

# The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia  
May 15, 2014

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## *VMST Elections*

### *Important Notice to All VMST Members*

It is time to elect officers for our team (club). The officers and their duties are:

**President** – presides at annual meeting, passes on notices from the national office, delegates jobs as needed and follows up to be sure team business is taken care of.

**Vice President** – assists the President as needed.

**Secretary** – records minutes at annual meeting and for any conference calls of the officers.

**Treasurer** – receives and deposits funds, pays bills, files income tax form (e-postcard).

Our current officers are Elizabeth Cohen (Pres), no VP, Debbie Jaeger (Secretary), and Betsy Durrant (Treasurer).

If you are interested in one of these positions, let Elizabeth know ([elizcohen@hotmail.com](mailto:elizcohen@hotmail.com)). If you want to suggest someone, let Elizabeth know.

A time and place for the meeting and elections has not been determined at this time. Notice will be sent in a timely manner.

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## *Long Course Meets*

The only LC meets that I know of are:

1. Eastern North Carolina Long Course Splash, **Saturday, June 7th**, Goldsboro, NC
2. Subway Commonwealth Games, Christiansburg, **Saturday, June 21<sup>st</sup>**.
3. **FINA Worlds** – see next article.
4. **USMS Long Course Nationals** at the University of Maryland, College Park, **August 13-17**. I encourage everyone to enter this meet. It is a convenient location, you can go for just part of the meet if you prefer; it is a great facility; national meets are a unique experience.

There is usually a LC meet in DC in mid-July, but no information is out yet.

## *15th FINA World Masters Championships Montreal 2014*

*AUGUST 3 - AUGUST 10, 2014  
MONTREAL, CANADA*

Please note the deadline to register for **individual events: 1st June 2014, 23:59 Montreal Time.**

Registration for team events (**relay swimming**, water polo, synchronized diving and synchronized swimming) will be open by 15th May 2014 and ending 15th July 2014.

Link to registration:

<https://finamasters2014.org/home/>

If you plan to enter Worlds, do so NOW! Be sure to let your team/coach know that you are going. **VMST MEMBERS** – let me (Betsy Durrant) know if you are going. Fortunately, the relay deadline is later than the individual deadline this time.

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## *Open Water Swims*

USMS Sanctioned events:

1. Reston 1 and 2 mile lake swims, May 24-25
2. Chris Greene Lake 1 and 2 mile lake swims, Charlottesville, July 12. **Entry is in this newsletter.**
3. Lake Moomaw, Alleghany County, August 2.

Other Open Water Events:

1. VB Life Saving Service Series ([www.vbls.org](http://www.vbls.org)):  
Jack King Mile Swim, June 15  
3K and 1 mile, July 20  
5K and 1 mile, August 16,
2. Peluso Open Water Swims:  
May 31, Aug 23. [www.pelusoopenwater.com](http://www.pelusoopenwater.com)



Usually I include a note here that I will send you an entry if you call. However, I will not be available by phone or mail during May – just email. *Betsy*

WAVA Postal Event, through August 31, 2014:  
*Butterfly is Not a Crime.*

June 7: LCM: Eastern North Carolina Spring Splash. Goldsboro NC

June 21: Commonwealth Games, Christiansburg Entry is in this newsletter.

Aug 3-10: FINA Worlds in Montreal

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

*Let's have a big turnout of Virginia swimmers at LC in Maryland. Make plans now!*

### Newsletter Editor

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*Dick Cheadle & Earl Klioze at Zones*



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)

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### 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  
[cpdameron@comcast.net](mailto:cpdameron@comcast.net)

Treasurer: Charlie Cockrell  
[Charles.Cockrell@alumni.virginia.edu](mailto:Charles.Cockrell@alumni.virginia.edu)

Registrar: Shirley Loftus-Charley  
[VARegistrar@usms.org](mailto:VARegistrar@usms.org)

Sanctions: Heather Stevenson  
[hns@usms.org](mailto:hns@usms.org), 804-282-0124

Records and Top Ten: Chris Stevenson  
[chrisstevenson@usms.org](mailto:chrisstevenson@usms.org), 804-282-0124

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

## Award for Chris Stevenson



The award is in recognition for regular communication and consistently high open and click rates. This is in regard to the monthly emails to all swimmers and the notices to those who read the newsletter online.

“This status is an annual designation that only 10% of our customers achieve for their use of Constant Contact products.

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## Spring Meets

Results for these meets and others are posted on our website: [www.vaswim.org](http://www.vaswim.org).

**Dive Into Spring.** Five Virginia teams had swimmers at the meet: Rockbridge County Aquatics (RCA), Stonewall Masters (STON), Virginia Masters (VMST), Christiansburg Blue Fin (CMAS), and Crozet Parc YMCA (CPYM).

**Colonies Zone.** There were 550 individual entries in the meet. Five teams from Virginia had swimmers there: Sunfish (SUNF), Quest (QMST), Warrenton (WAVA), Burkwood Aquatic Masters (BAM1), Virginia Masters (VMST). Photos on this page and the back page are from Bud Swiger.

**YMCA Nationals, Sarasota, Florida.** Seven swimmers from Virginia participated, most with the Northern Neck Y. Swimmers were: Karen Jackson, Donna Funkhouser, Ray Funkhouser, Kathryn Gregory (swimmer and coach), Ida Hlavacek, Kathleen Broderick, Bud Swiger. Photos from this meet are also from Bud Swiger.

## From Zones ...

*Jim McFarland & Kitten Braaten.  
I love the big smiles!*



*Relay Team - Harry Sober, Larry Hewes, Ken Novell, Ed Gaulrapp*



*Claire Russo and Denise Letendre*

*See back page for more.*

**SUBWAY COMMONWEALTH GAMES OF VIRGINIA  
LONG COURSE STATE SWIM MEET FOR 18 AND UP**

Recognized by LMSC for VIRGINIA for USMS, INC., Recognition No. 124-R001

**DATE:** Saturday, June 21, 2014

**LOCATION:** Christiansburg Aquatic Center, 595 North Franklin Street, Christiansburg, VA

**FACILITY:** 8 Lane, 50 Meter Pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-ups and cool-downs. **Pool has been measured and certified for USMS records and Top Ten.**

**SPONSORED BY:** Virginia Amateur Sports, Inc. and Virginia Masters Swim Team

**MEET DIRECTORS:** Howard Butts (lvswimn@comcast.net) and John Pero ([jdpero@cox.net](mailto:jdpero@cox.net))

**MEET REFEREE:** Susan Munson

**ELIGIBILITY:** This is a USMS recognized meet for purposes of USMS Records and Top Ten times by USMS swimmers. Standard USMS age groups will be used (18-24, 25-29, 30-34, 35-39, etc). For meets held in 50 meter pools, your age as of December 31, 2014 is considered your swimming age for the meet. All USMS swimmers **must** include a copy of your registration card with your entry or submit it at the meet for times to be submitted for USMS Records and Top Ten consideration.

**ORDER OF EVENTS:** Warm-ups: 8:30 am to 9:30 am. Meet starts at 10:00 am. Swimmers will be able to enter the facility by 8:00 am.

<b>Evt #</b>	<b>Event</b>	<b>Evt #</b>	<b>Event</b>
1	800 meter freestyle	12	50 meter butterfly
2	200 meter medley relays (women/men/mixed)*	13	200 meter breaststroke
3	400 meter free relays (women/men/mixed)*	14	100 meter backstroke
4	50 meter breaststroke	15	400 meter freestyle
5	200 meter individual medley	16	400 meter medley relays (women/men/mixed)*
6	200 meter backstroke	17	200 meter butterfly
7	50 meter freestyle	18	50 meter backstroke
8	100 meter butterfly	19	100 meter freestyle
9	100 meter breaststroke	20	200 meter free relays (women/men/mixed)*
10	400 meter individual medley	21	1500 meter freestyle
11	200 meter freestyle	22	800 meter free relays (women/men/mixed)*

\*Relays: There will be one heat of each relay; Women, Men and Mixed relays will be swum in the same heat. All relays will be deck entered.

**ENTRIES:** \$13.00 per event; \$10.00 surcharge to help defray cost of equipment rentals, mailing, medals, etc. Relays will cost \$15.00 per each relay entered. Relays will be deck entered and deck seeded. Swimmers may enter up to five (5) individual events plus relays. If entering 5 events please mail in registration & payment in order to receive a \$15 discount (after mail in fee)! *With the discount 5 events is \$45 – discount NOT available through online registration.* **There will be an additional \$5.00 fee for all mail-in registrations.**

**ENTRY DEADLINES: ENTRIES ARE DUE BY JUNE 13, 2014.** Be sure to sign the liability waiver. If you are a registered USMS swimmer, you must provide a copy of your 2013 USMS card. Paper entries should be mailed to the address at the bottom of this page. **Online entries are available at [www.Commonwealthgames.org](http://www.Commonwealthgames.org).**

**RULES:** Current USMS rules on 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 marshal who will monitor warm-ups. No diving during warm-ups except in designated lanes.

**AWARDS:** Medals will be awarded for 1st through 3rd places in each event in each age group and also for relays.

**SUBWAY COMMONWEALTH GAMES OF VIRGINIA  
LONG COURSE STATE SWIM MEET FOR 18 AND UP**

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_ SEX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

AGE (12/31/2014): \_\_\_\_\_ PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

USMS#: \_\_\_\_\_ USMS TEAM: \_\_\_\_\_

(Attach copy of your registration card if you are a registered USMS swimmer. If you are not a registered USMS swimmer, you do not have to complete the USMS number and team information.)

**All participants must sign the following liability waiver:**

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.*

Evt #	Seed Time	Event	Evt #	Seed Time	Event
1		800 meter freestyle	12		50 meter butterfly
2		200 meter medley relays (womens/men/mixed)*	13		200 meter breaststroke
3		400 meter free relays (womens/men/mixed)*	14		100 meter backstroke
4		50 meter breaststroke	15		400 meter freestyle
5		200 meter individual medley	16		400 meter medley relays (w/m/mxd)*
6		200 meter backstroke	17		200 meter butterfly
7		50 meter freestyle	18		50 meter backstroke
8		100 meter butterfly	19		100 meter freestyle
9		100 meter breaststroke	20		200 meter free relays (w/m/mxd)*
10		400 meter individual medley	21		1500 meter freestyle
11		200 meter freestyle	22		800 meter free relays (w/m/mxd)*

Number of Events \_\_\_\_\_ x \$13.00= \_\_\_\_\_

\$10.00 surcharge per entry \_\_\_\_\_ \$10.00

\$15.00 relay fee per relay: \_\_\_\_\_ x \$15.00= \_\_\_\_\_

**Total amount included:** \_\_\_\_\_

**MAKE CHECKS PAYABLE TO:**  
VIRGINIA AMATEUR SPORTS, INC.  
711-C 5th Street, NE  
Roanoke, VA 24016

**Please Make sure to sign the additional waiver on the next page!**



# Chris Greene Lake 1- & 2-Mile Cable Swims Charlottesville, Virginia, Saturday, July 12, 2014

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

Sanctioned by: LMSC of Virginia Inc. for USMS Inc. Sanction #124-W002.

**SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at [www.cableswim.org](http://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 counter-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 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 12, 2014. **Paper entries must include a copy of your 2014 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](http://www.usms.org/reg)

**Rules:** Current 2014 USMS rules will govern both races.

**Entries:** All snail mail entries must be postmarked by July 3, 2014. Online entries will close at 11:59pm Eastern Time on July 7, 2014. Late or race-day entries will NOT be accepted. You may enter both events. Online entry is strongly encouraged. Entry fee is \$32/ \$42.

**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 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 Park")

### **from Washington, D.C:**

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

Take Rt. 29 toward Charlottesville, VA. In Earlysville, 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, 804-467-2425


Email: [HenryDaFif@aol.com](mailto:HenryDaFif@aol.com)



# 2014 Chris Greene Lake 1- & 2-Mile Cable Swims ENTRY FORM

**Avoid this form, avoid errors by registering online at [www.cableswim.org](http://www.cableswim.org)**

**PLEASE INSERT SEED TIME  
FOR EVENT(S) YOU ARE ENTERING**

	<p><b>US MASTERS SWIMMING</b> PLEASE STAPLE A LEGIBLE COPY OF YOUR 2014 CARD HERE. TRIM YOUR CARD AND COMPLETE THE FOLLOWING:</p> <p>Emergency Contact Name: _____</p> <p>Emergency Contact Phone: _____</p> <p>Significant medical conditions to be shared with Albemarle Rescue (i.e. seizures, diabetes, asthma, etc.): _____</p>
--	--

<b>2- MILE</b> 8:30 am	Counter-Clockwise	1650 yd time: ____ : ____
<b>1- MILE</b> 10:30 am	Clockwise	1650 yd time: ____ : ____

		<input checked="" type="checkbox"/>	<b>CHECKLIST</b>
\$ _____	\$ 32.00 1-Mile Cable Entry Fee	<input type="checkbox"/>	Completed entry form
\$ _____	\$ 42.00 2-Mile Cable Entry Fee	<input type="checkbox"/>	Copy of USMS card
\$ _____	T-Shirt: included free with entry; \$ 3.00 charge for XXL or XXXL	<input type="checkbox"/>	Check or money order payable to VMST
\$ _____	Additional T-Shirt: \$12.00 each S-XL, \$15.00 for XXL or XXXL	<input type="checkbox"/>	Signed Release Below
\$ _____	<b>Total Enclosed (Check or money order payable to VMST)</b>	<input type="checkbox"/>	T-Shirt Size Below

T-Shirt Size: (please circle)    S    M    L    XL    XXL    XXXL

Additional T-Shirts:    indicate quantity and size: \_\_\_\_\_

**Please use the checklist above to ensure that your entry is complete!!**  
**Mail this completed form with check or money order payable to VMST, postmarked by July 3, 2014 to:**  
**Dave Holland, 1508-G Autumn Honey Ct, Henrico, VA 23229**

**RELEASE BY PARTICIPANT FROM LIABILITY**

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, OR ALBEMARLE COUNTY AND ITS OFFICERS, AGENTS, AND EMPLOYEES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **AGE ON 7/12/14:** \_\_\_\_\_

**Phone (H):** \_\_\_\_\_ **Phone (W):** \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

**PLEASE PRINT CLEARLY**

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

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

***From Y Nationals...***

***Donna & Ray Funkhouser, Kathleen Broderick***



***Ida Hlavacek & Bud Swiger***



***From Zones...  
Mariah Dudley***

