

# The Wet Gazette

The LMSC for Virginia - Serving Swimmers in Virginia And West Virginia  
December 15, 2009

## Changes, Changes

By Betsy Durrant, Editor

A major change has been made in our newsletters. At the LMSC meeting on November 7 in Virginia Beach, it was decided to publish the LMSC newsletter monthly instead of every other month. Chair Chris Stevenson has advocated this for some time in order to keep all swimmers informed about news and events.

**All teams/clubs** are encouraged to send information and news for publication. I would love to have a section for each team on a monthly basis. Send me a logo to include with your articles. Each team should aim for one article per month, but more would be welcome.

The VMST officers voted to try the combined newsletter for a year to see how it works out. It's sad to end the VMST Newsletter since it has been published since the early 1980s, but there are some pluses to explore. One plus is that the cost will be lower for VMST so we might be able to reduce the membership fee. Another plus is that VMST might be able to entice some unattached swimmers to join. It was decided that it is worth trying.

**Financial arrangements.** Over the years, the financing of the LMSC newsletter has been "creative" and "evolving." VMST started a newsletter in the early 80s. When the LMSC board recognized that a newsletter should go to all swimmers in Virginia, there was a problem with finances - the LMSC did not have enough money to publish a newsletter without raising the registration fee. A creative solution was found where of the 12 newsletters published by VMST, four issues would change to LMSC newsletters and the cost for those issues would be split 50-50 between the LMSC and VMST. Several years ago, the LMSC board decided to move from 4 newsletters a year to 6. VMST agreed and that has been the schedule up until now: VMST publishes and pays for 6 issues per year to members only; the LMSC and VMST split the cost of 6 issues a year that go to all swimmers. The schedule for 2010 will be 12 issues a year to all swimmers, with the LMSC paying 2/3 of the cost and VMST paying 1/3 cost.

Comments should go to Chris Stevenson (LMSC Chair) or Heather Stevenson (VMST Pres.)

## Important Registration Information

By Lisa Bennett, Registrar

November 1 was the beginning of the 2010 USMS registration period, and the new 2010 forms are out, and also can be found at our LMSC website: [www.vaswim.org](http://www.vaswim.org). As many of you know, this year's registration form is different...and confusing! I have received many forms/checks that have reflected this confusion, and I apologize. USMS has mandated many items be on the form therefore limiting space, so the list of our 25 teams is not listed on the form. Plus the discounts for the "youngsters" is a bit confusing.

I would like to clarify some things on the registration form in hopes that swimmers will not be as confused, thus sending in the correct amount and form.

The team name is the team/club that you represent; not necessarily the facility where you swim. Virginia Masters Swim Team (VMST) is the only team in our LMSC who has fees associated with USMS registration. That fee is \$15 on top of the USMS fee of \$35. If you are joining VMST, please check that fee line and include that fee of \$15.00 (totally \$50.00). If you are not joining VMST, your total fee will be \$35.00. Please write in the name of your team, or if you are swimming as an unattached swimmer, please write "unattached" on that line.

Now for some more confusion! If you are a swimmer in the 18-24 age group, your fees (both USMS and VMST) are reduced. However you will need to send the form and check to me in order to obtain that discount. The USMS fee for you will be \$20.00, and if you are joining Virginia Masters Swim Team (VMST) that fee is also reduced \$10.00 (total fee \$30.00).

If you are still confused, please email ([swimlab56@msn.com](mailto:swimlab56@msn.com)) me prior to sending in your form/check and I will try to help. Again, apologies for the confusion, and Happy Swimming to All!



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

**January 30-31:** Charlotte, NC  
See NC Website for information. Online entries are encouraged.

**January 31:** Alexandria, VA  
See PV website

**March 6-7:** UMBC, Baltimore, MD

**March 20:** Albatross Open, North Bethesda  
Check PV website.

**March 27:** Duke University, Durham, NC  
Check NC website.

**February 13-14:** Richmond  
Entry is in this newsletter.

**April 10-11:** Raleigh, NC  
Information will be on NC website.

**April 22-24:** Zone Meet, George Mason U.  
Entry will be in the newsletter when available. I believe online entries will be used also.

**May 20-23:** USMS Nationals, Atlanta  
Entry will be in Swimmer Magazine and online.

### **Newsletter Editor**

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



### **Virginia Website**

[www.vaswim.org](http://www.vaswim.org)

### **USMS Website**

[www.usms.org](http://www.usms.org)

### **Latest info on all levels of swimming**

[www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com)

### **Nearby LMSCs**

North Carolina: [www.ncmasters.org](http://www.ncmasters.org)

Maryland: [www.maryland@usms.org](mailto:www.maryland@usms.org)

Potomac Valley: [www.PVMasters.org](http://www.PVMasters.org)

### **Colonies Zone**

[www.ColoniesZone.org](http://www.ColoniesZone.org)

### **LMSC Officers**

#### **Chair: Chris Stevenson**

[chrisl Stevenson@usms.org](mailto:chrisl Stevenson@usms.org), 804-282-0124

#### **Vice Chair: Vacant**

#### **Secretary: Dave Holland**

[HenryDaFif@aol.com](mailto:HenryDaFif@aol.com)

#### **Treasurer: Charlie Cockrell**

[Charles.Cockrell@alumni.virginia.edu](mailto:Charles.Cockrell@alumni.virginia.edu)

#### **Registrar: Lisa Bennett**

[Swimlab56@msn.com](mailto:Swimlab56@msn.com), 804-379-5324

#### **Sanctions: Judy Martin**

[Jmartin240@cox.net](mailto:Jmartin240@cox.net), 757-721-0890

#### **Records and Top Ten: Chris Stevenson**

[chrisl Stevenson@usms.org](mailto:chrisl Stevenson@usms.org), 804-282-0124

# VMST News

## VMST Officers

President: Heather Stevenson  
[hstevenson@mcguirewoods.com](mailto:hstevenson@mcguirewoods.com)

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Vice President: Ralph (Bud) Swiger  
[mssswim@aol.com](mailto:mssswim@aol.com)

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Secretary: Debbie Jaeger  
[jaegerdkwf@aol.com](mailto:jaegerdkwf@aol.com)

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Treasurer: Betsy Durrant  
211 66<sup>th</sup> St, Virginia Beach, VA 23451  
[durrant6@cox.net](mailto:durrant6@cox.net)

## Upcoming Events

**One Hour Swim, anytime in January.** This is a postal event. See how far you can swim in one hour. Try to organize a swim in your regular pool. We will be doing this in Virginia Beach at Great Neck Rec Center on January 16. If you are interested in participating, contact Betsy Durrant. All swimmers are expected to arrive early or stay late to count/time for another heat. Only two swimmers per lane (no circle swimming) - a counter/timer for each lane is required as all 50 splits must be recorded. We usually run 3 heats, using 3 lanes. The starting time will be 11:15 as there is another event in the pool that morning.

**Meet in Richmond, Feb 13-14.** Entry is in this newsletter. Note that relays are at the end of the day on Sunday. Usually, swimmers organize their own relays for this meet. However, maybe this year we can have a sign-up sheet to help you find some teammates to swim with.

**Zone Meet at GMU, April 22-24.** Since all relays are offered for this meet (200, 400 and 800), we try to enter as many relays as possible. It really helps if those making up the relays know who is going. There will be instructions about relays in the February newsletter.

**USMS SC Nationals.** We are fortunate that nationals are relatively close this year – in Atlanta. The meet is May 20-23 and will be held in the pool built for the Atlanta Olympics. There are qualifying times, but anyone can enter three events without making the qualifying times. This is to encourage participation by swimmers in the area. Give some serious thought to entering, even if you can't participate all four days. There will be more about nationals and relays in the March or April newsletter.

## Relay Information

Sometimes smaller meets don't charge for relays, but sometimes they do. There is always a charge for relays at Zones and at Nationals. **VMST pays all relays entry fees.** If you go to a meet and pay for relays, send a note itemizing the amount to me (VMST Treasurer) and I will reimburse you. At Zones and Nationals the team takes care of relay costs as the entries are submitted.

## Interview with Heather Stevenson VMST President

Betsy Durrant: Where did you grow up?

Heather Stevenson: I grew up in Arlington, Virginia (with a couple of years during elementary school in Le Vesinet, France).

BD: Did you do any competitive swimming as a kid?

HS: I started swimming summer league the summer after 4th grade because my best friend at the time swam on our local team. At that time, I could sort of dog paddle across the pool. Both my junior high and high schools had swim teams so I swam for those during the winter. I did a bit of AAU (doesn't

that date me!) swimming in high school, but I hated going to meets. I was a walk-on at William and Mary



**See Heather on page 7.**

# LMSC of Virginia Minutes

Saturday, November 7, 2009, 5pm

## Present:

Chris Stevenson (Chair), Dave Holland (Secretary), Mike Duignan (Treasurer), Betsy Durrant (Newsletter Editor), Charles Cockrell (Officials Chair), Andrea Randle (UR Masters)

## Old Business:

1. Chair proposed that our LMSC subsidize any additional cost associated with online entries for the next two years.
2. Treasurer Report- Mike Duignan reported Total Inflows of \$17,161.34 and Total Outflows of \$19,121.48. For the current year (1/1/09-11/2/09), assets are \$31,916.42. Mike reported profits from two meets (Feb. meet at NOVA and Chris Greene in July), and has not received a financial report from the Warrenton first annual "Dreaming of Spring" meet that was held in March. Treasurer's report accepted with MSA. Mike announced he is resigning his position as Treasurer, as he is moving to Colorado in January, 2010. Charlie Cockrell will take over as Treasurer at that time and serve the remainder of Mike's term (until November 2010).
3. Registrar's Report- Lisa Bennett reported that we're up to 25 teams and 1010 swimmers in our LMSC. VSMT has 336 members (down from last year's 367), and 338 swimmers are Unattached (up from last year's 314). Lisa reported that 45% of entries registered via paper, and 55% registered online. Male/female ratio is about 50/50.
4. Lisa reported that there is a new Master's team at Coast Guard Blue Dolphins, but they are not yet registered as a U.S. Master's team, and are not requiring members to join USMS. Chair will contact the team to encourage them to register.
5. Coaches Chair- Jim Miller submitted a written report and expressed concern about the lack of interest from coaches in taking advantage of funding opportunities to attend and/or conduct clinics. There is \$3000 in the budget for coaches to attend ASCA or other clinics that has gone unused. Jim would like for someone else to step up and assume the role of Coaches Chair. Chris Stevenson suggested that we consider purchasing lactate test kits with the available funding, and distribute to coaches.

6. Vice Chair report- Alison Moore is working in Potomac Valley region and there is now a vacancy for her position.
7. Officials Chair- Charlie is going to buy rule books for the USMS officials who work our meets. It's budgeted for \$200.00
8. USMS Convention – Chris Stevenson was not able to find a roommate and was only re-imbursed for half of his room cost. MSA to reimburse Chris for total cost of room in Chicago.
9. A Top Ten report submitted by Chris Stevenson and a Webmaster's report submitted by Jason Salmanoff were not discussed at meeting.

## New Business:

1. LMSC Minimum Standards- Chair shared a copy of the 11-page document that was distributed at Convention to help make LMSC's more accountable to certain administrative standards. Chair will distribute checklists of "required" vs. "suggested" items to all Chairs.
2. Indemnity- At convention, Doug Church (USMS Legal Counsel) suggested that all LMSC's add an indemnity clause for officers to bylaws, to be consistent with USMS bylaws. Chair will work to add this language to our current bylaws, and hopes to get it approved in 6 months at our conference call (May 2010).
3. Newsletters- Chair proposed a monthly LMSC newsletter with space for each team's content. VMST currently pays for 75% of newsletter cost (6 VMST newsletters, plus 3 LMSC newsletters). Secretary made motion for all newsletters to be "Wet Gazette" (LMSC) beginning in January 2010, with half of funding from VMST and half from LMSC. Motion was seconded and approved unanimously. (*Editor's note: Minutes have not yet been approved. My recollection is that the split in cost will be 2/3 LMSC and 1/3 VMST. The VMST board has to approve.*)
4. Promotion event- Dave Holland recommended that we consider a promotion event during the Monument Avenue 10K running event (March 27, 2010), similar to the one we did in 2008. Discussion ensued and recommendation was made to tie it to a clinic held in Richmond area a few weeks later (April or May, 2010). Holland will organize. Proposal was MSA'd.

**See Meeting on page 5.**



## Meeting continued from page 4.

### Recommendations:

No changes to language of bylaws. Chair will draft new language to indemnify officers to be in compliance with USMS bylaws, for possible approval during May, 2010 conference call.

### Summary of Actions:

1. Vacancy in Coaches Chair position formerly held by Jim Miller to be filled.
2. Vacancy in Vice Chair position formerly held by Alison Moore to be filled.
3. VMST and LMSC bi-monthly newsletters to be replaced with a monthly LMSC newsletter ("Wet Gazette") in January, 2010, with 50% of funding from VMST and 50% from LMSC. (Note: Split may be different.)
4. Promotion event to be held at Monument Ave. 10K Expo (packet pick-up), March 25-26, 2010, and tied to a masters clinic to be scheduled in April or May, 2010, in Richmond.

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## Fall Meet

November 7, Virginia Beach

The 29<sup>th</sup> Annual Fall Meet was held at Bayside Recreation Center in Virginia Beach. Twenty-nine years - hard to believe!

**History.** The first VMST meet was in September, 1980. It was a two day meet at Old Dominion University. **Forrest Sullivan** and I were meet directors with lots of help from **Judy Martin**, **Carl Russ** and **John Sultan**. No computer programs to run the meet then – everything was done by hand. Foolishly, we kept points for individual high point awards in each age group (male and female) and kept team points. **Steve Durrant** and **Phyllis Sullivan** were the real heroes of the early meets because they did all of the scoring. Somehow, they posted results for each event (after taking 3 x 5 cards with watch times written on them and averaging the times), kept track of high point awards, and kept track of team points.

Amazingly, they did this for several years! I'm not sure when ODU got electronic timing, but that made a huge difference. I got my first home computer in 1981 and could pre-print forms for results, etc. Our amazing scorers could then just fill in times and complete calculations. Hy-Tek Meet Manager came much later.

**November, 2009.** This year's meet required a lot less work, but still required numerous volunteers. **Karen Mickunas** was in reality the assistant meet director. On the day of the meet, whenever and wherever help was needed, Karen was there to step in or to find the right person. The workout group that I coach at Great Neck was very supportive in helping me make this meet a success. **Bryan Martin** and his two sons took care of check-in. **Sarah Boggs** helped Karen Mickunas

**Karen Mickunas, Bryan Martin, Betsy Durrant and Marcus Boggs at Check-In. ▼**



with deck entries. **Marcus Boggs** was Safety Marshal during warm-up. **Cathy Rotch, Kelly Scherin**, and **Vanda Kennedy** were wonderful at the awards table. **Mitch Saks** picked up doughnuts for the timers and officials; **Al Newbury** got the ice Susan

Marens, with help from local swimmers, hosted the social. It is a huge relief to me to know



that I don't have to do anything but show up for the social. ▲ **Mitch Saks**

**See Meet on page 6.**

**Meet continued from page 5.**

We had a lot of good swims at the meet this year. I heard a number of people comment that their times were better than expected. That's always good hear! Whether we are fast or slow or in the middle, we can measure our success by



▲ **Dean Cummings**

comparing our times to previous swims, regardless of what others do. Exceptional swims were done by Michael Picotte and Chris Stevenson. Chris broke his own national record in the 200 backstroke (45-49) with 2:08.38. Michael broke the national record for the 100 free (35-39) with a 50.72. The record that Michael broke was 51.01 held by Olympian Ron Karnaug!

**Clay Beall ▼**



Entries were up for this year, going over 100 for the first time. Part of the increase is due to online entries. Many swimmers preferred this method of entry. Another reason for the increase was participation by a new team at **Christopher Newport University.**

**Relays.** Relays were especially interesting this year. As of September 23 of this year, FINA (the world governing body for Aquatics) began recognizing world records for 400 and 800 relays. I submitted record applications for 7 relays.

Men 160+ 800 Free Relay, 8:43.47, **Charlie Cockrell, Michael Picotte, Chris Stevenson, Dave Holland.**

Mixed 160+ 400 Medley Relay, 4:47.53, **Chris Stevenson, Lucy Carrig, Dave Holland, Kitten Braaten.**

Mixed 240+ 400 Free Relay, 6:04.55, **Ida Hlavacek, Susan Marens, Bud Swiger, Bill Nelson.**

Mixed 280+ 400 Medley Relay 7:33.03, **Al Newbury, Susan Marens, Ida Hlavacek, Owen Maher.**

Womens 280+ team of **Beth Schreiner, Laura Walker, Johnnie Detrick, Betsy Durrant** had 3 records submitted: 200 Free Relay 2:42.62 (new USMS record, not a world record); 400 Free Relay 5:51.39 (new USMS record and submitted for world record), 800 Free Relay 13:16.85 (new USMS record and submitted for world record).

I'll make a report later about which of these relays held up for the new world record. There are several zone meets in December so other relays times will be submitted.



▲ **Triple record breaking relay team: Beth Schreiner, Laura Walker, Johnnie Detrick, Betsy Durrant**



▲ **Susan Marens and Cheryl Benn**



## Book Recommendation for Newsletter Readers

Many of you have enjoyed **Bob Schreiner's** humorous accounts in recent years of the USMS national meets in which his wife and Virginia Masters member, Beth Schreiner, participates. Now you can enjoy his latest literary work, *From Kansas to Kenya: An Uncommon Road for Wine Lovers*. This book is the culmination of a forty-year hobby of wine appreciation, collecting, and travel. The nearly 500-page book covers the entire wine world and is based on Bob and Beth's extensive travel and wine tasting experiences. Maps, photos, and copies of wine labels from Bob's personal collection (of more than 2,500) add to the book's attractiveness and authenticity. As his publisher notes, "This practical and equally humorous approach to wine appreciation will both educate and amuse. The reader will gain confidence that personal wine experiences are the best guide to sensible and pleasurable wine consumption."

Bob's book is available in either hard or soft copy at iUniverse.com, Amazon.com, BarnesandNoble.com and other well-known book retailers and distributors. Bob can be contacted at bobeth@earthlink.net.

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## USMS 5K and 10K Postal Championship

The USMS 5 and 10 Kilometer Postal Championship is swum between May 15 and September 15 in any 50 meter pool. The results are posted at [www.usms.org](http://www.usms.org).

My friend **Melanie Brede (UNAT)** and I swam the 5K at Fry's Spring pool in Charlottesville in July. There may be other swimmers from the LMSC for Virginia who participated in the individual or relay events. I placed 7<sup>th</sup> (1:24.07) and Melanie placed 11<sup>th</sup> (1:30.18) in the Women's 35-39 age group.

**Katie Whitworth (VMST)**

**See next page for photo.**

**Heather continued from page 3.**

and had a great time swimming in college. The team was fun and our coach was terrific.

BD: Am I correct that you went to UNC for undergrad, Duke for grad, and Richmond for law?

HS: I went to William and Mary for undergrad, Duke for grad, and Richmond for law. Chris is the Tarheel in the family!

BD: How old is your son Ian?

HS: Ian is 10, but he is currently trying out his teenage attitude. It's not getting him very far.

BD: How did you get into participating in Masters?

HS: I started swimming Masters in Tallahassee, FL, when I was about 23. We swam at the pool at Florida A&M University. I've been swimming Masters ever since. In fact, one of the considerations when Chris and I were trying to figure out where to live was whether there was a Masters team nearby.

BD: Do you remember when you were the newsletter editor?

HS: It had to be back somewhere in the 1993-1995 timeframe. I think Chris and I did the newsletter for about a year or so, maybe a bit longer.

BD: I know you do mostly open water events. Do you do any pool events?

HS: I used to. I did the February meet last year and hope to do it again this year. Because Ian has to be at school so early, I can't swim in the mornings and I have a tough time getting to the evening practices. I do try to make some Saturday morning practices - but mostly for the bagels afterwards!

BD: Anything else?

HS: One more thing. Chris and I met at a Masters meet in St. Pete, FL. He was the young sun-burned fast new kid on the team. And I thought he was pretty cute. Chris had to take me to Greece to convince me to date him, but I guess it worked because we have been married for 17 years.

**Heather at the finish of Chris Greene Lake.**



**Katie Whitworth and Melanie Brede**



## Everybody's Sad because Mike is Moving.



Mike Duignan and his wife Gloria are leaving Virginia Beach and moving to Boulder, Colorado. The move will probably take place in January.

Mike is a long time Masters swimmer who has been a huge asset to both VMST and our LMSC. Mike recently handed over the LMSC Treasurer duties to Charlie Cockrell.

Swimming for Mike began in Rochester, NY, in the YMCA league. He then competed for four years at West High School in Rochester. He swam his freshman year at SUNY in Fredonia. He says he can't remember exactly when he started Masters, but he started keeping track of meet times in 1986.

He served as LMSC Treasurer, then took over the VMST Treasurer job, then back to the LMSC job. He's held some office in the LMSC or the team for about 15 years! The most recent stint as LMSC Treasurer started in 2001.

Mike moved to Virginia Beach as the result of Navy orders. He served as an officer with EOD (Explosive Ordnance Disposal). He retired from the Navy and stayed in Virginia Beach until they spent several vacations in Colorado and decided to move west.



**Mike Duignan and Forrest Sullivan**

## Another Note from the November Meet

One of the great things about meets is the chance to connect with and visit with old friends. **Dee and Harry DeLong** didn't swim in the meet, but were there with some swimmers that Harry coaches in Raleigh. I appreciate Harry's efforts to get some of his swimmers to attend.



**Karen Mickunas, Mary Ann Peterson, Mike Duignan**



## Tip of the Month--Hints to Improve Freestyle

The October swim meet at Orlando, the Rowdy Gaines Masters Classic, was not only fun, but informative. It was a sheer delight to watch Rowdy, three-time Olympic Gold Medalist, now 51, compete. When he was twenty, he swam the 100 m free in 48 seconds. At the meet, his World record time in the 100 m free, 51.61, would have put him on the Olympic relay team. You may be wondering....how can he still swim that fast? After the meet, he gave a clinic on freestyle. About ten swimmers, of all levels, joined him in the water, and another 30 watched on deck.

Here are some of his tips.

- **DPS - Distance per stroke.** Top swimmers use 12 for 25 yds. Try for 14-16 in your training. Rowdy had 13 strokes for 25 meters!
- **Keep head in line with your spine.** Breathe to the side, not in front. Rotate your entire body when you breathe, don't just turn your head.
- **One arm stroke drill.** Keep your free arm at your OTHER SIDE, not out in front. (This is how I have to swim fly, so my left shoulder doesn't dislocate.) This forces you to breathe on your nondominant side. Yes, I know, it's a lot harder!
- **Keep your stroke inside the cylinder.** Don't let your arm pulls and leg kicks go outside of your body area (cylinder).
- **Swim with closed fists.** Important to help you feel the water with your forearms.
- **Finger-tip drag.** Develops high elbows during stroke.
- **Swim with your legs crossed.** Keeps you streamlined and within the cylinder.
- **Swim with your head out of the water and FAST, short arm pulls.**  
Get the feeling for speed.

- **Swim with a combination of the last three.**
- **When working on these drills, only concentrate on one thing at a time (except for last combination).**

These drills were set up for freestyle. General concepts apply to all strokes, especially DPS, for efficiency. Besides following his own suggestions, Rowdy did admit to having a great feel for the water.

*This article came from the October 2009 issue of the Florida Maverick Masters Newsletter. For more, go to [www.maverickswim.org](http://www.maverickswim.org).*



*Paul Hutinger  
ASCA Level IV Coach  
2004 IMSHOF Inductee*



*Rowdy Gaines  
Three-time Olympic Gold Medalist*

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## Do You Swim Alone? Do you need some workouts?

Go to [www.usms.org](http://www.usms.org). Go to the **Discussion Forum** and click on **Workouts**. You have to register as a member to have access. USMS pays 3 coaches to post weekly workouts, but others post workouts also. You can also find workouts in the Blog section also.



## **VMST David Gregg III Memorial Meet**

**NOVA of Virginia - Aquatic Center**  
**12207 Gayton Rd, Richmond, VA 23233**  
**(804) 754-3401**

**February 13 and 14, 2010**

Sponsored By: Virginia Masters Swim Team  
Sanctioned By: LMSC for Va. for USMS, Inc. - Sanction #  
Meet Directors: Nancy Miller ([nancymillr@aol.com](mailto:nancymillr@aol.com))

**Location:** NOVA of Virginia - Aquatic Center. Address is 12207 Gayton Road, Richmond, VA 23233; Telephone number (804) 754-3401. This is a 10-lane, 25-yard indoor pool with a fully electronic timing system.

**Eligibility:** The standard Masters age groups will be used. All swimmers must be registered and must include a copy of their LMSC card. Virginia registration will be available at the meet. A novice swimmer is defined as anyone who has not placed in the top three for that stroke in Masters competition.

**Entries:** \$4.00 per individual event plus a \$7.00 surcharge to help defray the costs of data entry, automatic timing, and printing. Relays will be deck-entered and deck-seeded at no cost. Deck entries will be accepted up until 30 minutes prior to meet starting time each day at a cost of \$8.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays.

**Entry deadline:** Entries must be received no later than February 5, 2010 or they will be considered deck entries.

**Rules:** Current USMS rules for Masters swimming will apply. No one will swim alone. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily.

**Warm-up/Warm-down Procedures:** Swimmers must enter the pool feet first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. Lanes 1 and 2 will be maintained as continuous warm-up/warm-down lanes during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THESE LANES ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times.

**Awards:** Awards will be given for first, second, and third place in each individual event. No awards for relays.

**Results:** Results will be posted on our website at [www.vaswim.org](http://www.vaswim.org). If you would like to have an individual set of results mailed to you, please make arrangements with the meet director.

**Social:** Join us for our Masters potluck after the meet on Saturday, February 13<sup>th</sup>. \$8.00 per person covers food and drink. Please enclose payment with your entry and indicate the number of people who will be attending on your entry form.

**Nearby Lodging:** Holiday Inn Express, 9933 Mayland Drive, Richmond, VA 23233. Phone: (804) 934-9300

The Holiday Inn is at Gaskins Rd exit of I64.

There are 10 double rooms being held for the night of 02/13/10 at a rate of \$71.00 per night plus tax. Be sure to mention Virginia Masters Swim Team to get a room from this block. All unreserved rooms will be released after January 31, 2010.





*Local Masters Swim Committee  
Lisa Bennett, Registrar  
11812 Winfore Drive  
Midlothian, VA 23113-2455*

*Prstd Std  
U. S. Postage  
**PAID**  
Richmond, VA  
Permit #3022*

**Attention all team (clubs):**

- We are going to **monthly** newsletters for all swimmers in 2010.
  - I really want to include news and pictures about and for all teams.
- Page 3 has VMST news this issue. I'd like to do a page or at least an article about each team each month.
- Try assigning the task of submitting an article to one of your team members.
  - This is an opportunity to keep your team informed and to let others know what your team is up to.
  - Email articles and/or pictures to me at [durrant6@cox.net](mailto:durrant6@cox.net).

*Betsy*