

The Wet Gazette



Published by The LMSC of Virginia - Serving Masters Swimmers in Virginia and West Virginia

USMS Top 10 for Virginia: 2018 LCM Wrap-Up

The final Top 10 lists for the 2018 long-course meters season (LCM) have been published. The season ran from Oct 1, 2017, thru Sept 30, 2018.

Swimmers from our LMSC did well: 87 ranked individual swims and 1 ranked relay. There were 20 swimmers who had at least one Top 10 swim; Greg Harris and Len Gushe tore up the men's 55-59 age group with 13 and 12 ranked swims, respectively; Ida Hlavacek was also

impressive with 11 ranked swims. There were seven swimmers who had at least one top-ranked swim in an individual event, with Len taking top spot in four events and Greg doing so in three events. Other top-ranked swimmers from our LMSC were Beth Schreiner (2), Johnnie Detrick (2), Marcia Barry (2), Luke Nelson, and Morgan Latimer.

More details on these and other recent Top 10 achievements are available at www.vaswim.org. Anyone making a Top 10 list can order Top 10 patches to commemorate the achievement. Nicely-formatted booklets are also available for download.

The LMSC record book was also re-written in the past LCM season: 35 new individual records were set. Our LMSC was also impressive at the zone level, setting 17 new Colonies Zone records, with Greg and Len setting five records apiece and Marcia setting four new marks.

The mythical national championship rankings are based on scoring the Top 10 swims by zone, LMSC or club. As an LMSC, Virginia was ranked 14th out of the 52 LMSCs. At the club level, VMST was ranked 21st out of the 279 clubs that had members who recorded Top 10 swims. Great job!

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Virginia Top 10 LCM Listings

Place	Age Group	Event	Name	Age	Club	Time
8	W18-24	50 Breast	Jessica Unmussig	23	UC12	44.50
6	W25-29	50 Back	Deidre M Geroni	27	VMST	34.23
10	W25-29	100 Breast	Monique Maciejczyk	26	TIDE	1:27.35
3	W25-29	100 Fly	Deidre M Geroni	27	VMST	1:08.96
4	W30-34	100 Back	Carina Masson	32	UC12	1:12.16
4	W30-34	200 Back	Carina Masson	32	UC12	2:41.60
7	W30-34	50 Breast	Denise M Letendre	30	VMST	38.64
5	W30-34	100 Breast	Denise M Letendre	30	VMST	1:21.37
3	W30-34	200 Breast	Denise M Letendre	30	VMST	2:50.29
9	W30-34	50 Fly	Carina Masson	32	UC12	31.63
4	W30-34	100 Fly	Denise M Letendre	30	VMST	1:07.74
2	W30-34	200 Fly	Denise M Letendre	30	VMST	2:30.71
3	W30-34	200 IM	Denise M Letendre	30	VMST	2:30.49
3	W55-59	50 Breast	Patricia M Miller	57	VMST	40.81
3	W55-59	100 Breast	Patricia M Miller	57	VMST	1:32.52
5	W55-59	200 Breast	Patricia M Miller	57	VMST	3:22.18

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Upcoming Swim Meets, Events and Clinics

General Information

LMSC for Virginia Website:
www.vaswim.org

USMS Website: www.usms.org
 Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland:

www.teamunify.com

Potomac Valley: www.PVMasters.org

Nearby Zones

Colonies Zone:

www.ColoniesZone.org

Dixie Zone:

www.DixieZone.org

Online Meet Registrations:

www.clubassistant.com

LMSC Officers

Chair: Kirk Clear

Vice-Chair: Denise Letendre

Secretary: Alice Phillips

Treasurer: Becca Latimer

Registrar: Shirley Loftus-Charley

Coaches: Rich Williams

Fitness: Vacant

Long Distance: Kate Stephensen

Newsletter: Heather and Chris Stevenson

Officials: Charlie Cockrell

Records & Top Ten: Chris Stevenson

Review: Heather Stevenson

Safety: Jim Miller

Sanctions: Kyle Ahlgren

Webmaster: Chris Stevenson

Date	Meet	Location	Registration Deadline
Dec. 15, 2018	VA Commonwealth Games (LCM)	Lynchburg, VA	Dec. 11, 2018 (online)
Dec. 16, 2018	VA Commonwealth Games (SCY)	Lynchburg, VA	Dec. 11, 2018 (online)
Jan. 1 - Feb. 28, 2019	1-Hour ePostal Nationals	Any pool	Mar. 8, 2019 (online)
Jan. 19-20, 2019	Charlotte Swim Maters Sunbelt Meet (SCY)	Charlotte, NC	Jan. 13, 2019 (online)
Jan. 20, 2019	Maryland Swim Series Meet #4 (SCY)	Annapolis, MD	Jan. 17, 2019 (online - 9PM)
Feb. 2, 2019	VMST David Gregg Memorial Meet (SCY)	Henrico (Richmond) VA	Jan. 26, 2019 (online)
Feb. 9, 2019	Maryland Swim Series Meet #5 (SCY)	Severna Park, MD	Feb. 7, 2019 (online - 9PM)
Feb. 24, 2019	Frank Clark Memorial Swim Meet (SCY)	Greensboro, NC	tbd
Mar. 1-31, 2019	March IM Madness ePostal	Any pool	Apr. 6, 2019 (online)
Mar. 17, 2019	Maryland Swim Series Meet #6 (SCY)	Annapolis, MD	Mar. 14, 2019 (online - 9PM)
Apr. 5-7, 2019	Colonies Zone SCY Champs	Fairfax, VA	Mar. 29, 2019 (online)
Apr. 25-28, 2019	USMS Spring Nationals (SCY)	Mesa, AZ	Mar. 25, 2019 (online)
Aug. 7-11, 2019	USMS Summer Nationals (LCM)	Mission Viejo, CA	tbd



2019 VMST David Gregg III Memorial Meet

NOVA of Virginia Aquatic Center
12207 Gayton Road, Henrico, VA 23233
(804) 754-3401

Saturday, February 2, 2019

This is a one-day meet (Saturday only). Distance events are the 400 IM, 500 Free, and 1650 Free. The 1000 split (based on the timing system record of the touch at the 1000) of each 1650 will be uploaded to the USMS results database. No split request for the 1000 will be necessary. For fun, there will also be a 100 Mixed Free Relay[©] at this meet. We are looking forward to seeing you all at the meet!!

Sponsored By: Virginia Masters Swim Team **Sanctioned By:** LMSC for Va. for USMS, Inc. **Meet Referee:** Bob Rustin

Meet Directors: Heather and Chris Stevenson (hnsrva@gmail.com or chrisstevenson@gmail.com)

Location: NOVA of Virginia Aquatic Center (address above). This is a 10-lane, 25-yard indoor pool with a fully electronic timing system. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered with U.S. Masters Swimming and must include a copy of their USMS card with paper entries or register online. One event (day of) USMS registrations will be permitted. Virginia registration will also be available at the meet.

Entries: \$4.00 per individual event plus a \$8.00 surcharge to help defray the costs of data entry, automatic timing, and printing. Deck entries will be accepted until 30 minutes before the meet start time at a cost of \$8.00 per deck entry. A swimmer may enter a maximum of 6 events per day, plus relays.

Relays: Relays will be deck-entered and deck-seeded at no cost. Entries for all relays are due no later than the start of Event 17 (the Women's 500 Free).

Entry Deadline: *On-line entries are strongly encouraged:* www.clubassistant.com – meets are listed on the Club Assistant home page by date. The deadline for on-line entries is **Saturday January 26, 2019** (one week before the meet). To be seeded, paper entries must be received by **Wednesday January 23, 2019**. Entries received after the applicable dates will be considered deck entries and additional fees will apply.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily. The 100 Mixed Free Relay[©] is a non-conforming event and times for this event are not eligible for USMS records or Top Ten.

Warm-up/Warm-down Procedures: Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. There will be continuous warm-up/warm-down lanes available during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THE WARM-UP LANES ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times.

Awards and Results: Ribbons will be given for first, second, and third place in each individual event. No ribbons for relays or time trials. Results will be posted at www.vaswim.org and will be uploaded to the USMS results database.

Special awards will be given to the **male** and **female** overall winners in two award categories: **Best Sprinters** (lowest cumulative time in all four 50s); and **Best Distance Swimmers** (lowest cumulative time in the 400 IM, 500 Free, and 1650 Free).

Nearby Lodging:

- Hilton Richmond Hotel & Spa, 12042 W. Broad Street, Henrico, VA 23233. Phone: (804) 364-3600.
- Aloft Richmond West, 3939 Duckling Drive, Glen Allen, VA 23060. Phone: (804) 433-1888.

On-line entries strongly encouraged!

On-line entries close Saturday January 26th!

Enter online at: www.ClubAssistant.com

(search for the meet by date on the Club Assistant home page)

Paper entries are due by Wednesday January 23rd for seeding.

Note that both this page and the following signed waiver page must be submitted with paper entries.

Fill in the following information:

Name:		Sex:	USMS Reg. No.:	
Address:				
City:		State:	Zip Code:	
E-Mail Address:				
Age as of 2/2/2019:		Birthdate (Mo/Day/Yr):		
LMSC:	Club:	Phone (Day):	Phone (Night):	

Saturday, February 2, 2019

Warmups: 2:00-3:00 PM; Meet Starts: 3:00 PM

Women	Time	Event	Men	Time
1		400 IM	2	
3		200 Breast	4	
5		100 Free	6	
7		50 Fly	8	
9		200 Back	10	
11		100 Breast	12	
13		50 Free	14	
15		100 IM	16	
17		500 Free	18	
BREAK – 5 Minutes				
19	--	100 Mixed Free Relay [©]	--	--
21		200 Fly	22	
23		200 IM	24	
25		100 Back	26	
27		50 Breast	28	
29		100 Fly	30	
31		50 Back	32	
33		200 Free	34	
200 YARD RELAYS				
35	--	200 Medley Relay	36	--
37	--	200 Free Relay	38	--
39	--	200 Mixed Medley Relay	--	--
--	--	200 Mixed Free Relay	40	--
BREAK – 5 Minutes				
41		1650 Free	42	

Entry Fees

Total event fees: ____ x \$4.00: ____
Surcharge: \$8.00
Total Amount Enclosed: ____

Make checks payable to:

Virginia Masters Swim Team

Send paper entries to:

Chris Stevenson

7702 Hampshire Road, Henrico, VA 23229

Questions? Contact Heather or Chris Stevenson
(804) 310-3069 or (804) 332-4339

hnsrva@gmail.com or chrilstevenson@gmail.com

**FOR PAPER ENTRIES: A COPY OF YOUR USMS
REGISTRATION CARD MUST BE ENCLOSED FOR
YOUR PAPER ENTRY TO BE ACCEPTED!**

[©]The 100 Mixed Free Relay is a non-conforming event.
Times for this event will not count for USMS records or Top Ten.



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Virginia Top 10 LCM Listings (cont'd)

Place	Age Group	Event	Name	Age	Club	Time
6	W70-74	100 Free	Marcia L Barry	70	VMST	1:23.84
4	W70-74	200 Free	Marcia L Barry	70	VMST	3:01.04
2	W70-74	400 Free	Marcia L Barry	70	VMST	6:17.00
2	W70-74	800 Free	Marcia L Barry	70	VMST	12:52.66
1	W70-74	1500 Free	Marcia L Barry	70	VMST	24:14.23
3	W70-74	50 Back	Marcia L Barry	70	VMST	46.98
4	W70-74	100 Back	Marcia L Barry	70	VMST	1:44.99
1	W70-74	200 Back	Marcia L Barry	70	VMST	3:36.86
2	W75-79	50 Free	Beth Schreiner	77	VMST	39.93
1	W75-79	100 Free	Beth Schreiner	77	VMST	1:35.33
1	W75-79	200 Free	Beth Schreiner	77	VMST	3:33.75
2	W75-79	400 Free	Beth Schreiner	77	VMST	7:25.06
9	W75-79	800 Free	Ida M Hlavacek	76	VMST	21:04.14
10	W75-79	50 Back	Ida M Hlavacek	76	VMST	1:03.67
9	W75-79	100 Back	Ida M Hlavacek	76	VMST	2:18.49
9	W75-79	200 Back	Ida M Hlavacek	76	VMST	5:02.16
8	W75-79	50 Breast	Susan E Marens	76	VMST	1:01.80
4	W75-79	100 Breast	Susan E Marens	76	VMST	2:19.18
8	W75-79	100 Breast	Judy Martin	76	VMST	2:54.33
9	W75-79	100 Breast	Ida M Hlavacek	76	VMST	3:17.45
5	W75-79	200 Breast	Susan E Marens	76	VMST	5:02.36
9	W75-79	200 Breast	Ida M Hlavacek	76	VMST	6:57.40
7	W75-79	50 Fly	Susan E Marens	76	VMST	1:07.13
10	W75-79	50 Fly	Ida M Hlavacek	76	VMST	1:25.50
6	W75-79	100 Fly	Ida M Hlavacek	76	VMST	3:08.47
4	W75-79	200 Fly	Ida M Hlavacek	76	VMST	6:52.30
6	W75-79	200 IM	Ida M Hlavacek	76	VMST	5:59.83
4	W75-79	400 IM	Ida M Hlavacek	76	VMST	11:59.94
1	W80-84	50 Free	Johnnie Detrick	83	VMST	40.60
4	W80-84	50 Free	Laura S Walker	81	VMST	47.87
1	W80-84	100 Free	Johnnie Detrick	83	VMST	1:41.07
4	W80-84	100 Free	Laura S Walker	81	VMST	1:49.02
3	W80-84	200 Free	Johnnie Detrick	83	VMST	3:50.71
7	W80-84	50 Back	Laura S Walker	81	VMST	1:00.50
4	W80-84	100 Back	Laura S Walker	81	VMST	2:13.52
6	W80-84	200 Back	Laura S Walker	81	VMST	4:48.05
3	W90-94	50 Free	Jeanne H Meredith	90	VMST	1:10.61
2	W90-94	50 Back	Jeanne H Meredith	90	VMST	1:32.87
2	W90-94	100 Back	Jeanne H Meredith	90	VMST	3:16.44
4	M18-24	200 Fly	Harrison J Pierce	22	TIDE	2:29.77

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Virginia Top 10 LCM Listings (cont'd)

Place	Age Group	Event	Name	Age	Club	Time
2	M25-29	50 Free	Jonathan L Nelson	25	VMST	23.79
5	M25-29	100 Free	Jonathan L Nelson	25	VMST	53.46
1	M25-29	100 Fly	Jonathan L Nelson	25	VMST	55.67
1	M25-29	200 Fly	Morgan Latimer	25	TIDE	2:21.98
7	M30-34	50 Free	Warren R Cieslak	31	UC12	25.01
7	M30-34	100 Breast	Warren R Cieslak	31	UC12	1:13.63
1	M55-59	50 Free	Gregory Harris	55	VMST	25.86
1	M55-59	100 Free	Gregory Harris	55	VMST	57.42
4	M55-59	100 Free	Len D Gushe	55	UC12	59.49
3	M55-59	200 Free	Len D Gushe	55	UC12	2:11.57
10	M55-59	200 Free	Gregory Harris	55	VMST	2:21.17
2	M55-59	400 Free	Len D Gushe	55	UC12	4:37.82
2	M55-59	800 Free	Len D Gushe	55	UC12	9:42.77
2	M55-59	1500 Free	Len D Gushe	55	UC12	19:05.79
2	M55-59	50 Back	Len D Gushe	55	UC12	31.15
6	M55-59	50 Back	Gregory Harris	55	VMST	32.88
2	M55-59	100 Back	Len D Gushe	55	UC12	1:08.20
3	M55-59	100 Back	Gregory Harris	55	VMST	1:09.44
1	M55-59	200 Back	Len D Gushe	55	UC12	2:26.23
4	M55-59	200 Back	Gregory Harris	55	VMST	2:37.70
2	M55-59	50 Breast	Gregory Harris	55	VMST	32.68
2	M55-59	100 Breast	Gregory Harris	55	VMST	1:10.84
2	M55-59	200 Breast	Gregory Harris	55	VMST	2:44.64
5	M55-59	50 Fly	Gregory Harris	55	VMST	29.26
1	M55-59	100 Fly	Len D Gushe	55	UC12	1:04.24
8	M55-59	100 Fly	Gregory Harris	55	VMST	1:10.49
1	M55-59	200 Fly	Len D Gushe	55	UC12	2:30.83
1	M55-59	200 IM	Gregory Harris	55	VMST	2:26.31
2	M55-59	200 IM	Len D Gushe	55	UC12	2:26.80
1	M55-59	400 IM	Len D Gushe	55	UC12	5:12.69
2	M55-59	400 IM	Gregory Harris	55	VMST	5:35.07

Congratulations Swimmers!

Local Masters Swim Committee Newsletter
Chris and Heather Stevenson, Editors
7702 Hampshire Road
Henrico, VA 23229

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The 12 Sets of Christmas!

Can't think of what to do in your holiday workout? Need a suggestion . . . or 12? Here are 12 sets that you can incorporate into your workout. The list is a mix of short, middle distance, and distance sets. Pick and choose as you wish!

- 12 x 100 free on 1:45 - descend swim time by 1 sec for each repeat (total of 1200 yds)
- 11 x 125 on :20 sec rest interval - 75 free pace, 50 fast stroke for each 125 (total of 1375 yds)
- 10 x 50 pace on :10 sec rest interval - first 5 free, second 5 stroke (total of 500 yds)
- 9 x 75 on :20 sec rest interval - 3 sets of 3 x 75. 1st set as 50 kick/25 swim, 2nd set as 25 kick/50 swim, third set as 75 swim, build to fast (total of 675 yds)
- 8 x 25 on :45 at 100% pace (total of 200 yds)
- 7 x small pyramid 100s - 25 swim, 5 sec rest, 50 swim, 5 sec rest, 25 swim FAST 30 sec rest (total of 700 yds)
- 6 x 150 no free IMs on :30 sec rest interval (total of 900 yds)
- 5 x Golden Medal Swims! 5 x your favorite event that is 200 yds or less
- 4 x 250 free, :15 sec rest interval, hold 1000 pace (total of 1000 yds)
- 3 x 100 reverse IMs, sprint the fly! :30 sec rest interval (total of 300 yds)
- 2 x 200 broken at 50s, :10 sec rest at each 50, best non-free stroke (total of 400 yds)
- 1 x broken mile! :15 sec rest after each swim. Swim as: 6 x 25, 4 x 50, 4 x 75, 4 x 100, 4 x 75, 3 x 50, 4 x 25 (total of 1650 yds)

Happy Holidays!