



Virginia Masters News

"From the Mountains to the Sea...It's VMST"

Published Periodically by the Virginia Masters Swim Team

October 15, 1994

Volume XII/No. 6

WOMEN #3 AT LONG COURSE NATIONAL CHAMPIONSHIPS

by Jim Miller, M.D.

Twenty-three members of the Virginia Masters Swim Team converged from various parts of our state as well as distant states to make a very strong showing at the recent long course national championship held in Buffalo, New York. This meet was held at the Erie Community College natatorium, a new facility that was erected for the 1993 World University Games. Our twelve women were placed in the "Large Team" division, while the eleven men were in the "Small Team" division with the combined total of twenty-three qualifying for the "Large Team" division overall.

The women had stiff competition from New England Masters, while the host club, Niagara, and D.C. Masters pulled away with first and second place, respectively. The women's team battled back and forth with New England Masters finally capturing third place by a slim 19.5 points by the meet's end. The final score for the women was 483.5 over New England's 464.

The men's team hovered between fifth and sixth place through most of the meet with the total team score ranking fifth in the "Large Team" division.

There were a large number of outstanding performances by the entire team, which ranged in age from Michael Weber at 24 to Marie Kelleher at 81. First place All Americans included Lisa Bennett (38) in the 50, 100, and 200 breaststroke and Marie Kelleher (81) in the 50 and 100 butterfly. The women's 200+ medley relay team placed first, seven seconds faster than their closest opponent (ironically, New England Masters) with Judy Decker, backstroke; Betsy Durrant, breaststroke; Lisa Bennett, butterfly; and Johnnie Detrick, freestyle.

We were proud of the performance by Virginia Masters Swim Team at nationals this year. The team included: Lisa Bennett, Susan Bleistein, Diane Cayce, Brooks Chance, Judy Decker, Johnnie Detrick, Betsy Durrant, Ann Jones, Marie Kelleher, Nancy Miller, Linda McCowan, Karen Tallmadge, Michael Cook, Mike Duignan, Bill Irwin, Bill Martin, Jim Miller, Ed McCowan, Pat Ryan, Michael Slowey, Forrest Sullivan, Michael Weber, and Chuck Wilmore. Thanks those individuals who, in the process of watching the team points, stayed to swim the dreaded *sixth* event. ▲

Fall Meet Scheduled for November 5

The 14th annual Virginia Masters Fall Swim Meet will be held in Norfolk on Saturday, November 5.

The event will take place in Norfolk Academy's Vaughn Aquatic Center. Swimmers may enter a total of 5 events. The fee for

each event entry received by Saturday, October 29 is \$3. Late entries and deck entries will be accepted at a cost of \$5 per event. Medals will be awarded for 1st, 2nd, and 3rd places in each event.

A social will be held immedi-

ately following the meet for all swimmers, families, and friends. The cost for the social is \$2 per person. Maps will be available at check-in.

Here's a local event that you don't want to miss! ▲

Mark Your Calendar For These Upcoming Events!

November 5

VIRGINIA MASTERS FALL MEET

Norfolk, Virginia - Norfolk Academy

Betsy Durrant, 211 - 66th St., Virginia Beach, VA
23451, 804/422-6811. No calls after 9:30 PM, please.

November 20

UPPER MONTGOMERY CITY YMCA**TURKEY CLASSIC**Linda Burkholder, 18802 McFarlin Dr., Germantown, MD
20874, 301/540-0158

Through November 30, 1994

6,000 YARD USMS POSTAL**NATIONAL CHAMPIONSHIP**

Robert Mitchell, P.O. Box 204, El Toro, CA 92630

Through December 24, 1994

1994 POSTAL PENTATHLON SWIM MEETWayde Mulhem, 570 - 96th Lane, Blaine, MN 55434,
(day) 612/635-5167, (night) 612/783-1282

May 18-21, 1995

USMS SHORT COURSE**NATIONAL CHAMPIONSHIP**

Ft. Lauderdale, Florida

August 24-27, 1995

USMS LONG COURSE**NATIONAL CHAMPIONSHIP**

Mt. Hood, Oregon

CAMPS & CLINICS

November 18-20

WEEKEND MINI-CAMP

Simmons College, Boston, Massachusetts

Terry Laughlin, 381 Main St., Goshen, NY 10924
914/294-3510

Ongoing

TOTAL IMMERSION ADULT SWIM CAMPS

various locations

Terry Laughlin, 381 Main St., Goshen, NY 10924
914/294-3510

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

FROM THE PRESIDENT

by Beth Waters

Believe it or not, it's time for our annual fall meet in Virginia Beach. The entry form was included in September's newsletter. Remember the entry deadline is October 29, 1994; however, deck entries will be accepted. A VMST meeting will be held at the social. I look forward to seeing all of you at the swim meet and the team meeting. ▲

FIRST ANNUAL MASTERS "FLOAT-IN"

by Jim Miller, M.D.

The Briarwood Masters "Float-In" was quite eventful from several aspects.

1. The weather turned cold and the float-in did not occur in the water but inside.
2. There were two films featured at this inaugural event: *Jaws III* and *Dangerous When Wet*.

Don't let your imagination get carried away! ▲

Rendez-Vous '94 Results Include VMST Swimmers

More than 3,500 swimmers from 43 countries competed in Rendez-Vous '94, the fifth World Masters Championship held in Montreal from July 3 through 10. Gennard Lanzara of Roanoke submitted these rankings and times.

Female

30-39 Karen Tallmadge	100 M Back	31	1:33.90
	200 M Back	25	3:16.73
	50 M Breast	15	:42.67
	100 M Breast	21	1:34.00
	200 M Breast	18	3:30.36

40-44 Nancy Miller

400 M Free	13	5:56.83
50 M Breast	11	:43.47

Male

35-39 Gennard Lanzara	100 M Back	18	1:18.74
	200 M Back	21	2:49.31
	100 M Breast	12	1:24.66
	200 M Breast	12	3:02.71
	400 M IM	17	5:55.21

40-44 Jim Miller

200 M Back	17	3:00.74
100 M Free	33	1:07.41

* 1994 POSTAL PENTATHLON SWIM MEET *

Approval: By Minnesota LMSC for USMS Inc. # 304-13.

Eligibility: Open to all registered masters swimmers for the 1994 or 1995 season.

Conduct of Meet: Participant swims the 5 events, preferably in a 25 yard pool, Butterfly, Backstroke, Breast-stroke, Crawlstroke, and Individual Medley. All results will be based on a 25 yard course, swims performed in meter pools must indicate that their entries are from a meter pool so their times are converted to a yard equivalent. The meet results will compare each event of the pentathlon amongst the participants. It is recommended that the pentathlon legs be swum in the order Butterfly, Backstroke, Breaststroke, Crawlstroke, and then Individual Medley. The events must be swum during the same day and it is recommended that all 5 events be swum in a 2 to 3 hour period. Participants may swim the Sprint, Middle Distance, Ironman, or any combination of courses. If you desire to swim more than one course you should swim each course on a separate day. **All times must be recorded to the 1/100th of a second. Times not reporting tenths or hundredths will have 9's inserted for the missing digits.** The pentathlon must be swum from September 15, 1994 to December 15, 1994 and the entries must be postmarked by December 24, 1994, include a copy of your USMS registration card or foreign equivalent. **Incomplete entries will be returned and assessed a \$2.00 (US funds) administration fee. All fees are non-refundable.**

Age Groups: 19-24, 25-29, . . . , 90-94, 95+. Age will be determined by the swimmers age on December 15, 1994.

Awards: Winners of each age group will receive a special award. All participants may purchase a participation T-shirt for \$12.00 (US funds), XXL shirts add \$3.00(US).

Entry Fee: \$5.00(US) per course. Make checks payable in US funds to: **Postal Pentathlon Swim Meet.** All fees are non-refundable.

Send entries to: **1994 Postal Pentathlon Swim Meet**
570 - 96th Lane
Blaine MN 55434 USA

Questions: Wayne Mulhern Phone-Day: (612) 635-5167 Evenings: (612) 783-1282

PLEASE INDICATE SHIRT SIZE WHETHER YOU ORDER A PARTICIPATION SHIRT OR NOT.

Name: _____ USMS or foreign registration #: _____
 Address: _____ Swim Club: _____
 City: _____ State: _____ Zip/Postal Code: _____ Country: _____
 Sex: M F Phone Days: _____ Evenings: _____
 Shirt Size: S M L XL XXL Shirt Type: **Sprint Middle Distance Ironman** Birth Date: ____/____/____
 Entry Fee: \$ _____ Participation Shirt: \$ _____ Total Fees: \$ _____ MON /DAY /YEAR

Enter your times for each individual event. Circle pool type: Yards / Meters.

Sprint course 50 Yards/Meters each stroke and 100 IM				Date Swum ____/____/____
Fly _____	Back _____	Breast _____	Crawl _____	IM _____
Middle distance 100 Yards/Meters each stroke and 200 IM				Date Swum ____/____/____
Fly _____	Back _____	Breast _____	Crawl _____	IM _____
Ironman course 200 Yards/Meters each stroke and 400 IM				Date Swum ____/____/____
Fly _____	Back _____	Breast _____	Crawl _____	IM _____

I the undersigned have participated in the Postal Pentathlon having swum the designated events in the recommended time period. I also intend 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 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 THESE ACTIVITIES.** I further agree to abide by and be governed by the rules and regulations of USMS.

Signature: _____ Witness: _____

IRONMAN

200 FLY, BACK, BREAST, CRAWL, 400 I.M.

SPRINT
50 FLY, BACK, BREAST, CRAWL, 100 I.M.

MIDDLE DISTANCE
100 FLY, BACK, BREAST, CRAWL, 200 I.M.

VMST OFFICERS**President**

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Midlothian, VA 23113
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LMS Newsletter

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Richmond, VA 23226
804/282-1573

Mail Order Swim Products

Finals
800/431-9111

Kast-A-Way
800/543-2763

Fast Lane
800/242-2616

Sportswide
800/631-9684

World Wide Aquatics
800/726-1530

Metro Swim Shop
800/258-0161

POSTAL PENTATHLON OFFERS THREE COURSES

Wayde E. Mulhern of the Minnesota Masters Swim Club recently announced that the 1994 Postal Pentathlon Swim Meet offers three different options: a Sprint course; a Middle Distance; and an Ironman course. The meet of five events, butterfly, backstroke, breaststroke, freestyle, and individual medley, gives you the opportunity to compete internationally without the expense and inconvenience of traveling to a meet. After you swim the five events, preferably in a 25 yard pool, you simply mail in the results on the official entry form for tabulation. All entries must be postmarked by December 24, 1994.

Participants may swim the Sprint, Middle Distance, Ironman or any combination of the courses. The Sprint distance challenges you to swim four fifties plus a 100 IM. The Middle Distance course is a total of 600 yards/meters broken down to four hundreds plus a 200 IM. The Ironman course challenges you to swim four two-hundreds and a 400 IM for a total distance of 1200. The meet results will compare each event of the pentathlon amongst the participants. All results will be based on a 25 yard course; swims performed in meter pools must indicate that their entries are from a meter pool so their times can be converted to a yard equivalent. Times must be recorded to the nearest 1/100th of a second.

The events must be swum on the same day and it is recommended that all 5 events be swum in a 2 to 3 hour period. If you desire to swim more than one course you should swim each course on a different day. Winners of each age group will receive a special award. All participants may purchase a T-Shirt.

This is the sixth annual postal pentathlon meet conducted by Minnesota Masters. It attracts entries from all across America and international entries from Australia, Canada, and England. An entry form is enclosed with this newsletter. ▲

HYDRO-HITTERS TAKE THE FIELD

by Jim Miller, M.D.

The 1994 Hydro-Hitters took the field with a roster of 30 athletes. The first double header against ERNI Components resulted in a very close 16-15 loss in the first game and a not so close 19-7 loss to finish the evening. The second outing against The Firm resulted, again, in a very close 17-16 loss after coming back from a 16-7 deficit to close that gap. The Hydro-Hitters team paddlers brought home their first win of the season in the nightcap with a score of 25-6. As usual, it takes hours of practice on Sunday afternoons to achieve a level of excellence with bats, balls, and gloves as opposed to hand paddles and flippers. We'll keep you posted as the season progresses. ▲

Places To Swim

BLACKSBURG

Contact: Lucille Griffin
703/552-5943

CHARLOTTESVILLE

Smith Pool
M-Th: 7:30-9 PM
Contact: Craig C. Clift
804/293-6657

CHESTER

Chester Family YMCA
3011 W. Hundred Rd.
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: 8:30-9:30 PM
Sat: 7 - AM
Sun: 8 - AM
Contact: Harry DeLong
703/368-0309

RICHMOND AREA

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

Tuckahoe Branch YMCA

Contact: Mark Woodard
804/740-9622

ROANOKE

Lancerlot Fitness Ctr.
1111 Vinyard Rd., Vinton
T & Th: 7-8 PM
Sat: 10-11 AM
Contact: Howard Butts
H 703/992-1736
W 703/981-0205

Gator Aquatic Ctr.

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

STAFFORD

Fitness University
Aqua Towne Ctr., Route 1
MWTh: 8:30 - 9:30 PM
Contact: Lou-Ann Hadlock
703/659-6737

VIRGINIA BEACH

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

WILLIAMSBURG AREA

WILLIAMSBURG AREA
James City County Rec. Ctr.
Longhill Rd., Williamsburg
M-F: 6-7 AM (coach)
MWF: 6-7 PM (no coach)
Contact: Elaine S. McBeth
804/220-4700

Deadlines for NOV LMSC Newsletter

10/08/94 Articles re-
quiring proof
10/15/94 Other articles
10/24/94 Printing
10/31/94 Mailing

HAPPY BIRTHDAY TO THESE SWIMMERS

OCTOBER

NOVEMBER

Bob Aitcheson
Jack Bertram
Mark Braiman
Bernard Donnelly
John Ferrell
George Fischer
Terry Gault
Robin Hampton
Robert Hatcher
Michael Kontos
Kevin Pfister
Nayda Pophal
Sharon Popson
Douglas Pulisifer
Jim Reynolds
Patrick Ryan
George Schell
Michael Slowey
Elizabeth Smith
Chris Stevenson
Heather Stevenson
Scott Tribuzi
Val Van Horn Pate

William Adams
John Bander
Susan Bleistein
Kay Brockwell
Rusti Bruni
David Chapman
Rosemary Danson
Wayne Davis
Johnnie Detrick
Tom Dileo
Francis Hall
James Hickey
Paula Jones
Bill Kloppe
Ralph Laughlin
Shirley Loftus
Charlene Magee
Terry Miffleton
Phyllis Murphy
John Post
Laura Walker
Beth Waters
Mark Woodard
Carolyn Wright
Samuel Young

Charlestown, WV	10/16/46	48
Christiansburg, VA	10/17/39	55
Charlottesville, VA	10/27/56	38
Richmond, VA	10/17/55	39
Richmond, VA	10/07/53	44
Roanoke, VA	10/28/26	68
Midlothian, VA	10/13/50	44
Newark, DE	10/24/66	28
Roanoke, VA	10/12/62	32
Glen Allen, VA	10/15/60	34
Charlottesville, VA	10/25/53	41
Williamsburg, VA	10/04/51	43
Virginia Beach, VA	10/08/59	35
Richmond, VA	10/07/61	33
Vinton, VA	10/07/52	42
Richmond, VA	10/24/58	36
Virginia Beach, VA	10/10/36	58
Virginia Beach, VA	10/26/57	37
Norfolk, VA	10/11/60	34
Richmond, VA	10/04/64	30
Richmond, VA	10/15/59	35
Ashland, VA	10/31/57	37
Richmond, VA	10/05/62	32

Charlottesville, VA	11/09/61	33
Midlothian, VA	11/05/46	48
Lorton, VA	11/12/57	37
Bristow, VA	11/30/35	59
Richmond, VA	11/17/51	43
Richmond, VA	11/09/25	69
Lynchburg, VA	11/20/45	49
Roanoke, VA	11/15/48	46
Midlothian, VA	11/09/35	59
Lawrenceville, NJ	11/24/55	39
Virginia Beach, VA	11/07/26	68
Richmond, VA	11/02/39	55
Richmond, VA	11/22/68	26
Irving, TX	11/02/51	43
Washington, DC	11/24/42	52
Afton, VA	11/08/51	43
Midlothian, VA	11/20/41	53
Midlothian, VA	11/09/50	44
Lynchburg, VA	11/26/23	71
Charlottesville, VA	11/11/47	47
Virginia Beach, VA	11/19/37	57
Chesterfield, VA	11/27/57	37
Richmond, VA	11/25/66	28
Staunton, VA	11/14/66	28
Norfolk, VA	11/18/65	29

If Undeliverable, Please Return To:
Ken Mills
2209 Albion Road
Midlothian, VA 23113



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