

THE WET GAZETTE

The LMSC for Virginia- Serving Masters Swimmers in Virginia and West Virginia

Top 10 for SCM

Thirty-nine swimmers from our LMSC placed in the USMS Top 10 listing for 2007 Short Course Meters! Swimmers are listed below by team. A complete list with events and times can be found on page 4.

Unattached (UNAT): Meghan Brosch, Jessica Chen, Ruben Valdez, David Green, Terry Gernstein
Swim Quest (SQST): Lisa Bennett

South Hampton Roads YMCA (SHYM): Andrew Spillane

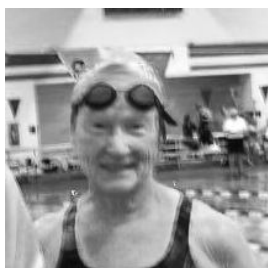
Atlantic Coast Athletic Club (ACAM): Gabe Kuzman

Virginia Masters (VMST): Bonnie Kestner, Pearl Cox, Barbara Boslego, Ruth Bennett, Kathryn Gregory, Betsy Chambers, Beth Schreiner, Betsy Durrant, Ida Hlavacek, Judy Martin, Susan Marens, Lucille Griffin, Johnnie Detrick, Barbara Zaremski, Laura Walker, Jeanne Meredith, Susan Henley, Terry Sokolik, Miriam Tuovila, Ruth Good, Marianna Berkley, Troy Johnson, Chris Stevenson, Dave Holland, Jim McFarland, David Malsbury, John Tudor, Owen Maher, Al Newbury, Charles Erwin.

Number 1 swims were achieved by:

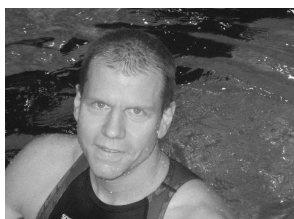
Marianna Berkley (4)

Beth Schreiner (3)



Chris Stevenson (3)

Charlie Erwin (1)



How Fast Am I? Swim Performance Ratings

by Chris Stevenson

Want to know how your current swims compare to your swims from ten years ago? What is your best event, really? Are you better in meters or yards? What's the most impressive record in your age group?

Most importantly: do you want to engage in trash talk with swimmers across age groups and gender?

Inspired by a similar concept on the web site of the Great Bay Masters swim team (New England LMSC), we now have a swim performance ratings calculator on the LMSC web site (www.vaswim.org). Here is how it works. You input your age and time for a particular event and course (SCY, SCM, LCM), and the calculator returns a rating. A rating of 100 corresponds roughly to world's best time in that event for your age group; see the web site for more details on the specifics of the calculation.

Just as importantly, the calculator also works in reverse: input age and desired rating for an event and it will spit out the time that achieves that rating. Together, these two features allow you to compare times while correcting for the effects of age, gender, event and course.



For example: your times may be slower than they were 10 years ago, but you may actually be faster relative to other swimmers; the performance rating would reflect this. It also allows you to compare events and courses. What is your best or second best event? Placement in the USMS Top Ten, for example, may not be a good gauge if you happen to be good if you happen to be in a very competitive age group or event.

See Swim Ratings on page 3.



If you do not have internet access, call or write to me (editor address below), and I will send you an entry.

May 16-17: VA Senior Games, Virginia Beach
All ages are eligible.

May 25-26: Reston Lake Swim and Clinic

June 15: Jack King One-Mile Ocean Swim
Entry is in this newsletter.

June 18-22: IGLA Championship, College Park
See Potomac Valley website.

June 28: Pasadena, MD (SCM)

July 12-13: Easton, MD (SCM)
Sat (12th) will be distance events.

July 12: 2-Mile Lake Swim, Charlottesville
This is a National Championship. Entry is in this newsletter.

August 9: UMBC, Long Course

August 14-17: USMS LC Nationals
Mount Hood Community College, Oregon

August 23-24: Colonies Zones LC, College Park

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Masters Swimming in VA
vaswim.org

USMS
usms.org

SwimInfo.com
Latest info on all levels of swimming.

Nearby LMSCs
North Carolina: NCMasters.org
Maryland: Maryland@usms.org
Potomac Valley: PVMasters.org

Colonies Zone
www.ColoniesZone.org



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Swim Ratings continued from page 1.

I believe the primary use of performance ratings should be for goal setting. Imagine you are a 44 year old female who has not been training as much for the last couple of years, but now you are ready to get back to business. You went a 1:01.6 in the 100 yard free as a 40 year old; what would be a comparable time four years later? The rating calculator provides an answer (1:02.3); this could be your goal for the season. Ratings provide a good basis for goal setting regardless of ability; not everyone is able to do a Top Ten time or set an LMSC record, for example.

There are other uses of the ratings calculator, too. You can use it for age-dependent conversions between courses—continuing our example, 1:01.6 in 100 SCY free for a 40 year old is equivalent to 1:12.0 in LCM for a 44 year old. And, of course, you can use it to compare different swims. What was the highest rated swim in the 2007 LCM season? It was Laura Val's 19:14.70 in the 1500 free at age 56, with a rating of 103.4. How about Dara Torres' (age 40) amazing swims last summer? Her 50 LCM free of 24.53 is rated at an incredible 108.2.

Please provide feedback to me (cstevens@richmond.edu) and Jason (VAWebmaster@usms.org).

Enjoy, and happy swimming!

USMS SCM Top Ten Details

Women 25-29

Meghan E Brosch, UNAT

4 50 Free, 28.78

2 100 Free, 1:01.58

Women 30-34

Jessica Chen, UNAT

9 100 Back, 1:19.15

Women 50-54

Lisa Bennett, SQST

6 50 Free, 30.80

3 50 Breast, 40.17

3 200 Breast, 3:12.55

Women 55-59

Barbara Boslego, VMST

9 50 Breast, 45.43

6 100 Breast, 1:41.21

9 200 Breast, 3:39.06

Women 55-59

Pearl Cox, VMST

10 1500 Free, 26:57.42

James River Splash

by Terry Sue Gault

Saturday, June 12, will be the 4th year of the James River Splash, a one mile open water swim on the James River. The stretch of the James is located in Midlothian near James River High School at the Robious Landing Park. The swim is 1/2 mile up river and turning around with a 1/2 mile swim back. There is a 13 and under swim of 400 which allows younger swimmers to be introduced to open water swimming. This is not a USMS sanctioned event but we have had good participation from Masters swimmers in the area.

We have had an increase of participation each year. This past year there were 60 adult participants and 10 youth swimmers. The water is usually in the high 70's to low 80's. No wet suits are allowed. The current varies due to the rain at the time leading up to the race. This event is a part of the Richmond Sports Backers X-games held on the river. On Saturday evening there is a celebration with food and bands on Browns Island.

I hope that you can come participate or volunteer to help with the swim.

http://www.sportsbackers.org/jrag_swimming.htm

Women 55-59

Bonnie Kestner, VMST

5 100 Free, 1:12.69

5 100 Back, 1:26.42

7 50 Back, 40.69

3 200 Fly, 3:19.15

4 200 IM, 3:03.96

4 200 Free, 2:37.50

4 200 Back, 3:01.12

4 100 Fly, 1:29.91

4 100 IM, 1:26.04

4 400 IM, 6:29.24

Women 60-64

Ruth R Bennett, VMST

9 100 Free 1:28.58

8 200 Free 3:10.25

Kathryn Gregory, VMST

7 50 Back 48.84

8 50 Breast 53.01

10 100 Breast 1:57.66

9 400 IM 8:29.21

Betsy Chambers, VMST

10 200 Breast 4:32.33

Women 65-69**Beth Schreiner, VMST**

1 50 Free 34.68
 1 100 Free 1:19.78
 1 200 Free 2:57.89

Judy Martin, VMST

9 50 Back 48.99
 7 100 Back 1:50.62
 6 200 Back 3:49.85

Betsy Durrant, VMST

9 50 Free 41.75
 3 400 Free 6:50.09
 5 100 Back 1:46.01
 5 50 Breast 49.46

6 200 Free 3:15.66
 3 50 Back 46.39
 4 200 Back 3:41.68
 5 100 Breast 1:51.39

Ida Hlavacek, VMST

9 200 Free 3:25.59
 4 100 Back 1:44.87
 4 800 Free 14:19.90
 5 200 Back 3:47.85
 5 100 Fly 1:58.58
 3 200 IM 3:53.45

10 50 Back 49.29
 6 400 Free 7:13.28
 3 1500 Free 27:24.69
 7 50 Fly 48.75
 3 200 Fly 4:22.83
 4 400 IM 8:14.43

Susan Marens, VMST

8 50 Breast 52.54
 6 100 Breast 1:54.30
 6 100 Fly 1:59.60

9 50 Breast 52.70
 6 200 Breast 4:08.84

Lucille Griffin, VMST

9 50 Fly 50.26
 7 200 IM 4:09.73

3 100 Fly 1:49.88
 7 400 IM 8:40.91

Women 70-74**Johnnie Detrick, VMST →**

2 50 Free 38.27
 2 100 Free 1:28.92
 3 100 Breast 1:54.01
 2 100 IM 1:46.69

4 50 Breast 52.92
 2 200 Breast 4:07.70
 5 50 Fly 55.84

**Barbara M Zaremski, VMST**

3 50 Free 38.69
 9 200 Free 3:33.36
 3 50 Back 49.42
 6 200 Back 4:10.29
 4 100 Breast 2:04.75
 8 50 Fly 58.17
 5 200 IM 4:02.93

4 100 Free 1:33.04
 3 800 Free 15:07.90
 4 100 Back 1:52.62
 10 50 Breast 58.91
 3 200 Breast 4:26.92
 5 100 IM 1:52.18
 2 400 IM 8:40.65

Laura Walker, VMST

5 50 Free 41.13
 2 50 Back 49.37
 4 200 Back 4:03.32
 6 100 IM 1:54.96

8 200 Free 3:32.65
 5 100 Back 1:53.12
 7 50 Fly 58.11

Women 75-79**Jeanne Meredith, VMST**

10 100 Free 2:03.44
 9 200 Free 4:21.07
 6 400 Free 9:06.56

Susan Henley, VMST

8 50 Back 1:01.58
 7 100 Back 2:15.75
 9 200 Back 4:57.94

Women 80-84**Terry Sokolik, VMST**

6 50 Free 57.10
 6 100 Free 2:12.81
 4 200 Free 4:41.80
 4 100 IM 2:31.9

Terry Sokolik →**Miriam Tuovila 82 VMST**

10 100 Free 2:31.75
 4 50 Breast 1:10.66
 4 200 Breast 5:38.06
 5 100 IM 2:40.01

9 100 Back 2:50.37
 4 100 Breast 2:34.82
 3 50 Fly 1:22.54
 3 200 IM 5:54.60

Women 85-89**Ruth Good, VMST**

5 100 Free 3:03.96
 6 50 Back 1:34.34
 6 50 Breast 2:28.10
 5 200 IM 8:38.92

7 200 Free 6:36.88
 6 100 Back 3:39.52
 6 100 IM 4:03.44

Marianna Berkley 85 VMST

4 200 Free 4:52.03
 2 100 Back 2:34.75
 1 100 Breast 2:50.69
 3 50 Fly 1:35.25
 1 200 IM 5:36.16

2 50 Back 1:05.22
 1 50 Breast 1:10.37
 1 200 Breast 5:46.07
 2 100 IM 2:23.05

Men 18-24**Ruben Valdez, UNAT**

8 100 Back 1:15.80

Men 25-29**Andrew Spillane, SHYM**

6 50 Breast 32.45

Men 30-34**Troy D Johnson, VMST**

3 50 Free	23.51	3 100 Free	52.23
7 200 Free	2:02.62	10 400 Free	4:35.56
7 800 Free	9:34.03	5 1500 Free	18:31.40
3 50 Fly	26.02		

David Green, UNAT

7 100 Free	55.60	5 200 Free	2:01.75
8 50 Back	29.97	9 100 Back	1:04.24
4 200 Back	2:25.43		

Men 40-44**Chris Stevenson, VMST**

3 400 Free	4:17.35	1 50 Back	26.80
1 100 Back	57.47	1 200 Back	2:06.11
5 100 Fly	59.53		

Dave Holland, VMST

7 200 Fly	2:29.40
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Men 45-49**Jim McFarland, VMST**

9 1500 Free	19:22.93
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David B Malsbury, VMST

10 50 Back	31.44
10 50 Breast	34.10

Men 50-54**John B Tudor, VMST**

6 50 Free	26.07
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Men 55-59**John Mc Corkle, VMST**

8 400 IM	6:07.61
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Men 65-69**Terry M Gernstein, UNAT**

10 50 Breast	41.65	8 100 Breast	1:33.10
9 200 Breast	3:32.99		

Gabe Kuzman 67 ACAM

6 50 Fly	36.33
6 100 IM	1:27.99

Men 70-74**Owen Maher, VMST**

9 100 Fly	1:57.77
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Alfred Newbury, VMST

10 100 Fly	2:04.66
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Men 75-79**Charles Erwin, VMST**

3 200 Free	3:10.94	1 400 Free	6:44.42
3 800 Free	14:13.91		

Team News - an Opportunity for All Teams

Charleston Y Masters Wins at the Wildcat Invitational Large Team Division.

By Rebecca St. Jean

The Wildcat Invitational in Lexington Kentucky is always a fun meet to attend. The meet is held at the University of Kentucky's natatorium, Lancaster Aquatic Center. This year 10 Charleston Family Y Masters swimmers attended, a big turnout for us. Our team had 59 first place finishes and 6 meet records.

Martita Adams (W50-54) had 4 record swims, 50 Free 28.96, 100 Free 1:05.36, 50 fly 34.03, and 100 IM 1:18.11. **Rob St. Jean** (M40-44) broke the 1000 free record in 11:15.94, and also the 200 back record with a 2:06.64 swim. **Kristin Margolin** (W18-24), in her first Masters meet logged 8 first place swims. **Rebecca St. Jean** (W35-39) had 7 first place swims. **Linda Matheny** and **April Hamilton** (W40-44) logged 7 first place swims between them.

On the men's side, **Jeff Lucas** (M50-54) had 4 first places finishes. **Bob Boder** (M55-59) logged 9 first place finishes. **James Thibeault** (M60-64) swam to 1 first place finish and **Robin Wilson** (M65-69) finished with 9 first place finishes.

While our team may not always get a best time at every swim, we have a team philosophy of swimming the maximum number of events allowed. It allows us to be competitive with some of the bigger teams, and we also swim events that we may not have picked if we only swim 3-4 events a day. It definitely makes for a fun and tiring weekend!

Charleston Y Masters →



Virginia Masters Wins Colonies Zones In Landslide

Team Effort includes 70 swimmers and 5 new national records

By Dave Holland

Fairfax, VA -- April 16, 2008 – Dominating with depth and buoyed by a formidable presence in the 65-plus age groups, the Virginia Masters Swim Team (VMST) claimed the 2008 Colonies Zone Championship held this past weekend in the Jim McKay Natatorium at George Mason University. In the combined team scores, VMST won the title in convincing fashion with 2,730 points, with defending champion Curl-Burke settling for second with 720.

Richard Cheadle, a retired secret service agent who lives in Burke, Virginia and trains alone at the Burke Racquet and Swim Club, competes with VMST at regional meets. He was instrumental in organizing relays in the weeks leading up to the event and was thrilled to see the long hours of planning come to fruition. “It was an extraordinarily impressive victory with close to a 2,000 point edge in victory. The amazing thing was that out of 70 swimmers competing on our team, 22 were over 65 years old,” said Cheadle.

The 60 and 70-something aged athletes were something indeed, leading the charge with four new United States Masters Swimming (USMS) relay records. Beth Schreiner, a multi-national champion who trains in Fairfax County, swam the anchor leg on three of those relays, each one obliterating the former record by several seconds. Perhaps the most noteworthy performance was turned in by the mixed 65+ 400 yard free relay composed of Harry Sober (65), Johnnie Detrick (72), Art Wolfe (68), and Schreiner (67). Their winning time of 4:36.77 was more than 22 seconds faster than the previous standard set by San Diego Masters last year.

Overall, there were six USMS records established during the three-day meet, and VMST swimmers accounted for five of them. In individual competition, Chris Stevenson, 43, a chemistry professor from Richmond and current world record holder in the 50-100-200 backstroke events (SCM), improved upon his own USMS record in the 200 yard backstroke. He finished in 1:53.29 to crop seven-tenths off his previous mark.

Stevenson, who has experimented with wearing different bodysuit styles in the past year, competed all weekend in a traditional men’s brief. When asked about his decision to shelve the bodysuit, Stevenson remarked, “I got tired of the hassle of putting it on and taking it off, and worrying about which suit is the fastest. Plus I don’t like how they feel in the water, and now I know that it is me and not the suit. My pocketbook thanks me.”

The Colonies zone is composed of teams from the northeastern United States (Virginia to Maine), and the annual short course event dates back to 1987. For the sixth consecutive year, the meet was hosted by Patriot Masters and ably directed by Cheryl and Peter Ward of George Mason University. There were 52 teams and 473 swimmers in attendance.

A complete list of all the USMS records set at the meet is included below:

Mixed 65+

Harry Sober, Johnnie Detrick, Art Wolfe, Beth Schreiner

VMST - 400 Yard Free Relay 4:36.77 4/12/2008

(Old record: 4:59.29 4/1/2007 San Diego: Lund, Freshley, Clifford, Best)

Women 65+

Betsy Durrant, Ida Hlavacek, Barbara Zaremski, Beth Schreiner

VMST - 800 Yard Free Relay 12:03.97 4/12/2008

(Old record: 12:14.80 4/16/1989 Santa Barbara: Erickson, Altus, Baar, La Chasse)

Women 65+

Barbara Zaremski, Betsy Durrant, Johnnie Detrick, Beth Schreiner

VMST - 400 Yard Free Relay 5:19.35 4/13/2008

(Old record: 5:32.88 4/16/1989 Santa Barbara: Erickson, Altus, Baar, La Chasse)

Men 40-44

Chris Stevenson – VMST – 200 Yard Backstroke 1:53.29 4/12/2008 (Old record: 1:53.99 3/11/2007 Chris Stevenson)

Men 65-69

Louis Kronfeld – NEM – 50 Yard Breaststroke 32.59 4/13/2008 (Old record: 32.91 5/18/1997 Nick Templeman)

Men 65+

Harry Sober, Warner Brundage, Art Wolfe, Ed Gaulrapp

VMST - 400 Yard Medley Relay 5:01.35 4/12/2008

(Old record: 5:02.76 4/9/2000 Walnut Creek: Brown, Nieman, Morner, Mayo)

Complete results:

<http://www.patriotmasters.org/Colonies.2008.Results.0414.htm>

Dave Holland, Sports Information, 804-282-6224, Virginia Masters Swim Team, HenryDaFif@aol.com

Note: In the next VMST newsletter there will be more on Zone and articles and pictures about record breaking relays at other meets.

Virginia Teams at Zones and Nationals

In addition to VMST, Swim Quest Masters, Shenadoah Masters, and Warrenton Masters were represented at the Zone Meet at George Mason University.

SQST will also have 11 swimmers at nationals in Austin, TX. Team members entered are:

Lisa Bennett, Lance Braughton, Caycee Buscaglia, Kelly Cleary, Pam Dameron, Becky Franklin, Jessica Gurganus, Dee Hunter, Ira Pearce, Brenda Siggs, and Rebecca Thompson.

VMST has 21 swimmers entered at nationals: Dave Malsbury, Mike Slowey, Jim Miller, Warner Brundage, Terry Gernstein, Tom Woods, Katie Whitworth, Paula Jones, Karen Kaufmann, Patty Miller, Kitten Braaten, Terry Sue Gault, Ida Hlavacek, Betsy Durrant, Susan Marens, Beth Schreiner, Laura Walker, Barbara Zaremski, Joan Averette, and Terry Sokolik.