

The Wet Gazette

The LMSC for Virginia - Serving Swimmers in Virginia And West Virginia
September 15, 2011

Quality Over Quantity For VMST In Auburn

by Bob Schreiner

From a quick look at the attendance figures, I was not the only swimming enthusiast who did not want to go to Auburn, Alabama, for the USMS Summer Nationals during the hot, humid, and hazy days of August 3-6, 2011. Fewer than 700 Masters swimmers showed up, a far cry from 1,000-2,000 swimmers that usually appear at a Spring or Summer nationals. (Personally, I interpret those numbers as unauthenticated but assuring confirmation that a regular diet of fried chicken, beans and rice, and fried green tomatoes once a decade is enough. Remember the fare in Atlanta only last year?) I would venture a guess that many of the absentees also thought one humid June morning: why go to southeastern Alabama in August to a location that is as remote as possible in this travel-friendly U S of A? To me, and many Americans, "Auburn" means only one of two things: a football school that is too big for its britches; or, if lower-cased, the color of hair on that cute high school cheerleader who repeatedly refused to acknowledge my existence. But, the average response to Auburn, Alabama, is either "Where in the h-ll is that?" or "Wait, let me get my road atlas." (My father would have said, "Even if I wanted to go—and I don't—you can't get there from here.") This apparent shortage of interest in this important USMS event even affected the usually gung-ho and travel-eager-and-ready Virginia Masters Swim Team. Only thirteen intrepid VMST swimmers made it to Auburn, most of whom flew to the nearest (?) airport in Atlanta, only two hours away if you ignore the speed limits. Although a difficult task, my wife Beth eventually convinced me to chauffeur her all the way in our new car. In truth, had we not been lured by back-to-back two-day gourmet overnight stops with friends en route, I would have gladly stayed in northern Virginia

See *Auburn* on page 3.

SCY Top Ten

Forty swimmers from Virginia made the national Top Ten list for short course yards. Eleven of our swimmers finished first in at least one event.

They are:

Kate Hibbard-1	Suzanne Newell-1
Lisa Bennett-3	Shirley Loftus-Charley-2
Beth Schreiner-5	Johnnie Detrick-4
Marie Kelleher-2	Billy Gaines-1
Chris Stevenson-2	Scott Kauffman-1
Calvin Barnes-1.	

Twenty relays teams also made the Top Ten list. The relay teams represented VMST, STON (Stonewall Masters of Lexington) and WAVA (Warrenton). Note that a number of our Top Ten relays are for 400 and 800 yard relays offered at the Zone Meet. First place relays were the VMST 65+ Women (3) and the VMST 65+ Mixed (2).

The complete list of Virginia swimmers can be found on pages 5-7.



**Dick and Johnnie
Detrick**

The Stonewall Masters Relay





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

- October 16:** Relay Meet in Warrenton
Entry is in this newsletter. Additional information is on page 7.
- October 30:** GMUP Sprint Classic
See PV website.
- October 29-30:** SCM in Charlotte
See NC website.
- November 5:** SCM in Virginia Beach
Entry is in this newsletter.
- November 10-15:** Pam Ams
Rio de Janerio, Brazil. Go to usms.org.
- December:** SCM in Boston
- December 3-4:** Knoxville, TN
Jessica Hart. Phone: 865.974.2439. (day);
336.501.7186 (evenings) Fax: 865.974.1287.
Email: utmastersswim@gmail.com
- January:** Tropical Splash in Alexander;
- January 28-29:** 2-day meet in Charlotte.
- February:** VMST Winter Meet, Richmond
- March:** Warrenton
- April:** Meet at GMU
- April 25-29:** SC Nationals, Greensboro, NC
- June 10-16:** FINA Worlds in Italy
- July 5-8:** USMS LC Nationals, Omaha

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www.vaswim.org

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Graphics from www.swimgraphics.com

Auburn continued from page 1.

to continue a life-long contemplation on how to eliminate gray squirrels from this planet while staying out of jail.

Yes, our 800-mile road trip was hot, tedious, and traffic-laden, but consider the travels by VMST's Sandy Galletly. How he convinced his wife Lesley to travel from "middle of nowhere" Scotland to "in the back of beyond" Alabama would make a wonderful case study in Auburn University's annually popular undergraduate course, "Illicitly Effective Political Lobbying 101." I am only surmising, but probably because of a bad haggis harvest in Scotland, he fled to Virginia Beach, Virginia, a week ahead of the meet to find refuge with VMST captain Betsy Durrant and her (also Auburn-absent) husband Steve. According to Betsy, Sandy and Lesley were the ideal houseguests for that week. "All they wanted was sunshine and anything to eat. Since we had plenty of that, we parked them on our back deck for a week," would be a fairly accurate summation of her review of the Galletlys' stay.

While Beth and I stayed in a modest Hampton Inn that was equally accessible to Opelika, Alabama, as it was to Auburn University's Aquatic Center, Betsy, Sandy, and most of the other VMST team were smart enough to stay at the more luxurious on-campus Hotel at Auburn University, which also reeked with Southern hospitality. (Rumor has it that the hotel's polite staff even called Billy Gaines, "Sir," an appellation believed to be wildly exaggerated, especially by Billy). In addition to Sir Billy, Betsy, and the Galletlys, fellow VMSTers Chris Stevenson, Dave Holland, Kate Hibbard, and Bud Swiger also bunked out there for the meet's duration. There might have been a few other teammates staying there also, but they have chosen to stay undercover until this article is published (and then quickly recycled.)



Bob Schreiner who scheduled the Summer Nationals for Alabama in the hottest month of the

year had a leading role in staging the timing of the meet. This is how idiots like him—no woman would have been done it!—think. "Let's see, we have a double summer graduation from Auburn University scheduled for Saturday, August 6, and we also are in full swing of a major campus construction project that month. Perfect! Why not bring in an extra thousand folks at the same time and create a parking nightmare that even Ripley himself would not believe? That will show those turkeys at University of Alabama how smart we Tigers are!" Had he (I'm still sure it was one of those good ol' boys with an engineering degree from some place like the Opelika Institute of Technology) been a drill sergeant instead of an administrator, he would have shouted out to his troops instructions such as, "Line up alphabetically by height." (Credit and apologies to baseball legend Casey Stengel.)

If you patient readers are wondering how the above-mentioned overt and the more covert VMST swimmers performed in the huge and very impressive James E. Martin Aquatics Center once they found an illegal place to park, listen up. They were outstanding! Despite a short bench of only thirteen swimmers—seven men, six women—VMST finished third in "local club" standings. (The Sarasota YMCA Sharks topped the team results, but they had 37 swimmers competing, while Fort Lauderdale Aquatics took 2nd place with 18 swimmers.) The team's overall performance was a classic example of quality over quantity. Or, it's not how many suits, it's who is in the suits.

Some individual performances were more than noteworthy. As he has done before, VMST's head warrior Chris Stevenson set another national and world record, this time in the 200-meter backstroke. Beyond that eye-opening result, Chris won four other championships (50 and 100 back and 100 and 200 butterfly) in Auburn. Chris is a quiet, reserved man outside the pool, but he makes a loud and clear statement each time he answers the starter's signal.

Nearly as productive was Billy Gaines, who also won five championships. I was particularly impressed with his victory in the 200-meter freestyle, where he was the only swimmer under

See Schreiner on page 4.

Schreiner continued from page 3.

2:00 in the event despite two full younger heats. Similarly, he swam “younger” than nearly everyone in the 100-meter butterfly. Only Chris—who else—swam it faster (by .05 seconds), and they were the only two men to swim it under 1:00! His other championships were in the 400 and 800 freestyle and the 100 and 200 butterfly.

The other VMST male swimmer to win a championship was Dave Holland, who smoked the field in the 200-meter butterfly. Included in Dave’s two 2nd place finishes was a remarkable performance in the grueling 400-meter IM, an event he hadn’t swum since 1985. (I wouldn’t call Dave a slow learner, but it would have been nice had he discovered earlier that he is a good medley swimmer.)

Although many of the famed (and my favorites, but don’t tell Beth) VMST *grand dames* were absent for this meet, the female contingent that chose to compete in Auburn was more than impressive. Young, athletic, competent, (and a lot better looking than those male characters mentioned above), their combined talents bode well for the future of VMST swimming. For example, new Masters swimmer Nancy Betts made a highly impressive debut in her first-ever national championship. In racking up valuable points for the team, she set a new Local Masters Swim Club (LMSC) record in the 50-meter backstroke (4th in Auburn) and participated in two national championship relays. As Chris emphasized for all of VMST, “Way to go, Nancy!”

Two of the team’s youngest swimmers, Kate Hibbard and Danielle Myers, certainly gained the respect of their older teammates in this meet. Kate, for example, won three of her individual events (200 free, 50 back, and 200 back), and also garnered two 2nd-place finishes. Kate’s neon smile would cheer up Scrooge himself, and her swimming successes in Auburn brought smiles to all of us. Danielle also had a marvelous meet, winning her first national championship in the 100-meter butterfly and placing second in three other events.

Even though Billy unofficially acquired the honorific “Sir” while in Alabama, his name still doesn’t have the panache of, say, Kelly Parker Palace. What a grand name! And, what a grand performance she put on in Auburn. Of her six individual events, Kelly swam away with four

national championships (100, 200, 400, and 800 freestyle). She also won Betsy’s admiration and appreciation by “volunteering” to swim the butterfly leg in VMST’s overwhelming victory in the women’s 200-meter medley relay. Other members of that impressive relay team were Nancy, Betsy, and Beth Schreiner.

Now, it is time for me to crow about my spouse’s performance—one of the best perks of authorship. Duplicating her achievements in Mesa during the Spring Nationals, Beth won all four events she entered in Auburn. After easy victories on Thursday and Friday in the 200 free, 100 free, and 50 back, “Grandma Evinrude” saved her best for the last event on Saturday. In winning her premier event, the 50-meter freestyle, Beth set a new national record of 35.22 for her age group. Only a few VMST teammates were still around to witness her swim, and their joy for her was only exceeded by the almost giddy reaction of Beth in the lane end as she slapped the water with glee as soon as her time was posted. Her rare burst of emotion reminded me of a Tiger Woods fist pump during his prime years. Her smile was as broad as Kate’s (and almost as large as that of her husband’s).

In a partial summary, those seven VMST swimmers—Chris, Billy, Dave H., Kate, Danielle, Kelly, and Beth—collected a total of 23 championship titles. Kelly and Beth also were part—along with Nancy and Betsy, who else?—of two victorious women’s relays, the 200-free and the 200 medley. And, to repeat, Chris set a new world and national record and Beth added a national record. But, still this was an overwhelming team performance, with every member (thank you, Bud, Sandy, Dave Malsbury, and Mark Palace) making multiple contributions and adding valuable points to VMST’s splendid team total.

Having been involved in men’s athletics for (way too) many years, I am never surprised to hear locker room stories. Most cannot be repeated to such innocent audiences as the readers of this award-winning newsletter, but others merit reiteration. According to Beth, one afternoon in the ladies’ locker room she overheard two ladies bemoaning recent “equipment failures.” One unnamed lady justifiably complained that she was forced to quickly change into a new suit after hers ripped in an embarrassing location during competition. The other lady, not to be outdone,

naively responded, “That’s nothing, I had a suit that melted.” When asked how a suit could melt, she added, “It was drying in my microwave.” (Your thought is probably similar to mine: What a dumb suit!)

What would a recap of a VMST participation in a USMS national event be without a bit of “atmosphere,” particularly dining experiences? After attending three nationals in the Deep South (Savannah in 2004, Atlanta in 2010, and now Auburn—Florida meets don’t count), Beth and I are fairly familiar with the local cuisine, or “southern cooking” as the locals put it. To say there is a sameness to the menu listings is as bold a statement as claiming that a kick to the groin can hurt. We are adventurous when at table, so we had sampled most southern staples before. Even Martha Stewart might have an inkling that such dishes would include shrimp and grits, smothered pork chops and grits, ham and eggs with grits, hominy with grits (sorry!), fried okra, fried green tomatoes, fried catfish, fried oysters, fried peaches (scratch that one), and other delicacies that are locally accepted as both low calorie, low fat, and non-roadkill. “No more of that, please,” I said to myself as I planned our dinner outings while in Auburn. Now, upon reflection (and several views into my mirror), I must bite my tongue and tell the swimming world that there is fine dining in the Deep South after all.

For example, we had a marvelous meal our first night in the plainly named Zazu Eclectic Eatery right down the street from Auburn’s two most famous attractions, Toomer’s Corner and Toomer’s Drugstore. The beverage selection at Zazu’s is not bad either, judging from reviews by such noted tipple connoisseurs as Bud, Sandy, and Betsy, who supped and imbibed there twice as often as Beth and I did. That same lot also frequented the more famous and elegantly named aforementioned Drugstore one day for a lunch of sandwiches, ice cream, and soft (that’s what they claim) drinks, none of which was fried or served with grits.

I could also tell you about such eateries as Niffer’s Place, Jimmy’s, Maestro 2300, the Auburn Oyster Bar, and Warehouse Bistro, but if word gets around of how fabulous these places are and of the marvelous non-grits menus they offer, someone is sure to reschedule another USMS Summer Nationals in Auburn, and probably in July. So, my lips are (finally) sealed.

More information on the Warrenton Relay Meet. Entry is on pages 8-9.

▪**What does the event designator “Any Thing Goes” mean?** Swim what ever you want to cover the distance of the event as long as you have more than one swimmer. Example: 1,000 Relay; 20 x 50 each swimmer can swim multiple times or you can have 10 swimmers. Maybe someone wants to swim a 100 IM followed by a 200 fly, and a 700 free. Let your imagination go free with numbers of swimmers order numbers of swims, as long as you swim a total of 1000 yards. Wear anything but your birthday suit. Have a great theme?

▪**I am on a team that doesn’t have enough swimmers to form a team, what do I do?** Register, circle events that you want to swim, Check I need help finding relay members. We will match you up with other swimmers looking to form relays. Your times will be unofficial unless everyone on your relay is on your team and you will be swimming in the events in blue. Have fun!

▪**There are a lot of swimmers from my team coming to the meet, what do I do?** Register, circle events that you want to swim, speak with your coach. Have fun!

▪**I want to form a relay with friends that are not on the same team.** Register, see above, coordinate relay with friends, inform your coach, have someone send in relay card for that event. Remember you can only be on one team per event. There are 23 events. Enjoy!

▪**How many events can I swim?** As many as you wish. You can only swim in one relay per event.

▪**I am coming from out of town. Is there any housing available to me other than hotels?** Yes, A limited number of rooms are available, first come first serve at our members homes.

▪**What types of bathing suit can I wear at this race?** Normal USMS events listed in black require adherence to USMS swim suit policy. Anything Goes events are not limited to that policy and are unofficial. How fast can you go in that old tech suit or fun suit?

▪**Top Ten and Official Times?** All Standard USMS events designated in black text will be official. Top Ten times will be submitted to USMS. Times will be eligible for national records. See *Warrenton Relays* on page 6.

Warrenton Relays continued from page 5.

▪**Disclosure:** This event is not attempting to make a statement about weather or not the new swim suit regulations are a good idea or not. We just recognize that a lot of people have suits and would like to wear them once and a while..

▪**Entrie Fees:** Are per person

▪**Sanctioned Relays.** All sanctioned relays must meet USMS rules and be made up of swimmers from the same USMS team.

Five Easy Things... You Can Do To Get Better at Swimming Right Now

By Dave Samuelsohn
Coach, Westchester Masters, N.Y.
June 23, 2011

*This article appeared in the July, 2011, issue of **Streamlines**, the online newsletter sent out to all by USMS. Knowing that many of you don't read **Streamlines** or do not have email, I have included it in this newsletter.*

Warm Up

Don't waste your warm-up—get in and **use** it. Warming up well will improve your whole workout—your performance, your result and your satisfaction. But you can make even more of this time if you use it to **think!** This is the absolute best time to really focus and work on your stroke – while your mind is fresh and before your muscles are fatigued. Do some drills, remember the tips and corrections you've been given, focus and swim as perfectly as you can. Do this right from the beginning—before you're so tired you can't think straight. What you work on will carry over as you begin swimming harder through your workout. You'll begin patterning and creating the stroke habits you want. Don't waste this time—get in!

Enter

You can learn start mechanics pretty easily, but nothing is more important than your entry. You're never moving faster than when you dive in, and you never encounter greater momentum-sapping resistance than when you break the surface of the

water. While most workouts typically require a feet first entry, many programs designate a lane or a block for starts. Use this at every opportunity and **DIVE IN**. Don't worry about your start, just dive in. And think like a diver—have the prettiest entry you can: streamlined and sexy, toes pointed, and not even the hint of a splash. Slip in through the smallest “donut hole” you can and feel the speed as you spear through the water. Do this every workout until this ultra-clean entry is yours. It's a habit that will help you maintain your speed on all of your starts and it feels great.

Push Off

After your dive, you're never moving faster than when you push off the wall. And you want to keep this speed with you as you start swimming. It's so easy to make this an advantage at every wall **IF** you think about it and make it a habit. First, always set your feet at the right depth—roughly 20 inches below the surface, knees bent about 90 degrees (don't tuck up too much). Then be sure your hips and shoulders line up in the correct trajectory—pointing you toward the far wall—before you squeeze and streamline, toes pointed, as you power off the wall. Trajectory, streamline, power. You should be able to keep this speed well beyond the backstroke flags **every time** before breakout. And remember, you can't kick as fast as you can push off, so don't be impatient. Ride your streamline on every push-off.

A word about trajectory: The faster you can get streamlined, the faster you'll get off the wall and the farther you'll travel. For flip turns—free and back—this means piking sharply and tightly while using your hands to press down behind you. Then, as your body reverses, continue pressing with your hands, through and up, toward your forehead. For open turns—fly and breast—it means dropping down into trajectory on your **side**, not on your stomach, to present the least resistance and line up faster.

Breathe Right

Breathing is good, right? But beyond stroke mechanics, there are easy things you can do to do a better job with air exchange. To breathe well you need to exhale well and keep a regular exhale rhythm. Taking a full breath and holding it creates pressure and a feeling that we need to breathe again. We don't, we just need to relieve some of the pressure. Try taking a good breath then releasing a

little of it immediately before gradually exhaling the rest with a regular rhythm. You'll make better use of your oxygen and reduce the feeling of needing to breathe. Another simple thing to do, though admittedly not simple to remember, is to get into your pattern immediately on each rep of your set. Get **ahead** with your oxygen so you don't end up **behind** later in your swim. This is an especially good habit to own because you'll want this to be automatic for any race longer than a 50 ... no matter how fresh you think you feel on your first lap.

Stretch

In his mid 90s, not long before he passed away, my friend Gus Langner (*see note at end of this article*) told me something I would always remember. Gus owned dozens of Masters records throughout his later decades. He shared with me that one thing he regretted a great deal was having abandoned his regimen of stretching. He knew he would never get back the simple comfort that flexibility afforded him. Our coaches tell us stretching is important to allow us to move with less effort, to speed recovery from frequent workouts, and to prevent injury. But we don't always listen to our coaches, do we? Listen to Gus: Learn to stretch correctly and do it regularly. Do it for the rest of your life. Now review what you've read. Nothing here is difficult to do and each of these ideas will make you better at swimming. It's almost cheating. You just have to do it.

Editor's Note: Gus Langner, who swam with Connecticut Masters was one of my heroes. He died in 2001 at age 97. Gus still holds 3 USMS records in the 90-94 age group and 27 USMS records in the 95-99 age group.

VMST News

Elections

This fall we are due for election of team officers. The current officers are:
Heather Stevenson, President
Bud Swiger, Vice President
Debbie Jaeger, Secretary
Betsy Durrant, Treasurer

Heather has announced that she will not be available for another term as President. Please give some thought to whether you might be interested in running for President or whether you know just the person for the job.

Nominations are open for all offices although the current officers (except for president) are willing to continue in those positions. Send nomination to Heather Stevenson at 804-310-3069 or hstevenson@mcguirewoods.com.

Do not be shy, nominate yourself if you are interested!

Short Course Nationals

It is rare for a national championship to be close enough for an easy car trip. In 2000, long course nationals were in Baltimore. VMST had close to 100 swimmers! In 1992, we had over 50 swimmers at short course nationals in Chapel Hill.

Let's do it again! Short Course Nationals will be in **Greensboro, NC, April 25-29, 2012**. There are qualifying times, but all swimmers can enter 3 events without making the qualifying time. Even if you only go for 1 or 2 days, do it! It is a unique experience to be with so many people from all over the country who love to swim.

The meet will be held in a brand new pool, which just opened in August. Going to a national championship is so much more than just going to another meet. It's not just about swimming well; it is a wonderful break from all the everyday cares of life.

LC Meet in College Park, MD

Eleven VMST members swam in the meet at the University of Maryland on August 20-21. As usual, it was a well-run meet in a great pool.

There were about 150 swimmers there. Attendance would have been better if the date could have been determined earlier. Meet Director Jeff Strathota conducts an efficient and friendly meet. The problem with scheduling is that the University closes the pool for maintenance and can't be sure of the exact date of reopening.

Team members attending were Richard Durham, Dick Scott, Bud Swiger, Bill Nelson, Judy Martin, Laura Walker, Betsy Durrant, Beth Schreiner, Patty Miller, Barb Zaremski and Alison Moore.

2011 USMS Top Ten SCY for Virginia LMSC

Place	Age Grp	Event	Name	Age	Club	Time
3	W18-24	200 Back	Lori Leitzinger	24	VMST	2:07.40Y
7	W18-24	100 Fly	Rachel A Nelson	19	VMST	1:01.08Y
8	W18-24	400 IM	Lori Leitzinger	24	VMST	4:53.10Y
9	W25-29	50 Free	Lucy B Carrig	26	VMST	25.03Y
6	W25-29	200 Free	Kate Hibbard	26	VMST	1:58.81Y
5	W25-29	1000 Free	Danielle E Myers	26	VMST	11:17.93Y
6	W25-29	100 Back	Kate Hibbard	26	VMST	1:00.78Y
4	W25-29	200 Back	Kate Hibbard	26	VMST	2:08.59Y
8	W25-29	200 Back	Lucy B Carrig	26	VMST	2:12.34Y
9	W25-29	50 Fly	Lucy B Carrig	26	VMST	26.59Y
4	W25-29	200 Fly	Danielle E Myers	26	VMST	2:14.07Y
9	W25-29	100 IM	Kate Hibbard	26	VMST	1:01.61Y
1	W25-29	200 IM	Kate Hibbard	26	VMST	2:10.46Y
10	W40-44	100 Fly	Donna M Hodgert	43	VMST	1:03.95Y
5	W40-44	200 Fly	Donna M Hodgert	43	VMST	2:24.83Y
9	W45-49	200 Free	Kelly Parker Palace	49	VMST	2:05.36Y
5	W45-49	500 Free	Kelly Parker Palace	49	VMST	5:31.34Y
5	W45-49	1000 Free	Kelly Parker Palace	49	VMST	11:18.46Y
3	W45-49	1650 Free	Kelly Parker Palace	49	VMST	18:52.84Y
9	W45-49	200 IM	Alice W Phillips	45	VMST	2:23.82Y
6	W50-54	50 Free	Suzanne P Newell	52	VMST	26.33Y
8	W50-54	50 Free	Lisa A Bennett	54	VMST	26.73Y
5	W50-54	100 Free	Suzanne P Newell	52	VMST	57.72Y
6	W50-54	100 Back	Suzanne P Newell	52	VMST	1:08.99Y
2	W50-54	50 Breast	Lisa A Bennett	54	VMST	34.20Y
2	W50-54	100 Breast	Lisa A Bennett	54	VMST	1:14.73Y
5	W50-54	50 Fly	Suzanne P Newell	52	VMST	29.03Y
10	W50-54	100 Fly	Lisa A Bennett	54	VMST	1:09.00Y
1	W50-54	100 IM	Suzanne P Newell	52	VMST	1:05.26Y
5	W50-54	100 IM	Lisa A Bennett	54	VMST	1:07.99Y
1	W55-59	50 Free	Lisa A Bennett	55	VMST	26.37Y
3	W55-59	100 Free	Lisa A Bennett	55	VMST	58.81Y
5	W55-59	200 Free	Shirley A Loftus-Charley	59	VMST	2:16.55Y
3	W55-59	500 Free	Shirley A Loftus-Charley	59	VMST	5:54.39Y
1	W55-59	1000 Free	Shirley A Loftus-Charley	59	VMST	11:49.98Y
1	W55-59	1650 Free	Shirley A Loftus-Charley	59	VMST	19:49.87Y
1	W55-59	50 Breast	Lisa A Bennett	55	VMST	33.76Y
1	W55-59	100 Breast	Lisa A Bennett	55	VMST	1:13.91Y
5	W55-59	200 Breast	Shirley A Loftus-Charley	59	VMST	2:58.21Y
5	W55-59	50 Fly	Lisa A Bennett	55	VMST	30.34Y
3	W55-59	100 Fly	Lisa A Bennett	55	VMST	1:08.34Y
8	W55-59	100 Fly	Shirley A Loftus-Charley	59	VMST	1:13.06Y
4	W55-59	200 Fly	Shirley A Loftus-Charley	59	VMST	2:44.22Y
2	W55-59	100 IM	Lisa A Bennett	55	VMST	1:07.93Y
6	W55-59	200 IM	Shirley A Loftus-Charley	59	VMST	2:36.39Y
2	W55-59	400 IM	Shirley A Loftus-Charley	59	VMST	5:28.24Y
5	W65-69	50 Free	Beth Schreiner	69	VMST	32.55Y
4	W65-69	100 Free	Beth Schreiner	69	VMST	1:13.19Y
5	W65-69	200 Free	Beth Schreiner	69	VMST	2:47.57Y
6	W65-69	50 Breast	Pam Dameron	65	QMST	44.50Y

Danielle Myers



Coach Mark Kutz and Suzanne Newell



Lisa Bennett



Shirley Loftus-Charley



8	W65-69	50 Breast	Betsy Durrant	69	VMST	45.57Y
4	W65-69	100 Breast	Pam D Dameron	65	QMST	1:34.71Y
8	W65-69	100 Breast	Betsy Durrant	69	VMST	1:42.31Y
4	W65-69	200 Breast	Pam D Dameron	65	QMST	3:31.46Y
10	W65-69	200 Fly	Ida M Hlavacek	68	VMST	4:02.24Y
1	W70-74	50 Free	Beth Schreiner	70	VMST	31.88Y
10	W70-74	50 Free	Laura S Walker	73	VMST	38.55Y
1	W70-74	100 Free	Beth Schreiner	70	VMST	1:12.24Y
1	W70-74	200 Free	Beth Schreiner	70	VMST	2:46.11Y
1	W70-74	500 Free	Beth Schreiner	70	VMST	7:34.77Y
1	W70-74	50 Back	Beth Schreiner	70	VMST	42.15Y
7	W70-74	50 Back	Laura S Walker	73	VMST	47.20Y
7	W70-74	100 Back	Laura S Walker	73	VMST	1:41.82Y
1	W75-79	50 Free	Johnnie Detrick	75	VMST	34.60Y
1	W75-79	100 Free	Johnnie Detrick	75	VMST	1:17.32Y
2	W75-79	200 Free	Johnnie Detrick	75	VMST	3:04.11Y
3	W75-79	500 Free	Johnnie Detrick	75	VMST	8:44.59Y
3	W75-79	50 Back	Johnnie Detrick	75	VMST	49.27Y
1	W75-79	50 Breast	Johnnie Detrick	75	VMST	48.17Y
1	W75-79	200 Breast	Johnnie Detrick	75	VMST	3:49.28Y
6	W75-79	50 Fly	Johnnie Detrick	75	VMST	53.53Y
2	W75-79	100 IM	Johnnie Detrick	75	VMST	1:38.73Y
2	W75-79	200 IM	Johnnie Detrick	75	VMST	3:37.74Y
6	W85-89	50 Free	Miriam K Tuovila	85	VMST	1:07.75Y
5	W85-89	200 Free	Marianna Berkley	88	VMST	5:04.76Y
5	W85-89	50 Back	Marianna Berkley	88	VMST	1:10.28Y
3	W85-89	50 Breast	Miriam K Tuovila	85	VMST	1:11.40Y
2	W85-89	100 Breast	Miriam K Tuovila	85	VMST	2:33.18Y
2	W85-89	200 Breast	Marianna Berkley	88	VMST	5:42.92Y
4	W85-89	200 Breast	Miriam K Tuovila	85	VMST	5:51.75Y
3	W85-89	100 IM	Marianna Berkley	88	VMST	2:31.68Y
4	W85-89	100 IM	Miriam K Tuovila	85	VMST	2:39.74Y
2	W85-89	200 IM	Marianna Berkley	88	VMST	5:26.56Y
1	W95-99	50 Free	Marie K Kelleher	98	VMST	1:39.68Y
1	W95-99	100 Free	Marie K Kelleher	98	VMST	3:23.90Y
8	M18-24	100 Breast	Jordan B Arencibia	21	VMST	1:00.03Y
6	M18-24	200 Breast	Jordan B Arencibia	21	VMST	2:13.64Y
9	M18-24	200 IM	John Geissinger	24	STON	2:05.19Y
8	M25-29	50 Free	Scott M Rhodes	27	VMST	21.49Y
8	M25-29	100 Free	Scott M Rhodes	27	VMST	46.79Y
5	M25-29	200 Free	Scott M Rhodes	27	VMST	1:43.86Y
10	M25-29	200 Free	Billy Gaines	29	VMST	1:45.59Y
4	M25-29	500 Free	Scott M Rhodes	27	VMST	4:51.36Y
10	M25-29	500 Free	Billy Gaines	29	VMST	4:56.71Y
3	M25-29	1000 Free	Adam S Barley	29	VMST	10:05.95Y
4	M25-29	1000 Free	Billy Gaines	29	VMST	10:07.29Y
3	M25-29	1650 Free	Adam S Barley	29	VMST	17:05.57Y
7	M25-29	50 Back	Michael W Ginder	26	STON	24.49Y
5	M25-29	100 Back	Michael W Ginder	26	STON	52.87Y
4	M25-29	200 Fly	Adam S Barley	29	VMST	1:58.41Y
9	M25-29	200 Fly	Billy Gaines	29	VMST	2:01.51Y
7	M25-29	200 IM	Adam S Barley	29	VMST	2:01.28Y

Beth Schreiner



**Jeanne Meredith and
Marianna Berkley**



Miriam Tuovila

Marie Kelleher



9	M25-29	400 IM	Adam S Barley	29	VMST	4:23.00Y
10	M25-29	400 IM	Billy Gaines	29	VMST	4:24.28Y
5	M30-34	500 Free	Billy Gaines	30	VMST	4:55.66Y
1	M30-34	1000 Free	Billy Gaines	30	VMST	10:00.08Y
10	M30-34	1000 Free	Pieter A De Hart	32	STON	10:44.50Y
2	M30-34	200 Fly	Billy Gaines	30	VMST	1:55.85Y
7	M40-44	1650 Free	Dave Holland	43	VMST	18:20.65Y
6	M40-44	200 Fly	Dave Holland	43	VMST	2:06.15Y
7	M40-44	400 IM	Dave Holland	43	VMST	4:29.27Y
2	M45-49	200 Free	Chris L Stevenson	46	VMST	1:47.36Y
4	M45-49	500 Free	Chris L Stevenson	46	VMST	4:52.46Y
3	M45-49	1650 Free	Chris L Stevenson	46	VMST	17:20.40Y
7	M45-49	1650 Free	Rob Jones	45	UNAT	18:10.32Y
2	M45-49	50 Back	Chris Stevenson	46	VMST	24.44Y
1	M45-49	100 Back	Chris L Stevenson	46	VMST	51.55Y
2	M45-49	200 Back	Chris L Stevenson	46	VMST	1:55.04Y
6	M45-49	50 Fly	Chris Stevenson	46	VMST	24.29Y
1	M45-49	100 Fly	Chris L Stevenson	46	VMST	51.72Y
3	M45-49	200 Fly	Chris L Stevenson	46	VMST	1:57.21Y
5	M45-49	200 IM	Chris L Stevenson	46	VMST	2:05.11Y
8	M45-49	400 IM	Chris L Stevenson	46	VMST	4:28.46Y
1	M60-64	50 Free	Scott D Kauffman	60	VMST	24.16Y
3	M60-64	100 Free	Scott D Kauffman	60	VMST	54.55Y
9	M60-64	50 Breast	David J Frisch	62	VMST	32.84Y
3	M60-64	50 Fly	Scott D Kauffman	60	VMST	26.99Y
8	M65-69	200 Breast	Warner F Brundage	67	VMST	2:55.95Y
10	M75-79	100 Fly	Owen C Maher	76	VMST	1:47.77Y
4	M75-79	200 Fly	Richard A Scott	75	VMST	4:43.67Y
7	M75-79	400 IM	Richard A Scott	75	VMST	8:47.06Y
6	M85-89	100 Free	Calvin W Barnes	87	VMST	1:47.03Y
4	M85-89	200 Free	Calvin W Barnes	87	VMST	3:44.80Y
6	M85-89	500 Free	Calvin W Barnes	87	VMST	10:13.16Y
3	M85-89	1000 Free	Calvin W Barnes	87	VMST	20:24.94Y
1	M85-89	1650 Free	Calvin W Barnes	87	VMST	34:40.45Y
3	M85-89	200 Back	Calvin W Barnes	87	VMST	4:12.92Y

Adam Barley



Scott Kauffman



Calvin Barnes



Dick Scott



Owen Maher

Place	Age Grp	Event	Club	Time	Swimmers (Age)				
7	M18+	400 FR	STON	3:32.89Y	John Geissinger (24)	Hank S Mierzwa (61)	Pieter A De Hart (32)	Michael W Ginder (26)	
6	M18+	400 MR	STON	4:00.54Y	Michael W Ginder (26)	Hank S Mierzwa (61)	John Geissinger (24)	Pieter A De Hart (32)	
6	M18+	800 FR	STON	8:21.28Y	John Geissinger (24)	Hank S Mierzwa (61)	Pieter A De Hart (32)	Michael W Ginder (26)	
10	M25+	200 FR	VMST	1:30.64Y	Paul M McGraw (29)	Kirk W Clear (43)	Adam S Barley (29)	Scott M Rhodes (27)	
9	M25+	800 FR	WAVA	8:48.29Y	Jeremy A Worst (48)	Christian P Iten (27)	Charles W Tupitza (56)	V V Lai (29)	
10	M45+	400 MR	VMST	5:49.19Y	Edward H Gaulrapp (68)	Robert A Romo (52)	Ralph B Swiger (54)	Bill L Nelson (58)	
7	M45+	800 FR	VMST	11:42.18Y	Edward H Gaulrapp (68)	Robert A Romo (52)	Bill J Dunleavy (49)	Ralph B Swiger (54)	
7	M75+	200 FR	VMST	3:03.29Y	Calvin W Barnes (87)	Richard A Scott (75)	Owen C Maher (76)	Thomas F Lyons (77)	
4	W18+	200 MR	VMST	1:54.17Y	Kate Hibbard (26)	Danielle E Myers (26)	Lucy B Carrig (26)	Rachel A Nelson (19)	
4	W45+	400 MR	VMST	5:27.98Y	Kathryn L Page (62)	Lisa A Bennett (54)	Kitten Braaten (55)	Shirley A Loftus-Charley (59)	
1	W65+	200 FR	VMST	2:29.19Y	Johnnie Detrick (75)	Beth Schreiner (70)	Laura S Walker (73)	Betsy Durrant (69)	
1	W65+	200 MR	VMST	2:54.91Y	Betsy Durrant (69)	Susan E Marens (69)	Ida M Hlavacek (68)	Beth Schreiner (70)	
1	W65+	800 FR	VMST	13:00.31Y	Johnnie Detrick (75)	Beth Schreiner (70)	Judy Martin (68)	Betsy Durrant (69)	
6	X45+	200 MR	VMST	1:53.63Y	Chris L Stevenson (46)	Lisa A Bennett (54)	Mark D Kutz (55)	Suzanne P Newell (52)	
10	X45+	800 FR	VMST	10:03.33Y	Kitten Braaten (55)	Shirley A Loftus-Charley	Ralph B Swiger (54)	Robert A Romo (52)	
4	X65+	200 FR	VMST	2:16.19Y	Beth Schreiner (70)	Tom M Woods (68)	Betsy Durrant (69)	Warner F Brundage (68)	
3	X65+	200 MR	VMST	2:36.09Y	Tom M Woods (68)	Betsy Durrant (69)	Warner F Brundage (68)	Beth Schreiner (70)	
4	X65+	200 MR	VMST	2:43.88Y	Judy Martin (68)	Johnnie Detrick (75)	Edward H Gaulrapp (68)	Harry M Sober (68)	
1	X65+	400 FR	VMST	5:38.03Y	Edward H Gaulrapp (68)	Laura S Walker (73)	Betsy Durrant (69)	Owen C Maher (76)	
1	X65+	400 MR	VMST	6:12.97Y	Judy Martin (68)	Betsy Durrant (69)	Edward H Gaulrapp (68)	Harry M Sober (68)	

VMST at Nationals in Chapel Hill - 1992

Can we have even more swimmers at Nationals in Greensboro in April?

Note: Not all swimmers in the meet made it for the picture. Mike Duignan missed the picture because he was out looking for more teammates (and getting ice cream). Anyone else missing?





WARRENTON & RESTON MASTERS SWIM TEAMS PRESENT
First Annual “Anything Goes” Relay Carnival
 Warrenton, VA Sunday, October 16, 2011

Location: Warrenton Aquatics and Recreation Center, 828 Waterloo, Warrenton, VA 20186

Facility: 11 lane, 25 yard pool, non-turbulent lane markers. 6 lanes will be used for competition, 8 if we have too many entries to finish meet prior to 12:00; 4 lanes will be available for continuous warm-up and cool down. This is a grade “A” facility with a clean deep cool-water course, bleachers, and lots of light. We will use electronic timing and are certified for USMS records and Top Ten.

Important Notes: Locker Rooms are available. No glass containers in the pool area.

Directions: From I-66, exit 43A -29 travel 11.5 miles south to 15/211 travel 2.1 miles, turn right on Frost Ave just past Burger King. Make first right after passing first light into parking lot. From the South take Route 29 North, turn left at US-15/US-17/US-29 go 2.6 miles, turn Left on Frost Ave/US-211. Turn right just after first light into the parking lot (1 block).

Meet Director: Charlie Tupitza

Eligibility: The standard Masters age groups will be used (18+, 25+,35+,45+ etc). **Your age is your age on October 16, 2011. All swimmers must be registered with USMS.** If you are currently registered, include a copy of your registration card with your entry. **If you are not currently registered, you may include your registration form and a separate check (to LMSC for VA) with your entry, register online at www.usms.org or be prepared to register with LMSC for Virginia on the day of the meet.** USMS registration (through LMSC for VA) is \$29. Registration is [available online](http://www.usms.org); registration forms will also be available at the pool for new swimmers and are also available at <http://www.vaswim.org/forms/VAREg.pdf>.

ORDER OF EVENTS. Pool opens at 7:30 am. Warm-up starts at 8:00 am. First heat begins at 9:00 am.

Men and Women Relays will swim together to help meet move quickly. A separate heat will be held for Mixed Relays.

*Non-Sanctioned Relays are designated in below by italics and asterisks**.* Sanctioned relays to be made up of same team members.

- | | | |
|--------------------------------------|---------------------------------------|--|
| 1. 200 Medley Relay Men | 13. 400 Free Relay Men | 25. <i>200 Breast Relay Friends**</i> |
| 2. 200 Medley Relay Women | 14. 400 Free Relay Women | 26. <i>200 Butterfly Relay Friends**</i> |
| 3. 200 Medley Relay Mixed | 15. 400 Free Relay Mixed | 27. <i>4 x 50 Anything Goes**</i> |
| 4. <i>200 Medley Relay Friends**</i> | 16. <i>400 Free Relay Friends**</i> | |
| 5. 200 Free Relay Men | 17. 400 Medley Relay Men | |
| 6. 200 Free Relay Women | 18. 400 Medley Relay Women | |
| 7. 200 Free Relay Mixed | 19. 400 Medley Relay Mixed | |
| 8. <i>200 Free Relay Friends**</i> | 20. <i>400 Medley Relay Friends**</i> | |
| 9. 800 Free Relay Men | 21. <i>100 Free Relay Friends**</i> | |
| 10. 800 Free Relay Women | 22. <i>100 Medley Relay Friends**</i> | |
| 11. 800 Free Relay Mixed | 23. <i>1000 Relay Anything Goes**</i> | |
| 12. <i>800 Free Relay Friends**</i> | 24. <i>200 Back Relay Friends**</i> | |

FRIENDS: The friend’s designation means you can swim with who ever you want too, any team, any sex, have fun.

ANYTHING GOES: Must have 2 or more, up to 20 swimmers 1 at a time, can repeat swimmers, swim anything you want in any order, wear what ever you want, anything goes, just cover the distance, any team, any sex. Last min relay cards OK for these events.

ENTRIES: Fixed Fee of \$25 per person, Deck Entries \$30. You may enter as many relays as you wish. Men and Women will swim at the same time. Mixed and Friends Relays will swim at same time in separate heat. We will match you up with swimmers for relays if your team does not have enough swimmers to field a team. Coaches, we will make on line relay formation available Oct 13. Swimmers must be registered.

ENTRY DEADLINE: Entries should be received by Tuesday, October 12th. Deck entries \$30 per person fixed fee.

[CLICK HERE FOR ELECTRONIC ENTRY for ANYTHING GOES](http://www.clubassistant.com/club/meet_information.cfm?c=1481&smid=3349)

OR TYPE: http://www.clubassistant.com/club/meet_information.cfm?c=1481&smid=3349

Please use electronic entry...it's cheaper than a stamp!

RULES: Current USMS rules for Masters Swimming will apply. Relays will be seeded according to times; heats will run slowest to fastest; Swimmers will be expected to cooperate with the Safety Marshall who will monitor warm-up. No diving during warm-up



except in designated lanes.



Warrenton and Reston Masters "Anything Goes" Swim Meet October 16, 2011 Official Entry Form

Sanctioned by: LMSC for VIRGINIA for USMS, INC. Sanction # 121-08

Age (on October 16, 2011): 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 circle events you are available for. Non-sanctioned relays are indicated with asterisks (**). Relays may be entered on the day of the meet. Relay forms will be available at check-in.

- 1. 200 Medley Relay Men 13. 400 Free Relay Men 25. 200 Breast Relay Friends**
2. 200 Medley Relay Women 14. 400 Free Relay Women 26. 200 Butterfly Relay Friends**
3. 200 Medley Relay Mixed 15. 400 Free Relay Mixed 27. 4 x 50 Anything Goes**
4. 200 Medley Relay Friends** 16. 400 Free Relay Friends**
5. 200 Free Relay Men 17. 400 Medley Relay Men
6. 200 Free Relay Women 18. 400 Medley Relay Women
7. 200 Free Relay Mixed 19. 400 Medley Relay Mixed
8. 200 Free Relay Friends** 20. 400 Medley Relay Friends**
9. 800 Free Relay Men 21. 100 Free Relay Friends**
10. 800 Free Relay Women 22. 100 Medley Relay Friends**
11. 800 Free Relay Mixed 23. 1000 Relay Anything Goes**
12. 800 Free Relay Friends** 24. 200 Back Relay Friends**

Please note that there will be a break in the program determined by number of entries.

Fixed Event Fee, per person \$25 = \$25 Results will be posted at www.warrentonmasters.org/Blog

I feel like helping

Total Amount Enclosed = \$

Make checks payable to: Warrenton Masters Swim Team. Attach a copy of your registration card. Be sure you have signed the waiver. Mail to: Charlie Tupitza, 190 North View Circle, Warrenton, VA 20186. For questions, e-mail Charlie at ctupitza@warrentonmasters.org or phone Charlie at 703 989-8777. No calls after 9:30 pm, please!

VIRGINIA MASTERS SWIM TEAM
31st ANNUAL FALL SWIM MEET
SATURDAY, NOVEMBER 5, 2011



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 #121-007.

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, 2011. All swimmers must be registered with USMS.** If you are currently registered, include a copy of your registration card with your entry. **If you are not currently registered, you may include your registration form and a separate check (to LMSC for VA) with your entry, register online at www.usms.org or be prepared to register with LMSC for Virginia on the day of the meet.** USMS registration (through LMSC for VA) is \$42 for 2011. Forms are available at www.vaswim.org and will also be available at the pool for new swimmers. **All new registrations after November 1 will be valid through December 2012.**

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, paper-entries must be received by **Monday, October 30.** The easiest way to enter is on online at <https://www.ClubAssistant.com>. On the left side of the home page is a list of meets by dates.

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

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

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

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

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

***** ENTRIES ARE DUE BY OCTOBER 30!*****

ENTER ONLINE AT <https://www.ClubAssistant.com>

Age (on Dec 31, 2011): _____ Phone: _____ E-mail: _____

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

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

USMS #: _____ Team: _____ Sex: _____

I, the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Swimmer's signature: _____ Date: _____

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

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

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

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

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

Number of Events _____ x \$5 = \$ _____

\$10 Surcharge = \$ 10

Number of people for social _____ x \$5 = \$ _____

Results Mailed (\$1) = \$ _____

Total Amount Enclosed = \$ _____

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

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

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

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**WARRENTON & RESTON MASTERS SWIM TEAMS
PRESENT
First Annual "Anything Goes" Relay Carnival
Warrenton, VA
Sunday, October 16, 2011**

Bring your Tech Suit, Wet Suit, or Favorite Dress.
Anything Goes!

(Yes you will have your bday suits but you can't swim just in those, our mayor is a little shy.)



Anything goes in non-sanctioned events only..

See entry on pages 12-13 of this newsletter.