

LMSC for VA Newsletter

Masters Swimmers: "The Uncommonwealth of Virginia"

Published Quarterly by the Local Masters Swim Committee for VA

May 15, 1994/Volume XII/Number 2

Notes from the Chair

by Forrest Sullivan

It is with great pleasure that I accept the opportunity to Chair for Virginia Masters. I am honored to be able to be of service to such a devoted group of individuals dedicated to the sport of adult swimming. I realize I have BIG ZOOMERS to fill to assure the same competent guidance and leadership for the LMSC as Dr. Jim Miller has given during the past years. You can be confident that I will work hard and give it my best. I look forward to the job at hand.

I started swimming in the Masters program in 1979 and attended my first Masters meet at Duke University. Over the years I have tried to give back to the sport as much as the sport has given me. Much of my social life and some of my best friends now revolve around my swimming and people who also enjoy the sport.

The Masters program is worldwide and growing. The FINA Handbook lists 146 countries involved with Masters swimming. As an example, 2,600 competitors, representing 545 clubs, from 27 European Federations competed in the 1993 European Masters Swimming Championship in September. Our Masters Program will become even stronger as we increase our membership, bringing new members with innovative ideas to the program. So let's move ahead in Virginia with a strong Masters Swim Program.

The newsletter has a new look and we have new editors, Ken Mills and Heather Stevenson, to congratulate. Our thanks to Bill Martin for many hours spent as our past editor publishing a newsletter recognized throughout the swimming community as one of the best.■

Report from the Registrar...

by Betsy Durrant

The newsletters are sent by bulk mail. The Post Office does not forward bulk mail. If you move, please send me your new address. If you are receiving the newsletters late, let me or Beth Waters (VMST president) know. With bulk mail it is hard to tell if newsletters are getting across the state in a timely manner.

At this time, we have 353 swimmers in Virginia and four teams. The teams are: Virginia Masters Swim Team (VMST), Northern Virginia Masters Swimming (NVMS), Roanoke Masters Aquatic Club (RMAC), and Valley Blues Swim Club (VBSC). Approximately forty swimmers are registered as Unattached.

The entries for our two open water swims are enclosed in this newsletter. Entries will also be mailed to last year's participants who are not LMSC members. Please remind swimmers on your team or in your workouts that they need to have their USMS registration card before sending in their entry to these events. The Jack King Ocean Swim is June 19; the lake swim in Charlottesville (at Chris Greene Lake) in July 9.

Raymond Snead, a long time participant in Masters Swimming, died December 21; he was 64. Raymond was always proud of the fact that he was not a good swimmer when he began Masters Swimming, but through swim camps and hard work, he became a state record holder in freestyle and butterfly. Raymond did not compete the last few years, but was very active for 10 or 12 years.■

Entry Forms in This Edition of the LMSC Newsletter...

*Jack King 1-Mile Ocean Swim
Chris Greene Lake 2-Mile Cable Swim
10K-2 Postal Meet Relay*

Upcoming Events for Virginia Swimmers

Mark Your Calendars....

- ★ April 29 - May 1: COLONIES ZONE SHORT COURSE CHAMPIONSHIP, Rutgers University. Contact Kathy Edenzon or Aaron Moore, (908) 932-0462.
- ★ May 1: Deadline for entries for the Vth WORLD MASTERS CHAMPIONSHIP, Montreal, Canada.
- ★ May through October: 10-K2 RELAY, Contact Mike Stott, 403 Lakewood Drive, Richmond VA 23229, (804) 288-8808 or FAX (804) 288-8809.
- ★ May 13 - 16: USMS SHORT COURSE NATIONALS, Tempe AZ. Contact Neil Morrow c/o Repps, 2121 S. Priest Drive, Suite 105, Tempe AZ 85282, (602) 902-0431.
- ★ May 25: TEAM MASTERS USA POSTAL EVENT, entries due. Entry form in last SWIM Magazine.
- ★ May 29: 7th ANNUAL 2-MILE LAKE SWIM, Reston VA. Contact Gordon Gerson, (703) 437-0074. Call (703) 715-2796 for FAXed entry form.
- ★ June 18: 3rd ANNUAL SWIM FOR LIFE TO BENEFIT PEOPLE WITH AIDS, Gunpowder Falls State Park, Chase MD. Contact Maryland Swim for Life, P.O. Box 39464, Baltimore MD 21212, (410) 243-4418.
- ★ June 18: JUMP START CHALLENGE, Oak Marr Pool, Oakton VA. Contact John Calvert (301) 951-6462 or Barbara Frid (703) 550-7314.
- ★ June 19: JACK KING 1 MILE OCEAN SWIM, Virginia Beach VA. Contact Forrest Sullivan, 1752 N. Woodhouse Road, Virginia Beach VA 23454, (804) 481-1998.
- ★ July 4 - 10: Vth WORLD MASTERS SWIMMING CHAMPIONSHIPS, Montreal, Canada. For travel/meet information, contact Ponte Vedra Travel at (800) 833-SWIM. You may also write to 4545 Ave Pierre de Coubertin, Case Postale 1000; Succursale <M>; Montreal, Quebec, Canada H1V3R2. Note, you must be a member of a team to swim at Worlds.
- ★ July 9: 2-MILE CABLE SWIM NATIONAL CHAMPIONSHIP, Chris Greene Lake, Charlottesville VA. Contact Linda McCowan, 13613 Prince William Drive, Midlothian VA 23113, (804) 379-2537.
- ★ July 15 - 17: COMMONWEALTH GAMES, Roanoke VA. Masters Swimming on July 16th. Contact Robert Hatcher, (703) 343-4525 (after 9PM), or Virginia Amateur Sports Office, 1-800-333-8274 (M-F 9AM to 5PM).
- ★ August 25 - 28: USMS LONG COURSE NATIONALS, Buffalo NY. Contact Gene Donner, 717 South Road, East Aurora NY 14052.

Camps and Clinics

- ★ Ongoing: TOTAL IMMERSION ADULT SWIM CAMPS, various locations including Salem, NC and Elizabethtown College, PA. Contact camp director, Terry Laughlin, 381 Main Street, Goshen NY 10924, (914) 294-3510, for further information.
- ★ Ongoing: PREMIER STROKE CLINIC, Rockville MD. Contact Clay Britt (301) 231-9740.

To have an event or clinic listed on the events calendar, please send the event name, location, date, and contact information including address and telephone number of the meet director to the editors. Thank you!!!



10K•2 10,000 METER 2 PERSON POSTAL MEET RELAY

1994

Sponsored by: Virginia Masters Swim Team

Eligibility: Open to all swimmers ages 13 and older.

Event: Contestants swim a total of 10,000 meters in the pool of their choice. Team members must swim consecutive lengths of no less than 50 yards per relay leg. Concurrent swimming is not permitted. One swimmer must reach the wall before the second swimmer leaves. Dive starts are permitted.

For example, swimmers may wish to divide the 10,000 meters as follows: Swimmers A and B alternate 200 meter swims until each has completed 15 separate 200 meter swims (of 3,000 meters apiece). Then swimmers A and B alternate 15-100 meters swims each for another 1500 meters; and close with 10-50 meter swims each.

- In a 20 yard pool, *each contestant swims 274 lengths

- In a 25 yard pool, **each contestant swims 219 lengths
 - In a 25 meter pool, each contestant swims 200 lengths
 - In a 50 meter pool, each contestant swims 100 lengths
- *For the purposes of this competition, 5480*, 5475** yards = 5000 meters.

Age Groups: Men's, women's, mixed teams in the following age groups: 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+.

Team age determined by youngest swimmer's age on the day of swim.

Timers and Counters: Please pay strict attention to the laps swum. We urge you to use a check-off system.

Awards: Medal keychains to the top three team finishers (men's, women's, mixed) in each age group.

Entry: Enter as often as you like (\$16 entry fee required for each new team.)

Entry fee: \$18 per team. Event must be swum between May 15 and October 15, 1994. Form must be in the hands of Meet Director by October 31, 1994.

Mail entry form and \$18 entry fee with check made payable to Virginia Masters 10K•2 Relay to:

10K•2
Mike Stott
403 Lakewood Drive
Richmond, VA 23229
(804) 288-8808

Shirts: 10K•2, colorful 100% cotton T-shirt available for separate purchase for \$10 each. Check intent to purchase and adult size on the entry blank.

Verification: I certify that the information above is correct, the time accurate and the distance swum was 10,000 meters. Please sign in the appropriate place.

Timers/Counters _____

Swimmer's Name _____

Swimmer's Name _____

Total Time _____

Medical: All contestants are urged to have a complete physical before starting this event. Coaches and participants are urged to

have competent medical assistance available during the competition and be extremely watchful for cases of exhaustion, hypothermia and dehydration. We urge contestants not to start if there is a question that they will not be able to finish in a reasonable time.

RELEASE BY PARTICIPANTS FROM LIABILITY

In consideration of the acceptance of this entry form, I hereby for myself and my heirs, executors and administrators waive, and forever discharge any claims for damages which I may suffer in connection with this swimming event.

NAME _____ Date _____

NAME _____ Date _____

OFFICIAL ENTRY - 1994 10K•2 RELAY

Name _____		
Address _____		
Zip Code _____		
Phone _____	Age _____	
Sex _____		
I want a T-Shirt at \$10 each: _____		
My size is circled:	medium (36-38)	large (40-42)
	extra large (44-46)	

Name _____		
Address _____		
Zip Code _____		
Phone _____	Age _____	
Sex _____		
I want a T-Shirt at \$10 each: _____		
My size is circled:	medium (36-38)	large (40-42)
	extra large (44-46)	

10K•2 ALL TIMES BESTS AND AVERAGE WINNING TIMES (1984 - Present)

Men's Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	David Stott (17)	Richmond, VA		
	Bill Kloppe (38)	Richmond, VA	1:54.35	1990
	Average Winning Time		2:17.35	
20-24	Scott Erba (21)	Davis, CA		
	Michael Collins (24)	Davis, CA	1:39.59.28	1990
	Average Winning Time		2:20.58	
25-29	Sean Murphy (27)	Palo Alto, CA	1:35.04.55	1
	David Lundberg (30)	Palo Alto, CA	ALL TIME 10K•2 BEST	9
	Average Winning Time		2:03.22	1
30-34	Steve Breiter (33)	Lafayette, CA		
	Charlie Hansen (36)	Lafayette, CA	1:45.54.36	1989
	Average Winning Time		1:56.38	
35-39	Steve Breiter (36)	Citrus Heights, CA		
	Charlie Hansen (39)	Lafayette, CA	1:46.07	1992
	Average Winning Time		1:59.37	
40-44	James Montagne (40)	Boca Raton, FL		
	Jim Manchester (41)	Plantation, FL	1:48.16.69	1988
	Average Winning Time		2:09.30	
45-49	Mark W. Lyon (48)	San Rafael, CA		
	Hugh Owen Winn (49)	San Anselmo, CA	1:53.39.67	1991
	Average Winning Time		2:13.28	
50-54	Bill Mulliken (50)	Chicago, IL		
	Sam Kooistra (55)	Chicago, IL	2:04.28	1990
	Average Winning Time		2:25.22	
55-59	Forrest Sullivan (59)	Virginia Beach, VA		
	Francis Hall (62)	Virginia Beach, VA	2:26.40.95	1988
	Average Winning Time		2:26.53	
60-64	Forest Sullivan (63)	Virginia Beach, VA		
	Francis Hall (66)	Virginia Beach, VA	2:30.28	1991
	Average Winning Time		2:39.34	
65-69	Frank Piemme (66)	Lompoc, CA		
	Jurgen Schmidt (68)	Lompoc, CA	2:27.12.14	1991
	Average Winning Time		3:28.28	
70-74	George W. Etsell (70)	Anchorage, AK		1993
	George E. Hale (76)	Anchorage, AK	3:59.35	
	Average Winning Time			
75-79	John Burnside (79)	Palos Verdes Estates, CA		
	Alfred Guth (80)	San Pedro, CA	4:00.28	1989
	Average Winning Time		4:15.26.50	
80-89	Leonard Chapin (80)	Long Beach, CA		
	Alfred Guth (80)	San Pedro, CA	4:04.00	1988
	Average Winning Time		4:13.30.14	

Women's Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	Stephanie Rosenthal (18)	Boca Raton, FL		
	S. Carlisle-Sellani (27)	Boca Raton, FL	2:16.30.80	1990
	Average Winning Time		2:32.36	
20-24	Mary Ruckstuhl (21)	Boca Raton, FL		
	Jamie Herrington (24)	Hollywood, FL	2:03.11	1990
	Average Winning Time		2:26.56	
25-29	Wendy Pratt (29)	Davis, CA		
	Nancy Corstorphine (29)	Davis, CA	1:57.27.18	1990
	Average Winning Time		2:19.38	
30-34	Suzanne Heim (33)	San Rafael, CA		
	Sharon Salzman (33)	Sausalito, CA	1:53.55	1991
	Average Winning Time		2:14.03	
35-39	Karen L. Farnsworth (37)	New York, NY		
	Patti Robison (37)	New York, NY	2:07.29	1993
	Average Winning Time		2:42.51	

Woman's Teams (cont')

Age Group	Name (Age)	City, State	Total Time	Year
40-44	Celeste Miller (42)	Incline Village, NV		
	Sally Ann Dillon (46)	Truckee, CA	2:13.45.60	1992
	Average Winning Time		2:43.33	
45-49	Betsy Durrant (45)	Virginia Beach, VA		
	Judy Decker (45)	Virginia Beach, VA	2:27.27	1987
	Average Winning Time		2:41.46	
50-54	Judy Decker (51)	Virginia Beach, VA		
	Betsy Durrant (52)	Virginia Beach, VA	2:26.00	1993
	Average Winning Time		3:24.45	
55-59	Johnnie Detrick (57)	Midlothain, VA		
	Ann Berquist (60)	Ordinary, VA	2:49.36	1993
	Average Winning Time		3:00.35	
60-64	Malchia Olshan (61)	Ojai, CA		
	Grace Altus (68)	Santa Barbara, CA	3:07.05.88	1992
	Average Winning Time		3:50.25	

Mixed Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	Melissa Fransen (14)	Oakton, VA		
	Tim Wood (18)	Great Falls, VA	2:00.25.70	1993
	Average Winning Time		2:24.04	
20-24	Franko Scanlan (20)	Coral Springs, FL		
	Anita Allen (39)	Coral Springs, FL	2:11.23	1993
	Average Winning Time		2:29.13	
25-29	Beth Gardner (28)	Charlottesville, VA		
	Scott Robinson (28)	Eugene, OR	1:46.46.15	1993
	Average Winning Time		2:00.28	
30-34	Steve Breiter (34)	Citrus Heights, CA		
	Carol Lee-Heltzel (35)	Citrus Heights, CA	1:48.17.62	1990
	Average Winning Time		2:14.46	
35-39	Sandy MacDonald (35)	Sacramento, CA		
	Gayle Benty (39)	Elverta, CA	1:48.01.73	1991
	Average Winning Time		2:12.06	
40-44	Shirley Loftus (40)	Afton, VA		
	John Shrum (43)	Charlottesville, VA	1:54.57.37	1992
	Average Winning Time		2:12.21	
45-49	Richard Burns (48)	San Anselmo, CA		
	Nancy Ridout (49)	Novato, CA	2:02.02.40	1991
	Average Winning Time		2:42.09	
50-54	Susan Munn (52)	Davis, CA		
	E. L. Fitzhugh (52)	Dixon, CA	2:20.00	1991
	Average Winning Time		2:56.25	
55-59	David W. Lamott (55)	San Diego, CA		
	Adrienne S. Pipes (56)	San Diego, CA	2:58.12.22	1990
	Average Winning Time		3:02.42	
60-64	Eric Youngquist (60)	Nashville, TN		
	Mary Lee Watson (66)	Nashville, TN	2:37.15	1988
	Average Winning Time		3:12.35	
65-69	Babs Carter (65)	Hampton, VA		
	Calvin Barnes (65)	Hampton, VA	3:11.34	1989
	Average Winning Time		3:32.59	
75-79	Kay Schimpf (75)	Clearwater, FL		
	John D. Johnston (76)	St. Petersburg, FL	3:32.50	1992
	Average Winning Time		3:32.50	

PLACES TO SWIM ACROSS VIRGINIA

BLACKSBURG

Contact: Lucille Griffin
(703)552-5943

CHARLOTTESVILLE

Smith Pool

M-Th: 7:30-9PM
Contact: Craig C. Clift
(804)293-6657

CHESTER

Chester Family YMCA
3011 W. Hundred Road
Contact: Jay Crawford
(804)748-9622

HARRISONBURG

Contact: Susan Lees Arnold
(703)434-6224

LYNCHBURG

Lynchburg YMCA
Contact: Jim McFarland
(703)384-1556

NORFOLK

Fleet Rec. Park
Hampton Blvd.
Daily: 12-1PM

NORTHERN VIRGINIA

Chin Aquatic Center
M-Th: 8:30-9:30PM
Sat: 7-8AM

Dale City Recreation Center

Sun: 8-9:30AM
Contact: Harry DeLong
(703)368-0309

RICHMOND

Riverside Wellness & Fitness
Center/Briarwood
Robious Rd., Midlothian
M-F: 6-7AM
M-Th: 7-8:15PM
Sat: 8-9AM
Sun: 4-5PM
Contact: Jim Miller
(804)320-3999

(RICHMOND cont'd)

Tuckahoe Branch YMCA
Patterson Avenue
Contact: Mark Woodard
(804)740-9622

ROANOKE

Lancetot Fitness Center
1111 Vineyard Rd., Vinton
T & Th: 7-8PM
Sat: 10-11AM
Contact: Howard Butts
(703)992-1736 (home)
(703)981-0205 (work)

Gator Aquatic Center

1130 Overland Rd., Roanoke
M & W: 7:30-9:30PM
T & Th: 6-7AM
Sat: 7-9AM
Sun: 6-8PM
Contact: Kathy Shober
(703)982-7665

STAFFORD

Fitness University
Aquia Towne Center, Route 1
MWTh: 8:30-9:30PM
Contact: Lou-Ann Hadlock
(703)659-6737

VIRGINIA BEACH

Virginia Beach YMCA
MWF: 6:30-7:30PM
Sat: 8-9AM
Contact: Mike McGee
(804)427-3947

WILLIAMSBURG

James City Co. Rec. Center
Loughill Road, Williamsburg
M-F: 6-7AM (coach)
MWF: 6-7PM (no coach)
Contact: Elaine S. McBeth
(804)220-4700

*Please let the editors know if
your pool is not listed in this
monthly column.*

Team News

Editor's Note: This column will feature news items from the various Masters Swim Teams in the IMSC. If you would like your team news printed in this space, please send your information to the Editor. Thank you.

VMST....

A Note from the President (Beth Waters)

It's amazing - short course season is almost over! Many VMST swimmers are making their final technique and swimming strategy changes before Nationals. Best Wishes, Fast Swims, and Fun Times to all of you attending short course Nationals in Tempe, AZ. We can't wait to hear all the stories from the meet!!!

New VMST Members - WELCOME!!!

Cassie Callender (Buckhannon, WV)
Clark Campbell (Buckhannon, WV)
Bep Creemers (Lynchburg, VA)
Shirl Hall, Jr. (Richmond, VA)
Artie Levin (Roanoke, VA)
Edward Nanartowich (Norfolk, VA)
Linda Poston (Fredericksburg, VA)
Scott Skeate (Dumfries, VA)
Kim Trader (Manassas, VA)

Fitness Challenge Results - VMST Swimmers

Congratulations to all VMST swimmers who participated in the February Fitness Challenge! Out of 832 entrants, here's how VMST measured up...

Gennard Lanzara [35] - 7th; 276,650 yds.
Laura Healy [34] - 36th; 165,790 yds.
Gary Hild [35] - 77th; 124,400 yds.
John Shrum [45] - 120th; 102,400 yds.
Mark Woodard [27] - 136th; 98,130 yds.
Jim Miller [43] - 154th; 93,280 yds.
Johnnie Detrick [58] - 352nd; 55,725 yds.
Manny Klammer [43] - 366th; 54,600 yds.
Linda McCowan [44] - 387th; 52,705 yds.
Shirley Loftus [42] - 404th; 50,800 yds.
David Finn [49] - 423rd; 48,850 yds.
Forrest Sullivan [64] - 471st; 43,605 yds.
J. Carr Dorman [64] - 473rd; 43,280 yds.
Ashby Moncure [28] - 494th; 40,480 yds.
Betsy Durrant [52] - 575th; 33,450 yds.
Marie Kelleher [81] - 658th; 26,525 yds.
Elizabeth Wolenberg [73] - 730th; 21,120 yds.
Diane Kent [41] - 737th; 20,350 yds.
Rhea Wilkins [53] - 744th; 19,411 yds. ■

NEWSLETTER ADS....Want a great way to increase your company's business? Why not place an ad in upcoming issues of the newsletters! To place an ad, contact the editors.

Ad size	Single Issue Rate	4-Issue Rate
Business Card	\$10	\$30
1/4 Page	\$25	\$75
1/2 Page	\$50	\$150
Full Page	\$100	\$300


NATIONAL MASTERS 2-MILE

Cable Swim - Quarter-mile Straightaway

**CHRIS GREENE LAKE -
CHARLOTTESVILLE, VIRGINIA
SATURDAY, JULY 9, 1994**

Sponsored By:
Virginia Masters Swim Team
"Sanctioned / Approved by LMSC for Virginia
for USMS, Inc."

LMSC for Virginia
535 Biltmore Drive
Virginia Beach, Virginia 23454
Sanction No. 124-0004

EVENT: The first heat will be swum counter clockwise and will start at 9 a.m. Check-in for the first heat will close promptly at 8:45. The second heat will be required to check in by 10:45 for an anticipated start immediately upon completion of the first heat. The second heat will be swum  clockwise.

For safety reasons, swimmers who cannot complete the 2 miles in 2 hrs. are advised not to enter. Swimmers still on course after 2 hrs. will be stopped. From the standpoint of results, these swimmers will be indicated as not having completed the swim.

INDIVIDUAL AGE GROUPS: 19-24, 25-29, 30-34, and so on, in five year increments as high as necessary for both men and women.

TEAMS: Men's, women's and mixed sex teams will be permitted. Age groups will be 19+, 25+, 35+, and so on, in ten year increments as high as necessary. The age of the youngest team member shall determine the age group.

TEAM EVENT: A team shall consist of 3 swimmers. All team members must be registered as individual entrants and registered with the same Masters-affiliated club; i.e. Virginia Masters, Triad Masters, etc. Team Entries must be submitted on a 3 x 5 card providing the

information as shown on the "sample" card on the back of this form.

AWARDS: Medals will be awarded to the top 3 individual finishers and to the 1st, 2nd and 3rd place teams in each age group. National Masters Championship patches to all individual first place finishers.

ENTRY FEES: Payable to Virginia Masters. Individual: \$10 per individual. Team: \$15 per team. Team members must also register as individual entrants. Late and deck entries will not be accepted. "No Time" entries will be seeded last in appropriate heat.

REGISTRATION: All swimmers must be registered with their Local Masters Swim Committee (LMSC). Entrants must include a photo copy of their 1994 USMS registration card with their entry form. Entries received without a copy of their 1994 card will be returned. Please do not show up at Chris Greene Lake planning to register or enter. Advance entry and registration are required to swim.

ENTRIES: Official form, entry fees, and 3x5 card for team entries must be received no later than July 1, 1994. If you wish to purchase a commemorative T-shirt, your entry and prepaid shirt order must be received no later

than June 20, 1994. Shirt orders will not be accepted after that date. **Send entries to:** Abbie McGee 1160 Warner Hall Drive, Virginia Beach, VA 23454, (804) 427-3947. Please no calls after 7 p.m.

ENTRANCE TO LAKE: Swimmers and meet workers will be admitted free. For all others, Chris Greene Lake requires the following entrance fees prior to admittance: Albemarle County residents: adults, \$2; children (4-12), \$1. Non-residents: adults, \$3; children (4-12), \$2.

SOCIAL: Fresh fruit and snacks, along with beer and soft drinks, will be provided immediately following the meet. Tickets at \$3 per individual must be purchased at the time the entry form is submitted.

T-SHIRTS: National Masters 2-Mile T-shirts will be available only on a pre-order and pre-payment basis. T-shirts are 2 color, 100% cotton. Price of a shirt is \$10, and payment must accompany your entry. Check the adult size on the entry blank. T-shirt orders will not be accepted after June 20, 1994.

FOR FURTHER INFORMATION:
LINDA MCCOWAN
13613 PRINCE WILLIAM DR.
MIDLOTHIAN, VA 23113
(804) 379-2537



DIRECTIONS TO CHRIS GREENE LAKE: From Washington, D.C., take Rt. 29 toward Charlottesville, Va. Approximately 6.3 miles north of Rt. 29, Charlottesville Bypass, turn right onto Airport Rd. (Rt. 649). Go one mile toward airport. Turn right onto Rt. 606 for 1.2 miles. Turn left through gate & follow the road to the lake.

From I-64 East, take 4th Charlottesville exit, U.S. 29 North Bypass, to U.S. 29 North. Follow U.S. 29 North to Airport Rd.. (Rt. 649).

From I-64 West, take 1st Charlottesville exit, U.S. 29 North Bypass, to U.S. 29 North. Follow U.S. 29 North to Airport Rd. (Rt. 649).

ACCOMMODATIONS: The Sheraton Inn on Rt. 29 North has reserved a limited number of rooms and is offering a group rate of \$55 to competitors for Friday, July 8. This is a substantial discount from their regular rate, and the Sheraton is conveniently located to Chris Greene Lake. If you are interested in taking advantage of this opportunity, you must make your reservation by Wednesday, June 8 under the identity of Virginia Masters Swim Team in order to be eligible for the group rate. Rooms are available on a first-come, first-serve basis. The address and phone number for the Sheraton Inn - Charlottesville are as follows: 2350 Seminole Trail • Charlottesville, VA 22901 • (804) 973-2121

Type of Team _____ (Men, Women or Mixed)	Age Group _____ USMS Club _____	
Team Member's Names:	Age:	Sex:
1.		
TEAM ENTRY TO BE SUBMITTED ON 3 X 5 CARD		
providing information as shown		
2.		
3.		

Men's, women's, mixed teams in age groups 19+, 25+, 35+, and so on in ten year increments.

The age of the youngest team member determines the age group.

NATIONAL MASTERS 2-MILES ENTRY FORM

July 9, 1994

Chris Greene Lake, Charlottesville, VA

PLACE COPY OF CURRENT USMS CARD HERE				
Name _____				
Street _____				
City _____		State _____	Zip Code _____	
Sex _____	Age _____	Birth Date _____	Club Name _____	
USMS Number _____			LMSC _____	
Home Phone # _____		Work Phone # _____		

HEAT # (Circle one)	HEAT DESCRIPTION	1650 YD TIME (Indicate Below)
1	Counterclockwise (Left-side breathers)	:
2	Clockwise (Right-side breathers)	:

Heat 1: Starts 9:00 a.m./Check-in by 8:45 a.m.

Heat 2: Starts 11:00 a.m./Check-in by 10:45 a.m.

Entry Fees:

\$10 Per Individual \$ 10.00

\$15 per team \$ _____

After-Meet Social:

\$3 per person X _____ \$ _____

T-shirt:

\$10 each X _____ \$ _____

Indicate size (s):

M _____ L _____ XL _____

Total Payment Enclosed

\$ _____

MAIL ENTRY & FEES TO:
Abbie McGee
1160 Warner Hall Drive
Virginia Beach, VA 23454

T-shirt orders must be received by June 20, 1994

Due by July 1, 1994
Payable to Virginia Masters

ENTRY CONFIRMATION:

Enclose self-addressed, stamped envelope or postcard.

DO NOT STAPLE PAYMENT TO ENTRY FORM

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 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." In addition I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Date _____

Signature _____



11TH Annual JACK KING 1-MILE OCEAN SWIM

**SUNDAY, JUNE 19, 1994
VIRGINIA BEACH, VIRGINIA**

HOST: Virginia Masters Swim Team, Inc.

SANCTIONED BY: Local Masters Swim Committee for Virginia (LMSC for VA) for USMS, Inc.
Sanction #124-006.

SPONSOR: This event is sponsored by Vandeventer, Black, Meredith & Martin to honor the memory of Jack King, former partner and friend. The net proceeds from this event will benefit the Virginia Beach YMCA, where Jack served as a director and legal counsel.

MEET DIRECTORS: Forrest Sullivan and Betsy Durrant

LOCATION: Check-in at the park at 24th Street, between Atlantic Avenue and the boardwalk.

DIRECTIONS: Take the Virginia Beach/Norfolk Expressway (Rt 44) from I-64. There is a 25 cent toll. When the toll road ends, you are on 21st Street. Stay on 21st Street until it dead ends into Atlantic Avenue. Turn left. Check-in is at the park on 24th Street, between Atlantic Avenue and the boardwalk.

PARKING: All parking on Atlantic Avenue and Pacific Avenue is controlled by meters with a 2 hour limit (75 cents per hour). There is a city parking lot at 19th Street and Pacific and a new lot opening at 25th Street and Pacific Avenue (1 block north and 1 block west of start/check-in. The charge is \$5 for the whole day. The lot may be unattended when you arrive, but the attendant will be there to collect when you leave.

COURSE: There will be an in the water start at 24th Street. The swim is parallel to the beach, with the current, in a northerly direction. The finish is on the beach at 38th Street (Howard Johnson Hotel). Buoys mark the start and finish. Any changes and detailed directions, with landmarks, will be available at the check-in.

DATE/TIME: Sunday, June 19, 1994. Check-in will be from 8:45-9:30 am. The race starts at 10 am.

ELIGIBILITY: All swimmers must be 19 years old or older and registered with USMS to participate. *All swimmers must enclose a copy of their USMS registration card with their entry.* USMS registration applications are available at the Virginia Beach YMCA and from Betsy Durrant, 211-66th Street, Virginia Beach, VA 23451. Registration for 1994 is \$21. One-event registration is available for \$15.
ENTRY FEE: \$11.00 for entries received by June 11, 1994 (includes a t-shirt). \$15.00 for late and race day entries (does not include a t-shirt). T-shirts will be on sale the day of the race for \$7.00 while they last.

ENTRY DEADLINE: June 12, 1994, for pre-entries (\$11). 9:00 am on June 19 for race day entries (\$15). Entries must close at 9:00 and all paper work completed by 9:15 in order to prepare for the start. Absolutely no entries will be accepted after 9:00 on race day!

GENERAL INFORMATION: (1) Swim caps will be provided for all entrants. These caps must be worn by all who participate. (2) Rest rooms are available at 24th Street. (3) Water temperature will be 72 degrees or less. (4) Wetsuits are not permitted. (5) Cancellation due to weather is always possible. No refunds. (6) A truck will be available to take swimmers' bags to the finish line.

AWARDS AND SOCIAL: Medals will be given for 1st-3rd and VMST ribbons for 4th-6th in each age group. The standard Masters age groups will be used (19-24, 25-29, 30-34, etc). Awards will be presented at the social, immediately after the finish of the last swimmer. Family and friends of all swimmers are invited to the social.

HOTEL ACCOMMODATIONS: Howard Johnson Hotel (3705 Atlantic Ave, Virginia Beach, VA 23451, 804-428-7220 is offering special rates on a limited number of rooms (\$65). You must call by May 18 and identify yourself as involved in the Virginia Masters Swim Team event.

RELEASE: The following waiver must be signed and in the hands of the meet director before a swimmer may compete.

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 DAMAGE 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. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature: _____ **Date:** _____

Name: _____ **Sex:** ____ M ____ F

Address: _____

City: _____ **State:** _____ **Zip:** _____

Date of Birth: _____ **Age (on 6/19/94):** _____

USMS #: _____ **Phone:** _____

ENTRY FEE: \$11 ADVANCE REGISTRATION / \$15 LATE OR RACE DAY ENTRY: \$ _____

T-SHIRT: Circle one (ADVANCE REGISTRATIONS ONLY!): Large or X-Large

ENCLOSE A COPY OF YOUR USMS REGISTRATION CARD.

Make check payable to VMST. Entries must be received by June 11, 1994. Mail RELEASE, copy of your USMS CARD, and CHECK to:

Betsy Durrant
211 66th Street
Virginia Beach, VA 23451

804-422-6811
No calls after 9:30 pm, please.

LMSC Officers

Chair: Forrest Sullivan
1752 N. Woodhouse Rd., Virginia Beach,
VA 23454, (804) 481-1998

Registrar: Betsy Durrant
211 66th St., Virginia Beach, VA 23451
(804) 422-6811

Meet Sanctions: Judy Decker
535 Biltmore Dr., Virginia Beach, VA
23454, (804) 340-7475

Secretary: Linda McCowan
13613 Prince William Dr., Midlothian, VA
23113, (804) 379-2537

Treasurer/Top Ten: Carl Russ
2442 Starfish Rd., Virginia Beach, VA
23451, (804) 496-9177

Fitness Committee: Rhea Wilkins
1607 Darrell Dr., Midlothian, VA 23113,
(804) 794-3659

Newsletter Editors: Ken Mills
2209 Albion Rd., Midlothian, VA 23113,
(804) 379-3104; and Heather Stevenson
10 Bostwick Lane, Richmond, VA 23226,
(804) 282-1573

Mail Order Swim Products

Finals 1-800-431-9111
Kast-A-Way 1-800-543-2763
Fast Lane 1-800-242-2616
Sportswide 1-800-631-9684
World Wide Aquatics 1-800-726-1530
Metro Swim Shop 1-800-258-0161

Top Ten...

The 1993 LMSC for Virginia Long Course Top Ten* are as follows (places are provided in parentheses):

Maria Velikonja [35-39]: 100 free(2), 200 free(3), 50 fly(1), 100 fly(1), 200 fly(2)

Betsy Durrant [50-54]: 200 free(10), 50 back(6), 100 back(7), 50 breast(5), 100 breast(5), 200 breast(3)

Judy Decker [50-54]: 400 free(10), 50 back(7), 100 back(8), 200 back(7), 50 breast(7), 100 breast(8), 200 breast(5), 200 IM(8), 400 IM(6)

Johnnie Detrick [55-59]: 50 free(2), 100 breast(4)

Lucille Griffin [55-59]: 100 back(3), 200 back(5), 100 fly(1), 200 fly(4), 400 IM(5)

Marie Kelleher [80-84]: 50 free(2), 100 free(2), 200 free(2), 200 back(3), 50 fly(1)

James Wolfe [25-29]: 100 back(9), 200 back(6), 100 fly(10), 200 fly(5)

John Lowe [30-34]: 400 free(8), 800 free(7)

William Irwin [65-69]: 50 free(4), 100 free(7), 200 free(6), 50 fly(5), 100 fly(4)

VMST Women's 200-239 Relay [Decker, Durrant, Griffin, Miller]: 200 free relay(2), 200 medley relay(2)

VMST Men's 200-239 Relay [Wilmore, Irwin, McCowan, Miller]: 200 free relay(9)

VMST Mixed 120-159 Relay [Wolfe, Chappell, Velikonja, Miller]: 200 medley relay(8)

VMST Mixed 200-239 Relay [Wilmore, Decker, McCowan, Durrant]: 200 free relay(7)

VMST Mixed 240-279 Relay [Durrant, Wilmore, Irwin, Wolenberg]: 200 medley relay(10)

* Note: Top Ten results do not include the Richmond or Roanoke long course meets.

If Undeliverable Return to:
Heather Stevenson
10 Bostwick Lane
Richmond, VA 23226

Bulk Rate
U.S. Postage
PAID
Permit No. 2104
Midlothian, VA

Deadlines for June VMST Newsletter:
Articles authors wish to proof: May 8, 1994
All other articles: May 15, 1994
Newsletter printing: May 25 - 27, 1994
Newsletter mailing: May 31, 1994
Receipt of newsletter: June 1 - 12, 1994

STEVENSON, HEATHER N
10 BOSTWICK LN
RICHMOND, VA 23226