

# The Wet Gazette

The LMSC for Virginia - Serving Swimmers in Virginia And West Virginia  
August 15, 2010

## USMS LC Nationals

Long Course Nationals are being held in San Juan, Puerto Rico, August 9-12. Results can be found on the USMS website, [www.usms.org](http://www.usms.org).

Sixteen swimmers from VMST have entered:

Marcia Barry	Richard Briesemeister
Kitten Braaten	Chris Frogley
Betsy Durrant	Sandy Galletly
Terry Sue Gault	Lee Lewis
Ida Hlavacek	Mark Palace
Susan Marens	Ralph (Bud) Swiger
Kelly Parker Palace	Tom Woods
Barbara Streater	
Barbara Zaremski	

Some of you may remember Kelly Parker Palace. She swam with VMST from 1997-2004.

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## LC Zones

The meet is at the U of Maryland in College Park, August 21-22. Entries close August 15. No deck entries.

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## Fall Meet in Virginia Beach

The annual VMST SCM meet in Virginia Beach is Saturday, November 6. Dick Scott pointed out to me that I had the date wrong in the last newsletter.

There is a full schedule of events and relays. The entry form is in this newsletter, but I encourage you to enter online at:

## Chris Greene Lake

By Dave Holland

### How awesome is this?



L to R: Calvin Barnes (86), Dave Holland (42), Richard Selden (88). Three old guys with balding heads...more importantly, Selden and Barnes are, to my knowledge, the only two people on the planet in the 85-89 age group to ever compete in and complete a 2-mile cable swim. Barnes won the event this year in 1:26:27, with Selden just one minute behind him. Both were a tad slower than Selden's national record from two years ago. The photo records the first meeting between these two gentlemen, at the awards ceremony on the beach at Chris Greene Lake. They received thundering applause.

### Men 85-89 2 Mile Open Water

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USMS Record: 1:18:24.65 Richard Selden

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- 1 Calvin Barnes, 86, VMST, 1:26:27.21
- 2 Richard Selden, 88, UNAT, 1:27:32.40

Photo credit belongs to Katharyn Tupitza.

*See more on Chris Greene Lake on page 4.  
See Gazette Vignette on Calvin Barnes on page 6.*



If you do not have internet access, contact me (Editor's information below), and I will send you an entry.

**Oct 16-17: SCM, Charlotte, NC**

See NC website

**Oct 24: GM Sprint Classic**

Check PV website.

**Nov 6: SCM, Virginia Beach**

Entry is in this newsletter. On line entry begins September 1.

**April 28-May 1, 2011: USMS SC Nationals**

Mesa, AZ.

**Aug 3-6, 2011: USMS LC Nationals**

Auburn, AL

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

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## ***More on the Chesapeake Bay Swim***

Last month I reported on Virginia swimmers who participated in the bay swim. I have an addition: **Alison Meehan** and Susanne Vanzijl swam the One Mile race. Alison got 2nd in her age group (23.56) and Susanne got fourth. Congratulations to both!!



**Virginia LMSC 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**

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# VMST NEWS

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## ***Barbara Streater***

*By Jim Brinkman*

I recently had the pleasure of attending a unique ceremony for one of our VMST swimmers (and national 2 Mile Cable swim champ in her age group), Barb Streater. She was promoted to Lieutenant Colonel in the Army!

First, as a retired Navy guy, I think it is always a privilege and a pleasure to get invited to these events. The ceremony was in the beautiful Wren Chapel on the campus of William and Mary. LtCol Streater is now stationed at William and Mary running the ROTC cadre for both William and Mary and Christopher Newport. The ceremony included organ music from the original 1746 pipe organ, although it is now run by electricity and not bellows. If you have never been to the Wren Chapel I highly recommend it on your next trip to Williamsburg; there is a very real sense of history and it was a fitting backdrop for this ceremony.



*Jim Brinkman, Barbara Streater, Lt Gen Hartling*

As all swimmers know, it is a small pool. Swimmers everywhere know one another or swam with someone's brother in college, etc. As I arrived for the ceremony, LtCol Streater was outside and wanted to introduce me to the General who was promoting her, Lieutenant General Mark Hartling. She introduced him as an Army (West Point) swimmer and introduced me as a Navy (Annapolis) swimmer. Small pool. He graduated from West

Point before I started at Navy, but we talked about swimmers. A good friend of mine from my days at the Naval War College, who swam at Army, has two older brothers who swam at Army as well. And as with any small pool, the General had sponsored one of his brothers!

During the ceremony, the General talked about how he had first met Barbara. Of course it was swimming at lunch. His wife even went to the University of Delaware, as did Barbara. Small pool.

Anyway, it was a very moving ceremony, with Barb and family, husband, Major Brent Streater, and their sons, who are swimmers, Andrew and Devin; as well as many other relatives from across the country.

So the next time you see Barb, congratulate her on her promotion, and her win at Chris Greene Lake.

*Note: Barbara will be swimming in LC Nationals in San Juan. Her family will be along to cheer her on.*

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## **Jim McFarland**

Jim has been a member of VMST since his 20s. Over the last few years, he has developed some problems with training – pool chemicals affect his breathing. Jim can swim in some meets, either because he isn't in the pool area that long, or the pool chemicals are different (like NOVA).

Recently competed in the Jack King Ocean Swim, placing 2<sup>nd</sup> in his age group (50-54) and in the Chris Greene Lake 2-Mile Swim, placing 3<sup>rd</sup> in his age group. ▼ *Jim accepting award from Dave Holland*



I received the following note from him:

***I'm gonna try to stay in the water as long as possible this season (outdoors) and hope to swim in the Fall meet. Probably will have***

***to buy a full-cover wetsuit in order to train through a lot of October, but...new strategy. Hopefully, it'll work.***

I love Jim's dedication and determination!!

# Masters Swimming Returns To The Peninsula!

*By Spencer Allen*

“We are a team started by a Navy guy and a retired Air Force coach. We swim on an Army base and are coached by the Coast Guard. What a joint effort!” said Robbie Allen, one of the founders of the new Masters workout group that swims at the Fort Eustis Aquatic center in Newport News, VA. “The base was very excited to revitalize the Masters swim program that had been dormant for several years. Our association with the Coast Guard Blue Dolphins USA Swimming team allows us to open the program to both DOD and non DOD swimmers.”

The group started this past fall and has over 30 members signed up. Currently they practice from 0530 – 0700 and have recently gone to swimming 5 days a week Monday thru Friday. Swimmers are typical Masters mix of hard-core swimmers, tri-athletes and fitness swimmers. Members have already competed in several local meets and hope to set up their own open water event next summer.

If you are on the Peninsula and looking for a place to swim come join us! The practices are open to DOD and non DOD members. More information on the team can be found at:

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

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## News from Blacksburg Masters

*From Laurel Davis*

Six members of Blacksburg Masters Swimming competed in the 27th Annual Jack King One Mile Ocean Swim in Virginia Beach on June 27. From left to right: **Nicole Sanderlin, Nico Baudoin, Laurel Davis, Mark White, Braden White, and Abbey Wick.** ►

## Sunfish Masters

Michele Davidson of Sunfish Masters (Manassas) participated in the No Wet Suit Division of the Reston 2-Mile Swim. Competing in the 50-55 age group, Michele finished 2<sup>nd</sup> in her age group with a time of 59:10. Great swim, Michele!

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## Quest Masters

*David Frisch (QMST) at Chris Greene Lake.*



# **Christopher LaBianco Breaks 40 minutes to Win 2010 U.S. Masters Swimming 2-Mile Cable Championship**

*By Dave Holland, Race Director*

## **Four swimmers set national records in the race at Chris Greene Lake on July 10**

For Christopher LaBianco, the words “thirty-nine” have never sounded sweeter. The 39-year old from Colorado won the U.S. Masters 2-Mile Cable Open Water National Championship in Charlottesville two weeks ago, breaking 40 minutes by the slimmest of margins: a hundredth of a second. His time of 39:59.99 shattered the national record for men 35-39 by more than a minute. He also earned the dubious distinction of becoming the oldest person to break 40 minutes and the youngest to match his age with his time for the 2-mile cable distance.

LaBianco, who was a distance swimmer at Auburn University and captained the team in 1991-92, had recently claimed national championship wins in open water races in North Carolina and Colorado. He was pleased with his visit to Virginia.

“Cable races are the only open water races with records, and I had my eye on the 2-mile record for a while. The lake, the course, my fellow swimmers, and the race directors set the stage for a great day of racing. The results exceeded my expectations. ▼ *Christopher LaBianco*



For my first race in Virginia, I'm sold, and hope to be back next year. I couldn't have asked for anything more!”

The record-breaking swims took place at Chris

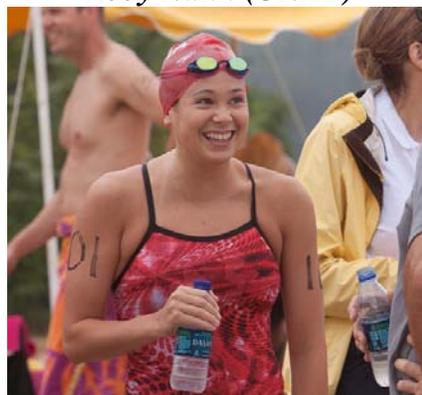
Greene Lake in Charlottesville at the 34<sup>th</sup> annual event hosted by Virginia Masters Swim Team. Athletes of all ages have been competing in the 2-mile cable swim on the second Saturday in July every year since 1977. Participants swim beside a

rope that is stretched between two permanent wooden pylons. The pylons were surveyed last year and were found to be within an inch of a perfect quarter-mile distance. The cable is supported with small buoys spaced every five meters.

Defending champion **Abby Nunn**, 20, of Richmond, had to settle for second overall this year. Her time of 40:07.05 was the fastest time among the women, and also broke her own national record (women 18-24) from last year's race by 32 seconds.

The second annual Chris Greene Lake swim hosted by NOVA of Virginia Aquatics followed the USMS race on July 10, and swimmers ages 8-18 competed in ½-mile, 1-mile, and 2-mile races. For more information about both events, please visit [www.cableswim.org](http://www.cableswim.org)

### **Abby Nunn (UNAT)**



## **Age Group Winners (Chris Greene Lake)**

### **Women**

- 18-24 Abigail Nunn, UNAT, 40:07.05
- 25-29 Kim Sarah, NCMS, 43:47.35
- 30-34 Julie Roddin, TERR, 46:49.57
- 35-39 Barbara Streater, VMST, 50:53.54
- 40-44 Heidi Williams, NCMS, 46:25.49
- 45-49 Eney Jones, SYSM, 43:04.92
- 50-54 Sharon Smith, TXLA, 46:49.31
- 55-59 Shirley Loftus-Charley, VMST, 46:37.00
- 60-64 Marcia Barry, VMST, 51:59.94
- 65-69 Pam Dameron, QMST, 1:07:52.74

## Men

25-29 Adam Barley, VMST, 42:39.57  
30-34 Evan Morrison, CMST, 43:37.05  
35-39 Christopher LaBianco, BLU, 39:59.99  
40-44 Robbie Allen, UNAT, 43:57.12  
45-49 Chris Stevenson, VMST, 41:53.03  
50-54 James Stewart, MINN, 44:02.73  
55-59 Larry Wood, TXLA, 43:40.61  
60-64 Lonny Harrison, TPIT, 49:42.75  
66-69 Willis Braswell, DCM, 51:21.58  
70-74 Kenton Pattie, CUBU, 1:25.54.30  
75-79 John Rapp, UNAT, 1:16.49.30  
85-89 Calvin Barnes, VMST, 1:26.27.21

All pictures from the lake swim are by **Katharyn Tupitza**, [www.rightexposure.com](http://www.rightexposure.com).

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## *Jack King Ocean Swim Age Group Winners*

### Women

18-24 Meagan Madden, 21:30  
25-29 Sara Hunt, 23:42  
30-34 Deanne Mossman, 22:21  
35-39 Virginia Fontana, 35:14  
40-44 Rebecca Franklin, 22:06  
45-49 Susan Gordon, 24:14  
50-54 Betty Perfall, 26:05  
55-59 Karen Mickunas, 28:22  
65-59 Mark Haywood, 44:58

### Men

18-24 Stephen Clendenin, 20:21  
25-29 Adam Barley, 20:25  
30-34 Chris Ross, 20:20  
35-39 Michael Picotte, 20:52  
40-44 George Sushkoff, 22:46  
45-49 Todd Bassett, 22:24  
50-54 David Achtemeier, 20:57  
55-59 Scott Balderson, 24:40  
60-64 Hank Mierzwa, 24:44  
70-74 Kenton Pattie, 35:02  
85-89 Calvin Barnes, 41:41

## *LMSC Elections*

Since this is an even-numbered year, we will be holding elections in the annual LMSC meeting, which will take place sometime in October or November. Lisa Bennett (Swimlab56@msn.com, 804-379-5324) will be collecting nominations throughout the month of August for the following positions:

- **Chair:** The Chair calls meetings when and where deemed necessary, presides at all meetings, and appoints committee chairs for standing and Ad Hoc committees as necessary to fulfill the duties and responsibilities of the LMSC for Virginia, with the advice and consent of the Board of Directors.
- **Vice-Chair:** The Vice Chair will assist the Chair as needed and will take over the Chair position until the next election if the current Chair leaves office before the conclusion of his or her two year term.
- **Secretary:** The Secretary is responsible for keeping a record of all meetings, conducting official correspondence, issuing meeting notices and copies of the minutes to the board of Directors, and making such reports to the national office as are required by USMS rules.
- **Treasurer:** The Treasurer receives all the monies and bills approved by the Finance Committee or Board of Directors. The Treasurer is responsible for maintaining all financial records, including bank and checking records, for making timely reports to the Board of Directors, and for making such reports to the national office as are required by USMS rules.

Each elected officer serves a two-year term. If you think that you – or someone you know – would be interested and would do a good job at one of these positions, please contact Lisa. She will be collecting nominations throughout the month of August; the list of nominees will be published in the next newsletter.

# Gazette Vignette

## Calvin Barnes

By Dave Holland

### Where do you swim and how often?

I swim at the Hampton YMCA- 5 days a week about 1 ½ hours. Too much? I think so, for 86. I do some stretches before I go to the pool.

### Tell us about your coach.

No coach. In my late 70's, I did have some young age-group coaches: Mark Van Deren, Jeff Scott, and Diane Cayce. They helped me on some strokes. I like to watch good swimmers, they are my coaches also.

### What is your background as a swimmer and athlete?

I have always lived near the water and learned to swim early. When I was growing up, I stayed outside from morning til night, playing tennis, baseball, street hockey, marbles, yeah!! Never had a bike. I ran track at Newport News High School, best in the state of Virginia, we were always the top school. World War II stopped all sports. Got married in 1944. We had 4 wonderful children. After my service, I got into running until a friend got me into swimming. I found out I loved it, so here I am.

### What motivates you to swim and compete?

Staying in some kind of shape. I love the swimmers I come in contact with and enjoy being with them. I love to compete. I guess I just want to keep swimming.

Babs Carter and I swam a 10K-2 relay and set a national record for our age. She lives in Florida and teaches yoga exercise in the pool. I saw her recently on her visit to see her son in Hampton. She looks well. Keep on swimming.

### You've made a return to competition in 2010, winning your age group at Jack King and at Chris Greene Lake. What brings you back?

I did not do as well as I had hoped. I just wanted to get back swimming. I know Mary would have wanted me to do this. It was hard getting started again, but hopefully I'll get better.

### Outside of the pool, what occupies your time?

Mostly yard work and gardening. Truly, I have not been doing anything productive. Right now, I'm at loose ends.

### Looking back on your swimming career, is there a particular race or meet that stands out?

I can't remember anything as standing out. I loved all the Nationals SC and LC. Being in the Top Ten a few times was nice. It has all been very rewarding to me. Mary, my wife for 65 years, always supported my efforts and went to meets as well.

### Do you have a memorable master's story or "vignette" to share?

I've always felt good about my swimming, but always thought I should do better. At the big swim meets, I loved that I could place.

A few years ago, the young coaches got a reporter to come to the pool and interview me. At the time, I was 78. This was in the local paper, and included my picture. The caption under it said "I once swam to live and now swim for time." The story was tied in with my war service in the Navy. I was fortunate to come home unharmed.

**Editor's Note:** Calvin did not train or compete for a few years as he spent his time taking care of his wife Mary. Mary died in 2009, and Calvin decided it was time to return to the pool. His first meet was SC Zones in April.

Many years ago, a group from VMST were in northern Virginia for a LC meet. We got there the day before the meet and went in to DC to the Navy Museum. I was looking over Calvin's shoulder as he looked up two ships that he had served on in World War II – both had been sunk with Calvin on board! I mentioned this to Dave when he was writing the article. He said Calvin didn't say much about it, but he did some research.

The USS Erie was torpedoed by a submarine in the Caribbean on November 12, 1942. The USS Brownson was dive bombed in the north Atlantic on December 26, 1943.

As Dave Holland wrote, he really did "swim to live."

## *Question for Coach Don Easterling*

**The amount of time that many masters swimmers can devote to training is often limited by work and family commitments. Given this, can you comment on the value of weight training for masters swimmers?**

In general, I like *specificity* in a dryland program: strengthen the muscles you will use in swimming, and in a manner that mimics swimming movements. For that reason, I favor *surgical tubing* for dryland exercises.

Besides specificity, another advantage for Masters swimmers include faster recovery. While young swimmers can train using heavy weights with fewer repetitions, this stresses the muscles more and increases recovery time. The effect is greater with age.

I even use surgical tubing with my high school swimmers. It allows me to train slow and fast-twitch muscles for both endurance and sprint events. I might have them alternate between sets of:

- 30 reps slow
- 30 reps fast
- 30 reps switching between fast and slow

I have them use tubing 4-5 times per week. I feel that surgical tubing is good for working on technique, too. You can see and correct stroke flaws.

Another advantage of surgical tubing is that it can help flexibility at the same time that it works on strength/endurance. I think flexibility is ignored too much in swimming; the very best swimmers are almost all incredibly flexible. It is something that can be improved with the proper stretching program. Good flexibility slows fatigue and reduces the risk of injury. It is especially important for masters swimmers, because unless we work on it specifically we can lose a lot of flexibility as we age.

**There seem to be a lot of options for dryland cross-training nowadays: yoga, Pilates, spinning, weights, and the list goes on. Are there any**

**particular types that you recommend for swimming?**

Well, cross-training is good for general fitness, of course. Triathlete swimmers with poor technique might get by solely as a result of their high fitness level. But for swimming purposes, I'm going to say again that specificity is the key.

**I have a question about backstroke: when I was young, the conventional wisdom was to finish your arm pull with a slight down-sweep and pop your shoulder out of the water, often with the pinkie finger coming out of the water first. But nowadays many coaches teach that you should finish with more of an up-sweep.**

I have studied videos of the best backstrokers and most of them finish the pull by pushing towards the heel. The pull is generally shallower than it used to be. I think it is especially important that the hand exits the water with the thumb first: it is faster and carries less water.

It does bother me when people talk about "backstroke recovery." There is no recovery at all, you are still moving forward. The only stroke with any wasted motion is the breaststroke, in the recovery from the kick.

**You've been coaching for a long time, are you still learning new things?**

Absolutely. I ask questions all the time; I'll stop when they put me in the box. I don't always agree with what I hear but I am still learning about this sport.

**Do you have a question for Coach Easterling?** A member of the ASCA Hall of Fame, and the coach of numerous former NCAA champions and Olympic medalists, former NCSU coach Don Easterling invites your questions about swimming. Please submit your questions to me

by email ([chrislstevenson@usms.org](mailto:chrislstevenson@usms.org))  
or by phone (804-282-0124).



## *News from Warrenton Masters*

The Warrenton Masters Swim and Tri Team had a great turnout for the Culpepper Tri on August 1st.

Everyone participating dropped times from last year. A new swimmer to the team **Tiffany Seals** finished 2nd overall among females (and she is one) for the swim and 11th overall out of 600 participants including men and relays.

Some of the members ran or biked on relays proving these fish can live out of water!

**Charlie Tupitza** swam the 750 meters butterfly as a lead off in a relay and beat 500 swimmers doing free.

We had a great Brunch/Party afterwards with food cooked by the wife of one of our members that is a Culinary Institute of America graduate and Chef!

The Warrenton team is reaching out to the Triathlon community to include them in activities and draw them into the real world of swimming. Warrenton fielded five relays and had 8 individuals compete in the whole Tri.

The team is going to sponsor a Triathlon series next year that will feature three individual events held at different times throughout the year. Participants will be able to compete in all three for an overall championship or any individual event. The swim will be a distance that will be equal in time to the bike and run to level the playing field a bit. More information about this will be found at [www.warrentonmasters.org/Blog](http://www.warrentonmasters.org/Blog) We think a 5 k run should be matched up with at least a 1650 swim.

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### *Louise Limerick*

Louise Limerick, 83, died July 29. Masters swimmers who have been swimming a long time and those involved with Virginia Swimming knew Louise. She and her husband Tom officiated at our first Masters meets in Virginia - the VMST Fall Meet, starting in 1980. Louise and Tom helped us keep those first meets running quickly, smoothly and fairly. Louise ran the Virginia Swimming office for more than 20 years. I always looked forward to seeing her each fall at the Aquatic Sports Convention.

**VIRGINIA MASTERS SWIM TEAM**  
**30<sup>th</sup> ANNUAL FALL SWIM MEET**  
**SATURDAY, NOVEMBER 6, 2010**



**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 #120-007.

**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, 2010. 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](http://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 \$37 for 2011. Forms are available at [www.vaswim.org](http://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 2011.**

**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, October 30.**

Online entries now available at [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1212&smid=2491](https://www.ClubAssistant.com/club/meet_information.cfm?c=1212&smid=2491)

**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 4<sup>th</sup> through 6<sup>th</sup> 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 choose 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 OCTOBER 30!\*\*\*\*\*

ENTER ONLINE AT [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1212&smid=2491](https://www.ClubAssistant.com/club/meet_information.cfm?c=1212&smid=2491)

Age (on Dec 31, 2010): \_\_\_\_\_ 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](http://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 66<sup>th</sup> Street, Virginia Beach, VA 23451. For questions, e-mail Betsy at [durrant6@cox.net](mailto:durrant6@cox.net) or phone Betsy at 757-422-6811. No calls after 9:30 pm, please!*

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

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Thank you to all those who sent articles and pictures for the newsletter!

I believe this issue has information about more of our Virginia teams than any other newsletter!!

The newsletter is more interesting when there are a variety of articles. All you have to do is send me an article or pictures. I'll use the information in the next newsletter. My only request is to identify who is in each photograph.

Again, many thanks!!!

