have made considerable progress with the new magazine. Here's a brief report on what's going on with the project.

**FEATURES:** Our features include a general balance of health, personality, general interest, and technique pictorials. Our personality features have more focus on lifestyle, and our technique pictorials feature Masters swimmers demonstrating varied skill levels. The features cover a variety of topics and are planned to have broad appeal.

**DEPARTMENTS:** Departments consist of short-read material, and include: The Healthy Swimmer, Food and Nutrition, Training and Technique, Swimming Life (Member

News), USMS News, and "Splashback!" (swimming history).

**INTERACTIVE:** The magazine is designed to incorporate a higher level of reader interaction than we've had in the past. Readers are invited to submit questions for the experts about health, nutrition, training, and technique. Readers are also invited to send their news, favorite recipes and favorite swim sets. We are hopeful that readers will notice right away that they have more to say about what goes into the magazine.

**WEB EXCHANGE:** The integration between the web site and the magazine is one of the most important goals. We are developing more content that is intended to bring members to the USMS web site. The workout card, for example, is now an online resource with a teaser blurb in the Training/Technique department. As mentioned above, short blurbs usually have a link at the end, directing readers to where they can get more in-depth information online.

**SUBSCRIPTIONS:** The usmsswimmer.com web site is up, and people are beginning to subscribe. We have received our first request from outside the US, so we will be internationally distributed right off the bat.

### USMS NATIONAL SPONSOR LIAISON

Mel Goldstein

The USMS National Sponsor Liaison has been very busy during the first 6 months of the year. All of our USMS National Sponsors with exception of one (H2O Velocity) renewed their agreements with USMS. Our USMS National Sponsors should generate \$55,000 in monetary contributions to USMS plus product and services to USMS National Championship Meet Hosts.

MBNA the largest USMS National Sponsor who generates \$12,000 a year through USMS Affinity Card program will announce in the July/August issue of "USMS Swimmer" magazine a program that will benefit USMS and the membership through their award program, look for this announcement.

### USMS WEBMASTER/IT DIRECTOR

Jim Matysek

We began working on an aggressive development schedule for the USMS web site immediately after convention this year. Much time was spent re-evaluating the content and layout of the entire site and coming up with a series of alternatives for a new web design and content categorization scheme for www.usms.org. This effort led to a totally new

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web site that was launched in early February. In addition to the user-visible changes to the site, there were many, many improvements to the way that we run our web operations included with this redesign effort.

**DISCUSSIONS AND PROJECTS THAT HAVE TAKEN PLACE SINCE THE LAST CONVENTION:**

- Created a new administrative area where LMSC Registrars can look up clubs and individuals in the national database to help resolve problems with registrations.
- Moved the swimming technique articles from static web pages to the database and added the ability to create new article categories (sports medicine category added).
- Published the 2005 SCY Nationals information and created and ran the on line entry system for this meet. There were 1,278 on line entries out of 1,619 total entries (79% - a record high).



**The LMSC-NC Masters' Lanes**

**The Secretary's Lane**

By Julie Rashid

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**LMSC for NC QUARTERLY MEETING  
April 24, 2005 Meeting Minutes**

*Members Present: Fritz Lehman (RAM – LMSC Chairman); Margie Springer (RAM – LMSC Vice Chairman); Julie Rashid (RAM – LMSC Secretary); Jerry Clark (CSM – LMSC Treasurer); George Simon (RAM – LMSC Registrar); and Reps from, AMS, CMS, DAMA, SAC, THAT, and TRYM,*

**SINGLE-PERSON CLUBS**

A question was brought up as to whether LMSC for NC should allow a club with just one person to remain as a group. Fritz Lehman and George Simon will talk further about this subject.

**TREASURER'S REPORT**

Jerry Clark presented the Treasurer's Report. As of 3/31/05, \$3800 is in the checking account with \$6100 in a CD. Last year, approximately \$2200 was allocated for two NC delegates to attend the United States Aquatics Sports (USAS)/ USMS convention. This year the allocation will be approximately \$2300. Jerry and Jeff Dugdale (THAT)

will talk about running an intermediate-level swim clinic in the near future.

**USAS CONVENTION**

The USAS convention in Greensboro will host the five competitive aquatic sports. The host LMSC typically hosts a hospitality suite for USMS delegates. Should we do this? The majority agreed that we should participate. George Simon made a motion to spend \$2000 to host the USMS suite. The majority ruled in favor of this motion. Motion carried. It was agreed that we should be reasonable with expenses such as travel.

George Simon and Jerry Clark have been the two designated LMSC-NC delegates in years past. DAMA would be a good team to also send a delegate. Fritz Lehman made a motion to send a member from DAMA or THAT to the convention. The members voted unanimously in favor of the motion. Motion carried.

**ELECTIONS**

The upcoming Hillsboro, NC meet this fall 2005 will be the election for LMSC for NC officers. George Simon will send an email to the entire LMSC for NC mass announcing that this is an election year. Current officers should email Fritz Lehman with your intention of serving another two-year term. Fritz and Julie Rashid announced that they would be stepping down from their positions of President and Secretary respectively. Jerry Clark announced that he would like to stay on as Treasurer.

**UPCOMING MEET**

Charlotte (CMS) will be hosting the Dixie Zone long-course meet in July 2005. The next newsletter will be published in mid-June as well as a calendar of regional events. The next LMSC for NC meeting will take place during or after this meet.



**The NC Masters' Lanes**

Several NC Masters who competed in the 2005 USMS SCY Championships in Ft Lauderdale tell of their impressions of, experiences at, and lessons-learned from this major event.

**Margie Springer**

Sitting in a chair with the sunshine beaming down on the water below, Palm trees swaying, steel drums echoing

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throughout the air...where am I? I am in Fort Lauderdale, Florida at the 2005 USMS Short Course National Swim Meet. Not quite what you had in mind? Me either. Seeing as I am predominantly a "fitness" swimmer, most people wonder why I would subject myself to the stress of swimming in a meet. As you can see from above...it is pure torture.

No matter what level of swimmer, setting goals for oneself is a good thing. You may swim for years following the black line and never entertain the thought of competing. More than likely that will get old, and sooner than later you will feel the need to push yourself a little farther, challenge yourself. That is what each swim meet is to me...a personal challenge. And the ultimate challenge is at Nationals where you place yourself in a large pool of swimmers within your age group. I am not here to set a record or win any events, but it is worth every mile I have traveled to participate with and personally see the country's top swimmers.

The location is a huge bonus! I rarely turn down an opportunity to visit "The Sunshine State", and this is no exception. Yesterday, while warming up in the perfectly cooled pool, the sun was shining with bright clouds overhead, and palm trees were blowing as the reggae music boomed from the speakers. It doesn't get much better than this, although it did.

The single most rewarding part of going to Fort Lauderdale was to see my fellow teammates reach their goals and some to even exceed them. To witness the expression of a friend as they realize they have just posted their best time ever. And some to realize they not only won their heat, but busted the record in their age group. That was priceless! Getting to know each other outside the pool as well as bonding with fellow North Carolina swimmers was a bonus.

If I were to try to convince anyone to participate in a national swimming event I would have to say that it is one of the most gratifying weekends you can spend. I feel fortunate to have supportive teammates no matter how well I might swim. It is equally gratifying to be a part of the team regardless of the outcome...especially the relays. I enjoyed seeing with my own eyes the reward of all the hard work and months of practice in my teammates performances. Those expressions will be hard to forget.

In a nutshell... Tropical drinks, chest thumps, men shaving, yachts, the warm Atlantic Ocean, conch fritters, endless pools, wracked nerves, early mornings, sunshine, friends, camaraderie, "swim hard or go home", no regrets. Next

time, Just Go!

#### Suzanne Robbins-Bonitz

Twenty-five years ago I attended my 25th Reunion at Chapel Hill and then traveled to my first Masters Nationals in Ft Lauderdale. This was at a time when Mt St Helens erupted, and there was street to street fighting in the Miami Cuban district complete with armored personnel carriers and armed troops. The Director of the meet was June Krauser who is the grande dame of swimming.

This May I attended my 50th Reunion in Chapel Hill and then returned to the National Meet again in Ft Lauderdale. Some of my best friends were in attendance as well as my wonderful new teammates from NCMS. I visited with June and had a picture taken with her. She's still a great swimmer although greatly diminished in height. (I've also shrunk almost two inches from those days!)

The meet was great, as usual, and I tried to see all our teammates swim, as well as my friends from the past. The highlight was seeing Fritz Lehman win the 100 Back handily. I have an abiding interest in Fritz since he grew up with my son, Chris. I used to time them in the AAU, Y, and High School meets in Oklahoma!!

The most fun, aside from the relays, were the dinners with the NCMS group. Being one of the oldest surviving swimmers in attendance was really special, and I was treated quite well -- especially at the final dinner when the drinks were 3 for \$10.00. I never drink THREE drinks but tightwad that I am, I managed to swill three white wines down in the wink of an eye and still navigate back to the hotel (by bus).

Sally Newell and I really enjoyed rooming together, and we are all set for the July Charlotte meet and the LCM Nationals in Mission Viejo. We especially hope lots of "mature" women come so we can have some more great relays!!

#### Bob Schmitz

Upon landing Thursday in Fort Lauderdale with my other THAT buddies we were all looking forward to some very fast swims. We caught a taxi from the airport to the hotel, dumped our stuff in one room, and headed to the pool complex. The water was beautiful, cool, and clear. The complex also has massive amounts of warm up water. Oddly, to me at least, unlike other national facilities, the bottom of the pool was chipped, broken and dirty, the tile at the ends broken in some places, the lane lines at least in the warm down area had enough broken discs to be lethal, and the locker rooms were filled with rusted, busted lockers.

We heard that teammate Terrance Lee had broken the state 500 free record on his first 500 of the 1650. Because of his fast time we were psyched. Friday I started out with the 50 breast, and as always my goal was to go under 30 seconds. Beautiful start and pull out, beautiful turn and then the fatal error! I saw that I was leading Don Gilchrest (a very rare occurrence) on my right as I turned. Excited, I looked to my left as I pushed off to see the # 1 seed. I forgot about my pull out, came out too quick, too deep and missed 3<sup>rd</sup> place by 1/100 of a second with 30.24. Arrgh.

Friday evening I came down with a fever and shaking chills. I was sicker than a dog. Consequently, I swam just an OK 200 breast on Saturday. On Sunday, after the previous evening of no sleep, Jell-O, applesauce, fevers and more misery, I had only the 100 breast left. I figured my only hope was to milk the start, turns and pull outs. My coach Jeff Dugdale was apparently jumping up and down as my stroke looked so pretty. My time of 1:07.56 was not what I wanted, but it was good to swim with a beautiful stroke.

Others had beautiful swims. Elizabeth Novak smashed her times whenever she stepped up on the blocks. Her joy, added to her giddiness remained unquelled as can be testified to by the stewardess on our return flight. Pam Lindross swam a personal best in the 50 free, Henry Stewart bested his 100 free time, I think. And Jon Blank smoked us all with a sub minute 100 breast, three firsts and two national records. Yes, Fritz Lehman set a national record too, but it's old hat for him.

Lauderdale lessons learned: 1. Don't ever look, 2. If all else fails swim with good technique; and I almost forgot 3. Though my brief empirical survey revealed most of the women in Ft Lauderdale wear stiletto heels, push up bras, leather bustiers and short skirts even at the grocery store (my applesauce and Jell-O run), the best bodies, as always, were in the pool.

#### Sally Newell

I would like to comment on our Coach Jeff Dugdale. He was there for all of us; getting splits, timing our sprints in warmup, cheering for us, getting us up if we got down and in general, just being a great "athletic supporter"!

#### Rolffs Pinkerton

We all had a spectacular weekend in Ft. Lauderdale. I would like to add my kudos to the fine work done by Jon Klein who continues to masterfully arrange our relays. Also, to Jeff Dugdale whom we ought to honor as USMS coach of the year. His support, patience, and technical know-how can't be beat. Finally, the encouragement and

enthusiasm we provide each other makes the fellowship and competition all worthwhile.

## **NC Masters Men Set World Records at Classic City Masters Invitational**

By Jerry Clark

On 4 June 05 at the Classic City Masters Long Course Meters Invitational held at the University of Georgia in Athens the NC Men's 200 medley relay in age bracket 280-319 established a new world's record. The new standard bearers are Mitch Mitchell (back), John Kortheuer (breast), Dick Kitchell (fly), and Jerry Clark (free). Team picture on page 11.

The team swam a 2:21.66 to lower the former World record of 2:22.68 which was set about two years ago by the first three guys plus Dick Webber, the freestyle guy at that time. We only received splits at the 100 wall, which were 1:19.34 and 2:21.66.

In the Men's 400 medley relay for same age bracket, we swam 5:24.55 to lower the former USMS National record of 5:58.28 which was set Aug 03, 2003 by Graham Johnston, Charles Baldwin, Bob Bailie and Gene Ferguson with the Masters of South Texas. Graham holds many world records and is world renown. I've raced Bob Bailie several times at nationals. Our splits were 1:28.20, 1:32.50, 1:20.87 and 1:02.98.

The 400 medley relay (no Masters world records are kept by FINA in relays longer than 200 meters) was the very last event of the meet, and only one other team, Dynamo in Atlanta, also was swimming. Thus only two lanes were being used. The officials and timers knew we were making an attempt at the record. The timers were swimmers with UGA (their women won the NCAA's this year for third consecutive time). They crowded around our starting block and cheered loudly as each of us were coming in. I'm getting goose bumps writing this, but didn't when on the block waiting for Dick to come in on his fly leg.

Dick Kitchell set a new world record in his 200 fly. So Dick walked out of this beautiful natatorium with three new records. John Kortheuer has so many world records (many of which are from his lowering his own times in same events), both individual and relay, that I've lost count. Mitch, Dick, and John, along with Dick Webber, also own the world record for this age group and event in Short Course Meters. This being my first world and/or national records, I'm hoping I can swim with these guys when the short course meters season opens up this fall. I was proud to be swimming with these guys.

## PERFORMANCE APTITUDES AND ATTITUDES

### DO YOU EAT BEFORE YOUR WORKOUT?

Bronwyn Lewis

**Question from a reader:** I attend early morning practice, up at 6:00 am and in the pool by 6:30, what should I eat before practice?

The human body runs on energy, or fuel. As we all know, fuel is food and food is energy. Fuel comes in three varieties: carbohydrates, proteins and fats. When you go to the gas station to fill up your car, you can select 87%, 89% or 93% octane. In theory, the higher the percentage the smoother the car runs. Well, your body is similar; you have choices. Simple or Complex carbohydrates, saturated or unsaturated fats, animal or plant proteins. It's all about choices, QUALITY over QUANTITY.

It has been said that a major cause of and or contributor to disease is the failure of the body to make sufficient energy. It can't make energy if you don't feed it. And if you feed it junk, you get junk in return. Basically that means that a body that is fed low quality fuel will produce poor or low energy. And poor energy will result in inefficient use of, or failure of, the tools at hand (muscles, organs, brain power, to name a few). Although the body will adapt, after years of poor quality fuel the body will eventually give out and disease will take over. Or you'll just be really slow in the pool.

The body metabolizes carbohydrates, fats and proteins, breaking each one down to forms that can be utilized by the cells. Proteins are stored as proteins and metabolized into amino acids when needed. If proteins stores are at capacity then protein is metabolized for energy or converted to fat or glycogen. Fat is broken down to monoglycerides and free fatty acids. It is stored as such and can be used interchangeably with glucose for energy. Carbohydrates are the body's main source of energy. Carbs are stored as glycogen. And glycogen is what your muscles use for energy.

Your body never shuts down so it requires fuel all the time; you burn fuel even while you sleep. Glycogen stores are often near empty in the morning. It doesn't take long, perhaps 15-20 minutes into your workout, to deplete those few remaining stores.

So, yes, you should eat before you workout. Snacking before exercise has four main functions:

- It helps prevent hypoglycemic episodes (lightheadedness, needless fatigue, blurred vision, headaches, and indecisiveness),
- Helps settle the stomach, absorbing some of the gastric juices and abating hunger,
- Provides fuel for your muscles, and

- Lets you know you are eating well, fueling your body appropriately.

What you should eat is dependent upon you and how your body handles foods. Good early morning choices include things that are easy to digest, complex in the carbohydrate category, have a low glycemic index, and are well tolerated. You want fuel and you want it readily available while you exercise, however you also want it steadily released. Things you might try are fruits, cereal bars, diet shakes, pretzels or peanut butter crackers. Try different things and see what you tolerate. You may find that a yellow banana, glass of orange juice, or a raisin bagel gives you a sugar rush but, a green banana, tomato juice, a sport energy bar, or a Slimfast supply the energy you need, without the resultant energy loss ten minutes before practice ends. It's hard to eat upon rising, but it's important to get something in you before you workout.

Other ideas:

- Get up 20 -30 minutes earlier so you can eat something,
- Eating a nutritious snack before bed will give you more glycogen stores in the morning,
- Drink water during your workout, and
- Try a supplemental drink before you workout

After you exercise you need to begin replenishing your fuel within 30 minutes. Start with water and then be sure you get a healthy breakfast. Good options are nutrient dense cereals, (Kashi, Golean varieties, Multigran Chex, All-Bran, Raisin bran, Shredded Wheat), egg sandwich, plain or vanilla yogurt +granola+fruit, peanut butter on whole grain toast + fruit of choice. Include protein, complex carbohydrates, and unsaturated fat in each meal. Try to achieve about 500 calories per meal making 300 calories carbs, 100 calories each fat and protein. Mix and match your favorite foods to create a variety of choices. Add blueberries to your favorite cereal or plain yogurt, blend frozen fruits with yogurt or milk to create a delicious shake. Cheese and nuts with an apple make a great mini meal. If breakfast is not your thing, then eat lunch or dinner foods for breakfast. It's ok, no one will fuss at you! Getting the nutrients you need is what's important.

Resources:

Clark, Nancy, MS, RD. Nancy Clark's Sports Nutrition Guidebook. 3<sup>rd</sup> Ed. SportsMedicine Associates. Brookline, MA. 2003.

Rothenberg, Mikel A., MD. Pathophysiology: A Plain English Approach. Pesi Healthcare, LLC. Eau Claire, WI. 2001.

*Reprinted from the April 15, 2005 VMST NEWSLETTER with the author's permission.*



## 2005 Short Course National Championships

Ft. Lauderdale, Florida

May 19-22, 2005

A consistent and dynamic phenomenon has yet again taken place at this year's short course national championship meet -- that of a strong sense of "TEAM" when swimming together at national meets. Regardless of which swimmers have chosen to attend a particular meet, we always bond together to do our best for NCMS. Somehow everyone seems to reach down for faster swims, especially in the relays and especially in the last couple of days of the meet. It doesn't matter what city one is from, what team one trains with, or who we're put on a relay team with, we all pull hard for each other in individual events and relay events. This is rather remarkable for a group of swimmers thrown together just once or twice each year.

The fact that the venue for this meet (the International Swimming Hall of Fame pool) is outdoors is both good and bad. With two 50-meter pools plus an eight lane diving well, there is plenty of warm up/down space, and each day's events are concluded much earlier. However, the sun is not our friend, either in or out of the water. As evidenced when Fred Ferrogiarro and Fritz Lehman, two excellent and experienced backstrokers, had lane line difficulties in some of their swims, the bright sun made backstroke events tough. All the swimmers were continuously seeking shade while waiting to swim; this made for cramped space under tents, etc.

We're so fortunate that Jon Klein (Chapel Hill), who swims with THAT in Durham, cares about us to put relay teams together that maximize our team's point production. Relays earn double points, so everyone is excited about them. It's organized mayhem just before the first heat of a relay event hits the water. That alone ramps up one's adrenalin production. Jon was (unceremoniously) awarded the Volunteer of the Year plaque at the Sunbelt (snow) meet in Charlotte in January this year for all the work he does for NCMS. Thank you Jon.

Here's hoping many of you will opt to come to Charlotte for the Dixie Zone Long Course Championship meet July 16 & 17 this year. By Jerry Clark

AGE GROUP WOMEN	SWIMMERS	PLACE / EVENT / TIME
<b>18-24</b>	Robison, Doracy	12th / 100 Fly / 1:07.47; 10th / 200 IM / 2:29.82; 20th / 100 IM / 1:09.70; 4th / 200 Fly / 2:35.37; 12th / 50 Fly / 29.49
<b>25-29</b>	Keto, Alexis	9th / 100 Fly / 1:06.92; 7th / 50 Free / 25.88; 21st / 500 Free / 5:55.54; 24th / 100 IM / 1:10.72; 11th / 100 Free / 56.70; 9th / 50 Fly / 29.18
	Nagle, Cynthia	9th / 50 Breast / 34.30; 24th / 200 IM / 2:36.53; 5th / 200 Breast / 2:42.17; 30th / 100 Free / 1:03.18; 20th / 50 Fly / 32.14; 7th / 100 Breast / 1:13.98
<b>30-34</b>	Gooch, Ann	9th / 50 Breast / 36.85; 16th / 100 IM / 1:11.72; 8th / 50 Fly / 31.32
	Riley, Jennifer	5th / 50 Breast / 35.26; 8th / 100 Fly / 1:07.35; 11th / 200 IM / 2:27.07; 8th / 100 IM / 1:07.05; 9th / 200 Breast / 2:45.89; 6th / 100 Breast / 1:15.59
<b>35-39</b>	Lindroos, Pamela	8th / 50 Breast / 34.02; 12th / 100 Fly / 1:05.19; 6th / 200 Breast / 2:37.92; 11th / 50 Fly / 28.83; 4th / 100 Breast / 1:12.59; 9th / 400 IM / 5:07.01
<b>40-44</b>	Nowak, Elizabeth	4th / 200 Back / 2:23.86; 9th / 500 Free / 5:42.48; 6th / 100 IM / 1:04.79; 7th / 50 Back / 31.06; 7th / 100 Back / 1:08.01; 8th / 200 Free / 2:04.22
	Walsh, Susan	3rd / 50 Free / 24.98; <b>1st / 100 IM / 1:03.16</b> ; 3rd / 100 Free / 54.46; <b>1st / 50 Back / 28.73</b> ; 3rd / 100 Back / 1:03.41; 3rd / 50 Fly / 27.53
	Springer, Margie	27th / 50 Breast / 39.80; 37th / 50 Free / 30.03; 33rd / 100 IM / 1:16.45
<b>55-59</b>	Mitchell, Jeannie	7th / 50 Breast / 43.85; 2nd / 200 Back / 2:50.96; 6th / 200 IM / 3:05.25; 6th / 100 IM / 1:23.73; 2nd / 50 Back / 36.52; 2nd / 100 Back / 1:20.37
<b>65-69</b>	Newell, Sally	3rd / 50 Breast / 42.57; 2nd / 50 Free / 34.20; <b>1st / 100 IM / 1:27.40</b> ; <b>1st / 50 Back / 41.80</b> ; 2nd / 100 Back / 1:31.27; 2nd / 100 Breast / 1:32.70
	Kremer, Sandra	4th / 500 Free / 8:32.18; 6th / 50 Breast / 49.76; 5th / 200 Breast / 4:06.48; 4th / 200 Free / 3:11.69; 6th / 100 Breast / 1:53.15
<b>70-74</b>	Robbins-Bonitz, Suzanne	4th / 50 Breast / 55.53; 3rd / 200 Back / 3:51.78; 4th / 50 Free / 45.58; <b>1st / 50 Back / 44.73</b> ; 2nd / 100 Back / 1:45.52; 3rd / 100 Breast / 2:07.81
<b>75-79</b>	Dockendorf, Pat	4th / 50 Breast / 1:09.49; 3rd / 200 Breast / 5:59.03; 3rd / 100 Breast / 2:38.67

## 2005 Short Course National Championships (Continued)

MEN	Swimmer	Place / Event / Time
<b>30-34</b>	Su, Billy	5th / 1000 Free / 11:24.95; 10th / 500 Free / 5:29.68; 18th / 100 Fly / 1:00.48; 32nd / 100 IM / 1:05.68
	Crankshaw, Erik	4th / 500 Free / 4:55.71; 1st / 200 IM / 2:02.69; 17th / 100 IM / 57.55; 17th / 100 Free / 50.23; 7th / 200 Free / 1:51.30; 3rd / 400 IM / 4:26.43
	Gooch, Greg	6th / 200 Back / 2:04.16; 11th / 200 IM / 2:11.25; 22nd / 100 IM / 59.14; 8th / 50 Back / 26.43; 7th / 100 Back / 56.72
	Morton, Chris	8th / 200 Back / 2:04.65; 19th / 50 Free / 23.38; 24th / 100 IM / 59.69; 19th / 100 Free / 50.56; 10th / 100 Back / 57.80
	Farrell, Andrew	3rd / 1000 Free / 10:22.81; 5th / 500 Free / 4:59.06; 5th / 200 Back / 2:02.74; 11th / 100 Free / 49.80; 11th / 50 Back / 26.69; 4th / 200 Free / 1:47.99
<b>40-44</b>	Stewart, Henry	4th / 100 Fly / 54.81; 2nd / 50 Free / 22.08; 3rd / 100 Free / 49.18; 3rd / 50 Back / 26.50; 9th / 50 Fly / 24.82; 8th / 200 Free / 1:51.29
	Vicioso, Danilo	6th / 1650 Free / 17:43.49; 6th / 100 Fly / 54.93; 6th / 200 IM / 2:05.25; 8th / 200 Fly / 2:06.38; 3rd / 100 Back / 56.62; 4th / 400 IM / 4:31.67
	Mangrum, John	15th / 200 Back / 2:27.63; 16th / 50 Back / 31.11; 20th / 100 Back / 1:07.31
	Lechner, Chris	15th / 100 Fly / 56.34; 14th / 50 Free / 23.15; 17th / 100 Free / 51.06; 14th / 50 Fly / 25.48; 19th / 200 Free / 1:53.89
<b>45-49</b>	Blank, Jon	<b>1st / 50 Breast / 27.75; 1st / 200 IM / 2:03.01;</b> 3rd / 100 IM / 55.84; <b>**1st / 200 Breast / 2:14.37;</b> 7th / 50 Fly / 24.81; <b>**1st / 100 Breast / 59.70</b>
	Hollett, Peter	5th / 1000 Free / 10:38.78; 5th / 500 Free / 5:06.60; 10th / 100 Fly / 57.64; 10th / 200 IM / 2:10.87; 14th / 100 Free / 51.77; 14th / 200 Free / 1:55.13
	Westerberg, Mark	27th / 50 Fly / 27.02; 33rd / 200 Free / 2:03.72
	Lehman, Fritz	9th / 50 Breast / 29.88; <b>1st / 200 Back / 1:59.19;</b> 2nd / 100 IM / 55.78; 3rd / 50 Back / 25.88; <b>**1st / 100 Back / 54.06</b>
	Phillips, John	12th / 100 Fly / 58.36; 17th / 200 IM / 2:15.91; 28th / 100 IM / 1:02.36; 26th / 100 Free / 53.71; 22nd / 50 Fly / 26.36; 26th / 200 Free / 2:01.08
<b>45-49</b>	Dimsdale, Todd	4th / 50 Breast / 29.17; 7th / 200 IM / 2:09.19; 5th / 200 Breast / 2:21.26; 18th / 100 Free / 52.93; 25th / 50 Fly / 26.67; 4th / 100 Breast / 1:03.21
	Klein, Jonathan	7th / 100 Fly / 56.89; 10th / 200 Back / 2:08.99; 12th / 100 Free / 51.40; 14th / 50 Back / 27.79; 9th / 100 Back / 58.50; 13th / 50 Fly / 25.56
<b>50-54</b>	Ferroggiaro, Fred	3rd / 1650 Free / 18:00.78; 7th / 500 Free / 5:15.54; 2nd / 200 Back / 2:07.70; 4th / 100 Back / 58.82; 14th / 200 Free / 1:56.15
	Gilchrist, Donald	9th / 50 Breast / 31.00; 3rd / 200 IM / 2:10.81; 3rd / 200 Breast / 2:24.86; 12th / 100 Free / 51.51; 10th / 200 Free / 1:54.95
	Schmitz, Robert	4th / 50 Breast / 30.24; 26th / 50 Free / 24.92; 10th / 200 Breast / 2:30.61; 30th / 100 Free / 54.95; 7th / 100 Breast / 1:07.56
<b>55-59</b>	Lee, Terrence	2nd / 1650 Free / 19:35.22; 4th / 50 Breast / 31.32; 8th / 200 Back / 2:27.71; 6th / 100 IM / 1:03.37; 7th / 100 Breast / 1:11.46
<b>65-69</b>	Pinkerton, Rolffs	5th / 200 Back / 3:01.63; 5th / 50 Back / 35.77; 6th / 100 Back / 1:19.43
	Clark, Jerry	2nd / 1000 Free / 13:06.73; 2nd / 500 Free / 6:08.55; 7th / 50 Breast / 37.05; 4th / 50 Free / 26.41; 3rd / 100 Free / 58.91; 3rd / 200 Free / 2:13.16
<b>70-74</b>	Mitchell, Clarke	<b>1st / 100 Fly / 1:22.94;</b> 2nd / 50 Free / 29.04; 4th / 100 Free / 1:05.87; 2nd / 50 Back / 34.49; 2nd / 100 Back / 1:15.14; <b>1st / 50 Fly / 32.59</b>

RELAYS	PLACE / TIME / TEAM MEMBERS
<b>Mixed 200 Free</b>	6th / 1:36.19 / Lehman, Fritz; Lindroos, Pamela; Stewart, Henry; Walsh, Susan
<b>Mixed 200 Free</b>	9th / 1:38.58 / Crankshaw, Erik; Robison, Doracy; Keto, Alexis; Farrell, Andrew
<b>Mixed 200 Free</b>	3rd / 2:23.67 / Kremer, Sandra; Robbins-Bonitz, Suzanne; Mitchell, Clarke; Pinkerton, Rolffs
<b>Mixed 200 Free</b>	4th / 1:58.79 / Clark, Jerry; Newell, Sally ; Mitchell, Jeannie; Lee, Terrence
<b>Mixed 200 Free</b>	16th / 1:42.10 / Klein, Jonathan; Springer, Margie; Nowak, Elizabeth; Blank, Jon
<b>Men 200 Medley</b>	<b>**2nd / 1:40.61 / Lehman, Fritz; Dimsdale, Todd; Blank, Jon ; Klein, Jonathan</b>
<b>Men 200 Medley</b>	12th / 1:47.62 / Mangrum, John; Vicioso, Danilo ; Stewart, Henry; Lechner, Chris
<b>Men 200 Medley</b>	8th / 1:44.43 / Morton, Chris; Gooch, Greg; Farrell, Andrew; Crankshaw, Erik
<b>Men 200 Medley</b>	7th / 2:07.60 / Pinkerton, Rolffs; Lee, Terrence; Mitchell, Clarke; Clark, Jerry
<b>Men 200 Medley</b>	8th / 1:46.76 / Ferroggiaro, Fred; Schmitz, Robert; Gilchrist, Donald; Hollett, Peter

## 2005 Short Course National Championships (Continued)

RELAYS	PLACE / TIME / TEAM MEMBERS
<b>Women 200 Medley</b>	2nd / 3:20.75 / Robbins-Bonitz, Suzanne; Dockendorf, Pat; Newell, Sally; Kremer, Sandra
<b>Women 200 Medley</b>	7th / 2:01.87 / Robison, Doracy; Nagle, Cynthia; Riley, Jennifer; Keto, Alexis
<b>Women 200 Medley</b>	6th / 2:01.30 / Nowak, Elizabeth; Lindroos, Pamela; Walsh, Susan; Springer, Margie
<b>Mixed 200 Medley</b>	4th / 1:49.56 / Gooch, Greg; Dimsdale, Todd; Robison, Doracy; Keto, Alexis
<b>Mixed 200 Medley</b>	<b>1<sup>st</sup> / 2:29.48 / Robbins-Bonitz, Suzanne; Newell, Sally; Mitchell, Clarke; Clark, Jerry</b>
<b>Mixed 200 Medley</b>	4th / 1:46.50 / Lehman, Fritz; Blank, Jon; Walsh, Susan; Lindroos, Pamela
<b>Mixed 200 Medley</b>	11th / 1:53.66 / Morton, Chris; Nagle, Cynthia; Riley, Jennifer; Farrell, Andrew
<b>Mixed 200 Medley</b>	15th / 2:00.94 / Nowak, Elizabeth; Mitchell, Jeannie; Klein, Jonathan; Stewart, Henry
<b>Men 200 Free</b>	2nd / 1:30.65 / Blank, Jon; Gilchrist, Donald; Klein, Jonathan; Lehman, Fritz
<b>Men 200 Free</b>	7th / 1:34.78 / Lechner, Chris; Mangrum, John; Vicioso, Danilo; Stewart, Henry
<b>Men 200 Free</b>	4th / 1:31.43 / Crankshaw, Erik; Morton, Chris; Gooch, Greg; Farrell, Andrew
<b>Men 200 Free</b>	7th / 1:38.25 / Schmitz, Robert; Westerberg, Mark; Ferroggiaro, Fred; Dimsdale, Todd
<b>Women 200 Free</b>	8th / 1:49.45 / Robison, Doracy; Nagle, Cynthia; Riley, Jennifer; Keto, Alexis
<b>Women 200 Free</b>	6th / 1:51.28 / Lindroos, Pamela; Mitchell, Jeannie; Nowak, Elizabeth; Walsh, Susan
<b>Women 200 Free</b>	2nd / 3:13.44 / Newell, Sally; Dockendorf, Pat; Robbins-Bonitz, Suzanne; Kremer, Sandra

**\*\* Set new USMS record / \* Bettered existing USMS record**



**The World Record setting NC Men's 200 medley relay team.  
Mitch Mitchell (back), John Kortheuer (breast), Dick Kitchell (fly), and Jerry Clark (free).**

### XI FINA WORLD MASTERS CHAMPIONSHIPS

As many of you know, the XI FINA World Masters Championships will be coming to Stanford University next year. We are excited about bringing the Championships to the United States and are encouraging swimmers to come to California to compete in the World Masters Championships. The dates of the XI FINA World Masters Championships have been established. Swimming competition will be 4 August 2006 through 11 August 2006.

The official web site <http://www.2006finamasters.org> is now up. Information on the web site includes:

- \* Dates and Schedule of the XI FINA World Masters Championships
- \* The meet qualification times
- \* Hotel availability and on-line booking

#### HOTELS

The XI FINA World Masters Championships Organizing Committee has made arrangements for special pricing for hotels around the venue. You are encouraged to make reservations as soon as possible, there is only a limited amount of hotel space near the aquatic venue. You can make your reservations on line: <http://www.2006finamasters.org/index.php?topic=hotels> or you can call 1- 800-826-4630 toll free (US)

To sign up for the FINA e-mail list, go to  
<http://seven.pairlist.net/mailman/listinfo/finamasters>

Michael Moore, Chairman  
2006 FINA Masters World Championships  
[michael@2006FINAMasters.org](mailto:michael@2006FINAMasters.org)

## UPCOMING LOCAL 2005 MASTERS SWIMMING EVENTS

DATE	EVENT	LOCATION	POINT OF CONTACT
7/10/2005	Terrapin Masters 800/15000 Meter Meet LCM	College Park, MD	Dave Diehl, 12511 Littleton St, Silver Spring, MD 20906-4253, 301-946-0649 (h), 301-314-5372(w)
7/15/2005 - 7/17/2005	St. Pete Masters Long Course Swimming Championships	North Shore Pool, St. Petersburg FL.	Bob Atwood, 727.821.5098 ratwood42@aol.com
7/21/2005 - 7/24/2005	IGLA Games.	Georgia Tech; Atlanta GA	http://www.igla2005.org/contactus.html
7/22/2005 - 7/31/2005	World Masters Games - LCM	Edmonton, Alberta, Canada	
<b>7/16/2005- 7/17/2005</b>	<b>Dixie Zone LCM Championships</b>	<b>Mecklenburg County Aquatic Center, Chlt, NC</b>	<b>Jerry Clark, jerryclark@bellsouth.net</b>
10/29/2005	North Carolina Fall Invitational	Hillsborough NC	
12/10/2005- 12/11/2005	St. Nicholas SCM Invitational.	Marietta GA	

## 2005 CHAMPIONSHIPS

DATE	EVENT	LOCATION	POINT OF CONTACT
5/15/2005- 9/30/2005	2005 USMS 5 & 10K Postal Championships		Christine Swanson, 2536 Maryland Ave, Tampa, FL 33629, 813-254-4514
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
<b>7/16/2005- 7/17/2005</b>	<b>Dixie Zone LCM Championships</b>	<b>Mecklenburg County Aquatic Center, Chlt, NC</b>	<b>Jerry Clark, jerryclark@bellsouth.net</b>
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, 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

### LMSC - NC Officers and Staff

<b>Chairman</b> Fritz Lehman, RAM 439 Pebble Creek Dr. Cary, NC 27511 (919) 481-9767 NCchairman@usms.org	<b>Vice-Chairman</b> Margie Springer, RAM 1205 Marlowe Road Raleigh, N.C. 27609 (919) 571-1414 <a href="mailto:mjsswims@aol.com">mjsswims@aol.com</a>	<b>Past Chairman</b> Jerry Clark, CSM 3107 Cloverfield Rd. Charlotte, NC 28211 jerryclark@bellsouth.net	<b>Secretary</b> Julie Rashid 1300-206 Durlain Drive Raleigh NC 27614 (919) 841-1495 Secretary@ncmasters.org	<b>Treasurer</b> Jerry Clark, CSM 3107 Cloverfield Rd. Charlotte, NC 28211 (704) 374-1807 treasurer@ncmasters.org
<b>Registrar / Webmaster</b> George Simon, RAM 10229 Boxelder Drive Raleigh, NC 27613 (919) 846-2423 NCregistrar@usms.org	<b>Top Ten Chairperson</b> Henry Stewart 5404 Killarney Hope Dr. Raleigh, NC 27613-1029 (919) 881-9916 hstewart@hcwbenfits.com	<b>Newsletter Editor</b> Jim Enyart, SAC 2840 Marsh Point Rd Southport, NC 28461 (910) 253-3333 NCeditor@usms.org	<b>Records</b> Daniel Schad 3309 Redbud Lane Raleigh, NC 27607-6830 (919) 395-8822 dschad@seielect.com	

# DIXIE ZONE

## *LONG COURSE METERS CHAMPIONSHIP*

*July 16-17, 2005*

<i>Sanction:</i>	Sanction by LMSC for NC for USMS, Inc. Sanction # 135-05
<i>Meet Directors:</i>	Patty Waldron for MAC Masters and Jerry Clark for Charlotte SwimMasters
<i>Facility:</i>	Mecklenburg County Aquatic Center, 800 East Second Street, Charlotte NC. (704) 336-3483 The pool is 50 meters by 25 yards. Continuous warm up/down lanes available in separate tank. <u>Parking is across the street on Saturday.</u> The pool length has been certified with USMS.
<i>Rules:</i>	Swimmers must be registered with USMS and must attach a copy of their 2005 registration card to the entry form. USMS rules govern the meet. Swimmers are limited to 5 individual events per day. <b>Note:</b> One Day USMS Registration will <b>not</b> be allowed at this meet.
<i>Deadline:</i>	Entries must be sent by mail to Dixie Zone Meet at 9850 Providence Road, Charlotte NC 28277 and <b>received by July 6, 2005.</b> Faxed entries will not be accepted. Psyche sheets will be posted on <a href="http://www.ncmasters.org">www.ncmasters.org</a> and <a href="http://www.dixiezone.org">www.dixiezone.org</a> by July 7. Send corrections to <a href="mailto:pwal-dron@justswimmac.org">pwal-dron@justswimmac.org</a> no later than 5:00pm Monday July 11.
<i>Fees:</i>	See entry form for individual fee. Deck entries will be accepted at \$6.00 per event if an empty lane is available; no new heats will be created. No charge for relays. There will be no refunds.
<i>Scoring &amp; Awards</i>	Individual events will be scored 9-7-6-5-4-3-2-1; relays doubled. All participants will receive a custom award on which you can attach your peel off labels with results on them. There will be no ribbons. Team awards will be 1-3 for in-state teams and 1-3 for out-of-state teams.
<i>Seeding:</i>	Events submitted with "no time" will not be entered in the meet. All events will be seeded by sex and time <b><u>except the 800 free, which will be seeded by time only with the sexes combined.</u></b> All events (including the 400 IM) will be seeded slow to fast <b><u>except the 400 &amp; 800 free, which will be fast to slow.</u></b> The Meet Directors reserve the right to combine sexes in events.
<i>Schedule:</i>	<u>Saturday morning:</u> Pool will be open at 7:45 am. Warm up <b>8:00am</b> ; first heat of the 800 free starts at <b>8:45am promptly.</b> <u>Saturday afternoon:</u> Warm up <b>11:15am</b> ; first heat event 2 starts <b>12:00pm promptly.</b> <u>Sunday morning:</u> Warm up <b>8:00am</b> ; first heat starts <b>8:45am promptly.</b> <i>You must always enter the pool <b>feet first</b> except in sprint lanes. No paddles or kickboards allowed when swimming warm-up.</i>
<i>Lodging:</i>	Adams Mark \$59 (no breakfast); 704-348-4675; Four Points \$69 (breakfast) 704-372-7550; Hampton Inn \$ 69 (breakfast) 704-373-3146. Mention Masters Swimming. All within walking distance of pool.
<i>Social</i>	TBD at 6:30 Saturday. It is appreciated if you will reserve space when mailing entry.

**DIXIE ZONE LONG COURSE CHAMPIONSHIP ENTRY FORM**

Sanction # 135-05

**PLEASE PRINT LEGIBLY**

Name: \_\_\_\_\_ Club name & initials: \_\_\_\_\_

Address: \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_

Age: \_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: M\_\_ F\_\_ Day Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Email address *legibly for the reader please*: \_\_\_\_\_

2005 USMS registration number: \_\_\_\_\_ (must attach copy of card)

Circle event number and show a seed time. Events with “no time” will not be entered in the meet

<b>Saturday July 16, 2005</b>			
<b>Warm up 8:00 am</b>		<b>Meet start at 8:45 am</b>	
W	M	Event	Seed Time
<b>1</b>	<b>1</b>	800 meter Free	
		<b>Break</b>	
<b>2</b>	<b>3</b>	400 meter Free Relay	
<b>Warm up 11:15 am</b>		<b>Meet start at 12:00 pm</b>	
<b>4</b>	<b>5</b>	200 meter Medley Relay	
<b>6</b>	<b>7</b>	100 meter Butterfly	
<b>8</b>	<b>9</b>	50 meter Breaststroke	
<b>10</b>	<b>11</b>	100 meter Backstroke	
<b>12</b>	<b>13</b>	400 meter IM	
		<b>Break</b>	
<b>14</b>	<b>14</b>	200 m Mixed Medley Relay	
<b>15</b>	<b>16</b>	200 meter Breaststroke	
<b>17</b>	<b>18</b>	50 meter Butterfly	
<b>19</b>	<b>20</b>	200 meter Freestyle	
<b>21</b>	<b>22</b>	50 meter Backstroke	

<b>Sunday July 17, 2005</b>			
<b>Warm up 8:00 am</b>		<b>Meet start 8:45 am</b>	
W	M	Event	Seed Time
<b>23</b>	<b>24</b>	800 meter Free Relay	
		<b>Break</b>	
<b>25</b>	<b>26</b>	100 meter Breaststroke	
<b>27</b>	<b>28</b>	200 meter Free Relay	
<b>29</b>	<b>30</b>	200 meter IM	
<b>31</b>	<b>32</b>	50 meter Freestyle	
<b>33</b>	<b>33</b>	200 meter Mixed Free Relay	
		<b>Break</b>	
<b>34</b>	<b>35</b>	400 meter Medley Relay	
<b>36</b>	<b>37</b>	100 meter Freestyle	
<b>38</b>	<b>39</b>	200 meter Backstroke	
<b>40</b>	<b>41</b>	200 meter Butterfly	
<b>42</b>	<b>42</b>	400 Freestyle	

Number of Events: _____	@ \$ 3.00 each = \$ _____
Surcharge _____	@ \$10.00 = <u>10.00</u>
Social _____	@ \$17.00 each = _____
T-Shirt Size _____	@ \$10.00 each = _____
TOTAL _____	\$ _____

**Make checks payable to Charlotte SwimMasters and mail to: Dixie Zone Meet**  
**9850 Providence Road**  
**Charlotte, NC 28277**

**Read and Sign this Release from Liability:** I, the undersigned participant, intending to be legally bound, do 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:** \_\_\_\_\_