



# Across The Lanes

## THE CHAIRMAN'S LANE

by Fritz Lehman

August 15<sup>th</sup>-18<sup>th</sup>, twenty-seven Masters from across North Carolina came together to form the winning medium-size category team at the USMS National LCM Championships. In addition, NCMS also won the women's team title, and the men came in third. Both teams competed in the medium division. The men were just 11 points out of first place. To all you younger (less than 30) men out there, we need you! We've got many stallions over 60, but our youngest male was in the 35-39 age group. We'll start bugging you as the next meet approaches.

There were many highlights during the meet. I'm just going to list a few starting with our distance swimmers: Kevin Facchine, Vester Boone, Bev Amick, and Sandra Kremer swimming and scoring well in the 800 Free. Sandra Cathey was our lone entrant in the 1500. She also scored with a top ten finish. Dick Kitchell, Clarke Mitchell, Bob Jennings, Rick Bober, Joel Jacobs, Sally Newell, Jeannie Mitchell, Heather Hageman, and Melanie Deal all won at least a single event. Jerry Clark was Mr. Consistent. He swam five events and finished second four times and third once. Is there something in the NC water that produces backstrokers? Clarke, Rick, Sally, and Jeannie all won multiple backstroke events. (Editor's note: Backstroker Fritz also excelled, as usual, in Cleveland. World record performances were necessary to beat Fritz in the 50 and 100 backstrokes.)

Our senior women were nothing short of outstanding. It was common to see two of our swimmers finish in the top ten and once all three of the women were in the top ten. Good job to Sally, Suzanne and Sandra. Our "younger" women were also equal to the challenge. Several wins and many top ten finishes by Heather, Vanessa Everett, Melanie, and Stacey Tone. Our "young" men, 35-39, did well picking up a win, Bob Jennings won the 200 Breast and enjoyed several more good finishes.

Our men's dominance became stronger as the ages increased. The over-60 crowd of Clarke Mitchell, Dick Webber, Norman McCartney, Vester Boone, Jerry Clark, Dick Kitchell, and Joel Jacobs were the foundation of the men's team. One of my most memorable moments was watching Dick Webber anchor the last relay of the meet. Dick had to hold a lead while being chased by a man half his age, and he did it.

In the 40-60 crowd. Rick Bober successfully defended his national titles, and that's not an easy task. Hill Carrow, George Coxhead, Bob Payne, Mary Sansbury, and Kim Stott had several top 10 finishes in individual events and relays. With so many people contributing it's tough to mention them all. While we started as 27 individuals, we finished as a team.

Thanks to Jerry Clark for using his spare time organizing the relays. It takes time to organize the relays, fill out the forms, pick up the cards, find the team members to whom to give the cards, pay the relay fees, and, of course, simultaneously prepare yourself to swim. Thanks Jerry for stepping up and being instrumental in our relays success.

The X-Men Five and Two Mile Open Water swim was held on August 24<sup>th</sup> at Wrightsville Beach. The number of swimmers appears to have doubled from last year with nearly eighty swimmers entered this time. Thanks to all the folks who worked many hours to make the Swim a success and to all the support people that cheered and clapped as we ran out of the water. The encouragement really makes a difference. Next year, let's see if we can have 150 swimmers. Maybe the Xmen (and women) can turn this Swim into a premier east coast event. If you've never entered an open water event, then come out next year. and make it your first.

The RAM LCM Invitational was held in late July. We had about the same number of swimmers as last year.

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We'll continue working to generate more interest around the state and beyond. If you have ideas to attract more swimmers, please, let us know. Keep in mind we can't do much about the hot weather. Maybe next year we'll even get our address correct on the meet information. Thanks to Scott for being meet director, Sue for getting all the timers, Dick Joanis for doing his usual superb job, the timers for timing, everyone that brought food, the swimmers for swimming and anyone else who helped.

For the last several years, we've had an LMSC-sponsored meet in Hillsborough in October. This year, Rick Bober has offered to host a one-day meet in Shelby in October instead. We are always looking for new events and new people to step up in leadership roles. I applaud Rick for his initiative. While this year's is a one day meet, if things go well, Rick would like to expand the meet to two days in a couple of years. There's going to be a BBQ following the meet. We'll also be holding the annual LMSC meeting during the BBQ. Participation is the key to our growth. So come out and help make this meet a success. See the meet information that's part of the newsletter.

Speaking of the LMSC meeting, did you know that each Chapter and Club in the LMSC has at least one representative who may vote at the LMSC meetings? In addition, the meetings are open to every LMSC member. None-the-less, the attendance of the meetings has been low. If you are a representative and can't attend the meeting, then enlist a replacement. If you are a swimmer and want to listen in or speak your mind, then plan to fill a plate with BBQ and join in. I've been slow providing agendas, but this time I absolutely will have one developed by October 1st and will make it available to everyone either through the web or email.

To my good friend, competitor and lanemate Todd DeSorbo who is getting married August 31<sup>st</sup>. Where's my invitation again?

See everyone in the pool.

## THE SECRETARY'S LANE

by Jerry Clark

### LMSC for NC Meeting

July 27, 2002

Raleigh, NC

Present: Fritz Lehman, Mitch Mitchell, Jerry Clark, Sue Haugh, George Simon, Bev Amick, Bernie White

The minutes from the April, 2002 LMSC Meeting were approved.

George Simon reported that there are 648 registered swimmers in NC at the present. This is 5 +/- of the number registered this time last year.

Discussion ensued about the receipt and disposition of our members' annual registration fees. Of the \$25.00 annual fee, our Registrar submits \$15.00 to USMS, \$8.50 is remitted to our treasurer for deposit into our LMSC bank account, and \$1.50 covers expenses such as mailing out registration cards. A quarterly report of registration fees will be submitted at each LMSC meeting.

We unanimously voted to purchase an Organizational License annually from Hy-Tek for our Meet Manager software at a cost of \$250.00 per year. The Meet Manager software will be available to all teams that host Masters meets in NC, and all are encouraged to use it for standardized management of meets and reporting of results.

We unanimously approved the criteria for the annual Outstanding Swimmer Award each year. We will use the TOP TEN rankings for the three most recent swim course seasons. For example, awards presented in January of 2003 will use the SCY rankings for 2001-02, and SCM and LCM rankings for 2002. No nominations are necessary as points are automatically awarded if someone is ranked in the TOP TEN for the seasons prior to the making of the award. A first place ranking will be awarded eleven points, a second place ranking nine points, and the points decline to one point for a tenth place ranking. The female and male swimmers with the greatest number of points will receive the Outstanding Swimmer award.

We also unanimously approved the method of choosing the Inspirational Swimmer Award each year. Any

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team in the state may nominate an individual or individuals for this Award; there is no specific definition of what makes a swimmer inspirational. The nominations must be in writing to Fritz Lehman at [Fritz.Lehman@sas.com](mailto:Fritz.Lehman@sas.com) prior to December 15<sup>th</sup> of each year, and they should be no longer than 500 words. The winner of this Award will be chosen from the nominees by a committee chaired by our LMSC's Vice Chairman (Mitch Mitchell currently). Two board members and two non-board members will be on this committee, and they will be selected by the board at our annual meeting in October of each year.

We also unanimously agreed to present an award to a newcomer to Masters Swimming in NC who embodies the essence of what Masters Swimming is about. Fritz will work on the name and specific criteria for this award. No discussion was held about how to choose the winner.

George Simon and Jerry Clark will be going to the United States Aquatic Sports Convention in Dallas, TX in September. Fritz will try to attend if he can, but will ask Jim Enyart to go in his place if he is unable to go. The reimbursement policy has been established several years ago.

Swim meet dates for 2003 were discussed. The 20<sup>th</sup> Annual Sunbelt meet in Charlotte is January 25-26, 2003. Since the YMCA nationals are typically held in the third week of April each year, the State meet in Raleigh will be May 3-4, 2003.

Under the 'New Business' category, Bernie White mentioned that Jerry and he would contact Suzanne Coneys in Charlotte about the redesign of our website and the compilation of an Officers Guidebook for NCMS. Jerry Clark reported the possibility of having a one-day limited event dual meet with the Dynamo team from Atlanta. Finding an acceptable date and place will be difficult, but Dynamo is also interested in pursuing this. George Simon reported that a recent open water swim in Pinehurst requested and received a sanction because some Masters swimmers had entered the event. The meet director allowed three Masters swimmers to participate and said each signed a

one day registration. George has not yet received proof of this. We agreed that we should not sanction this meet in the future unless we receive proof about their one-day signup for the 2002 event.

The next meeting will be at our fall SCM meet in Shelby in October 2002.

### **THE TREASURER'S LANE**

by Sue Haugh

Income for the quarter was \$1,091.63 and \$4,566.39 year to date. Expenses for the quarter were \$1,318.89 and \$3,855.96 year to date. Net income (loss) for the quarter was (\$227.26) and \$710.43 year to date. At the end of the 2<sup>nd</sup> quarter, the checking account balance was \$7,800.13 and our certificate of deposit balance was \$4,275.74, making a total of \$12,075.87 on deposit.

### **THE REGISTRAR'S LANE**

by George Simon

Recently I researched the records of our LMSC to see if our membership has grown. From 1994, when we had 602 members, it declined in 95 and 96 to 552 and 547 respectively, but began to grow again in 1997 to 583. It has continued to grow in the remaining years, 597 in '98, 614 in '99, 689 in 2000, and last year an all time high of 694. As of the 31<sup>st</sup> of August, we have 660 memberships. Based on the projections, we should be slightly lower than last year's registrations.

Our registration year runs from November 1<sup>st</sup> when I begin accepting memberships for the year 2003, until October 31<sup>st</sup>. In early November, you will receive a renewal form for your 2003 membership. Everyone who is registered for 2002 will have their membership expire on December 31<sup>st</sup>, so please renew after you receive your renewal form in the mail. Your *SWIM* Magazine's subscription will expire with the issue received early in January. To participate in any 2003 USMS function, including swim team practices on or after January 1st, you must have a current 2003 registration.

# USMS 10K Open Water Championships

By Dan Murphy

(Editors Note) NC Masters swimmer Dan Murphy of Chapel Hill recently won the 2002 USMS Open Water 10K Nationals in the 60-64 age group. Appreciating the extraordinary training necessary to survive a six plus miles (especially without a line on the bottom to follow), I asked him to describe his preparation for and effort during the race. Dan's account follows.

Early this year, I sat down to plan my 2002 competition. There it was -- the U.S. Masters 10K Open Water National Championship, June 15, Hartwell Lake, Clemson, SC. My first open water swim, a 5K in Lake Michigan last summer was exhilarating. 10K Nationals; why not!

I prepared a twelve-week training schedule: swim, run, weights -- one day off each week. From mid-season on I survived super Mondays (two swim workouts totaling 8000-9000 yards). I averaged 24,000 yards per week, finishing with a twelve-day taper in early June. In total I swam one hundred sixty-four miles, most at UNC (NCAM) with a great workout group. I really benefited from lots of advice from the good open water swimmers there.

Race day was very exciting. It was an all day swimming festival that included the 8<sup>th</sup> Annual Death Valley Open Water Swim Meet. There were ten races with staggered starting times. The 10K was second, starting about 8:25 AM. Masters from nineteen states were competing. The course was an almost straight 2.5K, down and back twice. My plan was to swim a constant pace, with rhythm and ignore the field. I felt good. The defending national champ in my age group was entered. Although he had beaten my Chicago 5K time by ten minutes, I thought the longer distance here might help me.

While drafting is legal in Masters Open Water swims, I don't like it and ignored it. Only after the race, when another swimmer thanked me for leading a pack of four swimmers through most of the race did I fully realize what had been going on. I did wonder why the defending champ would appear next to me and then disappear. I was not sure it was him because you become a little delirious after swimming for so long. However, with "only" the 2.5K to go I was suddenly jolted into awareness when I was about to swim around the waterstop / boat at the last turn; the defending champ swam me into the side of the boat. Apparently he was trying to beat me to the "fuel" and then out of

the turn to the last leg. But I had decided not to stop. The resulting slight lead went to my head. With a burst of energy, I "flew" for about 500 meters.

But then I lost it. Timing went, and I was struggling, but I knew I was ahead. Those twelve weeks of extra work should pay off here. I decided to "sprint" the last 2K. It was not pretty and probably was not fast. That 2K seemed to take forever. I won by a minute and fifty-six seconds. I have not quit smiling since.

P.S. The Death Valley Meet hosts the 3K Nationals on June 14, 2003.

## **TECHNICAL RULE CHANGES TO CONFORM TO USA-S RULES** USMS Rules Committee June 28, 2002

In accordance with USMS rule 601.4.6B, the rules of competition within USMS have changed due to actions taken by the USA Swimming Rules Committee on or about June 1, 2002 and the USMS Rules Committee on June 28, 2002. The actions by USS were in response to a request for interpretation of the USA-S rules in light of the current FINA rules. The changes are detailed below. Please inform all coaches, officials, meet directors, LMSC web sites, and members of USMS of these changes. Questions can be directed to Leo Letendre, USMS Rules Chairman, 267 Glandore Dr, Manchester MO 63021, e-mail: Rules@usms.org

### **SUMMARY OF CHANGES**

**Backstroke:** To permit the movement of toes and feet above the surface of the water after the start signal is given. Toes, however, may NOT be brought over the lip of the gutter.

USMS has adopted a change to the rules of competition based upon changes made by USA Swimming on June 1, 2002. The change was made to the Backstroke start rules. Swimmers are no longer prohibited from raising their feet above the water level after the starting signal has been given. However, the swimmer is NOT allowed to place their toes or feet in or on the gutter during or after the start. Thus the rule effectively allows a change from the current practice only in flat walled pools and pools with the water level below the gutter. The current legal start is still legal. These changes are effective June 1, 2002.

# PERFORMANCE APTITUDES AND ATTITUDES

## Sixteen Values that Swimmers Learn from the Sport

By John Leonard, Executive Director, American Swimming Coaches Association

We all want our children to learn values from the activities they participate in. Here are 16 values that they gain from swimming, and how they gain them.

1. Fitness – every study ever done by scientists say that swimming is the best overall sport to achieve total fitness and health. Inculcating this value at an early age makes it a value for all the life of the individual.

2. Self-Confidence – each child learns that they can learn, that they can achieve and that they can struggle and overcome adversity daily in good swimming practice.

3. Discipline – No good stroke technique exists without discipline. No good practice session exists without structure and discipline to do what is required when it is required, on a consistent basis. A daily result of good training sessions by the athlete. Best of all, it's self-discipline!

4. Teamwork – Swimming is impossible to do as an “individual sport,” it's way, way too hard! Teammates encourage, lead, follow, and both contribute and receive daily in practice sessions with their friends.

5. Sportsmanship – One of the key lessons learned is that everyone has their “moment in the sun” to shine... in practice and in meets. Good coaches teach the lesson that we compete “with” people, not “against” people.

6. Work Ethic – No sport requires more physical effort than swimming. Lesser “talents” can outwork (over the long haul) the more talented athlete. Over time, athletes learn that their own efforts produces their own results.

7. Delayed Gratification – Very hard in today's youth society! But critical! Swimmers learn that the season (the year, the career) is long, and no one short term result can be called success or failure. What you do in practice today will show up in a week, a month, six months, a year, in a swim meet. Swimmers learn to accept that “things take time” to develop.

8. Time Management – Swimmers get better grades “in season.” Why? Because with a small amount of time, they are forced to use it well to study. When they are not in practice, they have “plenty of time” and things don't get done. A senior swimmer trains 5 plus hours a day. With school, sleep,

eating, studying, there is not much left over. It's forced learning to be effective and efficient.

9. Dedication – Swimmers learn as they grow older that one cannot be “all things all the time” and that some sacrifices have to be made to achieve in other areas. This is also called “focus” and “concentration.” Invaluable life skills.

10. Skill Improvement – because of the medium of water that we operate in, successful swimmers pay extreme attention to technique and skills, and more and more so as they improve and swim faster. It's all in the details. Another major life lesson.

11. Friendship and Respect – You may not “love” your teammates all the time, but you know how hard they work and you learn to respect that work. You also form friendships based on the solid values on this list. The best kind of friends... ones you share values with, not dope, secrets and aggressions.

12. Goal Setting – Swimmers learn at an early age to measure success objectively and how to set new goals to motivate themselves as they climb the ladder of swimming success.

13. Gender Equity – Any boy swimming with any girl in practice will tell you that females can practice better (practice tougher) than males. Any female competing with any male, will tell you that males can get up and race when they need to.

14. Appreciation of your support team – Mom and Dad keep you swimming. Coach teaches and inspires you. Swimmers learn they stand on other people's shoulders to achieve. Great life lessons.

15. Courage – Each swimmer gets to be a “hero” in their lane, in their world every day. Every day they get a chance to test their courage (and succeed and fail in that regard) in practice. Courage is a “developed trait.” Swimming develops it well.

16. Compassion – Each swimmer succeeds. Each swimmer “fails” from time to time. Swimmers know how it feels. They can learn to support those who are struggling, applaud those who are succeeding, and be inspired by the work of others.

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## NC MASTERS REIGN AT USMS NATIONAL LCM CHAMPIONSHIPS

This 2002 LC Nationals saw me swim my perfect race as I had visualized it several times during the night before: the 50 meter backstroke. Beginning with a bracing jump into the warm-up pool, then the usual frenzied dance behind the block to raise the heart rate, a few moments of meditation to become one with the lane, the water, the lights overhead. No talking. No banter with the adjoining lanes, just focus on the experience to come.

Into the water, a quick start, 4 dolphin kicks, 6 spin strokes, settle into technique; head looking straight up at the guiding line of lights, shoulders twist, hips twist, abs pulled in, lower back curved down. *speed.....turnover*. See the halfway mark yellow rope, 12 strokes done, resist the urge to look around for competition, thighs burn, feet prickle, lungs strain, freshly shaved arms tingle in the water as they grab a piece of it and pull past it. Exactly 22 strokes, the flags! Now 5 more strokes. No, 6, always need an extra one in a race. Hit the wall. I look...I won! National Champion! Hooray!

Jeannie Mitchell

As my first Nationals, I want to say this was an awesome experience!! Thank you to Heather, Melanie, Vanessa, Mary, Bev, Sally, the Raleigh gang, Fritz, Kim, Kevin, Hill, our National Champ relay partner Bob, my endless "waiting for the next event" neighbor up in the stands Dick Webber and his wife, and everyone else who "took me in"!!! It made my experience so much more memorable. Our team was by far the closest team out there. It was awesome to stand on the blocks scared to death and hear a bunch of people yelling your name. It definitely got that adrenaline flowing hard. I promise you guys I will register under my own name in the hotel next time, and not use my "witness protection program" name!! Thanks for trying to hunt me down though.

It was so nice just to show up for the relays and not have to worry because Jerry and Fritz had already spent lots of time figuring it out for us. You guys kicked butt with the teams you put together. I have no doubt that's why we won the medium size team category. Thanks a million!!

I am SO LOOKING FORWARD to this next year. I swam early this morning and I was "still smoking"!! I think the shaving thing does work! I will hate the prickly feeling in the next few weeks though. See you in the water!!

Henry D. Stewart

AGE GROUP	SWIMMER	PLACE / EVENT / TIME
<b>19 - 24</b>	Everett, Vanessa	4th / 200 Fr / 2:23.59; 5th / 50 Fly / 34.32; 2nd / 400 Fr / 5:00.05; 2nd / 100 Br / 1:31.98; 4th / 100 Fr / 1:06.20
	Deal, Melanie	2nd / 100 Bk / 1:14.84; 1st / 200 Br / 3:03.43; 2nd / 200 Bk / 2:37.58; 2nd / 50 Bk / 35.09; <b>1st / 100 Br / 1:26.57</b>
<b>25 - 29</b>	Tone, Stacey	8th / 50 Fr / 31.47; 4th / 50 Br / 40.21; 4th / 100 Br / 1:32.46
<b>30 - 34</b>	Hageman, Heather	2nd / 50 Fly / 30.78; <b>1st / 50 Fr / 28.02</b> ; 4th / 50 Br / 42.45; 5th / 50 Bk / 34.30; 4th / 100 Fr / 1:03.59
<b>40 - 44</b>	Stott, Kim	17th / 50 Fly / 38.17; 8th / 200 Bk / 3:05.84; 11th / 50 Br / 45.54; 10th / 50 Bk / 39.52
<b>45 - 49</b>	Amick, Bev	3rd / 800 Fr / 11:11.96; 4th / 200 Fr / 2:33.80; 3rd / 100 Fly / 1:17.29; 4th / 400 Fr / 5:21.96; 2nd / 200 Fly / 3:09.61
	Sansbury, Mary	11th / 200 Fr / 3:00.62; 9th / 200 Br / 3:41.27; 15th / 50 Br / 47.59; 7th / 100 Br / 1:44.33; 14th / 100 Fr / 1:19.72
<b>50 - 54</b>	Cathey, Sandra	10th / 1500 Fr / 26:17.16; 8th / 200 Br / 3:51.49
<b>55 - 59</b>	Mitchell, Jeannie	<b>1st / 100 Bk / 1:29.70</b> ; 3rd / 400 IM / 7:34.24; 5th / 200 IM / 3:30.43; 2nd / 200 Bk / 3:19.11; <b>1st / 50 Bk / 39.90</b>
<b>65 - 69</b>	Newell, Sally	<b>1st / 100 Bk / 1:38.56</b> ; 4th / 50 Fr / 38.32; <b>1st / 50 Br / 46.00</b> ; <b>1st / 50 Bk / 45.83</b> ; <b>1st / 100 Br / 1:43.16</b>
	Kremer, Sandra	2nd / 800 Fr / 15:39.42; 5th / 200 Fr / 3:38.16; 2nd / 200 Br / 4:27.58; 4th / 50 Br / 53.94; 3rd / 400 Fr / 7:42.98
	Bonitz, Suzanne	5th / 100 Bk / 1:53.48; 10th / 50 Fr / 47.47; 2nd / 200 Bk / 4:11.07; 8th / 50 Br / 1:02.09; 4th / 50 Bk / 48.84

## USMS NATIONAL LCM CHAMPIONSHIPS (Continued)

AGE GROUP	SWIMMER	PLACE / EVENT / TIME
<b>35 -39</b>	Jennings, Bob	<b>1st / 200 Br / 2:36.09</b> ; 2nd / 200 IM / 2:22.96; 4th / 50 Br / 32.50; 2nd / 100 Br / 1:11.59
<b>40 - 44</b>	Stewart, Henry	6th / 200 Fr / 2:08.28; 5th / 50 Fly / 27.68; 5th / 100 Fly / 1:02.93; 3rd / 100 Fr / 55.95
	Lehman, Fritz	2nd / 100 Bk / 1:02.68; 5th / 50 Fly / 27.86; 4th / 50 Fr / 26.12; 2nd / 50 Bk / 29.10; 2nd / 100 Fr / 56.87
<b>45 - 49</b>	Carrow, Hill	12th / 50 Fly / 31.18, 12th / 400 IM / 5:57.74; 8th / 100 Fly / 1:10.89; 16th / 50 Fr / 28.56
	Facchine, Kevin	6th / 800 Fr / 10:08.49; 10th / 200 Fr / 2:14.90; 10th / 100 Fly / 1:11.11; 9th / 400 Fr / 4:52.00; 7th / 200 Fly / 3:02.28
<b>50 - 54</b>	Coxhead, George	7th / 50 Fly / 30.91; 6th / 200 Br / 2:58.23; 5th / 400 IM / 5:53.25; 7th / 100 Fly / 1:13.22; 6th / 200 IM / 2:42.05
	Bober, Richard	<b>1st / 100 Bk / 1:07.84</b> ; 2nd / 200 Bk / 2:35.33; <b>1st / 50 Bk / 31.31</b>
<b>60 - 64</b>	Payne, Bob	17th / 50 Fly / 35.15; 15th / 200 Br / 3:28.16; 11th / 100 Br / 1:30.58
	Kitchell, Richard	4th / 50 Fly / 32.35; 4th / 400 IM / 6:29.82; 2nd / 100 Fly / 1:13.73; 6th / 200 IM / 3:02.64; <b>1st / 200 Fly / 2:54.72</b>
<b>65 - 69</b>	Macartney, Norm	12th / 200 IM 4:16.48, 5th / 200 Fly 5:14.75
	Clark, Jerry	3rd / 200 Fr / 2:30.87; 2nd / 50 Fr / 28.81; 2nd / 50 Br / 41.40; 2nd / 400 Fr / 5:25.09; 2nd / 100 Fr / 1:04.62
<b>70 - 74</b>	Mitchell, Clarke	<b>1st / 100 Bk / 1:26.92</b> ; <b>1st / 50 Fly 35.73</b> ; <b>1st / 200 Bk / 3:18.13</b> ; <b>1st / 50 Bk / 37.88</b> ; 4th / 100 Fr / 1:15.92
	Webber, Dick	3rd / 50 Fly 39.52; 3rd / 50 Fr / 32.50; 5th / 50 Bk / 48.05; 7th / 100 Fr / 1:18.34
<b>75 - 79</b>	Boone, Vester	2nd / 800 Fr / 17:10.03; 8th / 200 Fr / 3:51.90; 4th / 200 Br / 4:45.48

### RELAYS

### Place / Time / Team Members

<b>Mixed 200 Fr</b>	5th / 2:51.99 / Dick Webber, Sandra Kremer, Suzanne Robbins-Bonitz, Vester Boone
<b>Mixed 200 Fr</b>	3rd / 1:53.67 / Melanie Deal, Bob Jennings, Vanessa Everett, Henry Stewart
<b>Mixed 200 Fr</b>	10th / 1:56.66 / Kevin Facchine, Stacey Tone, Heather Hageman, Fritz Lehman
<b>Mixed 200 Fr</b>	14th / 2:04.26 / Beverly Amick, Kim Stott, Hill Carrow, Richard Bober
<b>Mixed 200 Fr</b>	2nd / 2:14.04 / Mary Sansbury, Sally Newell, Jerry Clark, Richard Kitchell
<b>Mixed 200 Fr</b>	11th / 2:23.43 / Jeannie Mitchell, Sandra Cathey, Clarke Mitchell, Payne, Bob
<b>Women 200 Medley</b>	5th / 2:39.00 / Jeannie Mitchell, Mary Sansbury, Beverly Amick, Kim Stott
<b>Women 200 Medley</b>	<b>1st / 2:17.72 / Melanie Deal, Stacey Tone, Heather Hageman, Vanessa Everett</b>
<b>Men 200 Medley</b>	<b>1st / 1:56.56 / Fritz Lehman, Bob Jennings, Kevin Facchine, Henry Stewart</b>
<b>Men 200 Medley</b>	2nd / 2:22.42 Clarke Mitchell, Joel Jacobs, Richard Kitchell, Jerry Clark
<b>Women 200 Fr</b>	<b>1st / 1:59.61 / Melanie Deal, Stacey Tone, Heather Hageman, Vanessa Everett</b>
<b>Women 200 Fr</b>	11th / 2:19.37 / Beverly Amick, Mary Sansbury, Jeannie Mitchell, Kim Stott
<b>Men 200 Fr</b>	2nd / 2:01.91 / Jerry Clark, Hill Carrow, Richard Kitchell, Dick Webber
<b>Men 200 Fr</b>	4th / 1:43.47 / Henry Stewart, Richard Bober, Bob Jennings, Fritz Lehman
<b>Mixed 200 Medley</b>	<b>1st / 2:29.82 / Beverly Amick, Sally Newell, Richard Kitchell, Dick Webber</b>
<b>Mixed 200 Medley</b>	<b>1st / 2:04.59 / Heather Hageman, Bob Jennings, Henry Stewart, Vanessa Everett</b>
<b>Mixed 200 Medley</b>	8th / 2:23.50 / Fritz Lehman, Mary Sansbury, Kim Stott, Jerry Clark

# USMS TOP TEN 2002 Short Course Yards

by Ceil Blackwell

The following North Carolina swimmers were ranked among the Top Ten for their respective age groups in the recently published listing for 2002 USMS short course yards season. For more information on USMS Top Ten visit the USMS web site at <http://www.usms.org>. Each person on this list is eligible to purchase a Top Ten patch with stroke segment. To order a patch send \$5 to Thomas Gorman at 3369 Desota Ave., Cleveland Heights, OH 44118. Stroke segments are \$1.25 each.

Special recognition goes to Jonathan Waldenmayer (19-24), Razvan Petcu (25-29), Fritz Lehman (40-44), John Kortheuer (70-74), and Boyd Campbell (90-94) who were ranked first in the nation in one or more of their events.

If your name or an event is missing from this list, please contact Ceil Blackwell at 4305 John Rencher Wynd, Raleigh, NC 27612 (919 787-8324) or email to [ceilb@aol.com](mailto:ceilb@aol.com).

Congratulations to all of the following swimmers:

Age Group	Swimmer	Place / Event
<b>Women</b>		
<b>19-24</b>	Vanessa Everett	9th / 400 IM, 10th / 200 Fly
	Christy Hall	2nd / 1000 Free, 9th / 200 Breast
	Cynthia Nagle	7th / 200 Breast
<b>25-29</b>	Ashley Murray	6th / 100 Free, 7th / 50 Free
	Jennifer Stringer	3rd / 100 Free, 4th / 50 Free, 4th / 200 Free, 7th / 100 IM
<b>30-34</b>	Heidi Williams	4th / 1650 Free
<b>35-39</b>	Ruth M Battle	9th / 50 Free
<b>45-49</b>	Debbie Wilson	9th / 1650 Free
<b>55-59</b>	Jeannie Mitchell	2nd / 200 Back, 3rd / 100 Back, 4th / 50 Back, 7th / 200 IM, 7th / 400 IM, 8th / 100 Free
	Ceil Blackwell	10th / 200 Back
	Sally N Newell	2nd / 200 Back, 2nd / 50 Breast, 2nd / 100 Breast, 4th / 200 Breast, 5th / 50 Free, 5th / 100 Back, 6th / 200 IM, 8th / 100 IM, 10th / 50 Back
<b>65-69</b>	Janet Zucker	10th / 50 Breast
	Sandra Kremer	7th / 200 Breast, 8th / 50 Breast
	Suzanne Robbins-Bonitz	8th / 50 Back, 9th / 100 Back, 10th / 200 Back
<b>Men</b>		
<b>19-24</b>	Todd Desorbo	4th / 200 Free
	Mark Mendendorp	5th / 200 Fly, 9th / 100 Fly, 10th / 50 Fly
	Jonathan Waldenmayer	<b>1st / 100 Back (53.16)</b> , 2nd / 50 Back, 2nd / 200 Back, 4th / 200 Free, 4th / 100 IM, 5th / 50 Breast, 5th / 50 Fly
<b>25-29</b>	Risto Deinlein	10th / 200 Fly
	Michael Ek	8th / 50 Back
	Razvan Petcu	<b>1st / 100 Free (45.93)</b> , 2nd / 100 Fly, 3rd / 50 Free, 4th / 50 Fly 28, 7th / 200 Free
	Sean Stringer	10th / 100 Back
	David Stutts	6th / 1000 Free



## USMS TOP TEN 2002 Short Course Yards (Continued)

<b>30-34</b>	Erik Crankshaw	3rd / 500 Free, 5th / 200 Free, 8th / 100 IM, 8th / 200 IM, 6th / 400 IM
	Jeff Murray	6th / 100 Free, 5th / 100 Back, 10th / 50 Free, 10th / 100 Fly
	Steven Pohnert	7th / 1650 Free
<b>40-44</b>	Fritz Lehman	<b>1st / 50 Back (24.63), 1st / 200 Back (1:56.98), 4th / 100 Back</b>
<b>45-49</b>	Fred Ferroggiaro	9th / 200 Back
<b>55-59</b>	John Lawrence	4th / 200 Back
<b>60-64</b>	Jerry Clark	6th / 1000 Free, 7th / 100 Free, 8th / 50 Free, 8th / 200 Free, 10th / 500 Free
	Dick Kitchell	4th / 200 Fly, 6th / 100 Fly, 8th / 400 IM
	Dan Murphy	7th / 1650 Free
	Rolffs Pinkerton	8th / 100 Back
<b>65-69</b>	Clarke Mitchell	3rd / 200 Back, 5th / 50 Back, 5th / 100 Back, 9th / 50 Fly
<b>70-74</b>	John Kortheuer	<b>1st / 50 Breast (34.13), 1st / 100 Breast (1:16.96), 2nd / 200 Breast, 2nd / 100 IM, 3rd / 50 Fly, 7th / 50 Back, 9th / 50 Free</b>
	Dick Webber	6th / 50 Fly, 8th / 50 Free, 10th / 100 Free
<b>75-79</b>	Arnie Formo	4th / 200 Breast, 6th / 100 Breast
	Vester Boone	7th / 200 Breast
<b>90-94</b>	Boyd Campbell	<b>1st / 50 Free (1:07.36), 1st / 100 Free (2:35.55), 1st / 200 Free (5:39.00), 1st / 500 Free (16:05.88) 1st / 50 Back (1:16.62), 1st / 100 Back (2:42.80), 1st / 200 Back (5:40.92)</b>
	Harold Hoffman	3rd / 50 Free

### Event

### Place / Team

#### RELAYS

##### Women

**25+ 400 Free** 4th / ( Anglique Geiss, Patricia Hogan, Virginia Hall, Heidi Williams)  
6th / (Langdon Johnson, Michelle Duval, Danielle Pender, Adrienne Water-son)

##### Men

**19+ 200 Free** 5th / (Jonathan Waldenmayer, Michael Ek, David Messenger, Jeff Murray)  
**25+ 200 Medley** 8th / (Michael Ek, Marcus Green, David Messenger, Jeff Murray)  
**45+ 400 Free** 2nd / (Kevin Facchine, Brian Lee, Eddy Houchin, Alan Godfrey)

##### Mixed

**19+ 200 Free** 8th / (Razvan Petcu, John Martelle, Heather Hageman, Vanessa Everett)  
**25+ 200 Free** 5th / (Jeff Murray, Michael Ek, Kerry Fraas, Heather Hageman)  
**75+ 200 Free** 2nd / (Bette Hoffman, Boyd Campbell, Judy Ann Kelly, Harold Hoffman)

### LMSC - NC Officers and Staff

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## UPCOMING 2002 / 2003 MASTERS SWIMMING EVENTS

Sep	21	Peachtree City Pentathlon SCY	Peachtree City, GA	Rob Copeland, 800-729-3334, <a href="mailto:cope@webspan.net">cope@webspan.net</a>
Oct	5	NC State Senior Games Swimming	Raleigh, NC / Pullen Park	
	5, 6	SCM Masters Meet	Orlando, FL	Chris Jaffe, 407-352-1907, <a href="mailto:chris-jaffe@mindspring.com">chris-jaffe@mindspring.com</a>
	12	DCAC Columbus Day Classic SCM	Landover, MD	Dawson Nash, 202-686-2150, <a href="mailto:swimmerdn4321@aol.com">swimmerdn4321@aol.com</a>
	12	Shelby BBQ Swim Meet	Shelby, NC	Rick Bober, 704-480-7889 (w); carolina-headhunter@carolina.rr.com
	19, 20	Huntsville Masters Meet SCY	Huntsville, AL	Eric Edwards, 256-837-2123 (h), <a href="mailto:eric.edwards@peoavn.redstone.army.mil">eric.edwards@peoavn.redstone.army.mil</a>
	27	Patriot Masters Sprint Classic SCY	Fairfax, VA	Cheryl Ward, 703-359-5366, <a href="mailto:cheryla-ward@yahoo.com">cheryla-ward@yahoo.com</a>
Nov	2-3	Dixie Zone SCM Championships	Anderson, SC	Steve Wycoff, 864-260-5170 (w), <a href="mailto:wycoff@carol.net">wycoff@carol.net</a> ;
	2	Virginia Masters Fall Invitational SCY	Newport News, VA	Charles Cockrell, 757-865-6250, <a href="mailto:cockrell@usms.org">cockrell@usms.org</a>
Dec	7, 8	St. Nicholas Invitational SCM	Marietta GA	
2003				
Jan	4	Summerville Masters SC Meet SCY	Summerville, SC	Joanne Stroud, 843-832-3812, <a href="mailto:jksmt@sc.rr.com">jksmt@sc.rr.com</a>
	25, 26	Sunbelt Championships SCY	Charlotte, NC	
Feb	1	Excel Masters SCY	Brentwood TN	
Apr	24-27	YMCA Nationals SCY	Sarasota FL	
May	3, 4	NC State Championships SCY	Raleigh, NC	
	5-18	USMS National SCY Championships	Tempe AZ	
Jun	1-7	National Senior Games SCY	Midtown Community Center, Newport News, VA	
Aug	14-17	USMS National LCM Championships	Rutgers NJ	

### USMS CHAMPIONSHIPS

DATE	EVENT	LOCATION	POINT OF CONTACT
9/1/2002-10/31/2002	2002 USMS 3000/6000 Yard Postal Championship	Your Pool	Marty Hamburger, 770-457-7946 (x15), <a href="mailto:dynamomasters@aol.com">dynamomasters@aol.com</a>
1/1/2003-1/31/2003	2003 USMS One Hour Postal Championship	Your Pool	Kristine Lewis, 503-641-9486, <a href="mailto:kristine.lewis@phs.com">kristine.lewis@phs.com</a>
5/3/2003	2003 USMS 2-Mile Cable Championship OW	Decker Lake, Austin, TX	James Allen, 512-249-9297, <a href="mailto:austincableswim@yahoo.com">austincableswim@yahoo.com</a>
5/15/2003-5/18/2003	2003 USMS SC Championships	Mona Plummer Aquatic Complex, ASU, Tempe, AZ	
5/15/2003-9/30/2003	2003 USMS 5K/10K Postal Championship	Your Pool	Mel Goldstein, 317-253-8289, <a href="mailto:goldstein@mindspring.com">goldstein@mindspring.com</a>
6/14/2003	2003 USMS 3K Open Water Championships	Hartwell Lake, Clemson, SC	Jacque Grossman, 864-654-4704, <a href="mailto:jelg@innova.net">jelg@innova.net</a>
6/21/2003	2003 USMS 1-Mile Open Water Championship	Eagle Creek Reservoir, Indianapolis, IN	Mel Goldstein, 317-253-8289, <a href="mailto:goldstein@mindspring.com">goldstein@mindspring.com</a>
7/27/2003	2003 USMS 5K Open Water Championship	Elk Lake, Bend, OR	Pam Himstreet, 541-385-7770, <a href="mailto:himstreet@bendcable.com">himstreet@bendcable.com</a>
8/3/2003	2003 USMS 10K Open Water Championships	Pacific Ocean, Santa Cruz, CA	Joel Wilson, 831-425-5762, , <a href="mailto:openwatr@got.net">openwatr@got.net</a>
8/14/2003-8/17/2003	2003 USMS LC Championships	Sonny Werblin Rec Center, Rutgers University, Piscataway, NJ	Edward Nessel, 908-561-5339, <a href="mailto:ednessel@aol.com">ednessel@aol.com</a>
9/1/2003-10/31/2003	2003 USMS 3000/6000 Yard Postal Championship	Your Pool	Doug Garcia, 509-332-1621(h), <a href="mailto:douggarcia@usms.org">douggarcia@usms.org</a>

## **Shelby Bar-B-Oue Swim Meet - Saturday, October 12, 2002**

- Sponsored by:** Shelby Swimming Club, dba: Sharks Aquatics Club
- Sanction by:** LMSC for NC, for USMS, Inc. Sanction No. NC 132-07
- Pool:** Shelby High School, 230 E. Dixon Blvd (US Highway 74) Shelby, NC 28152. The pool is indoors, 25 meters by 6 lanes. Non-turbulent lane lines and handheld electronic stopwatches will be used.
- Rules:** Swimmers must be registered with U.S. Masters Swimming (USMS). A photocopy of your current 2002 USMS registration must be attached to your entry. The 2002 USMS rules shall prevail. There are no limits as to the number of events entered by an individual. REMEMBER, AGE IS AS of 31 DECEMBER, 2002
- Fees:** Entry fees are set at a flat rate of \$12 - this covers race fees, roster of times entered in each event, and all meet operating costs. Entry Fees must accompany entries and are non refundable. A late entry fee charge of \$5.00 is due with all entries received after the entry deadline of October 5, 2002. Deck entries will be accepted. Make checks payable to Sharks Aquatics Club. Relay fees are no charge per relay team.
- Deadline:** Entry deadline is October 5<sup>th</sup>, 2002.
- Awards:** Award ribbons will be given for 1 st - 8th place in each age group in each event.
- Scoring:** Scoring will be 9-7-6-5-4-3-2-1 for individual events and 18-14-12-10-8-6-4-2 for relays.
- Seeding:** NOTE: ALL HEATS WILL BE MIXED SEX AND SWUM SLOWEST TO FASTEST. All events will be deck seeded.
- Events:** Warm-up begins at 9:00 a.m. Meet begins promptly at 10:00 a.m. Deck entries for all events will be accepted, but prior entry is preferred and given preference.
- 200 Open Event:** This event is for anyone wanting to swim any stroke for a 200 meter time. Seeding of heats will be by stroke.
- Information:** Rick Bober, Meet Director. (w) 704-480-7889 (h) 704-482-8510
- Entries:** Send entries to: Rick Bober, 310 Belvedere Av, Shelby, NC 28150
- E-mail:** [carolinaheadhunter@carolina.rr.com](mailto:carolinaheadhunter@carolina.rr.com) (Rick Bober's work e-mail)
- Lunch Plans:** There will be a BBQ lunch after the meet. Adult cost is \$7.00 per plate, children 12 & under cost \$6.00 per plate. Please indicate on the entry how many will be attending.
- LMSC-NC:** There will be a NC Local Masters Swim Committee business meeting after the meet. All NC registered masters swimmers are invited.

# Shelby Bar-B-Que Swim Meet Meet - Saturday, October 12, 2002

## Entry Form & Order Of Events

Warm Up: 9 AM, Meet Begins: 10 AM

Circle event number and enter time in the space provided. Use NT for No Time.

<u>Event#</u>	<u>Stroke</u>	<u>Entry Time</u>
1	200 METER FREE RELAY	_____
2	100 METER BUTTERFLY	_____
3	50 METER BACKSTROKE	_____
	10 minute break	
4	100 METER BREASTROKE	_____
5	50 METER FREESTYLE	_____
	10 minute break	
6	100 METER INDIVIDUAL MEDLEY	_____
7	50 METER BUTTERFLY	_____
8	100 METER BACKSTROKE	_____
	10 minute break	
9	50 METER BREASTROKE	_____
10	100 METER FREESTYLE	_____
11	200 METER OPEN EVENT	_____
	Check 1: Free___ Back___ Breast___ Fly___ IM___	
12	200 METER MEDLEY RELAY	_____

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.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
 Name: \_\_\_\_\_ DOB: \_\_-\_\_-\_\_ Age as of 12/31/02: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_, ST: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Telephone #: \_\_\_\_\_ Club \_\_\_\_\_ USMS Registration # \_\_\_\_\_ Sex: \_\_\_\_\_  
 E-Mail: \_\_\_\_\_

Flat rate Entry Fee (\$12.00)	\$12.00
\$12.00 Meet Results via US Mail (\$5.00)	_____
*BarBQ # ____x \$7.00 (adults)	_____
*BarBQ # ____x \$6.00 (children 12 & under)	_____
 Total submitted	 _____

Send checks & entry to: Rick Bober, 310 Belvedere Av, Shelby, NC 28150-4709

Make checks payable to: **Sharks Aquatics Club**

**This swim meet is a fundraiser for the USA-S age group swim team in Shelby, NC.**

\*The BarBQ menu includes chopped meat, slaw, sauce, potato chips, beans, pickles, & iced tea.