

# The Wet Gazette

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

## USMS Awards



USMS has a variety of awards that are presented each year. However, in order for our swimmers and volunteers in Virginia to be recognized, someone has to nominate them. Think about your coach and members of your team who put in that extra effort to keep things running smoothly. More information can be found at [www.usms.org](http://www.usms.org). Click on the Administration tab at the top of the homepage, then click on Awards. A summary of USMS awards is below. All quotes are from the USMS Rule Book.

### Service Awards.

**Dorothy Donnelly USMS Service Award.** From the USMS Rule Book: "This award commemorates the memory of Dorothy Donnelly, who served USMS meticulously and without reservation. USMS is forever grateful to the hundreds of talented volunteers who give their time, talent and expertise to help all phases of our programs. Among those volunteers there are some whose service stands out in its scope, its impact on the program and the numbers of USMS member who have benefited from their efforts on the local, regional, and national level." Up to 15 awards are given each year.

Past recipients from the LMSC for Virginia are: Harry DeLong (2003), Patty Powis Miller (2003), Nancy Miller (2000), Betsy Durrant (1997), Forrest Sullivan (1997).

**Colonies Zone "Dot" Award.** Our Zone also gives an award honoring Dot Donnelly. Each LMSC is asked to nominate someone. Past recipients from our LMSC are Nancy Miller and Charlie Cockrell.

**Ransom Arthur Award.** "This award is given annually to the person who has done the most to further the objectives of Masters Swimming." Recipients from our LMSC are Jim Miller and Betsy Durrant.

See **Awards** on page 3.

## Records, Top Ten and Current Rankings

from Chris Stevenson  
(LMSC Chair, Top 10 and Records Chair)

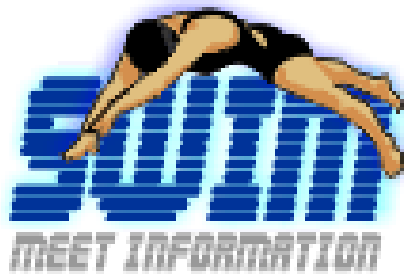
Many people who compete in Masters meets are naturally interested in things like LMSC records and national Top Ten listings. And why not? They are one way – though certainly not the only way! – to track progress and set goals. I have been serving as the LMSC Top Ten Recorder for over two years now, and as part of those duties I also track the LMSC records. During that time, there are some persistent misconceptions that I'd like to make an attempt to clear up.

Let's talk about Top Ten times first. As Top Ten Recorder, I submit for top ten consideration ALL times that are swum at sanctioned or recognized meets **IN OUR LMSC**. If you are registered in our LMSC but swim a time in a meet outside of our LMSC, then it is the responsibility of the Top Ten Recorder of that LMSC to submit your times.

There is one exception to this "within the LMSC boundaries" rule: if you swim in a FINA meet in a foreign country (World Championships are a common example), the Top Ten Recorder needs to submit that time. If you do such a swim, *please let me know about it.*

A common source of confusion is caused by what is referred to by a variety of names: Current Event Rankings, Current Top Times, etc. These times are located on the USMS web site at <http://www.usms.org/comp/meets/toptimes.php> where they are called "Meet Results Database Rankings." This is an attempt to track swims during the season BUT **they are (currently) independent of Top Ten submissions.** Submission to this database occurs during the season by Meet Directors and Top Ten recorders and perhaps others, but not all meets are submitted and the times are not subject to quite the same level of scrutiny as Top Ten submissions. As long as Meet Directors in our LMSC provide me with the Meet Manager file for their meet – something I really, really need for Top Ten submission anyway – then I

See **Top10** 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.

March 15: Warrenton, VA

March 21: Albatross Open SCM.  
(Montgomery County, MD)

March 28: Duke University, Durham, NC

April 18-19: NC Championship, Raleigh

April 24-26: Zone SCY.

May 16: Roanoke

### 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)



May 23-24: Reston, VA

June 21: Jack King Ocean Swim  
Entry will be in the May newsletter.

July 11: Charlottesville Lake Swim  
Entry will be in the May newsletter.



Masters Swimming in Virginia  
[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: Alison Moore  
[swimbot@comcast.net](mailto:swimbot@comcast.net)

Secretary: Dave Holland  
[HenryDaFif@aol.com](mailto:HenryDaFif@aol.com)

Treasurer: Mike Duignan  
[mikeduignan@cox.net](mailto:mikeduignan@cox.net)

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

Graphics from [www.swimgraphics.com](http://www.swimgraphics.com)

**Awards continued from page 1.**

### **Coaching Awards.**

**The Kerry O'Brien Coaching Award.** “The U.S. Masters Swimming Coaches Committee initiated a new award in 2008 with the goal of recognizing coaches who are building our membership in communities throughout our country. Originally named the Grass Roots Coaching Award, it has been renamed to honor Coach Kerry O'Brien of Walnut Creek Masters, who embodies the passion, dedication, and heart that these coaches bring to the pool deck. It is with the efforts of individuals like these that U.S. Masters Swimming will most certainly move to a greater level.” One of the coaches recognized for this award in 2008 was Kathryn Gregory, who coaches at the Northern Neck YMCA in Kilmarnock.

**USMS Coach of the Year.** “This award is presented annually to the coach who has done the most to further the objectives of Masters swimming.” Jim Miller received this award in 1986.

### **Communication Awards.**

**June Krauser USMS Communications Award.** “This award is given in honor of June Krauser, the first national newsletter editor for United States Masters Swimming, who pioneered communications within USMS. This award is given annually by the USMS Communications Committee in recognition of outstanding contribution to communications within USMS.

**Newsletter of the Year Award.** “This award is presented annually to the most outstanding LMSC or club newsletter.”

### **Club Award.**

**USMS Club of the Year Award.** “This award recognizes clubs that embody the mission of USMS – Health, Competition, and Community. A club that embodies these attributes is recognized in the hopes that others may look to them as a benchmark on which to base all other clubs.”

This is a call to all swimmers in our LMSC. Take the time and make the effort to nominate your team, your coach, or your teammate for one of these awards.

**Top10 continued from page 1.**

will submit it to the Meet Results database and the times will appear in the rankings. Not all LMSCs are diligent about submitting meet results to the national database, but that does NOT mean your time will not be submitted for Top Ten consideration!

**Split requests** are another common source of confusion. What are they, and when do you make them, and what do they mean? Split requests are a request to recognize the first part of a race as an official time for Top Ten consideration or records. There is a short form, available from the Meet Director, that allows you to do this at the meet.

It is helpful to divide up split requests into three distinct categories: backstroke splits, relay lead-offs, and all other splits. For the first two categories, the split request must be received BEFORE your event. In backstroke, the reason is so that the Stroke & Turn judge can verify that you do a legal finish for your split; turning on your front for a normal backstroke turn is not allowed at the conclusion of the split. For relay leadoffs, the judge must confirm that the second person in the relay does not start in the water, where s/he may set off the touchpad before the leadoff swimmer finishes. All other split requests (except those to be considered for national or world records) can be after the swim itself, as long as the Meet Director receives the request before the end of the meet. The Meet Director should submit these requests to the Top Ten Recorder along with the Meet Manager file. If I get these requests, then I will ensure the splits are submitted for Top Ten consideration and entered into the Meet Results database.

For splits to be eligible for World or National records, backup (hand/button) times are needed, so all such requests should be made before the swim. I should point out that, for splits requests to be considered valid, the race must be completed according to the usual USMS swimming rules.

**So how about records?** There are three types: LMSC records, USMS (national) records, and FINA (world) records. LMSC records are maintained by the LMSC Top Ten Recorder – that's me right now – and can be set by anyone who registers as a USMS member affiliated with our LMSC. That is, you register to compete for a team in our LMSC or as an UNAT swimmer in our LMSC. You can set a record at any USMS sanctioned or

**See Records on page 4.**

## Records continued from page 3.

recognized meet.

But if that meet takes place outside of our LMSC, there is a good chance I may not know about it. If so, you should contact me, preferably by email ([chrisl Stevenson@usms.org](mailto:chrisl Stevenson@usms.org)) and tell me about it. Send me a link to the official results and point out which swim(s) you think qualify as LMSC records. Many of you already do this.

National and world records are different: there has to be a record application for the record to "count" or it will be marked as *unverified*. The Meet Director should have access to this form; it is also in the LMSC Handbook, which is available online at <http://www.usms.org/admin/lmschb/>.

There are a number of materials needed in this record application – such as signatures from the Meet Referee and backup timers – that should be available to the Meet Director. Ideally the record should be identified during the meet itself by the Meet Director – it is possible to set up Meet Manager to flag such swims – to make it easier to collect this information. In any event, all Meet Directors should keep meet information (timing printouts, etc) for at least one year after the meet itself. A copy of the swimmer's birth certificate or passport is also necessary for proof of age.

Although the application for national and world records is essentially the same, there are some key differences between the two types of records. First of all, FINA does not recognize records for SCY races or for the 18-24 age groups. Secondly, according to FINA your official age is by calendar year only: in other words, it is your age on Dec 31 that is important, not your age at the meet itself. USMS has the same policy for pool national records in SCM and LCM courses, but not for open water of SCY races. A little confusing, I know...! Finally, USMS will consider swims at USA-S competitions but FINA will not, so it is possible to set a national record at such meets but not a world record.

That's a lot to take in. Please direct any questions about this stuff to me at [chrisl Stevenson@usms.org](mailto:chrisl Stevenson@usms.org). Happy swimming!

**Bud Swiger**



## Note from Bud Swiger

Many of you know Bud as the guy who swims **ALL** of the distance events at meets. At the meet in Richmond, he swam the 500, 1000 and 1650 free, 200 and 400 IM, 100 and 200 back, 200 breast, and the 100 and 200 fly. The next week I received the following email from Bud, with the link to the newspaper article.

*"Ohio Woman Pleads Guilty in Over-Exercising Death"*

*Betsy,*

*I guess swimming my 10 events at the winter meet isn't so bad after all.*

*Bud*

[http://news.yahoo.com/s/ap/20090214/ap\\_on\\_re\\_us/death\\_by\\_exercise](http://news.yahoo.com/s/ap/20090214/ap_on_re_us/death_by_exercise)

I went to the website and found this article. I just included the first paragraph, you'll have to read the entire article online.

### **Ohio woman pleads guilty in over-exercising death**

Sat Feb 14, 1:34 pm ET

CHARDON, Ohio – A woman has pleaded guilty to reckless homicide for exercising her 73-year-old husband to death in a swimming pool, repeatedly refusing to let him leave the water.

Information from: The Plain Dealer,  
<http://www.cleveland.com/>



# ASCA Newsletter

## The Newsletter for Professional Swimming Coaches

The following is from the **Letters to the Editor** section of Volume 2008-08, page 9.

### “Letter from Bruce Furniss to Eddie Reese

Editor's Note: Bruce Furniss won the 200 freestyle in the 1976 Olympic Games in Montreal and was a multi-world-record holder for the USA.

Phoenix, Arizona, August 1. SwimmingWorld has been given permission to reprint a letter from Olympian Bruce Furniss written to Texas head coach Eddie Reese regarding Brenden Hansen's experience at the 2008 U.S. Olympic Trials.”

#### Here is the letter in its entirety:

Congratulations to you on the performance of your kids at Trials. Be sure to tell Scott Spann congratulations on his son making the team. You all must be so proud!

I am writing in hope that you will pass along to Brendan Hansen my comments as I do have his email address...and besides, he wouldn't know me from a hot rock. I want to express to him what an impressive young man he is and what a wonderful example he is in his conduct. As a father of four in aquatic sports, it does not go unnoticed by parents like me out there when a great athlete stumbles and has a bad race or day, and in doing so, doesn't pout or duck the media (like Track Athlete Jeremy Wariner did yesterday), or make any excuses for himself. Brendan's television deck interview after his race made me a fan of his for life. He gave plaudits to his teammates, was pleased for their successes and in doing so, adhered to the fact he did his best...no excuses, not a one!

I have, as many of us have, had similar difficult moments (jumping on a WR setting 800 relay in '75 Worlds or getting DQ'd in my last career race at the '80 Olympic Trials) and struggled to maintain my composure and dignity in a very public moment. I, for one, know exactly how hard it must have been for him to address the media (many, I'm sure gleeful Japanese) so quickly after his race and he did so with such remarkable composure. He is extraordinary! I am certain you and his parents must be beaming with pride.

Many years from now, long after his days as a world class competitive swimmer are over, he will look fondly upon that moment with great pride, and

upon further reflection, will realize it might just be his finest moment...not only just as an athlete, but as a man, a husband or father. His recall of that moment will provide the ingredients of a wonderful story. That moment will shape future generations, most likely and most importantly, it will someday influence his own kids.

Sorry for my long windedness, but I was so moved and affected by his conduct I just wanted him to know that others out there appreciate what he has done and how he has conducted himself. Hopefully as the sting of that bitter moment dissipates, Brendan will be buoyed by the bigger issue of the moment...how true Champions should always conduct themselves. It is easy to have great conduct and character in victory, but few are able to do it in defeat. Brendan did, and my family for one, will always remember it. Moments like that are what really separates the great ones...and he is every bit of that.

Regards and best wishes,  
Bruce”

---

### Note from Marcia Barry

We are tentatively holding the first Virginia Gators Masters swim meet on Saturday, May 16.

I won/set new National Record in the Postal 3000/6000 that ended last November 15 - we just got results. I did the 3000 in 41.56.03

Chris and I attended the Sunbelt Meet in Charlotte at the end of January. It is a great meet and we did well. Lots of events, the distance events were first thing Saturday morning (my 1650!) and the rest of the meet started at 10:30. Lots of swimmers, mostly from N.C. It is a very well run meet, lots of relays. Jerry Clark does a great job running it and it is over around 3:00 on Sat. and 1:00 on Sunday. Chris and I have been 3 times.

We missed the Johns and Summerlins, who swim as a mixed relay, all having swum for Carolina Tar Heels at the same time, then got married. I am sure Chris Stevenson could dig up a few more Tar Heels and have men's and women's relays there next year. Chris and I swam well; I set several LMSC records (sorry Betsy!). We stayed walking distance from downtown, and one block from the pool. Charlotte is a great city!

## VMST News

In the last VMST newsletter I listed swimmers from Virginia Beach/Norfolk/Hampton who completed the One Hour Swim. I asked others to let me know who from their workouts did the Hour Swim.

From **Kathryn Gregory**. The Northern Neck group did the Postal Hour throughout January. Most were swum in a lane or two within our practice times, so not just one day, but several.

Participating were:

Charlotte Hollings	Donna Funkhouser
Ray Funkhouser	Jessica Servis
Sue McKerns	Andrea Latell
Esther Platsis	Karen Jackson
Joseph Stallings	Kathy Broderick
Betsy Chambers	Susan Stallings
Kathryn Gregory	

From **John Shrum** (Charlottesville).

**Shirley Loftus**, her son, **Craig Charley**, and I endured the swim in mid-January, at UVA's Athletic and Fitness Center. Shirley's husband, Doug, and my daughter, Mo, timed us. I was confident that I could swim for an hour, I just wasn't sure I could do it in 60 minutes. It was, as usual, unpleasant. I think it is the turns. Anyway, I look forward to the results. That is, until I get them. See you this summer (at the lake swim).

---

## SC Zones 2009

by Dick Cheadle

As you know SC Zones will be held up here at GMU (as they have been for a number of years now). This will most probably be the last newsletter you receive before the entry cutoff date – entries **must be postmarked by Friday, April 10, 2009**. If you are one of those persons who regularly has a difficult time in finding your USMS registration card at the last minute, **now** might be a good time to look for it. I would like to encourage **maximum attendance**. For one thing, as of right now we have no guarantee at all that we will have a LC Zones anywhere within commuting range. I have no idea what our arch rival Curl-Burke is up to, but they did lose their best recruiting coach due to transfer out of the area.

I would like to call your attention to one very interesting item in the **order of events**. For years I

have brought the argument to Cheryl Ward that the sprint free events should not immediately follow the mixed relays because the majority of the legs swum in the relays are free and it's not right to follow free relay legs with free individual events. I argued that at least one 200 stroke event between the relays and the free sprint events. Well, we do have a significant change here. **This year the mixed relays are preceded each day by two individual events**, the 100 free and 200 back on Saturday and the 200 free and the 100 I.M. on Sunday, which should be a welcome change to the freestyle sprinters. It might cut down our chances for mixed relay records, but I think it's a very positive change. When these Zones began being held here we lost a lot of Top Ten relay times because swimmers wanted to go for good times in their individual events. Ironically, now our swimmers are pretty well programmed to swim the relays first. But I do think it's a very welcome change.

On behalf of everyone who attended, I would like to thank Glen and Betsey Poehler for the fantastic job they did hosting the mid-meet social in Richmond Saturday evening, February 14<sup>th</sup>. Their effort was all the more remarkable because they did it on just a couple of days' notice, as the event had to be moved from the Bittner residence, where it had been scheduled, due to illness. Nancy Miller did get all the VMST banners shipped over and I strung them out all along the deck fence behind the house. It made for very good show and tell; I had never seen any of the banners before. We only managed to come up with a total of four plaques, which begs the question, where are they all?

These four plaques will be displayed at next year's social plus any others we might come up with. I don't think the banners will see the light of day for a while because it's just too much trouble to move them back and forth and then find a place to display them.

---

## SC Nationals in Clovis, CA

So far, the tentative list for nationals is:

Kitten Braaten	Warner Brundage
Betsy Durrant	Sandy Galletly
Ida Hlavacek	Chris Stevenson
Karen Kaufmann	Tom Woods
Barbara Streater	

If you are planning to go, let me know. Entries are due by April 2 if mailed, April 9 if done online.

# Richmond Meet

## February 14-15

Another great meet in Richmond. Meet Director Nancy Miller does a great job organizing and running the meet. Nancy coaches a high school swim team and had to be at a meet on Saturday. Because of pool availability, the meet had to be the same weekend. With Nancy's proper prior planning and the outstanding help of Diane Cayce and James Wolfe, the Saturday portion of the meet ran beautifully, even without her presence. Anyone who missed the social missed a great meal and great camaraderie.

There were 162 swimmers this year. The teams and number of swimmers are listed below.

### From the LMSC for Virginia

Atlantic Coast Athletic Club – 4  
Robious Sport and Fitness – 9  
SwimQuest – 15  
Warrenton Masters – 3

Caroll Wellness Center – 1  
Shenanadoah Marlins – 6  
U of Richmond Masters – 8  
Unattached – 16

LetSwim Masters – 1  
Stafford Piranhas - 2  
Virginia Masters – 73

### From Potomac Valley LMSC

Alexandria Masters – 2  
Montgomery Ancient Mariners – 2  
Terrapin Masters – 2

Curl-Burke – 2  
Patriot Masters – 2  
Unattached – 1

Fairfax County Masters – 1  
Reston Masters – 3

### From South Carolina

Grand Strand Masters – 2

### From North Carolina

NC Masters Swimming – 5

### From Kentucky

Swim Kentucky – 1

Chris Stevenson reports that 10 swimmers set new LMSC records.

Lucy Craig, 1	Mark Kutz, 1	Kelly Cleary, 4	Shirley Loftus-Charley, 3
Andy Lockman, 1	Johnnie Detrick, 1	Lisa Bennett, 3	Al Newbury, 1
Jim McFarland, 3	Marie Kelleher, 3		

Two of Marie Kelleher's records were also national (USMS) records! For more, go to [www.vaswim.org](http://www.vaswim.org).

## Mark Kutz Coach at NOVA

If you were at the meet in Richmond, you undoubtedly noticed the t-shirts that the swimmers who practice at NOVA were wearing.

# ELVIS



## Yeah Baby!

Thanks to Dave Holland for the information.

## 2009 Classic Kutzisms

1. YEAH BABY!
2. Holy Smokes!
3. Double-do your walls.
4. I don't care WHO you are - this is FUN!
5. You're not gonna let an old guy beat you, are you?
6. Get back on the horse and ride.
7. Pedal to the metal, baby!
8. Right HERE... Right NOW!
9. As FAST as FAST can be!
10. Age has it's privileges.
11. A 50 fly won't kill you.
12. Excuses don't get the job done.
13. This is masters, baby. All I do is throw it out there - Catch it if you can!
14. The interval does not make you go fast - YOU have to make you go fast.
15. If you've got the tools, you've got to take them out of the box and use them!
16. To whom much rest is given, much is expected!

March 15, 2009

# 2008 USMS Top Ten SCM for Virginia LMSC

Place	Age Group	Event	Name	Age	Club	Time
9	W18-24	200 Back	Kristin E Stiff	23	VMST	2:50.97M
1	W18-24	50 Breast	Erla D Haraldsdottir	20	UNAT	32.67M
1	W18-24	100 IM	Erla D Haraldsdottir	20	UNAT	1:03.84M
7	W18-24	200 IM	Amy C Charley	23	UNAT	2:37.79M
5	W18-24	400 IM	Jenna N Leach	23	UNAT	6:22.99M
10	W35-39	200 Breast	Alison S Meehan	37	VMST	3:06.62M
9	W35-39	100 Fly	Amy Conard	37	UNAT	1:16.15M
2	W35-39	200 Fly	Amy Conard	37	UNAT	2:54.27M
10	W40-44	200 Free	Alice W Phillips	43	VMST	2:20.70M
6	W40-44	200 IM	Alice W Phillips	43	VMST	2:40.73M
10	W45-49	50 Breast	Patricia M Miller	47	VMST	39.84M
4	W45-49	200 Breast	Patricia M Miller	47	VMST	3:07.53M
7	W50-54	100 Free	Lisa A Bennett	52	SQST	1:08.72M
8	W50-54	400 Free	Lisa A Bennett	52	SQST	5:25.41M
6	W50-54	800 Free	Lisa A Bennett	52	SQST	11:00.66M
3	W50-54	1500 Free	Lisa A Bennett	52	SQST	20:55.76M
7	W50-54	100 Breast	Lisa A Bennett	52	SQST	1:28.12M
8	W50-54	100 IM	Lisa A Bennett	52	SQST	1:18.67M
7	W50-54	200 IM	Lisa A Bennett	52	SQST	2:51.66M
6	W55-59	400 Free	Shirley A Loftus-Charley	57	SMAM	5:31.14M
3	W55-59	800 Free	Shirley A Loftus-Charley	57	SMAM	11:07.14M
10	W55-59	50 Fly	Shirley A Loftus-Charley	57	SMAM	38.93M
10	W55-59	100 IM	Shirley A Loftus-Charley	57	SMAM	1:27.95M
5	W55-59	200 IM	Shirley A Loftus-Charley	57	SMAM	3:01.89M
2	W60-64	200 Free	Marcia L Barry	60	VMST	2:45.51M
3	W60-64	400 Free	Marcia L Barry	60	VMST	5:59.74M
2	W60-64	800 Free	Marcia L Barry	60	VMST	12:05.74M
2	W60-64	1500 Free	Marcia L Barry	60	VMST	22:51.13M
2	W60-64	50 Back	Marcia L Barry	60	VMST	41.77M
2	W60-64	100 Back	Marcia L Barry	60	VMST	1:31.61M
2	W60-64	200 Back	Marcia L Barry	60	VMST	3:15.00M
6	W60-64	200 Breast	Pam D Dameron	63	SQST	3:52.10M
10	W60-64	50 Back	Kathryn Page	60	VMST	46.73M
2	W65-69	50 Free	Beth Schreiner	67	VMST	35.22M
3	W65-69	100 Free	Beth Schreiner	67	VMST	1:21.95M
3	W65-69	200 Free	Beth Schreiner	67	VMST	3:03.08M
6	W65-69	400 Free	Beth Schreiner	67	VMST	6:31.77M
5	W65-69	50 Back	Beth Schreiner	67	VMST	44.60M
5	W65-69	100 Free	Betsy Durrant	67	VMST	1:29.36M
6	W65-69	200 Free	Betsy Durrant	67	VMST	3:20.03M
8	W65-69	400 Free	Betsy Durrant	67	VMST	7:05.30M
4	W65-69	800 Free	Betsy Durrant	67	VMST	14:25.35M



4	W65-69	1500 Free	Betsy Durrant	67	VMST	27:23.53M
7	W65-69	50 Back	Betsy Durrant	67	VMST	47.05M
8	W65-69	100 Back	Betsy Durrant	67	VMST	1:45.92M
7	W65-69	200 Back	Betsy Durrant	67	VMST	3:48.76M
2	W65-69	50 Breast	Betsy Durrant	67	VMST	50.94M
2	W65-69	100 Breast	Betsy Durrant	67	VMST	1:52.08M
4	W65-69	200 Breast	Betsy Durrant	67	VMST	4:10.63M
6	W65-69	100 IM	Betsy Durrant	67	VMST	1:45.12M
10	W65-69	50 Fly	Betsy Durrant	67	VMST	51.75M
10	W65-69	100 Free	Ida M Hlavacek	66	VMST	1:36.51M
9	W65-69	200 Free	Ida M Hlavacek	66	VMST	3:22.40M
10	W65-69	400 Free	Ida M Hlavacek	66	VMST	7:14.31M
6	W65-69	1500 Free	Ida Hlavacek	66	VMST	27:57.40M
9	W65-69	50 Back	Ida Hlavacek	66	VMST	49.11M
9	W65-69	100 Back	Ida Hlavacek	66	VMST	1:47.55M
9	W65-69	200 Back	Ida Hlavacek	66	VMST	3:54.55M
5	W65-69	100 Fly	Ida Hlavacek	66	VMST	1:56.82M
5	W65-69	200 Fly	Ida Hlavacek	66	VMST	4:28.82M
5	W65-69	200 IM	Ida Hlavacek	66	VMST	4:02.08M
5	W65-69	400 IM	Ida Hlavacek	66	VMST	8:40.73M
10	W65-69	50 Back	Judy Martin	66	VMST	49.58M
6	W65-69	100 Back	Judy Martin	66	VMST	1:44.74M
6	W65-69	200 Back	Judy Martin	66	VMST	3:45.62M
5	W65-69	50 Breast	Judy Martin	66	VMST	52.33M
7	W65-69	100 Breast	Judy Martin	66	VMST	1:59.53M
9	W65-69	100 Breast	Susan E Marens	66	VMST	2:02.14M
7	W65-69	200 Breast	Susan E Marens	66	VMST	4:20.31M
6	W65-69	100 Fly	Susan E Marens	66	VMST	2:03.96M
7	W65-69	200 IM	Susan E Marens	66	VMST	4:08.61M
2	W70-74	50 Free	Johnnie Detrick	73	VMST	38.22M
3	W70-74	100 Free	Johnnie Detrick	73	VMST	1:29.20M
4	W70-74	200 Free	Johnnie Detrick	73	VMST	3:22.03M
7	W70-74	50 Breast	Johnnie Detrick	73	VMST	53.40M
5	W70-74	100 Breast	Johnnie Detrick	73	VMST	1:56.88M
2	W70-74	200 Breast	Johnnie Detrick	73	VMST	4:16.00M
6	W70-74	100 IM	Johnnie Detrick	73	VMST	1:49.12M
5	W70-74	200 IM	Johnnie Detrick	73	VMST	3:59.32M
6	W70-74	50 Free	Laura S Walker	71	VMST	41.23M
6	W70-74	100 Free	Laura S Walker	71	VMST	1:33.19M
7	W70-74	200 Free	Laura S Walker	71	VMST	3:31.50M
6	W70-74	50 Back	Laura S Walker	71	VMST	52.69M
3	W70-74	100 Back	Laura S Walker	71	VMST	1:51.11M
5	W70-74	200 Back	Laura S Walker	71	VMST	3:58.74M
8	W70-74	50 Breast	Laura S Walker	71	VMST	58.19M
9	W70-74	50 Fly	Laura S Walker	71	VMST	56.63M
9	W70-74	100 IM	Laura S Walker	71	VMST	1:51.46M
10	W70-74	50 Free	Barbara M Zaremski	71	VMST	42.73M
9	W70-74	800 Free	Barbara M Zaremski	71	VMST	16:44.60M
7	W70-74	50 Back	Barbara M Zaremski	71	VMST	53.19M
8	W70-74	100 Back	Barbara M Zaremski	71	VMST	2:03.51M
10	W70-74	100 Breast	Barbara M Zaremski	71	VMST	2:15.12M
7	W70-74	200 Breast	Barbara M Zaremski	71	VMST	5:07.57M

8	W75-79	100 Back	Susan A Henley	76	VMST	2:28.06M
5	W80-84	50 Free	Terry Sokolik	81	VMST	55.79M
5	W80-84	100 Free	Terry Sokolik	81	VMST	2:11.52M
5	W80-84	200 Free	Terry Sokolik	81	VMST	4:39.26M
4	W80-84	400 Free	Terry Sokolik	81	VMST	9:38.92M
9	W80-84	50 Back	Terry Sokolik	81	VMST	1:18.13M
7	W80-84	50 Breast	Terry Sokolik	81	VMST	1:20.47M
4	W80-84	50 Fly	Terry Sokolik	81	VMST	1:11.97M
4	W80-84	100 IM	Terry Sokolik	81	VMST	2:34.11M
6	W80-84	50 Free	Jeanne H Meredith	80	VMST	56.21M
4	W80-84	100 Free	Jeanne H Meredith	80	VMST	2:04.89M
4	W80-84	200 Free	Jeanne H Meredith	80	VMST	4:28.66M
2	W80-84	400 Free	Jeanne H Meredith	80	VMST	9:16.38M
8	W80-84	100 Back	Jeanne H Meredith	80	VMST	2:48.08M
9	W80-84	200 Back	Jeanne H Meredith	80	VMST	5:41.24M
5	W80-84	50 Breast	Miriam K Tuovila	83	VMST	1:14.21M
2	W80-84	100 Breast	Miriam K Tuovila	83	VMST	2:33.72M
2	W80-84	200 Breast	Miriam K Tuovila	83	VMST	5:53.89M
5	W80-84	100 IM	Miriam K Tuovila	83	VMST	2:42.73M
4	W85-89	50 Free	Marianna Berkley	86	VMST	1:00.29M
2	W85-89	50 Back	Marianna Berkley	86	VMST	1:07.92M
2	W85-89	100 Back	Marianna Berkley	86	VMST	2:35.32M
2	W85-89	200 Back	Marianna Berkley	86	VMST	5:26.36M
1	W85-89	50 Breast	Marianna Berkley	86	VMST	1:11.64M
1	W85-89	100 Breast	Marianna Berkley	86	VMST	2:44.67M
1	W85-89	200 Breast	Marianna Berkley	86	VMST	5:47.33M
3	W85-89	50 Fly	Marianna Berkley	86	VMST	1:34.26M
2	W85-89	100 IM	Marianna Berkley	86	VMST	2:31.14M
1	W85-89	200 IM	Marianna Berkley	86	VMST	5:53.44M
1	W95-99	100 Free	Marie K Kelleher	96	VMST	3:10.36M
1	W95-99	200 Free	Marie K Kelleher	96	VMST	6:50.52M
1	W95-99	100 IM	Marie K Kelleher	96	VMST	3:54.89M
1	M18-24	50 Free	Arni M Arnason	21	UNAT	23.79M
3	M18-24	50 Breast	Patrick Laiti	23	UNAT	32.08M
3	M18-24	100 Breast	Patrick Laiti	23	UNAT	1:12.83M
5	M18-24	100 Breast	Nick Mrozowski	24	VMST	1:13.99M
1	M18-24	200 Breast	Nick Mrozowski	24	VMST	2:42.23M
6	M25-29	50 Back	Sam F Harris	26	VMST	28.85M
3	M25-29	100 Back	Sam F Harris	26	VMST	1:01.07M
10	M25-29	200 Back	Sam F Harris	26	VMST	2:20.46M
8	M25-29	100 IM	Sam F Harris	26	VMST	1:02.67M
9	M25-29	200 IM	Sam F Harris	26	VMST	2:19.36M
1	M30-34	50 Free	Troy D Johnson	33	VMST	23.45M
1	M30-34	100 Free	Troy D Johnson	33	VMST	53.25M
3	M30-34	200 Free	Troy D Johnson	33	VMST	2:01.57M

2	M30-34	50 Fly	Troy D Johnson	33	VMST	26.30M
9	M30-34	200 Back	Jose-Luis Gallagher	32	UNAT	2:27.59M
8	M30-34	400 IM	Jose-Luis Gallagher	32	UNAT	5:22.48M
7	M35-39	50 Free	Michael F Picotte	36	VMST	24.84M
1	M35-39	100 Free	Michael F Picotte	36	VMST	51.55M
3	M35-39	50 Fly	Michael F Picotte	36	VMST	26.13M
2	M35-39	100 Fly	Michael F Picotte	36	VMST	57.16M
4	M40-44	1500 Free	Dave Holland	41	VMST	17:53.15M
8	M40-44	50 Fly	Dave Holland	41	VMST	27.63M
10	M40-44	100 Fly	Dave Holland	41	VMST	1:00.53M
4	M40-44	200 Fly	Dave Holland	41	VMST	2:15.29M
2	M40-44	50 Back	Chris L Stevenson	44	VMST	26.56M
2	M40-44	100 Back	Chris L Stevenson	44	VMST	55.90M
2	M40-44	200 Back	Chris L Stevenson	44	VMST	2:04.96M
2	M40-44	100 Fly	Chris L Stevenson	44	VMST	56.99M
2	M40-44	200 Fly	Chris L Stevenson	44	VMST	2:10.99M
7	M40-44	100 Breast	Evan R Davis	41	VMST	1:10.64M
8	M45-49	50 Back	David B Malsbury	47	VMST	29.62M
7	M45-49	50 Breast	David B Malsbury	47	VMST	32.90M
10	M45-49	100 Breast	David B Malsbury	47	VMST	1:14.00M
5	M50-54	1500 Free	Jim McFarland	50	VMST	19:17.10M
9	M65-69	400 Free	Warner F Brundage	65	VMST	5:57.52M
9	M65-69	100 Breast	Warner F Brundage	65	VMST	1:29.03M
8	M65-69	200 Breast	Warner F Brundage	65	VMST	3:20.80M
6	M65-69	200 IM	Warner F Brundage	65	VMST	3:04.50M
10	M70-74	200 Back	Alfred C Newbury	74	VMST	4:08.02M
10	M70-74	100 Fly	Owen Maher	73	VMST	2:01.33M
10	M75-79	200 Free	Charles H Erwin	77	VMST	3:21.77M
7	M75-79	400 Free	Charles H Erwin	77	VMST	7:11.67M
4	M75-79	800 Free	Charles H Erwin	77	VMST	14:18.42M
9	M75-79	200 Breast	Charles H Erwin	77	VMST	4:51.37M
8	M75-79	200 Breast	Thomas F Lyons	75	VMST	4:49.53M

Special congratulations to those who placed first in at least one event:

Erin Haraldsdottir, 20, UNAT, 2 events

Marianna Berkley, 86, VMST, 4 events

Marie Kelleher, 96, VMST, 3 events

Arni Arnason, 21, UNAT, 1 event

Nick Mrozowski, 24, VMST, 1 event

Troy Johnson, 33, VMST, 2 events

Michael Picotte, 36, VMST, 1 event

In addition to the individual performances listed above, 10 VMST relays were in the Top10. They will be listed in the next VMST newsletter.

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

<p><i>Prstd Std U. S. Postage <b>PAID</b> Richmond, VA Permit #3022</i></p>
---

If you need an entry for the **zone meet** at GMU, go to [www.vaswim.org](http://www.vaswim.org). If you do not have computer access, call Betsy Durrant at 757-422-6811.

From **Dave Holland**, race director for the **Chris Greene Lake Swim** in Charlottesville (July 11):

Online Registration for the Chris Greene Lake Cable Swims (July 11) is now available at [www.cableswim.org](http://www.cableswim.org) ! Paper entry deadline July 1. Online entry deadline July 6. When you register online, your credit card will be charged by "ClubAssistant.com Event Billing" for this race.

Editor's note: Online registration is preferred, but a paper copy will be in the May newsletter.