

THE WET GAZETTE

The LMSC for Virginia - Serving Masters Swimmers in Virginia and West Virginia
September 15, 2008

The Mighty Mermaids Take Tahoe

By Lisa Bennett

On July 19, 2008, The Mighty Mermaids began their journey across Lake Tahoe. It was a beautiful, crisp Nevada-California morning. The sun was peaking its head over the mountains to bring warmth to the swimmers who would be starting the Trans-Tahoe race at 7:30am. Five of the six Mermaids hustled into the boat that would carry them out into the depths of Lake Tahoe in hopes of locating the sixth Mermaid when her swimming leg was finished. The sixth Mermaid joined the masses of 150 other swimmers at the start; they too, hoping to find their teammates. When she was spotted, a sigh of relief hit all of us. Especially with only two minutes before the first



transition time!

We are the Mighty Mermaids: Lisa Bennett (VA, SQST), Christie Circaulo (CA), Tracy Grilli (NH), Nansea Steadman-Martin (NJ), Karen Einsidler (NJ) and Jenny Cook (CA).

We are a relay team of women, all over the age of 50, with the goals of completing this race under four hours, winning our age-group, and being the first female team out! Our biggest goal was to raise money for breast cancer research in honor of one of our team-mates (Karen) who is a breast cancer survivor.

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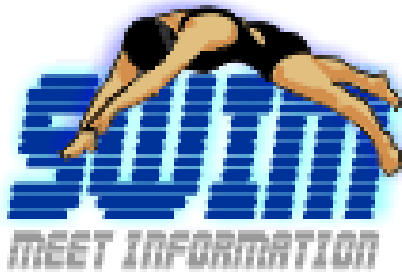
Inspired By An Olympian

By Bob Schreiner

I'll begin with an irreproachable truism: There were no half-baked efforts by the Virginia Masters as they competed in the USMS Long Course Swimming Championships in Gresham, Oregon, August 14-17, 2008. All efforts those four days were fully cooked by the record-setting heat that smothered the normally cool Portland area. But as all embarrassed weather forecasters and tourist boards quickly proclaim when accused by surprised visitors as being misleading, "At least it was a dry heat." Sure, and Richard Nixon was an honorable politician and Jackie Marr is Miss Congeniality.

Despite the 100-degree weather at the Mt. Hood Aquatic Center, there were some cool performances by the 15-member Virginia Masters Swim Team over the four days of competition. While most swimming fans were focused on the Summer Olympics and the Michael Phelps-led U.S. swim team performing simultaneously in Beijing, several diehard aficionados of aquatics were whooping it up for their VMST family members as they did their best against approximately 1.5 million members of the Oregon Masters. An Olympic comparison would be Guinea Bissau against China. Warming the spectators' bleachers below the VMST banner along with yours truly were Gwynn Braaten and several members of Betsy Durrant's

See Portland on page 3.



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

October 26: GMU Sprint Classic

November 8: VMST Fall Meet, Virginia Beach
Entry is in this newsletter.

January: Charlotte, NC (usually end of the month)

February 1: Alexandria Tropical Splash

February 14-15: Richmond? Tentative Date

Newsletter Editor

Betsy Durrant
211 66th Street
Virginia Beach, VA 23451
757-422-6811 (fax or phone, before 9:30 pm)
durrant6@cox.net

New USMS Office - Send Swim Cap

USMS has opened an office in Charlotte, NC, where the Executive Director and his assistant, Ashley Gangloff, are working. To decorate the bare walls, each club is invited to send one of their swim caps. Send to:

United States Masters Swimming
Charlotte Headquarters
500 East Morehead St, Suite 220
Charlotte, NC 28202

Editor's note: VMST has already donated a cap.



Masters Swimming in Virginia

www.vaswim.org

USMS Website

www.usms.org

Latest info on all levels of swimming

www.SwimmingWorldMagazine.com

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland: www.maryland@usms.org

Potomac Valley: www.PVMasters.org

Colonies Zone

www.ColoniesZone.org

LMSC Officers

Chair: Terry Sue Gault
tsqvmst@aol.com, 804-379-9099

Vice Chair: Chris Stevenson
cstevens@richmond.edu, 804-282-0124

Secretary: Dave Holland
HenryDaFiff@aol.com

Treasurer: Mike Duignan
mideduignan@cox.net

Registrar: Lisa Bennett
Swimlab56@msn.com, 804-379-5324

Sanctions: Judy Martin
Jmartin240@cox.net, 757-721-0890

Records and Top Ten: Chris Stevenson
cstevens@richmond.edu, 804-282-0124

Graphics from www.swimgraphics.com

Mermaids continued from page 1.

This day was the culmination of 14 months worth of planning, conference calls, a lot of pink, and a ton of yardage! We had already swum over 3,000 miles before we got there, and we were looking forward to putting ourselves to the test of the 11.4 mile race, and 64 degree water (on the shore!). Each of us was entrusted to swim for 30 minutes, dodging boats and swimmers, all the time heading toward the shore on California with only mountains as our reference point. We did have a great guide however, Tracy Hernlen (Lisa's husband) herding (in a kayak) the Mermaids to keep them as straight on course as possible. There were only four of the six swimmers who had to swim twice (for 15 min. each) to complete the race in 3:54.22.

The surrounding mountains were breathtaking, as was the sight of seeing 150 boats, en-masse, all hoping to be one of the first ashore in California. There were flags flying and music playing. The Mighty Mermaids flew their pink flag with pride. And we had a boat filled with our pink bling, great food and drink, and of course the six women who were determined to kick some major butt! The atmosphere was quite electrifying and the adrenaline was roaring (as were our menopausal hormones!!). The water was pristine. It was blue, but there is no description for its hue. It was calm and friendly. If there had been anything at all to see while we swam, we would have been able to see it as if we were using a magnifying glass! At the swimmer's exchange, the clarity was vivid. We could see every detail on the suits, making the vastness of the lake even more apparent. And realizing that we were swimming over 1,600 feet of water was actually a comfort. Each stroke felt powerful, yet at the same time making us feel like tiny specks in the scheme of things.

About half-way into the race a major rush hit us. We looked back and saw more boats behind us than in front of us! And as the race went on, we passed more and more teams and knew we were going to achieve most of our goals. A blanket of excitement covered us as we came up on the finish buoy. We were going to come in under four hours. Our final swimmer sprinted the last couple of hundred yards and overtook two teams, all the while her teammates screaming her to victory! The Mighty Mermaids finished 24th out of 150 teams (men's, women's and mixed) and won the age-group (300+). The first female team out (180+) was ahead of us by 7 minutes. However, we later found out that they had missed the start of the race and

their lead swimmer was taken out into the lake by boat! So, it is believed that we may have been able to be the first women's team out if things had been different.

But our primary goal had also been reached! We had raised over \$7,000.00 for our charity! The Mighty Mermaids relay was the most incredible experience. Six women, some whom never had met, found each other to come together for a great cause.

We are now friends for life and have developed a respect for each other that doesn't come very often. It was a team effort the entire way, and with every stroke, we could feel it. And we are now planning our next "adventure" for future races. We are in the infant stages of swimming our next virtual swim over to Sweden for Worlds in 2010, and we are hoping to enter more races in '09 to spread the word of the "Mermaids!"

If you would like to see pictures of the Mighty Mermaids and their Tahoe Adventure, you can go to this website:
picasaweb.google.com/ChristieCiraulo/MightyMermaidsTransTahoeRelay

Portland continued from page 1.

seemingly nationwide family. Most swimmers needed no inspiration from family backers, however, since there was plenty to find in the heroics of Phelps and his U.S. Olympic teammate swimmers.

Our cheers and sacrifices in comfortability did not go unrewarded as Chris Stevenson—assuming the team leader role not unlike Mr. Phelps—and his teammates hauled in more than their fair share of medals. Chris's premier performance came in the 100-meter backstroke, where he set a world record of 1:00.56. Not only did he flirt with the hallowed one-minute barrier for the 40-44 age group, he topped former U.S. Olympian Rich Saeger's previous world record of 1:00.64. That is as "Phelpsian" as it gets! (Maybe I should have written "Stevensonian.")

From my personal perspective (never lacking), it was gratifying that a good number of VMST male teammates showed up to bolster the perennial achievements of their female counterparts

See Portland 2 on page 4.

Portland 2 continued from page 3.

and to complement the valiant efforts made regularly by Jim Miller and Tom Woods in national events. Joining Chris, Jim, and Tom in Gresham were “the Daves,” Holland and Malsbury, along with Bill Winters and the swimming Scot, Sandy Galletly. It spoke greatly that Sandy was a loud cheerleader for his U.S.-born colleagues, but, unfortunately, no one could understand him. (Am I the only VMST follower to wonder how Sandy and Tom often end up as hotel roommates? They make Hollywood’s *Odd Couple* seem downright normal. I would think it would require at least two interpreters to relay Tom’s ramblings about the St. Louis Cardinals in his Missouri drawl to someone whose Scottish brogue is denser than uncooked haggis, and vice versa. Oh, to be a fly on the wall!) Anyway, combined the men scored four 1st place medals, one 2nd place medal, six 3rd place medals, and another 3rd in the 200 medley relay—a worthy showing by anyone’s calculations, including mathematicians from Virginia, Oregon, and even Scotland.

Marcia Barry patiently waiting for her 1500. →

Meanwhile, the VMST “Feminine Phenoms” (or is the “Phenomenal Fems” or, even better, “Phenomenal Phems”?)—each moniker sounds Phelpsian also, doesn’t it?—turned in what can only be labeled another impressive showing. Despite missing many of their stalwart sisters who garnered gold, silver, and bronze galore in Austin in May, Marcia Barry, Kitten Braaten, Betsy Durrant, Ida Hlavacek, Paula Jones, Patricia Miller, Beth Schreiner, and Barbara Zeremski did VMST proud by mining much metal. The ladies totaled five 1st place medals, six 2nd place medals, and eight 3rd place medals along with many impressive other top-10 and point-counting finishes. They also placed 2nd in two women’s relays, the 200 freestyle and 200 medley—to protect the innocent and the author, I will not mention the age groups in which these ladies had their success—and contributed to a 2nd place finish in the 200 mixed medley relay. As proof that the women’s 200 freestyle relay team (Marcia, Barbara, Kitten, Beth) was proud of its



silver medal finish, Kitten was heard to boast, “It had to take a world record to beat us.” Indeed, a relay team from Pacific Northwest Aquatics came in first in world record time (but at least we beat a dozen, it seemed, Oregon Masters teams).

Until it acquires at least one fine restaurant in its city limits, Gresham, Oregon, will never be a candidate for All American City. Geno’s Grill is as good as it gets in Gresham, and even that eatery’s mediocre reputation took a large hit when it became party headquarters for San Francisco’s The Olympic Club swim team. Several properly behaved VMSTers (including Beth and me) were witness to the TOC’s beer-induced frivolity and still can’t believe what we saw and what they consumed. However, few places could be more ideally sited than Gresham, with the majestic Columbia River and Oregon’s spectacular waterfall area less than 30 minutes away to the northeast; the stately, snow-capped Mt. Hood ever visible to the east; and booming and lively Portland a short

drive to the west. Beth and I enjoyed one evening in particular when dear friends (even though they now swim for The Woodlands Masters Swim Team) Bob and Joann Leilich joined us for dinner and plenty of red wine at a lodge at the bottom of 600-foot Multnomah Falls.

Betsy did well in reserving a small bleacher section for VMST in the middle of the tented spectator’s stands, but, alas, the equally small New England Masters team and we were sandwiched between the noisy Walnut Creek Masters team and the raucous (even when sober) TOC team. At times,

it was nearly impossible to hear Mark Gill’s thrilling commentary (whom does he not know?), interspersed

with occasional play-by-play results to satisfy the purists. Unfortunately, Mark was not the only meet emcee, but his exciting and humorous broadcasting was always welcome and usually aroused the audience from the malaise brought on by the sonorous, monotonal efforts of his fellow announcers.

Speaking of announcers, all of us have heard them use the phrase “home field advantage” as they cover various sports. It applies to swimming as well. While the vast majority of swim teams were sweltering on the sun side of the Mt. Hood Community College pool, the Oregon Masters swim horde (yes, I should say “team”) occupied the entire

shaded side of the complex. In the pool, it seemed that at least half of the competitors were wearing the electric lime green Oregon Masters swim cap. (Note to Betsy: VMST must change its cap color, lest we be forever associated with those Oregon masses.) To add salt to the wound, the Oregonian swimmers were as much about quality as quantity—what a team performance!

Humor is not a distant relative of the VMST team. If Tom Woods is not up to some shenanigan (can you believe that he was collecting autographs of certain female swimmers on the pool deck?) or several of the women are getting lost with GPS systems, someone else is filling in. At this meet, it was Sandy. Believe it or not, during the men's 200 freestyle event, the funny sounding Scot swam in lane 8 although he was assigned to lane 1. Results: much laughter, some embarrassment, and one DQ. Betsy thought he might have misunderstood the accent of the American starter, but I, having spent many years in Great Britain, knew the real reason for Sandy's boo-boo. Since the Scots drive on the wrong side of the road, it is distinctly possible that they occasionally swim on the wrong side of the pool. (Either that, or Sandy had joined the previous night's TOC party at Geno's.)

Gluttons for swimming, nearly all the VMST swimmers chose to spend their time out of water watching Olympic swimmers in the water on their hotel TV sets. This was not a good training practice since it reduced rest time by several hours each evening. Even I was caught up in the Olympic hoopla. For the few swimmers who choose to find a role model other than Betsy Durrant, Michael Phelps seemed to fill the bill. On our last night when I saw one young girl on TV sporting a purple T-shirt with the words "Phelps Phan," even I got inspired. Thus, I'll wrap this up with the phollowing phlourish using my favorite new language, Phelpsish. (I'm actually more phluent in Phelpsish than in Phrench, Kitten.)

Oregon as a setting for a USMS championship is phrankly phenomenal. The people (even many Oregon Masters phellow swimmers, including Barbara Phrid—sorry, Barb) are phriendly and phun-loving. The scenery is philled with incredible foto opportunities—cascading waterphalls, dark green phorests, phast-phlowing rivers, wildphlowers and other phlora, phertile valleys, and phantastic mountains. I certainly prepher it to Filadelfia.

As we ophten do, Beth and I took a post-meet vacation phling. We phound eastern Oregon as phascinating as the Portland area, but phree of traphic, phactories, and other big city phailures.

Here, the towns are phew and phar between. The Blue Mountains are more phetching than the Cascades and the steep, almost phathomless canyons phall away to incredible depths. Hell's Canyon, phor example, is more than 8,000 phheet deep and is as phrightening as it is fysically imposing. We went wine tasting, our phavorite hobby, in southern Washington, phocusing on Walla Walla (why not why not). We had phabulous phood along the way and stayed in phancy B&B's.

I better phinish before I run out of these outlandish frases and phunny words. I know that some of you with a phine eye might phind most of the above fonetically phlawed, but don't point your phinger at me. It's the phault of Michael Felps (or however he spells his name).



Chris Stevenson, Patty Miller, Kitten Braaten, Gwynn Braaten, Barbara Zaremski (Marcia is hidden.)

VMST Results from LC Nationals

Barry, Marcia L , F60	1500 Free 22:53.10 1st
200 Free 2:49.23 3 rd	200 Back 3:20.15 2 nd
50 Back 42.27 3 rd	400 Free 5:52.46 3 rd

Braaten, Kitten , F53	800 Free 12:21.32 6th
200 Free 2:57.33 12 th	100 Fly 1:33.63 8 th
400 Free 6:09.18 14 th	200 Fly 3:33.68 6 th

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LC continued from page 5.

Durrant, Betsy, F67 800 Free 14:47.55 6th
 50 Breast 49.88 5th 100 Breast 1:55.56 5th
 400 Free 7:04.93 5th 100 Back 1:52.09 3rd

Galletly, Sandy, M66 **1500 Free 22:24.34 1st**
 200 Free DQ 200 Back 3:12.66 6th
 400 Free 5:43.26 5th 200 Breast 3:34.42 6th

Hlavacek, Ida M, F66 1500 Free 29:28.71 2nd
 400 IM 9:20.76 3rd 200 Back 4:07.10 3rd
100 Fly 2:06.35 1st **200 Fly 4:46.56 1st**

Holland, Dave, M41 1500 Free 18:46.35 7th
 100 Fly 1:02.70 8th 50 Fly 27.74 7th
 200 IM 2:25.54 5th 200 Fly 2:18.62 3rd

Jones, Paula E, F40 400 IM 6:12.51 4th
 200 Back 3:02.76 5th 200 IM 2:52.14 6th
 100 Free 1:06.64 4th 400 Free 5:30.73 8th

Malsbury, David B, M47 50 Breast 33.12 5th
 100 Breast 1:15.35 4th 50 Back 31.13 4th
 100 Back 1:09.04 3rd 50 Free NS

Miller, Jim W, M58 200 Free 2:36.39 16th
 200 Back 3:10.83 13th 100 Back 1:24.70 11th
 50 Free 29.76 9th

Miller, Patricia M, F47 50 Breast 39.67 4th
 100 Breast 1:29.65 5th 400 Free 5:49.24 11th
 200 Breast 3:14.91 5th

Schreiner, Beth, F67 800 Free 13:57.40 4th
 200 Free 3:05.44 2nd 100 Free 1:21.74 2nd
 50 Back 46.85 4th **50 Free 35.54 1st**

Stevenson, Chris L, M44 **200 Back 2:13.48 1st**
 100 Fly 58.29 2nd 400 Free 4:18.77 3rd
50 Back 28.08 1st **100 Back 1:00.56 1st**

Winters, Bill, M41 200 Back 2:31.29 4th
 200 IM 2:27.72 6th 50 Back 31.57 3rd
 100 Back 1:07.20 3rd 200 Breast 2:54.18 3rd

Woods, Tom M, M65 200 Free 2:57.50 9th
 400 Free 6:24.37 6th 800 Free 13:19.38 5th

Zaremski, Barbara M, F71 200 Free 3:18.25 2nd
 100 Free 1:26.89 2nd 50 Back 49.09 3rd
 100 Back 1:50.13 3rd **50 Free 36.87 1st**

Mixed 200 Medley Relay 2:36.09 6th
 Miller, Jim W Durrant, Betsy
 Malsbury, David B Zaremski, Barbara M

Mixed 200 Medley Relay 2:04.66 2nd
 Stevenson, Chris L Miller, Patricia M
 Holland, Dave Jones, Paula E

Mixed 200 Medley Relay 2:45.26 10th
 Winters, Bill Galletly, Sandy
 Hlavacek, Ida M Schreiner, Beth

Men 200 Medley Relay 1:55.46 3rd
 Stevenson, Chris L Malsbury, David B
 Holland, Dave Winters, Bill

Women 200 Medley Relay 2:48.35 2nd
 Barry, Marcia L Durrant, Betsy
 Braaten, Kitten Schreiner, Beth

Mixed 200 Free Relay 2:08.19 4th
 Zaremski, Barbara M Schreiner, Beth
 Miller, Jim W Stevenson, Chris L

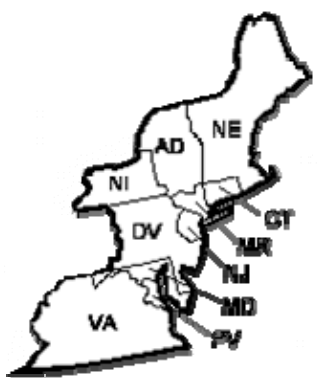
Mixed 200 Free Relay 1:56.92 8th
 Jones, Paula E Holland, Dave
 Miller, Patricia M Winters, Bill

Mixed 200 Free Relay 2:27.62 10th
 Durrant, Betsy Hlavacek, Ida M
 Galletly, Sandy Malsbury, David B

Women 200 Free Relay 2:23.36 2nd
 Zaremski, Barbara M Schreiner, Beth
 Braaten, Kitten Barry, Marcia L

Colonies Zone Meet

August 23-24



The Colonies LC Zone Championship meet was held at the University of Maryland in College Park. Virginia teams participating were **VMST, LetSwim, and Warrenton**. VMST took the championship due to the relays. In some events VMST had the only teams entered.

Once again, Dick Cheadle took charge of the relays. Dick does this so well! He emails and calls people and puts together some great line-ups. Best of all, Dick does the hard part, but is always open to suggestions. Working as a team, VMST was able to put together some fun relays and some top quality relays.

The highlight of the relays were two national records in the 280+ age group (400 Mixed Free

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Zones continued from page 6.

Relay and 400 Women's Medley Relay). Members of the 400 Mixed Free Relay were Barbara Zaremski, Owen Maher, Johnnie Detrick, and Harry Sober. Members of the 400 Women's Medley Relay were Barbara Zaremski, Betsy Durrant, Lucille Griffin, and Johnnie Detrick.

Complete results of the Zone meet can be found at www.terrapinmasters.org.



Open Water Series In Virginia Beach

By Betsy Durrant

The Virginia Beach Lifesaving Service ran a series of ocean swim this summer. There were 3 events: a 1K Swim; a 1K and 3K Swim; a 1K and 5K Swim. I believe this is a series that can gain in popularity and in participation. Ray McDaniels, director of the Jack King Ocean Swim, was race director along with Tom Gill, captain of the lifesaving service.

Participants were a mixture of Masters swimmers and triathletes. The first event, a 1K swim, was on July 13. Fourteen women and twenty-six men completed the swim. The fastest male swimmer was Jay Leach, 41, a Masters swimmer and coach at Norfolk Academy. The fastest female was Susie Gordon, 47, a Masters swimmer and triathlete.

The second event, on July 27, combined a 1K swim and a 3K swim. Ten women and twenty-seven men participated in the 3K, while 6 swimmers opted for the 1K. Steve Harrison, 32, finished in 40:30, closely followed by Jay Leach at 40:31. The leading woman was once again Susie Gordon at 47:51.

August 16 was the date for the final event. Thirteen women and twenty-five men completed the 5K; eight swimmers did the 1K. Bobby Walsh, home for a break from the U of FL led the way at 1:06.57. Rob Jones, 43, from Charlottesville, was second in 1:07.29. Jay Leach finished 3rd in 1:08.10. Susie Gordon finished second among the women in 1:24.02. Alexis Oristian, 28, finished 1st in 1:20.32.

For swimmers who did all 3 events, race director Ray McDaniels compiled ranking based on total time.

Women

1. Susan Gordon, 47, 2:24.47
2. Monica Malone-Craig, 31, 2:45.24
3. Mary Ann Giese, 38, 3:00.01
4. Barbara Mathewson, 58, 3:28.08

Men

1. Jay Leach, 41, 1:58.21
2. Steve Harrison, 32, 2:05.26
3. Jim Robinson, 45, 2:17.19
4. Lief Carson, 44, 2:29.38
5. Griffith Jones, 53, 2:38.35
6. Ed Schiavoni, 53, 2:39.12

For the 1K series

Women – June McDaniels, 52, 55:13.00

Men – Peter Virok, 50, 46:38.00



After the 5K swim – Susie Gordon, Ed Schiavoni, Nancy Hodges, Mitch Saks, and Betsy Goode.



Virginia Senior Games

Virginia Beach has been the host for the Senior Games for the last 5 (?) years. The contract for the Senior Games has been awarded to Richmond. No details at this time in regard to date and location.

USMS Top Ten for LMSC for Virginia - SCY 2008

Age Grp	Name	Age	Club	Place	Event	Time	Place	Event	Time
W18-24	Sarah Hunt	23	UNAT	9	200 Free	2:04.27Y	6	100 Breast	1:10.76Y
W35-39	Becky L Franklin	39	SQST	8	1650 Free	20:04.55Y			
	Shannon Summerlin	35	VMST	8	50 Breast	32.91Y			
W50-54	Lisa A Bennett	51	SQST	8	50 Free	26.75Y	10	100 Free	59.59Y
				3	50 Breast	34.33Y	7	100 Breast	1:17.38Y
				10	100 IM	1:08.94Y			
W55-59	Shirley A Loftus-Charley	56	SMAM	5	200 Free	2:21.30Y	4	500 Free	6:09.17Y
				3	1000 Free	12:44.54Y	1	1650 Free	21:08.44Y
				4	100 Fly	1:15.07Y	4	200 Fly	2:52.71Y
				5	200 IM	2:40.69Y	3	400 IM	5:44.70Y
	Terry Sue M Gault	57	VMST	6	200 Free	2:22.13Y	8	500 Free	6:16.39Y
				5	1000 Free	12:53.27Y	3	1650 Free	21:21.90Y
				5	100 Fly	1:15.69Y			
	Marcia Barry	59	VMST	10	1000 Free	13:34.45Y			
W60-64	Pam D Dameron	62	SQST	9	50 Breast	40.82Y	8	100 Breast	1:30.78Y
				6	200 Breast	3:19.97Y			
W65-69	Beth Schreiner	67	VMST	1	50 Free	31.24Y	1	100 Free	1:10.99Y
				1	200 Free	2:39.66Y	5	500 Free	7:27.69Y
				2	1000 Free	14:58.11Y	5	50 Back	40.65Y
	Ida M Hlavacek	66	VMST	5	1000 Free	15:50.60Y	3	1650 Free	27:17.79Y
				7	100 Back	1:30.59Y	7	200 Back	3:15.42Y
				5	200 Fly	3:46.60Y	4	400 IM	7:19.11Y
				7	100 Fly	1:43.30Y			
	Betsy Durrant	65	VMST	4	50 Back	40.02Y	4	100 Back	1:27.15Y
				9	200 Back	3:18.07Y	4	50 Breast	43.91Y
				5	100 Breast	1:36.24Y	4	200 Breast	3:38.50Y
	Judy Martin	65	VMST	10	200 Back	3:23.41Y			
	Susan E Marens	66	VMST	7	200 Breast	3:49.83Y			
	Lucille Griffin	69	VMST	4	100 Fly	1:38.14Y	3	200 Fly	3:42.13Y
				6	400 IM	7:43.03Y			
W70-74	Barbara M Zaremski	70	VMST	1	50 Free	32.89Y	5	100 Free	1:18.59Y
				6	200 Free	2:59.43Y	8	500 Free	8:26.24Y
				6	1000 Free	17:08.95Y	7	1650 Free	30:38.13Y
				3	50 Back	41.85Y	3	100 Back	1:35.73Y
				10	50 Breast	50.85Y	8	100 Breast	1:52.86Y
				4	200 Back	3:29.87Y	7	200 Breast	4:03.98Y
				9	100 Fly	1:58.70Y	5	200 Fly	4:07.70Y
				8	100 IM	1:39.13Y	4	200 IM	3:35.15Y
				6	400 IM	8:05.59Y			
	Johnnie Detrick	72	VMST	3	50 Free	33.71Y	4	100 Free	1:17.91Y
				3	50 Breast	46.87Y	3	100 Breast	1:42.79Y
				3	200 Breast	3:47.11Y	3	100 IM	1:34.90Y
				5	200 IM	3:40.54Y			
	Laura S Walker	70	VMST	8	50 Free	36.79Y	9	100 Free	1:23.80Y
				6	50 Back	46.15Y	6	100 Back	1:37.54Y
				6	200 Back	3:34.55Y			
				9	100 IM	1:39.43Y			
W80-84	Terry Sokolik	80	VMST	9	50 Free	51.40Y	9	200 Free	4:25.32Y
				9	500 Free	11:19.86Y	4	50 Fly	1:08.84Y
				4	100 IM	2:18.55Y			
	Miriam Tuovila	82	VMST	5	50 Breast	1:03.87Y	5	100 Breast	2:17.46Y

				4	200 Breast	5:01.30Y	5	100 IM	2:20.68Y
				6	200 IM	5:14.40Y			
W85-89	Marianna Berkley	85	VMST	2	50 Free	49.87Y	3	100 Free	1:55.09Y
				3	200 Free	4:48.71Y	5	50 Back	1:05.71Y
				4	100 Back	2:20.63Y	4	200 Back	4:48.71Y
				1	50 Breast	1:04.48Y	1	100 Breast	2:23.13Y
				1	200 Breast	5:08.48Y	2	100 IM	2:13.95Y
				2	200 IM	4:56.38Y			
W95-99	Marie Kelleher	95	VMST	1	100 Free	3:02.75Y	1	200 Free	6:12.19Y
				1	100 IM	3:28.34Y			
M18-24	Warren Cieslak	20	UNAT	9	50 Breast	28.44Y			
M25-29	William Jewell	29	VMST	5	100 Back	53.11Y			
	Scott Halasz	25	VMST	9	100 Back	54.80Y	7	200 Back	1:59.03Y
				9	200 Back	1:59.43Y	10	100 Fly	52.42Y
				2	200 Fly	1:54.52Y			
M30-34	Troy D Johnson	32	VMST	1	100 Free	46.38Y	1	500 Free	4:45.93Y
				9	50 Fly	24.05Y			
M35-39	Daniel Summerlin	35	VMST	5	50 Free	21.18Y	7	100 Free	47.78Y
				6	100 Fly	51.69Y	4	200 IM	1:59.02Y
	Rob St Jean	39	CFYM	5	1650 Free	18:11.34Y			
	Kurt Sprenger	38	SMAM	5	200 Back	2:01.92Y			
	Chris John	35	VMST	7	200 Back	2:03.67Y			
M40-44	Chris Stevenson	43	VMST	4	200 Free	1:44.40Y	1	500 Free	4:46.18Y
				3	50 Back	24.45Y	2	100 Back	51.88Y
				2	200 Back	1:53.29Y	3	100 Fly	51.43Y
				2	200 Fly	1:56.38Y	10	400 IM	4:23.70Y
	Rob Jones	43	UNAT	2	500 Free	4:51.57Y			
	Dave Holland	40	VMST	9	1000 Free	10:35.50Y	10	200 Fly	2:03.93Y
	Rob St Jean	40	CFYM	8	1650 Free	18:32.88Y			
M45-49	David B Malsbury	46	VMST	10	50 Breast	28.93Y			
M50-54	Michael J Slowey	50	VMST	5	50 Breast	29.31Y	3	100 Breast	1:03.10Y
	Michael Slowey	50	VMST	6	200 Breast	2:26.69Y	7	400 IM	4:52.13Y
M55-59	Dave R Oates	57	VMST	6	200 Free	1:56.76Y			
M65-69	Harry M Sober	65	VMST	5	50 Free	26.47Y	7	100 Free	1:01.13Y
				9	50 Back	33.50Y	9	50 Fly	30.72Y
				9	100 IM	1:12.41Y			
	Warner Brundage	65	VMST	10	100 Free	1:03.80Y	6	200 Free	2:16.51Y
				9	100 Breast	1:18.81Y	7	200 Breast	2:54.41Y
				7	100 IM	1:10.89Y	5	200 IM	2:37.97Y
				4	400 IM	5:47.89Y			
	Art Wolfe	68	VMST	6	200 Fly	2:58.80Y	10	100 IM	1:12.96Y
				7	200 IM	2:41.52Y	5	400 IM	5:56.71Y



- Attention all teams: Please check the information on the back page and let me (durrant6@cox.net) and webmaster Jason Salmanoff (vaswim.webmaster@gmail.com) know of any corrections. For several teams, I have listed 2 contacts because I wasn't sure which one was the most up-to-date.
- The LMSC newsletter, Wet Gazette, is published every other month (January, March, May, July, September, and November). I need your contributions of pictures and articles – any news about your team.
- Everyone: Remember to check the website (www.vaswim.org) for news about Masters Swimming in our LMSC. Meet entries, registration forms, and records (SCY, SCM, LC) and more can be found there.

VIRGINIA MASTERS SWIM TEAM
28th ANNUAL FALL SWIM MEET
SATURDAY, NOVEMBER 8, 2008



Short Course Meters

Location: Bayside Recreation Center, 4500 First Court Road, Virginia Beach.

Facility: Eight lane, 25 meter pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-up and cool down. **Pool has been measured and certified for USMS records and Top Ten.**

Important Notes: Lockers require a quarter (25 cents). No glass containers in the pool area.

Directions: **From I-64**, take the Northampton Blvd. exit. Go approximately 3.5 miles (route 13 north) to the stoplight at Pleasure House Rd. Turn right on Pleasure House and take a left at the first stoplight onto First Court. The Rec Center is approximately .8 mile on the left. **From the oceanfront area**, take Shore Drive to First Court Rd. There is a stoplight at the intersection and a water tower nearby. The Rec Center will be on your right (about .8 mile), just past Bayville Park.

Meet Director: Betsy Durrant

Sanctioned by: LMSC for VIRGINIA for USMS, INC. Sanction #128-007.

Eligibility: The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **For meets held in metric pools, your age is your age on December 31, 2008. All swimmers must be registered with USMS.** If you are currently registered, include a copy of your registration card with your entry. **If you are not currently registered, you may include your registration form and a separate check (to LMSC for VA) with your entry, register online at www.usms.org or be prepared to register with LMSC for Virginia on the day of the meet.** USMS registration (through LMSC for VA) is \$33. Forms are available at www.vaswim.org and will also be available at the pool for new swimmers. **All new registrations after November 1 will be valid through December 2009.**

ORDER OF EVENTS. Pool opens at 9:00 am. Warm-up starts at 9:15 am. First heat begins at 10:00 am.

Men and Women will swim together. Back-to-back events are not a good idea.

- | | |
|------------------------------------|-------------------------------------|
| (1) 800 m Freestyle | (12) 50 m Butterfly |
| (2) 200 Medley Relays (W/M/Mixed)* | (13) 200 m Breaststroke |
| (3) 400 Free Relays (W/M/Mixed)* | (14) 100 m Backstroke |
| (4) 50 m Breaststroke | (15) 400 m Freestyle |
| (5) 200 m Individual Medley | (16) 400 Medley Relays (W/M/Mixed)* |
| (6) 200 m Backstroke | (17) 200 m Butterfly |
| (7) 50 m Freestyle | (18) 100 m Individual Medley |
| (8) 100 m Butterfly | (19) 50 m Backstroke |
| (9) 100 m Breaststroke | (20) 100 m Freestyle |
| (10) 400 m Individual Medley | (21) 200 Free Relays (W/M/Mixed)* |
| (11) 200 m Freestyle | (22) 1500 m Freestyle |
| | (23) 800 Free Relays (W/M/Mixed)* |

*** Relays**

There will be one heat of each relay. Women, Men, and Mixed Relays will be in the same heat. No charge for relays.

Entries: \$5.00 per event for pre-entries. \$10.00 surcharge for pool and equipment. **Late entries and deck entries will be accepted to fill heats at \$7 per event.** Swimmers may enter a total of 5 individual events and 4 relays.

Entry Deadline: In order to be seeded, pre-entries must be received by **Saturday, November 1.**

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone. Swimmers will be seeded according to times; heats will run slowest to fastest; men and women will swim together. **Swimmers will be expected to cooperate with the Safety Marshall who will monitor warm-up. No diving during warm-up except in designated lanes.**

Awards: Medals for 1st through 3rd places in each event for each age group. Ribbons for 4th through 6th places.

Social: There will be a social immediately following the meet. Directions will be provided at check-in.

Hotel Information: Check hotel rates online. Most of the oceanfront hotels have very good rates in November.

Relays! In an effort to provide an opportunity for swimmers to compete in SCM relays, we have scheduled relays – events 2,3,16,21,23. There will be only one heat of each event. You must chose whether you are going to do a Women's, Men's, or Mixed Relay – they will be swum at the same time.

******* ENTRIES ARE DUE BY NOVEMBER 1!*******

Age (on Dec 31, 2008): _____ Phone: _____ E-mail: _____

Attach copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but **be sure to sign the waiver**. If you are not registered with USMS, you may include your registration form and a separate check with your entry, or you may register at the meet. You must be registered to participate.

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

USMS #: _____ Team: _____ Sex: _____

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 of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Swimmer's signature: _____ *Date:* _____

Please enter seed times for meters. If you do not have any times for meters, add 10% to your yard times.

Relays may be entered on the day of the meet. Relay forms will be available at check-in.

<i>Evt #</i>	<i>Seed Time</i>	<i>Event</i>	<i>Evt#</i>	<i>Seed Time</i>	<i>Event</i>
(1)	_____	800 m Free	(12)	_____	50 m Fly
(4)	_____	50 m Breast	(13)	_____	200 m Breast
(5)	_____	200 m IM	(14)	_____	100 m Back
(6)	_____	200 m Back	(15)	_____	400 m Free
(7)	_____	50 m Free	(17)	_____	200 m Fly
(8)	_____	100 m Fly	(18)	_____	100 m IM
(9)	_____	100 m Breast	(19)	_____	50 m Back
(10)	_____	400 m IM	(20)	_____	100 m Free
(11)	_____	200 m Free	(22)	_____	1500 m Free

Please note that there is no break in the meet program. Think carefully before entering back-to-back events.

Relays (events 2,3,16,21,23) will be deck entered. There will be no entry fee for relays.

Number of Events _____ x \$5 = \$ _____
 \$10 Surcharge = \$ **10**
 Number of people for social _____ x \$5 = \$ _____
 Results Mailed (\$1) = \$ _____
 Total Amount Enclosed = \$ _____

*Results will be posted at
 www.vaswim.org.
 If you want results mailed
 to you, fill in blank to the left.*

Make checks payable to: VMST. Attach a copy of your registration card. Be sure you have signed the waiver. Mail to: Betsy Durrant, 211 66th Street, Virginia Beach, VA 23451. For questions, e-mail Betsy at durrant6@cox.net or phone Betsy at 757-422-6811. No calls after 9:30 pm, please!