



LMSC for VA Newsletter

Masters Swimmers: "The Uncommonwealth of Virginia"

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August 15, 1994/Volume XII/Number 3

Floatable Notables... "Fit to be Tired"

Fifth in a Series by Alice W. M. Phillips, M.Ed

Fatigue...we've all felt it. That large spectrum of weariness somewhere between ants in your pants and sludge for blood. Not surprisingly, fatigue is the second most common complaint that doctors hear, and for most of the workforce it is a primary symptom of overstress. Fatigue and its resultant sleepiness cause at least 10% of all automobile accidents. Even though almost one third of our lives is spent sleeping, many people cannot recall the last time they weren't tired. Ironically, more than 20% of Americans have trouble sleeping almost every night. Physical and mental fatigue is thus exponentially multiplied.

How did this cycle of tiredness evolve? Is life harder? Are we trying to squeeze more and more out of every second? It would seem so. During the eighteenth and nineteenth centuries (i.e., prior to the light bulb, Letterman, lower long distance telephone rates, 24-hour Walgreens, and other excuses to stay up), Americans lived a more circadian life led by the sun, sleeping an average of nine and a half hours a night. According to a recent issue of Health, the current average is seven hours a night, down from seven and a half hours in the 1950s.

The average doesn't really tell the whole story though, because people naturally have varying sleep habits. Some people have never pulled an "all-nighter" because they honestly cannot (you wusses); some

can pull an all-nighter but need those 10-15 minute naps each day (meow, meow); others prefer not to take naps because it interrupts their deep, luxurious ten hour slumber at night (move over Rip van Winkle); still others love to wake with the sun, even after a short night's rest (cock-a-doodle-do), much to the dismay of their late rising spouses (boo, who, who?). The key is to identify your true natural needs and try to stick to them, despite societal influences. Reflect on the history of your slumbering habits—what do you do when you're on vacation, or when your not stressed? How did you sleep as a child and as a teen? Whether you determine that you need ten hours a night or only five, here are a few guidelines to help the bag-eyed and bushwhacked among you.

- Do try to maintain a regular bed time and rising time. The body will adopt a regular rhythm as long as it's not too unreasonable given your natural needs. Try not to challenge this rhythm too much even on weekends or after a short night's sleep. The more the habit is challenged, the harder it is to maintain.

- Do nothing in bed except sleep (well, you know what I mean—don't eat, read, or watch TV, etc.) Reserve that space for sleep so that slumber is its main significance for you. When sleep and bed are more synonymous in your mind, you may find it easier to unwind and sleep on particularly stressful nights.

- Do keep swimming and exercising; a well-established fitness habit promotes sound sleep. However, several sources indicate that vigorous exercise late in the day inhibits sleep.

- Try earplugs or dark curtains if you are very sensitive to light/sound and seem to wake up easily.

- Avoid caffeinated drinks after dinner and avoid heavy late meals and alcohol. The latter two often seem to make you sleepy but in fact they rob the body of high quality sleep.

- Avoid napping unless you find that it does not keep you up at night. Some people can take "power naps" during the day and still stick with their same sleep schedule; others are disrupted by even the smallest siestas during the day.

- If you can't sleep on a particular night after twenty minutes or so, get out of bed and read your old high school physics text (i.e., something boring). Prior to turning in, you may find that a relaxing ritual like reading a book, taking a bath or listening to a certain piece of music may help you unwind and sleep easily.

- If work, family or other worries are keeping you up, try to deal with those things before getting into bed. Spend ten minutes confronting your worries, maybe even writing them down and brainstorming solutions. Then purposefully put those concerns away and take time to take care of yourself with a good night's rest. **Sweet dreams!!!**

Upcoming Events for Virginia Swimmers

Mark Your Calendars....

- ★ August 2: DC MASTERS EAST COAST CHAMPIONSHIPS. Contact John Calvert (301) 915-6462.
- ★ August 7: DC MASTERS BEST OF TWO LONG COURSE MEET, Prince Georges County County Community College. Contact John Calvert (301) 951-6462 or Ed West (202) 775-1545.
- ★ August 13 - 14: DIXIE ZONE LONG COURSE MEET, Atlanta GA. Contact Lisa Watson, 804 Howell Court, Duluth GA 30136, (404) 497-1901.
- ★ August 25 - 28: USMS LONG COURSE NATIONAL CHAMPIONSHIP, Buffalo NY.
- ★ September 26 - October 8: WORLD MASTERS GAMES, Brisbane, Australia. Deadline for entries was July 15, 1994.
- ★ October 8 - 9: DC AQUATICS CLUB COLUMBUS DAY CLASSIC. Contact Dean Dellbertis, 1500A Kingman Place NW, Washington DC 20005, (202) 667-8855.
- ★ November 5: FALL MEET - NORFOLK ACADEMY, Virginia Beach, VA. Contact Betsy Durrant (804) 422-6811.
- ★ November 20: UPPER MONTGOMERY CITY YMCA TURKEY CLASSIC. Contact Linda Burkholder, 18802 McFarlin Drive, Germantown MD 20874, (301) 540-0158.
- ★ May 18 - 21, 1995: USMS SHORT COURSE NATIONAL CHAMPIONSHIP, Fort Lauderdale FL.

Camps and Clinics

- ★ Ongoing: TOTAL IMMERSION ADULT SWIM CAMPS, various locations. 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.
- ★ September 7: MASTERS COACHING SCHOOL, Washington DC. Contact ASCA, 301 SE 20th Street, Fort Lauderdale FL 33316, (800) 356-2722.
- ★ September 11: MASTERS SWIMMER'S CLINIC, Washington DC. Contact ASCA, 301 SE 20th Street, Fort Lauderdale FL 33316, (800) 356-2722.

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!!!

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

Lancerlot 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
Longhill 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.*

Workout of the Month

(distances in yards)

Warm-up	EZ 500 - use 2 strokes
Swim	8 X 50 free on :50 6 X 150 free on 2:10 breathe 3,4,5 by 50
Kick	10 X 100 on 2:15 alternate choice and free
Swim	4 X 125 on 1:50 (95% effort) best stroke - no free 4 X 50 with 10 sec rest worst stroke - for technique
Sprint	10 X 25 on :30
Swim	Warm down EZ 200 free

Participate in "Awards Across America"

The Dixie Zone of USMS has established a program called "Awards Across America" to recycle unused and unwanted awards to agencies and groups that represent the disabled and underprivileged. You can help in many ways.

■ Do you have a box full of awards that continues to collect dust? If you've been a meet director, do you have any leftover awards you need to put to good use? Although medals are preferred, any type of award can be passed on to our special organizations.

■ Are you aware of any agencies or groups that might be able to benefit from this program? Examples of potential recipients are local Special Olympic groups, nursing homes, Boys Clubs, Big Brother/Big Sister programs, and inner-city programs. Could you pass along a contact name and address for these organizations?

Thank you for reaching outside Masters swimming to help those in dire need of a little recognition. If you can be of assistance, please mail your awards or information to: Awards Across America, c/o Scott Rabalais, Dixie Zone, 950 S. Foster Drive, #29, Baton Rouge, LA 70806, (504) 928-5596.

USMS NATIONAL CHAMPIONSHIP 2-MILE CABLE SWIM
JULY 9, 1994

CHARLOTTESVILLE, VA
SANCTION #124-0004
RACE DIRECTOR: LINDA MCCOMAN, 379-2537



MEN 19-24

1 DERKS, CHRIS UNAT	24	:47:48.21
2 STOTT, DAVID VNST	20	:51:28.85
3 MERRILL, STEVEN UNAT	24	:58:19.73

MEN 25-29

1 RODDIN, JEFFREY ANCH	25	:44:16.94
2 WOODARD, MARK VNST	27	:44:59.56
3 STELLE, GREG JAM	27	:46:21.42
4 HOLLAND, DAVE VNST	26	:50:06.20
5 IRONS, ROB RAM	27	:55:03.76
6 McDONALD, SCOTT UNAT	28	:59:13.45

MEN 30-34

1 COLLINS, RON JAM	32	:47:47.00
2 ANSLER, JOHN BAC	34	:49:35.80
3 MCCONNELL, MIC VNST	32	:49:47.88
4 COOK, MICHAEL VNST	31	:49:52.54
5 BENSON, BILL UNAT	32	:53:16.05
6 LANDERS, RICH UNAT	30	:54:27.88
7 BROUDY, MITCH UNAT	32	:58:21.58
8 JOHNSON, FREDERICK OCM	34	:59:07.71
9 CHAMPNEY, DUNCAN RMST	31	1:00:27.55
10 JONES, DAVID UNAT	33	1:01:39.91
11 MITCHELL, ALVIN UNAT	30	1:03:16.32
12 McLAUGHLIN, JAY VNST	32	1:11:29.46

MEN 35-39

1 PICK, DANIEL JCM	38	:44:58.05
2 WISE, PAUL JAM	38	:45:16.46
3 MCFARLAND, JAMES VNST	36	:46:58.13
4 HILD, GARY VNST	35	:48:54.70
5 RYAN, PATRICK VNST	35	:49:37.28
6 MCFEETERS, JIM UNAT	36	:50:17.47
7 PARKER III, EVAN UNAT	38	:52:08.81
8 CASTLE, MICHAEL JAM	39	:52:15.19
9 RUDIN, ANDREW UNAT	36	1:00:47.91
10 DONNELLY, BERNARD VNST	38	1:03:00.79
11 BRAIMAN, MARK VNST	37	1:03:39.95
12 BROWN, JIM UNAT	36	1:03:54.85
13 WHITE, BRINSON UNAT	39	1:05:14.90
14 CAMPESTI, CRAIG NVNS	39	1:05:27.86
15 BERNSTEIN, JOHN BAC	35	1:06:17.07
16 OIGGS, WILLIAM 1776	38	1:06:17.70

MEN 40-44

1 LAZZARO, ROBERT TERR	44	:50:23.13
2 EDWARDS, GRAY VNST	40	:55:23.92
3 BURLOVICH, MICHAEL NVNS	44	1:08:51.70
4 COMAT, RALEIGH VNST	42	1:10:20.54
5 SORRELL, CHARLES VNST	41	1:15:44.19

MEN 45-49

1 HARRISON, LONNY OCM	45	:45:03.32
2 GONZALEZ, JORGE GOLD	45	:46:49.70
3 SKRUM, JOHN VNST	45	:47:12.47

4 MCCOMAN, EDWIN VNST	46	:53:42.52
5 POST, JOHN VNST	46	:55:56.14
6 HOGAN, STEPHEN OCM	45	:56:23.25
7 MCGRAIN, PETER RAM	49	:57:52.19
8 HAGEE, RON VNST	47	1:01:03.54
9 MEVERKA, RICHARD NVNS	46	1:01:48.41
10 MILLER, ERIC VNST	47	1:04:11.27
11 YATES, EDWARD UNAT	45	1:04:18.09
12 AITCHESON, BOB VNST	47	1:05:32.62
13 SLAUGH, JAMES VNST	49	1:06:04.31
14 SNOWHITE, LARRY RMST	47	1:07:45.35
15 JOSEPH, RALPH UNAT	47	1:07:52.41
16 BLACKFORD, DOUG RMH	47	1:22:01.25

MEN 50-54

1 WILLIAMS III, ROBERT SDSH	52	:47:15.43
2 STOTT, MIKE VNST	51	:56:28.18
3 KLAFFKY, ROGER BHP	50	:59:34.21
4 DELONG, HARRY NVNS	50	1:01:47.70
6 TREANOR, WILLIAM UNAT	51	1:03:53.43
6 MOTLAN, ED NVNS	51	1:05:39.58
7 STARKEY, ROBERT VNST	50	1:06:37.47

MEN 55-59

1 PRICE, KENT LAM	56	:49:35.30
2 BETTIS, LEE OCM	56	:55:04.45
3 SMITH III, ARTHUR OCM	55	:59:22.38
4 CUMMINGS, WILLIAM OCM	55	1:00:25.44
5 WILMORE, CHUCK VNST	59	1:03:36.91
6 WALTER, DONALD OCM	59	1:06:37.19
7 CUMMINGS, ROBERT VNST	56	1:09:07.57
8 GRAY, JAMES OCM	58	1:11:02.37

MEN 60-64

1 LEBORGEOIS, CHARLESS RAM	60	:49:40.76
2 RUNGERFORD, BARNEY 1776	61	:56:35.60

MEN 65-69

1 ALLEVA, JOHN UNAT	66	:58:13.62
2 FROELICKER, FRED UNAT	66	1:11:11.39

MEN 70-74

1 BARNES, CALVIN VNST	70	1:06:44.43
2 HARRIS, CHARLES VNST	74	1:10:28.79

WOMEN 19-24

1 POPLANSKI, KATRINA OCM	22	:45:05.76
2 MEYER, PATRICIA UNAT	20	:47:25.48
3 KILFRICH, HOLLY UNAT	23	:56:22.07
4 BYRNE, SUSAN NVNS	20	1:08:19.95
5 MOTLAN, KARA NVNS	21	1:14:30.72

WOMEN 25-29

1 DEAN, MOLLY VNST	28	:46:38.42
2 GARDNER, BETH VNST	29	:46:47.43
3 BUSCAGLIA, CATCE VNST	29	:50:19.02
4 HISENICK, KRISTEN NVNS	26	:50:20.30
5 CIALDELLA, LORNA UNAT	29	:53:03.12
6 MALONE, CATHEEN NVNS	28	:53:36.17

7 LEE, DONNA TERR	29	:54:35.09
8 WAYLAND, ELIZABETH VNST	26	:56:03.95
9 KESS, MARY ANCH	28	:56:34.31
10 SCHEIDER, JOANN UNAT	28	:57:33.33
11 ALLEVA, DIANE UNAT	29	:57:49.44
12 KEIRIGS, LISA VNST	28	1:00:36.07
13 CALLAHAN, ELIZABETH RMSC	28	1:08:25.67
14 GALLAGHER, CLAIRE FXCH	29	1:12:12.57
15 FINER, EILEEN UNAT	28	1:15:14.37

WOMEN 30-34

1 WARE, DENISE OCM	32	:45:37.28
2 IRONS, ANITA RAM	30	:46:24.83
3 REISDOFFER, TRISH UNAT	30	:47:21.81
4 LOCKMAN, CARA JOY ANCH	30	:49:05.01
5 MCLOUGHLIN, MARTHA RMST	30	:49:35.72
6 WATSON, LAURIE UNAT	32	:50:19.30
7 MATTHEWS, CYNTHIA RMST	34	:50:57.27
8 STEVENSON, HEATHER VNST	34	:52:25.51
9 CALLAHAN, MICHELLE RMSC	31	:53:37.56
10 POPSON, SHARON VNST	34	:57:03.37
11 NAKHA, LINDA UNAT	31	:59:11.89
12 MORRIN, DEBORAH TERR	31	1:00:20.80

WOMEN 35-39

1 MCMASS, DARCY UNAT	38	:50:22.41
2 SCHURER, LAMBERT, LISA TMS	35	:53:12.36
3 LEE, MARY VNST	35	:54:39.41
4 HAYTADY, NANCY VNST	35	:57:15.00
5 NICKONAS, KAREN VNST	39	:58:22.87
6 JONES, ANN D VNST	39	:59:41.87
7 KAPPEL, JANA UNAT	35	1:12:04.47
8 BLEISTEIN, SUSAN VNST	36	1:14:57.74
9 GULDER, LINDA NVNS	36	1:22:15.07

WOMEN 40-44

1 LOFTUS, SHIRLEY VNST	42	:48:45.51
2 WAGNER, CHERYL TERR	41	:57:07.87
3 BOVE, KAREN OCM	41	1:01:33.76
4 [SKRA, DARLENE UNAT	42	1:03:41.57
5 CRAMER, KATHLEEN NVNS	41	1:08:05.79
6 BROUDY, JEANNE UNAT	42	1:10:14.48
7 DELONG, DEE VNST	43	1:12:08.82

WOMEN 45-49

1 CUTLER, MARTHA RMH	45	1:01:28.70
2 OLSON, PAMELA BACH	48	1:17:20.75

WOMEN 50-54

1 KIRKENDALL, NANCY OCM	51	:58:56.01
2 DECKER, JUDY VNST	52	:59:19.57
3 HAGEE, CHARLENE VNST	52	1:07:12.31

WOMEN 60-64

1 BERQUIST, ANN VNST	61	1:13:02.92
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10 FASTEST MEN:

1 RODDIN, JEFFREY ANCH	25	:44:16.94
2 PICK, DANIEL JCM	38	:44:58.05
3 WOODARD, MARK VNST	27	:44:59.56
4 HARRISON, LONNY OCM	45	:45:03.32
5 WISE, PAUL JAM	38	:45:16.46
6 STELLE, GREG JAM	27	:46:21.42
7 GONZALEZ, JORGE GOLD	45	:46:49.70
8 MCFARLAND, JAMES VNST	36	:46:58.13
9 SKRUM, JOHN VNST	45	:47:12.47
10 WILLIAMS III, ROBERT SDSH	52	:47:15.43

10 FASTEST WOMEN:

1 POPLANSKI, KATRINA OCM	22	:45:05.76
2 WARE, DENISE OCM	32	:45:37.28
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5 GARDNER, BETH VNST	29	:46:47.43
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7 MEYER, PATRICIA UNAT	20	:47:25.48
8 LOFTUS, SHIRLEY VNST	42	:48:45.51
9 LOCKMAN, CARA JOY ANCH	30	:49:05.01
10 MCLOUGHLIN, MARTHA RMST	30	:49:35.72

RELAY RESULTS

MEN 19+

1 VIRGINIA MASTERS SWIM TEAM (VNST)	2:38:03.23
MIKE STOTT (51), DAVID STOTT (20), DAVE HOLLAND (26)	

MEN 25+

1 JACKSONVILLE AREA MASTERS (JAM)	2:19:24.88
GREG STEELE (27), ROB COLLINS (32), PAUL WISE (38)	

MEN 45+

1 NORTH. VA. MASTERS SWIM. (NVNS)	3:09:15.69
HARRY DELONG (50), RICHARD MEVERKA (46), ED MOTLAN (52)	

MIXED 25+

1 RALEIGH AREA MASTERS (RAM)	2:33:57.78
AMITA IRONS (30), PETER MCGREIN (49), CHARLESS LEBORGEOIS (60)	

MIXED 35+

1 VIRGINIA MASTERS SWIM TEAM	2:31:54.12
JOHN POST (46), JOHN SKRUM (45), SHIRLEY LOFTUS (42)	

2 NORTH. VA. MASTERS SWIM. (NVNS)

3:19:06.31
DEE DELONG (44), KATHY CRAMER (41), MIKE BURLOVICH (44)

Team News

Editor's Note: This column features news items from the various Masters Swim Teams in the LMSC. To have your team news included, please send your information to the Editor. Thank you.

VMST...

A Note from the President (Beth Waters)

It hardly seems possible that it is time for LONG COURSE NATIONALS. What a fast summer this has been! Good luck to all of you who will be attending Nationals in Buffalo, NY. We wish for you...Fast times...New personal records...And lots of fun!!! If the results of the meet are anything like those of Short Course Nationals, I'm positive they will be impressive. We are all looking forward to hearing about the meet.

New VMST Members - WELCOME!!!

Janet Dresch (Midlothian, VA); Ron Good (Earlsville, VA); Suzanne Landry (Virginia Beach, VA); Roy Sammarco (Dumfries, VA); Joann Scheiber (Staunton, VA); Robert Wimmer (Richmond, VA); Rebecca Wright (Richmond, VA)

1993 Relay All-Americans for VMST

The following VMST swimmers qualify as Relay All Americans for 1993: **Clai Bolek, Heather Coulson-Moore, Beth Gardner, Alice Phillips, Kathy Waggoner, Neill Williams, and James Wolfe.** To achieve this honor, these swimmers were members of a relay that posted the fastest time in the Top 10 in at least one of the three official courses (long course, short course, or short course meters). **CONGRATULATIONS!!!**

VMST National Results (Individual Events)

Paula Jones: 50 free(27.13-18th);100 free(57.89-18th);200 back(2:31.58-15th);200 IM(2:23.74-18th); 400 IM(5:08.27-9th)

Molly Dean: 100 free(57.97-19th);200 free(2:07.11-12th); 500 free(5:43.59-10th);50 fly(28.96-9th);100 fly(1:03.37-10th)

Alice Phillips: 200 free(2:03.49-4th);500 free(5:35.38-7th);100 fly(1:00.80-4th);200 IM(2:16.11-3rd);400 IM(4:54.23-3rd)

Mary Hunter: 500 free(6:13.96-23rd);100 back(1:13.52-15th);100 IM(1:10.49-17th)

Robin Hampton: 50 back(30.58-11th);100 back(1:04.71-9th);200 back(2:19.59-8th);50 fly(28.78-8th);100 fly(1:03.78-13th)

Clai Bolek: 50 free(25.69-9th);100 free(55.62-8th);500 free(5:29.65-10th);1650 free(19:08.55-3rd);200 fly(2:23.01-9th)

Tory Kiley: 500 free(6:02.93-26th);200 back(2:36.06-19th);200 IM(2:32.92-29th);400 IM(5:23.46-11th)

Karen Costello: 50 free(35.66-35th);100 free(1:21.85-39th);50 back(43.05-25th)

Linda Fournier: 100 free(1:01.51-18th);200 free(2:16.76-12th);500 free(6:13.88-17th);100 back(1:16.49-15th);100 IM(1:12.76-23rd)

Diane Cayce: 500 free(6:06.60-13th);1650 free(21:04.71-8th);100 fly(1:09.38-9th);200 fly(2:35.70-7th);400 IM(5:37.60-8th)

Jeanne Crouse: 500 free(6:30.78-23rd);1000 free(13:22.24-14th);100 fly(1:10.60-11th);200 fly(2:48.70-10th)

Lisa Bennett: 50 breast(32.98-3rd);100 breast(1:12.41-5th);200 breast(2:41.98-3rd);100 IM(1:06.39-5th)

Linda McCowan: 100 free(1:21.08-29th);50 breast(42.58-15th);100 breast(1:31.24-18th);200 breast(3:17.20-11th)

Terry Sue Gault: 500 free(5:57.32-5th);1650 free(20:17.53-2nd);50 fly(30.92-14th);100 fly(1:08.85-10th);200 fly(2:33.85-3rd)

Nancy Miller: 500 free(6:21.35-14th);1000 free(12:58.18-7th);50 breast(37.97-10th);100 breast(1:21.68-8th);200 breast(3:01.82-3rd)

Nancy Packard: 50 breast(44.51-16th);100 breast(1:37.57-20th);200 breast(3:32.80-13th)

Rhea Wilkins: 100 free(1:31.13-19th);50 back(49.07-13th);100 breast(1:42.77-13th);50 fly(46.23-8th);100 IM(1:37.03-12th)

Betsy Durrant: 50 back(38.85-6th);200 back(3:11.02-6th);50 breast(39.99-4th);200 breast(3:23.85-7th)

Mark Gill: 50 free(22.62-22nd);100 free(51.76-32nd);100 back(58.90-13th);50 fly(24.88-14th);100 fly(58.00-24th)

James Wolfe: 50 free(22.75-24th);100 back(57.23-12th); 100 fly(55.18-18th);200 fly(2:07.82-14th);200 IM(2:04.16-12th)

Jerry Smith: 100 free(49.38-15th);200 free(1:49.74-11th); 500 free(5:07.11-8th);200 breast(2:15.90-4th);50 fly(24.24-9th)

Neill Williams: 50 breast(26.87-1st);100 breast(57.49-1st); 200 breast(2:09.35-1st);100 IM(52.26-1st);200 IM(1:56.99-3rd)

John Lowe: 100 free(51.94-33rd);200 free(1:52.23-16th); 500 free(5:02.28-7th);1650 free(17:31.33-2nd);100 fly(57.84-28th)

Pat Ryan: 100 breast(1:08.61-19th);200 breast(2:28.85-12th)

Sean Webb: 50 free(24.34-29th);100 free(54.62-30th);50 breast(30.74-14th);100 breast(1:07.90-12th);200 breast(2:30.77-12th)

Jim Miller: 50 free(25.94-36th);100 free(57.34-41st);50 back(32.47-21st);100 back(1:09.80-26th)

Ed McCowan: 100 free(58.48-24th);50 breast(34.36-20th);100 breast(1:15.37-21st);200 breast(2:53.30-19th)

William Irwin: 50 free(28.61-7th);100 free(1:04.65-6th);200 free(2:29.63-8th);100 IM(1:16.63-5th)

Calvin Barnes: 1000 free(16:22.94-4th);50 back(41.86-4th); 100 back(1:30.09-5th);200 back(3:23.01-7th);200 IM(3:23.91-4th)

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From the Registrar . . Betsy Durrant

September and October: For the first time, we have a reduced registration fee (\$13 instead of the normal \$21 fee) for new swimmers who register during September and October. This registration fee is for **new** registrations only, not renewals, and is only good for the remainder of 1994.

Starting November 1: Registrations for 1995 will begin November 1. Anyone who registers or renews beginning November 1 will get the 1995 registration. Forms will be available by mid-October; **please do not alter the 1994 form to use for 1995!!!** It is important that you sign the appropriate waiver, and since this waiver is subject to change at the USMS Convention in September, I will create the new registration form after the convention. The new form will be in the November LMSC newsletter.

Team Registration: I will mail the forms for team registrations in October. Teams must register for 1995 by the end of November. I cannot send in individual registrations unless the team is registered.

Summary for 1994: At the end of July, we had 414 registrations for this year. This number is down slightly from last year's total of 462. We tried One-Event Registration for the first time at the Jack King Swim. Six people registered for one event; one of those later converted to the full-year registration. I'd like to hear from swimmers and meet directors about the one-event registration. Do you think it is something we should try at other meets or races?

Roommate Wanted...

Long Course Nationals in Buffalo, NY

Looking for a roommate to share hotel room at the Raddison/Journeys End, Buffalo, NY, nights of August 26th and 27th. If interested, call Pat Ryan at (804) 282-1284.

If Undeliverable Return to:

**Heather Stevenson
10 Bostwick Lane
Richmond, VA 23226**

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

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