

The Wet Gazette

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

VMST Fall Meet *November 6, Virginia Beach* *By Betsy Durrant*

It's hard to believe, but this was the 30th year of the Fall Meet! The first Fall Meet was in September of 1980. It was a two day meet in Norfolk at Old Dominion University. Forrest Sullivan and I were meet directors. Our partnership in running this meet went on for about 20 years.

We have used several different venues for the meet. One year, we tried holding it in Charlottesville at the University of Virginia. For the other years it has been in Norfolk or Virginia Beach. Besides ODU, we have used Norfolk Academy, Princess Anne Recreation Center, and now Bayside Recreation Center.

It's impossible to describe how much I rely on the Recreation Center employees! The Rec Center provides the computer operator (running Hy-Tek Meet Manager) and the CTS operator. **Carol Fernheimier**, Aquatic Director at Bayside, and **Janis Sweeney**, Aquatic Director at Princess Anne, made things work.

Janis also officiated, serving as Admin Referee. Two USA-Swimming officials (Tom Colasardo, Referee, and Janet Law, Starter) and three National Federation of High School officials (Chris Hakim, Blaine Pearsall, and Bill Verba) worked the meet. For the fifth year, the Ocean Lakes High School Swim and Dive Team served as timers.

We had 103 entries. Sixty-five entered online, 30 mailed in entries, and 8 deck entered. Entries were mostly from Virginia but included swimmers from North Carolina, West Virginia, Maryland, and Delaware. One swimmer is registered in Hawaii and one in Michigan, but I think they live in Virginia now.

See page 3 for more on the including some thoughts on how to improve the meet. If you have additional ideas, please pass them on to me.

Registration is Due NOW!!!

Do you want to continue to receive this newsletter? Do you want to continue to get *SWIMMER* Magazine? Register for 2011 now, don't wait until you are ready to enter a meet or do the One Hour Swim. The cost is the same whether you register now or in March; why wait?

There are two ways to renew your membership:

► **Online** (the preferred method). Go to usms.org and click on the JOIN/RENEW button:



► **Paper**. Use the form included in this newsletter.

By the end of the 2010 registration year (October), we had 1041 registered swimmers in our LMSC. As of November 26, we had 205 signed up. If you register by December 31, you will receive information about sponsor discounts.

Richmond Meet *February 12-13*

Don't forget the VMST Winter Meet (The David Gregg Memorial Meet) in February. Many swimmers look forward to this meet as an opportunity to judge their training. There is nothing like a meet to let you know if your training is right or not. A meet can be reassuring – you are doing the right sets and getting the right number of workouts. Sometimes a meet reminds us that we have to put a little more intensity into the workouts or go one more day a week or start that weight training we've been thinking about.

The two day format gives you an opportunity to try numerous events. Best of all, the Saturday night social offers good food and a chance to talk to old friends or get to know new ones.

The entry is in this newsletter.



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

January: One Hour Swim

This is a postal event, done in your home pool.

January 29-30: Charlotte, NC

See NC website.

January 30: Tropical Splash, Alexandria

See PV website.

February 12-13: VMST meet in Richmond

Entry is in this newsletter.

March 5: Greensboro, NC

March 6: WAVA meet in Warrenton

March 19: SCM Albatross Open

See PV website

April 2-3: Hillsborough, NC

This is the NC Championship.

April 15-17: Zone Meet, George Mason U.

Entry will be in the February newsletter.

April 28-May 1: USMS SCY Nationals in Mesa, Arizona. Entry will be in *Swimmer* Magazine and will be available online (usms.org).

Newsletter Editor

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Interested in doing the One Hour Swim on Saturday, January 15? Contact Betsy.



Virginia LMSC Website

www.vaswim.org

USMS Website

www.usms.org

Latest info on all levels of swimming

www.SwimmingWorldMagazine.com

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland: www.maryland@usms.org

Potomac Valley: www.PVMasters.org

Colonies Zone

www.ColoniesZone.org

LMSC Officers

Chair: Patty Miller

Patricia.m.Miller@altria.com

Vice Chair: Charlie Tupitza

ctupitza@warrentonmasters.org

Secretary: Dave Holland

HenryDaFif@aol.com

Treasurer: Charlie Cockrell

Charles.Cockrell@alumni.virginia.edu

Registrar: Lisa Bennett

Swimlab56@msn.com, 804-379-5324

Sanctions: Judy Martin

Jmartin240@cox.net, 757-721-0890

Records and Top Ten: Chris Stevenson

chrisl Stevenson@usms.org, 804-282-0124

Graphics from www.swimgraphics.com

More on the November Meet

Thank-you to all those who helped

The swimmers from Virginia Beach were great about helping. **Karen Mickunas** was on deck throughout the meet helping where needed. Because she was there, I was able to swim a few events. The social was at **Susan Marens'** home. Susan and her husband Michael do a great job, and I am truly grateful. My granddaughter, **Torie Jones**, was invaluable in helping me carry in stuff, get set up, and sell VMST gear. She is now a registered USMS member, and I hope she'll swim in a meet soon.

Other important help:

Bryan Martin and his son – check-in

Heather Stevenson – deck entries

Glen Knutson – safety marshal for warm-up

Cathy Rotch - awards (all day!)

Kelly Shearin - awards

Al Newbury – ice for officials/timers

Ways we can improve the meet

1. *Delegate more.* My close friends suggested that I delegate certain jobs to others and not try to do too much. I think that is good advice, which I will heed.
2. *Relays.* Although Karen Mickunas, Judy Martin, Bud Swiger and Chris Stevenson worked on relays, the system can be improved. We did not accommodate everyone who wanted to do a relay. Karen suggested that we set up a table and assign the creation of relays to someone who doesn't have to run around to do something else.
3. *Counters for distance events.* Many of the new swimmers and those from out of town needed someone to count for them, but didn't know that many people. I plan to ask someone to accept that responsibility. It's not a big deal, but it makes a lot of difference to the swimmer.

These are things I thought of or things someone else mentioned. If you have suggestions, please let me know. My contact information is on page 2. *Betsy*



Pictures from the Meet

From Vic Mickunas

**Betsy Goode,
Nancy Speer,
Mary Ann
Peterson**



◀ **Chris Sharver**

**Scott Morin, Mitch Saks,
Anne Klostner, Mary Ann
Peterson**



Vic Mickunas, Karen Mickunas, Calvin Barnes



◀ **Nancy Speer, Cindy Hamilton, Betsy Goode,
Carol Downing**

LMSC for Virginia LCM Top Ten for 2010

Women 25-29

Kate Hibbard, VMST

6th – 50 back, 4th – 100 back, 2nd – 200 IM

Betsy Turner, VMST

3rd – 200 fly, 5th – 400 IM

Men 25-29

Billy Gaines, VMST

9th – 50 free, 2nd – 100 free, **1st – 200 free,**
2nd – 400 free, 4th – 50 back, 3rd – 100 fly,
1st – 200 fly

Adam Barley, VMST

2nd – 200 back, 4th – 400 IM

Women 30-34

Tiffany Seal, WAVA

8th – 200 free, 8th – 100 fly, 2nd – 200 fly

Men 30-34

Matt Haupt, SNOW

1st – 50 fly, 2nd – 100 fly, 1st – 200 fly

Women 35-39

Barbara Streater, VMST

7th – 800 free, 6th – 1500 free, 10th – 100 breast,
4th – 200 breast, 4th – 200 IM

Women 40-44

Alison Moore, VMST

5th – 400 IM

Women 45-49

Kelly Parker Palace, VMST

4th – 800 free

Men 45-49

Chris Stevenson, VMST

2nd – 200 free, 2nd – 400 free, **1st – 50 back,**
1st – 100 back, 2nd – 200 back, 2nd – 100 fly,
3rd – 200 IM

Women 50-54

Lisa Bennett, VMST

4th – 50 free, 8th – 100 free, 7th – 200 free,

7th – 400 free, 4th – 800 free, 8th – 1500 free,
6th – 50 breast, 3rd – 100 breast, 4th – 100 fly

Women 55-59

Shirley Loftus-Charley, VMST

3rd – 400 free, **1st – 800 free, 1st – 1500 free**

Kitten Braaten, VMST

5th – 200 fly

Women 60-64

Terry Sue Gault, VMST

4th 100 free, 2nd – 200 free, 2nd – 400 free,
3rd – 800 free, 3rd – 1500 free, 3rd – 50 fly,
3rd – 100 fly

Marcia Barry, VMST

6th – 200 free, 5th – 400 free, 5th – 800 free,
4th – 1500 free, 4th – 50 back, 5th – 100 back,
2nd – 200 back

Women 65-69

Beth Schreiner, VMST

2nd – 50 free, 2nd – 100 free, 5th – 200 free

Pam Dameron, QMST

7th – 50 free, 9th – 200 free, 8th – 50 back,
3rd – 100 breast, 2nd – 200 breast

Betsy Durrant, VMST

7th – 200 free, 7th – 400 free, 6th – 800 free,
7th – 1500 free, 7th – 50 back, 8th – 100 back,
7th – 200 back, 5th – 50 breast, 7th – 100 breast

Judy Martin, VMST

9th – 100 back, 5th – 200 back

Susan Marens, VMST

10th – 200 breast

Ida Hlavacek, VMST

10th – 100 fly, 7th – 200 fly

Men 65-69

Sandy Galletly, VMST

10th – 400 free, 8th – 800 free, 4th – 1500 free

Edward Gaulrapp, VMST

10th 200 fly

Women 70-74

Laura Walker, VMST

8th – 50 free, 10th – 100 free, 9th – 50 back,
7th – 100 back, 4th – 200 back

Barbara Zaremski, VMST

2nd – 50 free, 2nd – 100 free, 6th – 200 free,
8th – 400 free, 6th – 800 free, 6th – 1500 free,
1st – 50 back, 2nd – 100 back, 10th – 200 breast,
7th – 100 fly, 6th – 200 IM, 2nd – 400 IM

Women 75-79

Johnnie Detrick, VMST

1st – 50 free, 1st – 100 free, 2nd – 200 free,
2nd – 50 breast, 3rd – 100 breast, 3rd – 200 breast,
1st – 200 IM

Men 75-79

Richard Scott, VMST

10th – 1500 free, 9th – 200 fly, 10th – 200 IM,
10th – 400 IM

Men 85-89

Calvin Barnes, VMST

4th – 400 free, 3rd – 800 free, 3rd – 1500 free,
4th – 100 back

Richard Briesemeister, VMST

6th – 50 free, 5th – 100 free, 5th – 200 free,
7th – 400 free

RELAYS

Women 100-119

200 Free Relay

3rd – VMST (Hibbard, Turner, Webb, Russo)

200 Medley Relay

6th – VMST (Hibbard, Webb, Turner, Russo)

Women 240-279

200 Free Relay

1st – VMST (Parker Palace, Barry, Gault,
Zaremski)

2nd – VMST (Marens, Hlavacek, Durrant, Streater)

200 Medley Relay

1st – VMST (Parker Palace, Durrant, Gault, Barry)

400 Medley Relay

1st – VMST (Martin, Durrant, Loftus-Charley,
Walker)

Women 280-319

400 Free Relay

1st – VMST (Detrick, Walker, Schreiner, Durrant)

800 Free Relay

1st – VMST (Detrick, Walker, Schreiner, Durrant)

Men 240-279

400 Free Relay

8th – VMST (Swiger, Nelson, Davis, Gaulrapp)

Men 280-319

200 Free Relay

7th – VMST (Gaulrapp, Cheadle, Lyons, Barnes)

200 Medley Relay

8th – VMST (Sween, Lyons, Sober, Cheadle)

400 Free Relay

8th – VMST (Cheadle, Maher, Scott, Barnes)

400 Medley Relay

5th – VMST (Sween, Durham, Maher, Novell)

800 Free Relay

2nd – VMST (Davis, Gaulrapp, Novell, Barnes)

Mixed 120-159

200 Free Relay

8th – VMST (Hibbard, Turner, Gaines, Clear)

200 Medley Relay

6th – VMST (Stevenson, Hibbard, Turner, Gaines)

Mixed 280-319

200 Free Relay

5th – VMST (Zaremski, Briesemeister, Galletly,
Barry)

200 Medley Relay

2nd – VMST (Galletly, Durrant, Gault,
Briesemeister)

400 Free Relay

2nd – VMST (Durham, Martin, Maher, Durrant)

400 Medley Relay

2nd – VMST (Martin, Gaulrapp, Maher, Walker)



VMST David Gregg III Memorial Meet

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

February 12 and 13, 2011

Sponsored By: Virginia Masters Swim Team

Sanctioned By: LMSC for Va. for USMS, Inc. - Sanction # 121-02

Meet Director: Nancy Miller (nancymillr@aol.com)

Location: NOVA of Virginia Aquatic Center. Address: 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. **NOTE:** A swimmer is limited to one 200-yard stroke event (back, breast, fly, or IM) on each day of the meet. The 200-yard event entered on Saturday by the swimmer may not be repeated on Sunday. The results of heats swum on Saturday and Sunday in each of these events will be combined, and results will be published on Sunday.

Entry Deadline: Entries must be received no later than **February 4, 2011**, 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. 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 12th. \$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 the Gaskins Rd exit off I-64. There are 10 double rooms being held for the night of 02/12/2011 at a rate of \$79.00 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, 2011.

RELEASE

The following release must be dated, signed, and in possession of the Meet Director before the swimmer may compete. I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all 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.

Fill in the following information:

Date:		Signature:	
Name:		Sex:	USMS Reg. No.:
Address:			
City:		State:	Zip Code:
E-Mail Address:			
Age as of 2/13/2011:		Birthdate (Mo/Day/Yr):	
LMSC:	Club:	Phone (Day):	Phone (Night):

ORDER AND SELECT EVENTS

SATURDAY, February 12

Warmups: 1-2 PM; Meets Starts: 2 PM

Women	Time	Event	Men	Time
1	_____	200 IM	2	_____
3	_____	200 Fly	4	_____
5	_____	200 Breast	6	_____
7	_____	200 Back	8	_____
9	_____	1000 Free	10	_____
11	_____	1650 Free	12	_____
13	_____	400 IM	14	_____
15	_____	500 Free	16	_____

SUNDAY, February 13

Warmups: 7:30-8:30 AM; Meet Starts: 8:30 AM

Women	Time	Event	Men	Time
1	_____	200 IM	2	_____
3	_____	200 Fly	4	_____
5	_____	200 Breast	6	_____
7	_____	200 Back	8	_____
17	_____	100 Free	18	_____
19	_____	Novice 50 Fly	20	_____
21	_____	50 Fly	22	_____
23	_____	100 Breast	24	_____
25	_____	Novice 50 Free	26	_____
27	_____	50 Free	28	_____
29	_____	100 IM	30	_____

BREAK

31	_____	200 Free	32	_____
33	_____	100 Back	34	_____
35	_____	Novice 50 Breast	36	_____
37	_____	50 Breast	38	_____
39	_____	100 Fly	40	_____
41	_____	Novice 50 Back	42	_____
43	_____	50 Back	44	_____

RELAYS RELAYS RELAYS RELAYS

45	_____	200 Medley Relay	46	_____
47	_____	200 Free Relay	48	_____
49	_____	200 Mixed Medley Relay	50	_____
51	_____	200 Mixed Free Relay	52	_____

ENTRY FEES

Total Events (both days) x \$4.00:	_____
Surcharge:	\$7.00
Social (\$8.00/person):	_____
(number attending social: _____)	_____
TOTAL AMOUNT ENCLOSED:	_____

**Make checks payable to:
Virginia Masters Swim Team**

Questions? Contact Nancy Miller – (804) 338-1540 or nancymillr@aol.com or James Wolfle – (757) 897-5868 or wolfle@aol.com

Mail Entry To: James Wolfle
5344 Roanes Wharf Road
Gloucester, Virginia 23061

A COPY OF YOUR USMS REGISTRATION CARD MUST BE ENCLOSED FOR YOUR ENTRY TO BE ACCEPTED

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

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

Odds and Ends:

- From **Tom Lyons**: “On Nov 2 I had lower back and spine surgery at UVa. It seems to be a great success. I plan to start swimming at the end of December, and should be ready for the Zone meet.”
- From **Jim McFarland**: “**Shirley (Loftus-Charley)** apparently did a PR in the 1500, faster than any of her 1650 times too! A PR! I'm blown away by that.”
- Lisa Bennett** had a super 1500 also, breaking the LMSC record for the 400 and 800 on the way to a new record in the 1500! Shirley broke the 800 record on her way to the 1500 record. Pretty amazing for the last heat of the last event!



Owen Maher, Terry Sokolik, Al Newbury at Nov Meet