

# The Wet Gazette

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

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## *Kerry O'Brien Coach's Award Jay Peluso Honored*

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

From Coach Kerry O'Brien: **Jay Peluso** was awarded the Kerry O'Brien Coach's Award last week at the United States Aquatic Sports Convention. Included below is the presentation write up. USMS is trying to give their awards and the recipients increased exposure to help promote future nominations.

**Jay Peluso** - In his three years of coaching the Peluso Open Water Masters, Jay brings the skills to get two different species of swimmers and triathletes- to coexist for everyone's mutual benefit. As both athlete and coach you recognize the need for collaboration with other fitness organizations in your area through partnerships and sharing of expertise. This and the ability to fuse creativity, structure, and a systematic approach to you coaching plays into the growth that POWM has experienced in the Virginia LMSC.

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## *Diana Nyad*

### *After Her Swim from Cuba to Florida*

"I've got three messages: One is, we should never, ever give up. Two is, you never are too old to chase your dreams. Three is, it looks like it's a solitary sport, but it's a team."

## *Other Convention News*

**Chris Stevenson** was elected to a national office: Vice President of Local Operations.

At the convention banquet, each sport presents one or two of their highest awards. USMS honored **Patty Miller** of VMST (Ransom Arthur Award) and **Whitney Hedgepeth** of Longhorn Aquatics (Coach of the Year).

Whitney was a gold medalist at the 1996 Olympics. She used to live in Richmond and was coached by VMST member Diane Cayce.

### *Whitney and Patty*



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## *Annual LMSC Meeting*

The annual meeting of the Virginia Local Masters Swim Committee (LMSC) will take place on **Sunday, October 27**, at 4:00 pm. The meeting will be held at 13441 Stonegate Rd., Midlothian, VA 23113. The annual meeting is an opportunity for the LMSC Board of Directors to conduct business, such as approving the next year's budget and discussing plans for sanctioned meets and open water events. The meeting is open to all USMS members in the LMSC.



**If you do not have internet access and need an entry, contact me (address and phone below) and I will send you a copy. Betsy**

Oct 27: George Mason University Sprint Classic

Nov 2: SCM in Virginia Beach  
Entry information is in this newsletter.

Nov 9-10: SCM in Charlotte

Dec 7: Germantown, MD

Dec 13-15: New England Championship,  
SCM, at BU. [www.swimnem.org](http://www.swimnem.org)

Jan 26: Alexandria Tropical Splash

May 1-4: USMS SC Nationals, Santa Clara, CA

Aug 3-10: FINA Worlds in Montreal

Aug 13-17: USMS LC Nationals in  
College Park, MD

### Newsletter Editor

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



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)

ONLINE Registration for many meets:  
[www.clubassistant.com](http://www.clubassistant.com)

### LMSC Officers

Chair: Patty Miller  
[pmillerswmr@gmail.com](mailto:pmillerswmr@gmail.com)

Vice Chair: Charlie Tupitza  
[ctupitza@warrentonmasters.org](mailto:ctupitza@warrentonmasters.org)

Secretary: Pam Dameron  
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Treasurer: Charlie Cockrell  
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Registrar: Shirley Loftus-Charley  
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Records and Top Ten: Chris Stevenson  
[chrisl Stevenson@usms.org](mailto:chrisl Stevenson@usms.org), 804-282-0124

# Emergency Rule Changes

by Betsy Durrant

I am summarizing rule changes that are effective immediately. For the complete report, go to: [http://www.usms.org/rules/20130915\\_unat\\_fina\\_changes.pdf](http://www.usms.org/rules/20130915_unat_fina_changes.pdf). The notification will also be included in the next issue of STREAMLINES, which will go to all USMS members on October 1. (You will receive STREAMLINES before this issue of the newsletter.)

Note that the first item in the document, Unattached Swimmers, is **already taken care of**: "All currently unattached swimmers will automatically be registered with the club Unattached and do not have to notify their registrars."

Address any questions to Kathy Casey, Rules Chair: [Rules@usms.org](mailto:Rules@usms.org)

## Unattached Swimmers

All swimmers in a meet must belong to a club. If there is even one unattached swimmer competing at a short course or long course meters meet, NONE of the times from that meet will count for FINA Top 10 and World Records.

Explanation: USMS has always allowed swimmers to be unattached, that is to not belong to a club. However, anyone entering a World Championship has to belong to a club, no unaffiliated swimmers are allowed to enter. Now, FINA has ruled that all swimmers must belong to a club for any meets.

To adapt to this, USMS has created a Club Unattached. Those of you who are registered as Unattached do not have to do anything. All currently unattached swimmers will automatically be registered with the club Unattached and do not have to notify their registrars. As before, swimmers registered as Unattached cannot swim relays or accumulate points.

## Breaststroke

FINA Interpretation of "...the touch shall be made with both hands separated and simultaneously at, above or below the water level...": The hands may touch but cannot overlap or be on top of each other. After the start and after each turn when the swimmer leaves the wall, the shoulders must be at or past the vertical toward the breast. The swimmer is not permitted to

roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

## Butterfly

After the start and after each turn...until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.

FINA Interpretation of "...the touch shall be made with both hands separated and simultaneously at, above or below the water level...": The hands may touch but cannot overlap or be on top of each other.

## Backstroke

There is a clarification on the finish: a swimmer cannot be completely submerged prior to the touch.

## Swimwear

Power bands and adhesive substances have been added to the list of devices or substances that are not permitted.

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## Race Director Needed For Jack King Ocean Swim

After many years of directing the ocean swim in Virginia Beach, June McDaniels is stepping down as director. She is exploring a return to school for a graduate degree and feels her time will be limited. Many thanks to June for directing a great event.

In order to continue this long-standing event, we need a new race director. If you are interested or want to suggest someone, contact VMST President Elizabeth Cohen at [elizcohen@hotmail.com](mailto:elizcohen@hotmail.com) or Betsy Durrant at [durrant6@cox.net](mailto:durrant6@cox.net).

**2013 USMS Top Ten SCY for Virginia LMSC**

<b>Place</b>	<b>Age Grp</b>	<b>Event</b>	<b>Name</b>	<b>Age</b>	<b>Club</b>	<b>Time</b>
6	W18-24	200 Back	Opal E Brink	18	QMST	2:19.63Y
10	W18-24	200 Fly	Michelle K Jaeger	18	VMST	2:40.92Y
8	W18-24	400 IM	Brianna M Lovell	22	VMST	5:04.06Y
10	W30-34	1650 Free	Deanne L Moosman	34	STON	20:14.46Y
7	W30-34	400 IM	Deanne L Moosman	34	STON	5:03.60Y
10	W35-39	50 Breast	Tina L Smith	35	UNAT	33.51Y
10	W35-39	100 Breast	Jenny E de Hart	35	STON	1:13.95Y
5	W35-39	200 Breast	Jenny E de Hart	35	STON	2:34.37Y
5	W45-49	100 Free	Annette W Patterson	46	VMST	56.03Y
6	W45-49	50 Back	Annette W Patterson	46	VMST	29.10Y
10	W45-49	100 Back	Annette W Patterson	46	VMST	1:06.03Y
9	W45-49	50 Fly	Annette W Patterson	46	VMST	28.76Y
6	W45-49	100 IM	Annette W Patterson	46	VMST	1:05.25Y
10	W50-54	200 Back	Val R Van Horn Pate	50	VMST	2:30.74Y
6	W50-54	200 Fly	Val R Van Horn Pate	50	VMST	2:35.47Y
6	W60-64	100 Free	Shirley A Loftus-Charley	60	VMST	1:05.98Y
3	W60-64	200 Free	Shirley A Loftus-Charley	61	VMST	2:20.15Y
<b>1</b>	<b>W60-64</b>	<b>500 Free</b>	<b>Shirley A Loftus-Charley</b>	<b>61</b>	<b>VMST</b>	<b>6:03.54Y</b>
<b>1</b>	<b>W60-64</b>	<b>1000 Free</b>	<b>Shirley A Loftus-Charley</b>	<b>61</b>	<b>VMST</b>	<b>12:09.97Y</b>
2	W60-64	1650 Free	Shirley A Loftus-Charley	61	VMST	20:26.10Y
10	W60-64	100 Back	Shirley A Loftus-Charley	61	VMST	1:19.80Y
5	W60-64	200 Back	Shirley A Loftus-Charley	61	VMST	2:45.11Y
7	W60-64	200 Breast	Shirley A Loftus-Charley	61	VMST	3:06.52Y
4	W60-64	100 Fly	Shirley A Loftus-Charley	61	VMST	1:16.41Y
2	W60-64	200 Fly	Shirley A Loftus-Charley	61	VMST	2:45.13Y
10	W60-64	100 IM	Shirley A Loftus-Charley	60	VMST	1:16.14Y
4	W60-64	200 IM	Shirley A Loftus-Charley	61	VMST	2:40.13Y
2	W60-64	400 IM	Shirley A Loftus-Charley	61	VMST	5:35.48Y
6	W65-69	50 Free	Ann Lyttle	65	VMST	31.61Y
6	W65-69	100 Free	Ann Lyttle	65	VMST	1:10.08Y
5	W65-69	200 Free	Ann Lyttle	65	VMST	2:35.82Y
4	W65-69	500 Free	Ann Lyttle	65	VMST	7:03.70Y
<b>1</b>	<b>W70-74</b>	<b>50 Free</b>	<b>Beth Schreiner</b>	<b>72</b>	<b>VMST</b>	<b>32.36Y</b>
<b>1</b>	<b>W70-74</b>	<b>100 Free</b>	<b>Beth Schreiner</b>	<b>72</b>	<b>VMST</b>	<b>1:13.53Y</b>
10	W70-74	100 Free	Betsy Durrant	71	VMST	1:24.80Y
2	W70-74	200 Free	Beth Schreiner	72	VMST	2:47.95Y
2	W70-74	500 Free	Beth Schreiner	72	VMST	7:40.00Y
7	W70-74	1000 Free	Ida M Hlavacek	71	VMST	17:45.19Y
9	W70-74	1000 Free	Judy Martin	70	VMST	19:09.25Y
4	W70-74	1650 Free	Ida M Hlavacek	70	VMST	30:11.03Y
6	W70-74	1650 Free	Judy Martin	70	VMST	31:52.72Y
3	W70-74	50 Back	Beth Schreiner	72	VMST	40.51Y
10	W70-74	50 Back	Ida M Hlavacek	70	VMST	45.67Y
3	W70-74	100 Back	Beth Schreiner	72	VMST	1:31.73Y
6	W70-74	100 Back	Betsy Durrant	71	VMST	1:37.25Y

7	W70-74	100 Back	Ida M Hlavacek	71	VMST	1:38.06Y	
4	W70-74	200 Back	Beth Schreiner	71	VMST	3:22.27Y	
6	W70-74	200 Back	Ida M Hlavacek	71	VMST	3:33.32Y	
9	W70-74	200 Back	Betsy Durrant	71	VMST	3:39.15Y	
10	W70-74	200 Back	Judy Martin	70	VMST	3:40.77Y	
7	W70-74	100 Fly	Ida M Hlavacek	70	VMST	1:49.59Y	
4	W70-74	200 Fly	Ida M Hlavacek	71	VMST	4:16.53Y	
9	W70-74	200 IM	Ida M Hlavacek	71	VMST	3:50.61Y	
5	W70-74	400 IM	Ida M Hlavacek	71	VMST	8:09.80Y	
<b>1</b>	<b>W75-79</b>	<b>50 Free</b>	<b>Johnnie Detrick</b>	<b>77</b>	<b>VMST</b>	<b>35.62Y</b>	
4	W75-79	50 Free	Laura Walker	75	VMST	40.03Y	
2	W75-79	100 Free	Johnnie Detrick	77	VMST	1:21.58Y	
3	W75-79	100 Free	Laura S Walker	75	VMST	1:25.58Y	
5	W75-79	200 Free	Johnnie Detrick	77	VMST	3:14.33Y	
9	W75-79	200 Free	Laura S Walker	75	VMST	3:24.22Y	
5	W75-79	500 Free	Johnnie Detrick	76	VMST	8:42.61Y	
2	W75-79	50 Back	Laura S Walker	75	VMST	46.80Y	
4	W75-79	100 Back	Laura S Walker	75	VMST	1:43.68Y	
5	W75-79	200 Back	Laura S Walker	75	VMST	3:42.74Y	
<b>1</b>	<b>W75-79</b>	<b>50 Breast</b>	<b>Johnnie Detrick</b>	<b>76</b>	<b>VMST</b>	<b>47.56Y</b>	
6	W75-79	50 Fly	Johnnie Detrick	76	VMST	54.14Y	
4	W75-79	100 IM	Laura S Walker	75	VMST	1:51.25Y	
3	W75-79	200 IM	Johnnie Detrick	77	VMST	3:43.99Y	
9	W80-84	50 Free	Jeanne H Meredith	84	VMST	52.21Y	
7	W80-84	100 Free	Lesley L Francis	81	VMST	1:56.28Y	
10	W80-84	100 Free	Jeanne H Meredith	84	VMST	2:00.80Y	
6	W80-84	200 Free	Lesley L Francis	81	VMST	4:00.67Y	
4	W80-84	500 Free	Lesley L Francis	81	VMST	10:39.06Y	
8	W80-84	500 Free	Jeanne H Meredith	84	VMST	11:20.68Y	
2	W90-94	50 Free	Marianna Berkley	90	VMST	1:01.14Y	
2	W90-94	50 Back	Marianna Berkley	90	VMST	1:13.50Y	
2	W90-94	100 Back	Marianna Berkley	90	VMST	2:41.31Y	
<b>1</b>	<b>W90-94</b>	<b>50 Breast</b>	<b>Marianna Berkley</b>	<b>90</b>	<b>VMST</b>	<b>1:26.19Y</b>	
<b>1</b>	<b>W100-104</b>	<b>50 Free</b>	<b>Marie K Kelleher</b>	<b>100</b>	<b>VMST</b>	<b>1:58.08Y</b>	
10	M25-29	200 Fly	Stephen P Gomez	25	VMST	2:09.67Y	
10	M30-34	1000 Free	Pieter A de Hart	34	STON	11:04.92Y	
2	M30-34	1650 Free	Eric S Limkemann	31	POWM	16:31.38Y	
2	M30-34	50 Breast	Vanja Rogulj	30	UNAT	26.59Y	
7	M30-34	200 Breast	Adam S Barley	31	VMST	2:16.45Y	
5	M30-34	200 Fly	Adam S Barley	31	VMST	1:59.09Y	
9	M30-34	200 IM	Eric S Limkemann	31	POWM	2:02.85Y	
3	M30-34	400 IM	Adam S Barley	31	VMST	4:17.41Y	
7	M40-44	50 Free	Brent Holsten	41	VMST	22.27Y	
8	M40-44	1650 Free	Rob St Jean	44	WVM	18:18.03Y	
9	M45-49	1000 Free	Dave Holland	45	VMST	10:41.08Y	
4	M45-49	200 Fly	Dave Holland	45	VMST	2:05.54Y	
7	M70-74	50 Free	Harry M Sober	70	VMST	28.12Y	



**VIRGINIA MASTERS SWIM TEAM**  
**33<sup>rd</sup> ANNUAL FALL SWIM MEET**  
**SATURDAY, NOVEMBER 2, 2013**  
**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 #123-00\_.

**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, 2013. 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.** 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 2014.**

**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 m Medley Relays (W/M/Mixed)* | (13) 200 m Breaststroke               |
| (3) 400 m Free Relays (W/M/Mixed)*   | (14) 100 m Backstroke                 |
| (4) 50 m Breaststroke                | (15) 400 m Freestyle                  |
| (5) 200 m Individual Medley          | (16) 400 m 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 m Free Relays (W/M/Mixed)*   |
| (11) 200 m Freestyle                 | (22) 1500 m Freestyle                 |
|                                      | (23) 800 m 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:** \$6.00 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 28.** 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. Online entries close on **Wednesday, October 30.**

**Rules:** Current USMS rules for Masters Swimming will apply. No one will swim alone in a heat. 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. Relay entry forms will be available at Check-In.

\*\*\*\*\* PAPER ENTRIES ARE DUE BY OCTOBER 28! ONLINE ENTRIES CLOSE OCTOBER 30!\*\*\*\*\*

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

Age (on Dec 31, 2013): \_\_\_\_\_ 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, 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 \$6 = \$ \_\_\_\_\_  
\$10 Surcharge = \$ **10**  
Number of people for social \_\_\_\_\_ x \$7 = \$ \_\_\_\_\_  
Results Mailed (\$2) = \$ \_\_\_\_\_  
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 757-615-1661. No calls after 9:30 pm, please!*



*Local Masters Swim Committee Newsletter*  
*Betsy Durrant, Editor*  
*211 66<sup>th</sup> Street*  
*Virginia Beach, VA 23451-2040*

<p><i>Prstd Std</i> <i>U. S. Postage</i> <b><i>PAID</i></b> <i>Richmond, VA</i> <i>Permit #3022</i></p>
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More on the 2013 Convention...

Due to the number of swimmers registered in Virginia, our LMSC was allowed three delegates.

Representing Virginia were:

Shirley Loftuw-Charley, Virginia Masters, LMSC Registrar

Charlie Tupitza, Warrenton Masters, LMSC Vice Chair

Pam Dameron, Quest Masters, LMSC Secretary

Also from our LMSC were:

Jim Miller, Virginia Masters, USMS Past President

Patty Miller, Virginia Masters, USMS Legal Counsel

Chris Stevenson, Virginia Masters, Chair of Records and Tabulation Committee

Heather Stevenson, Virginia Masters, Member of the Legislation Committee

Betsy Durrant, Virginia Masters, Member of the Finance Committee

Charlie Cockrell, member of the Rules Committee, was unable to attend due to work and a family move.