

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
May 15, 2013

New Open Water Series

With the addition of a new lake swim at Lake Moomaw, our LMSC and VMST now offer three open water events. The three events are:

Jack King One-Mile Ocean Swim, June 23
Chris Greene Lake 1 and 2 Mile Swim, July 13
Lake Moomaw One Mile Swim, August 3

To encourage participation, VMST is offering a **special award** to all swimmers who participate in all three events.

The Jack King Swim is at Virginia Beach; the Chris Greene Lake Swim is in Charlottesville, but where is Lake Moomaw? Lake Moomaw is in Alleghany County. It is about 35 miles north of Covington and 15 miles west of Hot Springs.

The event at Lake Moomaw is new this year, but Dave Holland, race director for Chris Greene Lake, is also one of the race directors for this event. Registration for all 3 events is open.

Mail Call

Lots of interesting email (more on page 3) ...

Lisa Bennett, our former Registrar: Lisa moved to Florida but still stays in touch. In March, she wrote:

Do hope this finds you well and enjoying the spring! I won't tell you that it's been in the mid-70's all week! Just wanted to pass on a picture to you. Shirley (Loftus-Charley) was down last month (she went on a cruise with her family), so I got to spend a few hours with her and Doug.

We had a great 2 mile swim in the ocean. A bit rough, but the temp. was great! Here is a pic

Other Summer Events

Don't forget the **Colonies Zone Long Course Meet in Richmond on Saturday and Sunday, June 22-23**. This is the first Zone Championship Meet held in Virginia., and we want it to be a success.

Opportunities for competition in the summer are limited, and it is an unfortunate that we have an unavoidable conflict with the Zone Meet and the Jack King Swim. The availability of the pool and officials locked us into this weekend for the meet. The ocean swim could not be rescheduled either. This race used to be held on Father's Day, but the city of Virginia Beach forced a move to another weekend because of the Boardwalk Art Show. The Virginia Beach Life Saving Service is sponsoring a 3K ocean swim on June 30, so there was no way to move the Jack King event. If you are an open water swimmer, you can swim Saturday in Richmond and Sunday in Virginia Beach.



of the two of us after our swim! It was great seeing her.





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

May 25-26: Lake Swims and Clinic, Reston, VA

June 5-13: Pan American Meet, Sarasota, FL

June 8: LC Meet in Goldsboro, NC

► **June 22-23: Colonies Zone LC Championship Richmond, VA.** Information is in this newsletter.

► **June 23: Jack King 1-mile Ocean Swim**
Online entries available. Information is in this newsletter.

July 6: Commonwealth Games (LC) in Christiansburg, VA

► **July 13: Chris Greene Lake, Charlottesville**
Online entries will be available. Paper entry will be in May and June newsletters.

July 13: LC Meet in Cary, NC

► **August 3: Lake Moomaw 1-Mile Swim**

Aug 7-11: USMS LC Nationals, Mission Viejo, CA

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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

ONLINE Registration for many meets:
www.clubassistant.com

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Mail Call continued from page 1.

Mike Duignan. Mike was a long-time VMST member from Virginia Beach who was also our LMSC Treasurer. Mike moved to Colorado several years ago but has maintained his VMST membership. He wrote:
I just wanted to tell you that I scored 33 points for VMST this weekend at the COMSA Masters Short Course Championship Meet here in Thornton, CO. The pool is very nice and only about 40 min. from Boulder. I placed first in the three backstroke events and was fairly happy with the 100 and 50 time but the 200 was tuff. 200 yd Back - 2:49.4, 100 yd Back - 1:15.5 and 50 yd Back - 34.2. I guess this happens when you just outlive the competition.

Next year I may have to register with BAM, our coach was not happy with me because I could not swim in any of the relays. I have stayed with VMST so I could still get the newsletters. Is there just a subscription to the Newsletter?

Annie (Glor) is doing fine and we still enjoying Colorado, doing some traveling and maybe looking at one of the upcoming World Masters meet to do some more traveling. Please pass along my best to the old gang and let them know I am still getting wet.

Editor's Note: I email our newsletter to some members of other LMSCs and to several former Virginians. I have included Lisa and Mike on this list.

More from Lisa:

Just got finished with Y Nats down here is sunny SOFLO....it was great seeing so many folks from VA and MD. Here is a pic of Bud Swiger and myself on the last day.



From **Harry Sober** (after the Zone Meet at GMU):

Thanks for all of your hard work on organizing all of the team functions at the meet. I enjoyed the meet and the swimmers & especially the relays. The relays make the meet special – thanks again.

Sorry I could not be there on Saturday – had a previous commitment to be a judge at a science fair for 6-7-8 graders at a local school.

Editor's Note: I included this note because I think it is great to picture Harry at a Middle School Science Fair!

One more from **Lisa**:

Just returned from the beautiful west coast of FL where I swam the National Open Water 5K! What a venue. And only one leg of the course felt like swimming in the ocean!

Shirley Loftus-Charley came down for it too! I have seen more of Shirley in the past four months than I did the last year in VA!!!

Shirley won her age group and was 4th woman out! I was second in my age group and 11th woman out..... but had a blast! Am sending along an "after" picture! .



More Mail Call on page 4.

Mail Call continued from page 3.

From Alvin Richardson (who we haven't heard from lately).

Mitt Tuovila, age 88, won her age group again at the Smithfield Triathlon.

Mitt or Miriam is from Yorktown. She consistently ranks in the USMS Top Ten lists, especially in breaststroke.



Beth Schreiner and Dave Holland

Kirk Clear, Beth Schreiner, Greg Harris, and Kitten Braaten



Colonies Zone SC Championship April 19-21

555 swimmers participated in the Zone Meet this year. Virginia was represented by 8 clubs (if counted right). If I missed your club, please let me know.

Stonewall Masters finished 4th in the Small Team division. Sunfish Masters was 8th among the small teams. Other Virginia teams: Leesburg, Warrenton, Peluso Open Water Masters, Winchester, and Blue Wave. Virginia Masters Swim Team finished second in the Large Team Division with only 31 swimmers.

Bud Swiger sent the photos.

Brianna Lovell, new VMST member



Charlie Cockrell with Kitten and Kirk in back.



Colonies Zone

2013 Long Course Championship

June 22-23 in Richmond, VA



Come compete in ***one of the fastest pools in the country***, used for the 2008 US Olympic Trials. Discounts available for local hotels. Details and entry forms:

www.colonieszone.org/ or www.vaswim.org/upcoming-events/

Meet directors: Chris & Heather Stevenson
chrisl Stevenson@gmail.com, 804-282-0124

Saturday, June 22	Sunday, June 23
<p>First session <i>Warmup at 7am, start at 8am</i></p> <ul style="list-style-type: none"> • 1500 free <ul style="list-style-type: none"> ✦ limited to 80 swimmers ✦ 800 split automatically submitted to USMS <p>Second session <i>60-min warmup at noon or after first session ends (whichever is later)</i></p> <ul style="list-style-type: none"> • 100 back • 200 breast • 50 free • 200 fly • 200 IM • 50 back • 200 free • 400 free relay • 200 medley relay 	<p><i>Warmup at 8am, meet starts 9am</i></p> <ul style="list-style-type: none"> • 800 free relay • 400 medley relay • 200 free relay • 400 free • 100 fly • 50 breast • 200 back • 100 free • 50 fly • 100 breast • 400 IM

30th Annual Jack King One Mile Ocean Swim



Sunday, June 23, 2013 10:00 a.m. Virginia Beach, VA

Hosted By VMST



Sanctioned by the Local Masters Swim Committee for Virginia (LMSC for VA) for USMS, Inc.

Sanctioning No. 123-XXXX

ONLINE ENTRY IS HIGHLY ENCOURAGED. PLEASE CONTACT RACE DIRECTOR FOR A RACE APPLICATION IF YOU CANNOT REGISTER ONLINE

Go to https://www.ClubAssistant.com/club/meet_information.cfm?c=2080&smid=4493 to Register

ONLINE Entry Fee: \$30 by June 7, 2013. \$35 after June 7 to June 21st, 2013. Online entry closes Friday, June 21st at Midnight. \$50 RACE DAY. T-shirts are guaranteed to swimmers who register by June 7, 2013. No Refunds.

Eligibility: Minimum age to participate is 18 as of June 23, 2013. All swimmers must be registered with USMS. Online registration for USMS is available on the web at www.usms.org.

NOTE: USMS registration is also available with online entry to the race (annual USMS registration or one event passes)

Age Groups/Awards: Awards will be presented to the 1st – 6th place swimmers in each age group. Standard Masters age groups will be used (18-24, 25-29, 30-34 and so on in 5 year increments).

NOTE: Wet suits are allowed. However, no official time will be given and not eligible for awards.

Course: The start is in the water at 24th Street, swimming north parallel to the beach/boardwalk. The finish is on the beach at 38th Street. Buoys mark the start and finish. You must swim around the finish buoy before exiting the water.

Directions: From I-64 take Route I-264 East. When the expressway ends, you are on 21st Street. Take 21st Street to Atlantic Avenue. Turn left on Atlantic Avenue and follow to 24th Street.

Parking: Municipal lots are located at 19th and 25th Streets. Metered spots are located along Atlantic and Pacific Avenues as well as side streets.

Inclement Weather: No rain date, No refunds due to weather.

General Race Information:

Swim caps will be provided to all entrants. Caps must be worn by all who participate. Water Temperature will be approximately 72 degrees or less. Trucks will be available at the start line to transport swimmers' bags to the finish line.

All swimmers must check-in race day at 24th Street on the beach. Restrooms and changing facilities are available at 24th Street Park. Check-in begins at 8:30 A.M. and ends at 9:30 A.M. A safety briefing will be held on the beach at 24th at 9:50.

A cutoff time of 1 hour and 15 minutes has been established for the course.

For more information please contact:

June McDaniels: june@aquariusengineering.com or 757-496-7450

Hotel Information at: www.vbhotels.com / www.vbfun.com



Chris Greene Lake 1- & 2-Mile Cable Swims

Charlottesville, Virginia, Saturday, July 13, 2013

Sponsored by: Virginia Masters Swim Team and Albemarle County Parks and Recreation

Sanctioned by: LMSC of Virginia Inc. for USMS Inc. Sanction #: 122-

SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at www.cableswim.org

Your credit card will be charged to "ClubAssistant.com Event Billing"

Event: There will be two races: a 2-mile cable swim at 8:30 am and a 1-mile cable swim beginning at 10:30 am. The 2-mile swim will consist of 4 laps in a clockwise direction around a ¼-mile straightaway cable, with start and finish in the water. The 1-mile race will consist of 2 laps around the ¼-mile cable in a counter-clockwise direction. Both the 1- and 2-mile distances are certified and qualify for national records. No splits or premature finishes will be eligible for records. **The lake opens at 7am and warm-up on the cable course will be available from 7:15-8:15am.**

- Anticipated water temp: 78° to 82°
- NO WETSUITS ALLOWED

Check-in Closes at:

2-Mile: 8:15 AM 1-Mile: 10:15 AM

Eligibility: Open to all swimmers 18 years & older as of July 13, 2013. **Paper entries must include a copy of your 2013 USMS card. Online entries will be verified automatically. "One Event" is available through online registration for an additional fee of \$25.30.** To renew or join USMS online, visit www.usms.org/reg

Rules: Current 2013 USMS rules will govern both races.

Entries: All snail mail entries must be postmarked by July 5, 2013. Online entries will close at 11:59pm Eastern Time on July 8, 2013. Late or race-day entries will NOT be accepted. You may enter both events. Online entry is strongly encouraged. Entry fee is \$25/ \$40.

Safety: For safety reasons, swimmers who cannot complete 1 mile in 1 hour or 2 miles in 2 hours should NOT enter. Swimmers still on the course after the time limit will be stopped and listed as DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the race. The Charlottesville-Albemarle rescue/dive team will be on site with boats, scuba divers, and a rescue squad.

Seeding: Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 10 swimmers, staggered at 30-second intervals. "No Time" entries will be seeded in the final wave. Seeding changes and additions will not be allowed on race day.

Age Groups: 18-24, 25-29, 30-34, etc. in five year increments, as high as necessary for both men/women.

Awards/ Social: For both races, custom awards will be given to the top 3 men & women finishers in each age group. The awards ceremony will take place on the beach following the 1-mile race. Drinks and snacks will be provided.

Accommodations:

Doubletree Hotel
(6 miles from lake)
990 Hilton Heights Rd.
Charlottesville, VA 22901
(434) 973-2121
or (800) 222-TREE

Hampton Inn
(9 miles from lake)
2035 India Rd.
Charlottesville, VA 22901
434-978-7888
or (800) 426-7866

Directions: (mapquest "Chris Greene Lake")

from Washington, D.C:

(Distance: 115 miles, Drive Time: ~ 2 to 2.5 hours)

Take Rt. 29 toward Charlottesville, VA. In Earlsville, turn right onto Airport Rd. (Rt. 649). Travel 7/10 mile toward airport. At roundabout, bear right onto 606. Go 1.2 miles and turn left onto Chris Greene Lake Rd. Proceed past guardhouse and follow the road downhill and around the lake to the parking lot at the end of the road.

from Richmond, VA:

(Distance: 75 miles, Drive Time: ~ 90 minutes)

Take I-64 West to exit 124, Charlottesville/Shadwell, (U.S. 250 West), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

from Waynesboro, VA:

(Distance: 34 miles, Drive Time: ~ 45 minutes)

Take I-64 East to exit 118B, Charlottesville/Culpeper, (U.S. 29 North Bypass), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

Race Director Contact:

Dave Holland, 804-282-6224

Email: HenryDaFif@aol.com



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Entry information in this newsletter:
LC Zone Championship in Richmond
Jack King One-Mile Ocean Swim
Chris Greene Lake One and Two Mile Swims

Entry information for Lake Moomaw will be in the June and July newsletters.

We are only publishing the information on each event, hoping most people will register online. If you need the paper entry, contact the meet/race director.