



Virginia Masters News

"FROM THE MOUNTAINS TO THE SEA...It's VMST"

Published by the Virginia Masters Swim Team

July 15, 1995/Volume XIII/Number 5

NEWS BRIEFS

* If you have an out-of-state address (i.e., outside of VA), your newsletter should come to you via first class mail. If for any reason you are not receiving your newsletter, please let the editors know. We will get the situation corrected!

* Complete USMS Nationals results are still not here. Hopefully we will have them by August.

* *The Fall Ball....*

Call Linda McGowan at (804) 379-2537 to make your reservations!

* We need articles on Master's swimming, fitness, nutrition, local triathlon race information in which Master's swimmers are participating, etc., to include in our newsletters. Send your contributions to the editors (address on page 2). **THANKS!!!**

* Congratulations to all the Jack King 1.0-Mile Ocean Swim participants. We had perfect swimming conditions - sun, great water, no jellyfish, good food, and fun. Race results are provided on pages 3 and 4 of this newsletter. Thanks to Forrest Sullivan, Betsy Durrant, and all the rest of the volunteers at the race. Job well done!!!

'95 NATIONALS - FT. LAUDERDALE

Jim Miller, M.D.

Seventy-five swimmers, its largest team ever, represented the Virginia Masters Swim Team at Short Course National Championships in Ft. Lauderdale, in May. We were excited to add the Prince William swimmers to our group joining the rest of us VMST-types for "fun in the sun". The setting was ideal for both the athletes and their families - sunny Florida, great accommodations, and one block from the ocean!

Many of our athletes turned in incredible performances. All American performances, winning an actual event, were achieved by Chris Stevenson (men's 30-34 200 yd. backstroke), Forrest Sullivan (men's 65-59 100 yd. backstroke), and Neill Williams (men's 25-29 100 yd. IM). An astonishing 16 state relay records were also broken during this meet. In the large team division, VMST women and men each finished 5th, while the combined men and women's team finished 7th. We are very proud of everyone's efforts.

Two individuals, Joe Gentry and Harry DeLong, made my life tremendously easy. Their help allowed all the swimmers on our 62 relays to get their splits and receive individual coaching attention. For those of you who may not have met them yet, Joe coaches at the YMCA in Virginia Beach, and Harry is one of the coaches for the group in Prince William. The interactions of both of these fine coaches with the athletes at the meet were effective and informative. We are lucky to have both Joe and Harry in the VMST group - I'm impressed with them and I know you all are too.

Diane Cayce assisted in ordering the team gifts: swim bags with the VMST logo screened on the side, and team caps designed specifically for the meet. Because of the number of athletes and the diversity of locations represented at this meet, Linda McCowan, Ed McCowan, Harry, Joe, Tray Halverson, James Wolfle, and many others contributed to or assisted me in publishing daily newsletters containing individual and relay results, outstanding performances, gossip, and anything else that swimmers wished to submit.

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Upcoming Events for Virginia Swimmers

- ◆ **July 15: VIRGINIA COMMONWEALTH GAMES**
Roanoke, VA
Robert Hatcher (703) 343-4524
- ◆ **July 23: DISTRICT OF COLUMBIA AQUATICS CLUB AND DISTRICT OF COLUMBIA RECREATION AND PARKS LONG COURSE INVITATIONAL.**
East Potomac Park Pool, Washington, D.C. Call Dean F. Delibertis (202) 667-8855.
- ◆ **August 5: DC MASTERS LONG COURSE MEET.**
Prince Georges Community College
John Calvert (703) 549-1418 or
Ed West (301) 229-1950.
- ◆ **August 24 - 27: USMS LONG COURSE NATIONAL CHAMPIONSHIP**
Mt. Hood, OR.
- ◆ **Sat July 8: CHRIS GREENE LAKE CABLE SWIM**
2 miles, Charlottesville VA
Linda McCowan (804) 379-2537
- ◆ **Sat July 8: OCEAN CITY BIATHLON**
1 mile swim, Ocean City NJ
Joe Schmitt, 2224 Sagamore Rd.
Havertown, NJ 19083
- ◆ **September 1-November 30**
****3000 YD. POSTAL NATIONAL CHAMPIONSHIP****
Kris Wingenroth (713) 527-4077
- ◆ **January 1-January 31 1996**
1-HOUR POSTAL NATIONAL CHAMPIONSHIPS
Janet Moore (206) 925-0803

Camps and Clinics

- ◆ **Ongoing**
PREMIER STROKE CLINIC
Rockville, MD. Contact Clay Britt (301) 231-9740
- ◆ **TOTAL IMMERSION SWIM CAMPS**
Director: Terry Laughlin (914) 294-3510
July 8-9 San Diego, CA
July 22-23 Chicago, IL
July 29-30 Dallas, TX
August 5-6 Newburgh, NY
August 12-13 Toronto, Canada
- ◆ **BILLABONG AQUATICS, INC.**
1995-1996 Camps in Coral Springs
December 27-30, 1995 and February 1-4, 1996.
Contact Judy Bonning (305) 345-5370
- ◆ **BILLABONG AQUATICS, INC.: TROPICAL VACATION STROKE CLINIC**
February 22-25, 1996 Cozumel
March 7-10, 1996 Grand Cayman. Contact Judy Bonning (305) 755-9858
- ◆ **November 10-12: JACK NELSON SWIM CAMPS - TRIATHLON AND MASTERS SWIM CAMP**
Ft. Lauderdale, FL
Contact Nick Baker (305) 423-9724

VMST Officers

President: Beth Waters, 10604 Pursuit Court, Chesterfield, VA 23832 (804) 744-8225
Vice President: Nancy Miller, 3741 Reed's Landing Circle, Midlothian, VA 23113 (804) 272-2513
Treasurer/Membership: Mike Duignan, 3313 Glen Eden Quay, Virginia Beach, VA 23451 (804) 486-3383
Secretary: Sharon Popson, 1328 Goose Landing, Virginia Beach, VA 23451 (804) 425-6056.

Newsletter Editors: Chris and Heather Stevenson, 15 Bostwick Lane, Richmond, VA 23226 (804) 282-1573

RESULTS
 24TH ST. TO 38TH STREET, VIRGINIA BEACH, VA
 SANCTION #125-003

RACE DIRECTORS: FORREST SULLIVAN, 481-1998
 BETSY DURRANT, 422-6811

USMS ONE-MILE OPEN WATER NATIONAL CHAMPIONSHIP

MEN 19-24

1 GORMAN, DARREN SABS	23	19:21
2 COOKE, AARON GRIN	24	19:46
3 FRATANOTI, MICHAEL MARY	24	20:35
4 BADGER, SCOTT FXCM	24	21:37
5 GULLY, MATTHEW UN-VA	22	24:18

MEN 25-29

1 SMITH, JERRY VMST	29	17:36
2 WHALEN, JEFF UN-VA	28	17:45
3 RIDDELL, WILLIAM NIAG	25	19:32
4 GEISLER, ANDREW FXCM	26	20:01
5 ALLEN, ROBBIE RMST	29	20:04
6 KELLEN, CHRISTOPHER TRIG	26	20:48
7 COCKRELL, CHARLES VMST	26	21:33
8 RUSSELL, GRANT BCCY	28	22:31
9 GILL, MARK VMST	26	22:56
10 HARVEY, JAMES UN-VA	28	26:58

MEN 30-34

1 BROWN, DAVID UN-VA	33	17:43
2 MALSBUY, DAVID VMST	34	18:08
3 STEVENSON, CHRIS VMST	30	18:15
4 LOWE, JON VMST	34	18:41
5 WALSH, AL VMST	34	18:57
6 FLOOD, CHRIS VMST	32	19:18
7 PARENTE, RICHARD UN-VA	32	19:38
8 KIELIN, ERIK OCAC	31	19:43
9 JOHNSON, ANDREW UN-PV	30	20:43
10 BICKLEY, MATTHEW VMST	33	20:49
11 ADAMS, WILLIAM VMST	33	21:50
12 ESPINO, MICHAEL FXCM	31	22:36
13 SMITH, STAN UN-VA	31	23:11
14 CLIFT, CRAIG UN-VA	31	23:59
15 RYAN, JOE UN-VA	32	25:37
16 McLAUGHLIN, JAY VMST	33	26:32
17 STRAMER, JAY UN-VA	31	26:40
18 LIDDY, THOMAS TCSD	32	27:57

MEN 35-39

1 MCFARLAND, JAMES VMST	37	18:04
2 ASBURY, DOUG NCMS	35	18:24
3 COPELAND, ROB SACH	38	18:31
4 DEKES, THOMAS ANCH	37	18:44
5 RYAN, PATRICK VMST	36	19:45
6 HOBBS, BRIAN OMAR	37	20:12
7 NICKUNAS, VICTOR VMST	39	20:34
8 SMITH, DONALD UN-VA	37	21:02
9 DAYTON, TIM SABS	36	21:25
10 BRINKMAN, J B VMST	36	21:33
11 SACKS, SKIP UN-VA	38	22:18
12 SMITH, TONY UN-VA	35	22:57

MEN 40-44

13 HOYT, ROY UN-DV	35	24:31
14 LAUGHLIN, CHARLIE VMST	35	28:21
15 BURGIN, BILL VMST	37	34:03

MEN 45-49

1 GUGER, DAVID VMST	40	18:56
2 FLEISCHMAN, DAVE VMST	40	20:42
3 MILLER, JIM VMST	44	21:28
4 EDWARDS, GRAY VMST	41	21:32
5 WEBB, SEAN VMST	43	21:39
6 VARGA, BILL UN-VA	43	22:28
7 EDGELL, DON VMST	43	22:53
8 TAYLERT, GLENN UN-VA	43	23:33
9 FERRELL, JOHN VMST	41	24:06
10 WIMSATT, MICHAEL VMST	44	24:14
11 BROWN, SAM UN-VA	41	24:59
12 ARASE, MARTIN FXCM	41	25:03
13 SORRELL, GENE VMST	42	27:18
14 KNOTT, STEPHEN UN-VA	40	27:24
15 PEARSA, BLAINE SABS	42	27:45
16 BYERS, EARL SABS	43	27:54
17 O'HAEN, ROBERT UN-VA	42	28:13
18 GARCIA, EDDIE UN-VA	43	28:38
19 BOYCE, ROBERT UN-VA	41	28:46
20 LAIDLAM, TOM UN-VA	42	28:56
21 COBERLY, MARK UN-VA	42	29:38
22 KRAUSE, ROBERT UN-VA	42	30:36
23 RONCOLATO, GERARD UN-VA	40	31:33
24 DILEO, PAT UN-VA	43	31:44
25 JACOMAN, CHARLES UN-PV	44	33:25
26 WOOLERY, MARK UN-VA	42	35:47

MEN 45-49

1 FISHER, BRUCE DCM	46	19:39
2 SKRUM, JOHN VMST	46	19:41
3 DUIGNAN, MIKE VMST	48	21:01
4 HOLSWADE, HANK VMST	49	21:32
5 POLLIN, ALAN ANCH	48	21:34
6 HOWELL, ALLAN VMST	49	21:37
7 CHAMBERS, BOB TERR	45	22:02
8 CARSON, B R UN-VA	45	23:07
9 MCCOWAN, ED VMST	47	23:10
10 WISE, JAMES ADMS	47	24:58
11 TERRILL, MARK VMST	46	25:01
12 MAGEE, RON VMST	48	25:44
13 WEMERKA, RICHARD VMST	47	28:54
14 ROGISH, JOSEPH SABS	45	29:11
15 WYNGAARD, GERALD UN-VA	48	31:06
16 KLAMMER, MANNY VMST	45	31:55
17 BANDER, JOHN VMST	48	32:01
18 MANUEL, JIM UN-VA	48	32:45
19 KEITH, SKIP UN-VA	46	37:21

MEN 50-54

1 COOKE, JEFFREY GRIN	50	20:03
2 WISE, RANDOLPH VMST	53	22:07
3 NEUBAUER, FRANK UN-MD	52	25:13
4 DELONG, HARRY VMST	51	26:21
5 APONTE, JULIO O'H*	50	27:38
6 DILEO, LEN UN-VA	52	31:45

MEN 55-59

1 HICKEY, JC VMST	55	28:39
2 ZIMMERMAN, CHUCK UN-VA	56	29:18
3 SCHELL, GEORGE VMST	58	30:38

MEN 60-64

1 HUNGERFORD, BARNEY 1776	62	21:23
2 RUSS, CARL VMST	60	22:39
3 BROGAN, DOUG O'H*	63	29:08
4 MICHAEL, GEORGE UN-VA	61	34:31
5 TAYLOR, B J UN-VA	60	40:50

MEN 65-69

1 SULLIVAN, FORREST VMST	65	26:04
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MEN 70-74

1 BARNES, CALVIN VMST	71	26:13
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MEN 75-79

1 MURPHY, FRANK DCM	77	28:11
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WOMEN 19-24

1 KELLEN, VALERIE VMST	24	20:32
2 LINVILLE, DEANNA UN-VA	19	20:48
3 WRIGHT, REBECCA UN-VA	23	21:41
4 LUNCEFORD, ANGELA UN-VA	20	23:36
5 VIRKUS, UTA FXCM	20	24:02
6 FRATANOTI, KAREN UN-VA	24	24:13
7 O'LOUGHLIN, KIRSTEN TERR	20	27:03
8 THORNTON, LINETTE VMST	24	28:12

WOMEN 25-29

1 MACGREGOR, ELLEN FXCM	28	19:55
2 DEAN, MOLLY VMST	29	20:19
3 CALLIF, LAURA FXCM	27	20:29
4 PHILLIPS, ALICE VMST	29	21:05
5 DAWSON, KARA UN-VA	25	21:35
6 ASKIN, STACY UN-VA	27	21:57
7 HARRIS, JANET EMP	29	22:17
8 WOOD, CHRISTINE AVSP	25	22:54
9 HAMPTON, ROBIN VMST	28	22:58
10 DEBIASI, ELIZABETH VMST	27	23:31
11 MONTGOMERY, SHELAGH FXCM	26	23:34
12 HUNTER, MARY VMST	29	24:14
13 MULLEN, JULIE UN-VA	27	24:28
14 POPE, JENNIFER NCMS	25	24:29
15 NICHOLS, BARBARA UN-PV	28	24:51
16 WARRING, GINA VMST	28	25:32
17 REIRIGS, LISA VMST	28	26:00
18 SEYMOUR, SPENCER NCMS	26	26:17
19 BUKOVAC, CATHY LHM	27	27:49
20 BOYCE, DENISE UN-VA	29	27:51
21 FAGAN, TORY UN-VA	26	29:10

WOMEN 30-34

1 LANDERS, DENISE DCM	33	18:46
2 VAN HORN PATE, VAL VMST	32	19:05
3 POWIS, PATRICIA VMST	34	19:13
4 BOLEK, CLAI VMST	31	20:34
5 TRIPP-LEINO, DONIELDA VMST	33	22:28
6 SCHMEE, LAURA AVSP	33	22:42
7 DYMOND, STACY VMST	31	24:07
8 BUSCAGLIA, CAYCEE VMST	30	24:30
9 MORRIN, DEBORAH TERR	32	27:20
10 LUNDQIST, DIANA UN-VA	32	28:14
11 ANDERSON, LEESA UN-PV	31	30:12
12 SMITH, BARBARA AVSP	34	31:00

WOMEN 35-39

1 STEVENSON, HEATHER VMST	35	20:45
2 WILLIAMS, MARTHA DCM	36	21:15
3 MCDANIELS, JUNE VMST	39	21:17
4 CAYCE, DIANE VMST	39	21:42
5 PETERSON, MARY ANN VMST	35	21:56
6 BENSON, JEAN VMST	38	22:24
7 MCNABB, DARCY GMS	39	22:57
8 RUDYADY, NANCY VMST	36	23:05
9 POPSON, SHARON VMST	35	23:26
10 LEE, MARY VMST	36	24:35
11 SEYMOUR, JAKE UN-VA	39	25:00
12 LISENBY, MARION UN-VA	39	26:10
13 BRAZELTON, JULIA UN-VA	36	27:37
14 DOGGETT, SUZANNE UN-PV	37	29:01
15 THURSTON, SANDY UN-PV	37	29:09
16 BENNETT, LAURA UN-VA	36	34:39
17 BISHOP, JEAN UN-VA	38	36:31

WOMEN 40-44

1 LOFTUS, SHIRLEY VMST	43	19:14
2 GAULT, TERRY VMST	44	20:54
3 MICKLAS, KAREN VMST	40	21:44
4 WAGNER, CHERYL TERR	42	24:28
5 HEDGECOCK, PAIGE VMST	41	24:30
6 DRUMM, DARLENE CRAM	41	28:08
7 BOYD, BARBARA SABS	41	30:13

WOMEN 45-49

1 MILLER, NANCY VMST	45	21:28
2 HAZLEWOOD, LYNN RMST	49	23:41
3 MULLINS, JOYCE VMST	45	27:49
4 MCCOMAN, LINDA VMST	46	29:44
5 DELONG, DEE VMST	45	31:11
6 LIGH, MINA KMS	47	37:56

WOMEN 50-54

1 DURRANT, BETSY VMST	53	24:48
2 MAGEE, CHARLENE VMST	53	26:58
3 HEAD, MARY KMS	53	28:04
4 KOSS, MAUREEN O'H*	51	34:54
5 SIEGEL, GLORIA UN-VA	51	34:57

WOMEN 55-59

1 DETRICK, JOHNNIE VMST	59	23:46
2 LEILLICH, JOANNE DCM	56	25:08
3 AVERETTE, JOAN VMST	59	31:10

WOMEN 60-64

1 BERQUIST, ANN VMST	62	30:47
2 BROGAN, MARIANNE O'H*	60	31:25
3 NELLEN, MAXINE UN-NY	62	32:41

WOMEN 65-69

1 KERMAHN, BETTY SABS	65	33:26
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WOMEN 70-74

1 CHADWICK, MARIAN PMA	73	45:33
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United States
Masters
Swimming



FIRST 10 MEN

PLACE	NAME	AGE	TIME
1	SMITH, JERRY VMST	29	17:36
2	BROWN, DAVID UN-VA	33	17:43
3	WHALEN, JEFF UN-VA	28	17:45
4	MC FARLAND, JAMES VMST	37	18:04
5	MALSBURY, DAVID VMST	34	18:08
6	STEVENSON, CHRIS VMST	30	18:15
7	ASSBURY, DOUG KMS	35	18:24
8	COPELAND, ROB BACH	38	18:31
9	LOWE, JON VMST	34	18:41
10	DENES, THOMAS ANCH	37	18:44

FIRST 10 WOMEN

PLACE	NAME	AGE	TIME
1	LANDERS, DENISE DCM	33	18:46
2	VAN HORN PATE, VAL VMST	32	19:05
3	POWIS, PATRICIA VMST	34	19:13
4	LOFTUS, SHIRLEY VMST	43	19:14
5	MACGREGOR, ELLEN FXCM	28	19:55
6	DEAN, MOLLY VMST	29	20:19
7	CALLIF, LAURA FXCM	27	20:28
8	NELLEN, VALERIE VMST	24	20:32
9	BOLEK, CLAI VMST	31	20:34
10	STEVENSON, HEATHER VMST	35	20:45

RESULTS OF THE JACK KING OCEAN SWIM, 1984-1995

YEAR	WINNING MALE	TIME	WINNING FEMALE	TIME
1984	Kirk Johnson, VAM	No time	Tory Neff, VAM	No time
1985	Perry Lange, VAM	26:25	Bonnie Mosbrook, VAM	37:29
1986	Perry Lange, VMST	18:43	Mary Dowlen, CM	21:22
1987	Perry Lange, VMST	19:38	Pam Locke	21:32
1988	Gary Antonick, VMST	17:50	Mary Dowlen, CM	21:09
1989	William Fitzhugh, UN-VA	21:54	Val Van Horn, VMST	24:49
1990	Bill Kloppe, VMST	20:42	Debra Moore, VMST	21:16
1991	Perry Lange/Bill Kloppe	17:38	Karen Farnsworth, EMP	18:25
1992	Perry Lange, VMST	22:36	Val Van Horn Pate, VMST	23:47
1993	Scott Robinson, VMST	17:33	Katy Arris, UN-VA	17:31 *
1994	Parker Neff, UN-VA	27:23	Denise Ware, DCM	27:25
1995	Jerry Smith, VMST	17:36	Denise Landers, DCM	18:46

THE CHALLENGE BY THE CREEK

Jim Miller, M.D.

One of the other large teams at the Short Course National Championships in Ft. Lauderdale, was the Walnut Creek Masters team from Walnut Creek, CA. On Sunday evening following the championships, those members of VMST who were still in town had a picnic on the beach near our hotel. The Creekers, having had a similar idea about how to spend Sunday evening, had their own version of an outdoor B-B-Q. As spirits were high at the end of such a wonderful nationals for both teams, old and new chants and challenges were exchanged between the teams, and we ended up with a dual meet challenge between the purple-clad teams on the two coasts.

The challenge is relatively simple. Each team will submit their times as swum at their own regional long course meet. The times will be compiled as if a dual meet had been swum, and a victor will be declared. Honor is the reward!

Our regional meet will be the DC Masters Long Course Meet on August 5th. Times for all VMST members who participates in this meet will be submitted for the dual meet challenge. This should be great fun, but we'll need to turn out in significant numbers since Walnut Creek has a very large and fast team in all age groups. Relays will be very important at this meet and should make for exciting contributions to our state records. Who knows, maybe we'll be able to rewrite long course records like we have rewritten the short course ones.

I'm inviting you all to enter the August 5th meet. An entry form is provided on pages 7 and 8 of this newsletter. Also, please complete and mail the relay form below ASAP, so that as many relays as possible can be formed prior to the meet (relays are not on the entry form - they will be added after the 400 free or IM). You will notice that the relay form can be used for either (or both) Long Course Nationals in Mt. Hood, or the DC Masters Long Course Meet. Just check the appropriate block. Remember that in long course, the age group of the relay is determined by adding the ages of all four swimmers, unlike short course where the age group is that of the youngest participant. I look forward to seeing you all in August.

VMST Relay Entry & Attendance Form

Instructions: If you plan to attend the DC Masters Long Course meet (August 5th) or Long Course Nationals in Mt. Hood, *whether or not you wish to be on a relay team*, please complete this form and return it to Jim Miller at the following address ASAP: **Jim Miller, MD, 1447 Johnston-Willis Dr, Richmond, VA 23235.**

I will be attending (check the appropriate meet(s)):

DC Masters Long Course Meet _____

Long Course Nationals - Mt. Hood _____

NAME: _____

PHONE (H): _____

Age as of August 5, 1995: _____

Age as of August 27, 1995: _____

PHONE (W): _____

Relays of interest - please circle all that you are interested in. Days refer to the Long Course Nationals schedule only. Relays at the DC Masters Long Course Meet will be held after event #12.

Freestyle
(Friday PM)

Medley
(Friday PM)

Mixed Free
(Saturday PM)

Mixed Medley
(Sunday PM)

Please submit your times for relay team consideration, and indicate whether they are short course yard, short course meter, or long course meter times:

50 Back: _____ scy/scm/lcm

50 Breast: _____ scy/scm/lcm

50 Fly: _____ scy/scm/lcm

50 Free: _____ scy/scm/lcm

JULY BIRTHDAYS

Brian Alleva	Virginia Beach	July 25	33	Allan Howell	Richmond	July 6	50
Kitten Braaten	Richmond	July 26	40	Kristen Kirkman	Norfolk	July 1	25
George Brown	Woodbridge	July 12	48	Gennard Lanzara	Roanoke	July 28	37
Patricia Chappell	Midlothian	July 29	41	Judy Martin	Virginia Beach	July 5	53
Suzanne Chvala	Midlothian	July 17	50	Michael McGinty	Midlothian	July 10	38
Raleigh Conway	Fredericksburg	July 7	43	Lang Meem	Richmond	July 9	41
Olivia Cummings	Salem	July 5	37	Valerie Nellen	Richmond	July 14	25
Elizabeth Debiassi	Richmond	July 21	28	Nancy Packard	Midlothian	July 24	42
Linda Fournier	Richmond	July 22	37	Alice Phillips	Powhatan	July 30	30
Mark Gill	Petersburg	July 13	27	Michael Ryan	Richmond	July 20	25
Jewell Grigsby-Martin	Stafford	July 29	64	Karen Tallmadge	Chicago, IL	July 28	33
David Hefner	Midlothian	July 20	41	James Wolfle	Blacksburg	July 3	27
Elizabeth Holland	Richmond	July 3	27	Richard Worrall	Midlothian	July 19	51
Genevieve Hoskins	Newport News	July 10	25				

NEW VMST MEMBER

Welcome to our latest new member: Joe Gentry from Virginia Beach, Virginia. Joe is the coach at the Virginia Beach YMCA.

INTRODUCTION TO THE USMS 2000 FITNESS CHALLENGE

The entry form for the USMS 2000 Fitness Challenge is provided on page 9 of this newsletter. As an introduction, here is an excerpt from Betty Barry's cover letter to coaches and newsletter editors explaining the challenge.

"The USMS Fitness Committee's annual 2000 Fitness Challenge is an invitation extended to ALL athlete swimmers regardless of age, membership status, or ranking to test their endurance by completing a continuous 2000 yard or meter swim. It's a great opportunity for the distance swimmer to shine and for the sprinter to prove they can go further than a 100!

For the more creative, it has also proven a challenge to swim it in extraordinary ways. In the past we have had 2000 I.M.s, 20 continuous 100 I.M.s, and 2000 stroke! Time is not always of the essence. Sometimes the pleasure is in imagining and making it a reality...We would like to spread the work that we [Masters] offer something for every swimmer, regardless of age, ability, or interest in competition."

Masters is for everyone. For those of you out there who do not like to compete, but love to swim, challenge yourself with this 2000 swim. And for those of you we see at meets, just think of this as another race - just slightly longer than most of the ones you usually swim!

-- Editors

P.S. to coaches: This is an event that can be done during practice.

OPEN TO ALL ATHLETES USMS Membership NOT Required

For more information contact
Betty Barry, 1403 Victor Holcomb Road, Victor, New York 14564-9310
716-924-5344



1995 USMS 2000 Fitness Challenge

United States
Masters
Swimming



THE CHALLENGE: United States Masters Swimming, its Fitness Committee, New York State's Niagara LMSC, SPEEDO and Kast-A-Way Swimwear, Inc. invite athletes to complete a 2000 yard or 2000 meter swim.

AWARDS: All participants will receive a custom T-shirt, swim cap and copy of results.

COST: Entry fee is \$12.00. Swimmers entering more than once may submit additional entries for \$6.00 each but receive only one T-shirt, or \$12 each and receive a T-shirt for each entry. A separate entry form is required for each entry and swimmers may not swim separate entries concurrently. International entries must include a \$3.00 processing fee.

DATES: The distance must be completed between JULY 1 and AUGUST 31, 1995. Entries must be received by September 15, 1995.

ELIGIBILITY: Membership in any organization including USMS is NOT required. Participants must be physically fit and sufficiently trained to complete the distance safely. No drafting, pull buoys, paddles, fins, bands or other swim aids are allowed. RESULTS will be compiled and listed by time in five-year USMS age groups (19-24, 25-29, 30-34, etc.).

RULES: Times should be recorded with a stopwatch. We recommend that you have a person record your final time, counting laps as you swim (80 lengths or 40 laps of a 25 yard/meter pool - 40 lengths or 20 laps of a 50 meter pool).

TO ENTER: Complete the entry form below and mail with a check payable to "1995 USMS 2000" to Betty Barry, 1403 Victor Holcomb Road, Victor, New York 14564 (716-924-5344).

OFFICIAL ENTRY FORM -- Print Clearly

I, the undersigned, completed the distance in accordance with designated rules in the time indicated below.

Entry Fee	\$12.00	Date of Swim	USMS Registered	Yes	No
2nd Swim	\$ 6.00	Entry Time	Phone #		
3rd Swim	\$ 6.00	Pool	50 Meter	25 Meter	25 Yd
International Fee	\$ 3.00	(Indicate length of pool)			

TOTAL FEES \$ (US Funds)

NAME SEX

ADDRESS

CITY/STATE/ZIP

SIGNATURE

T-SHIRT Size
(circle)

M L XL



DC MASTERS LONG COURSE MEET

AUGUST 5, 1995

Sanctioned by Potomac Valley LMSC for USMS, Inc. #105-007

Meet Directors: John Calvert (703) 549-1418 & Ed West (301) 229-1950

Facility: Prince Georges County Community College - This indoor 50 meter, 8 lane pool has non-turbulent lane lines and Colorado electronic timing. There is ample parking, seating for 350 people, and a sun deck attached to the pool.

Directions: From I-495 (Capital Beltway) take Exit 15, Central Ave., (MD Route 214) EAST (Outside of the Beltway). Turn right (south) on Largo Road (MD Route 202). Turn right on Campus Way South. Turn Left at first traffic light. Follow signs to pool. Parking is available in front of pool.

ORDER OF EVENTS

Swimmers may enter only five events

- Warm-up for 800 Free 10:30-11:00 AM
First Heat of 800 Free at 11:10
- Warm-up short events 12-12:50 PM
First Event at 1:00 PM
1. 800 Freestyle (limited to 4 heats)
 2. 200 Free or IM
 3. 100 Backstroke
 4. 50 Breaststroke
 5. 50 Freestyle
 6. 100 Butterfly
 7. 200 Choice (no freestyle)
 8. 100 Freestyle
 9. 50 Backstroke
 10. 50 Butterfly
 11. 100 Breaststroke
 12. 400 Free or IM

CUT HERE

ATTACH COPY OF YOUR USMS CARD, IF UNAVAILABLE, COMPLETE THE FOLLOWING

USMS # _____ Birth Date _____

Name _____

Address _____

Phone _____

Club _____ Age _____ Sex _____

RELEASE BY PARTICIPANT FROM LIABILITY: "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature _____ Date _____ Phone _____

Entries received after August 1 will be considered deck entries

Mail to DC MASTERS LONG COURSE MEET, C/O JOHN CALVERT, 330 COMMERCE ST., ALEXANDRIA, VA 22314

Event	Seed Time	Event	Seed Time	Event	Seed Time	Entry Fees
1. 800 Free	: :	5. 50 Free	: :	9. 50 Back	: :	____ events x \$3.00 = ____ Surcharge (includes results) <u>7.00</u> TOTAL _____ Check payable to DC Masters, Inc.
2. 200 Free/IM Circle One	: :	6. 100 Fly	: :	10. 50 Fly	: :	
3. 100 Back	: :	7. 200 Fly, Back, Bst Circle One	: :	11. 100 Breast	: :	
4. 50 Breast	: :	8. 100 Free	: :	12. 400 Free/IM Circle One	: :	

Meet Rules: Current USMS rules apply. All swimmers must be currently registered with USMS and include a photocopy of their registration card with their entry. All deck entrants must present their current registration card. For further information about USMS registration contact Joann Leilich (703) 354-2130.

Entries: Pre-entry deadline is August 1. Mail entries to DC Masters Long Course Meet, c/o John Calvert, 330 Commerce St., Alexandria, VA 22314. Swimmers may enter up to five events. The 800 free will be limited to the first 28 entries. Deck entries will be accepted on a space available basis until 12:30 PM on August 5.

Seeding: Events will be seeded slow to fast, men and women combined in six (or seven) lanes, allowing one lane for continuous warm-up/swim-down. Swimmers in the 800 Freestyle must check in by 10:30 AM. Swimmers in the 400 free must check-in by the end of the 200 Choice. Lap counters will be provided, however, swimmers must provide the person who will count for them. "No time" entries will be seeded in the slowest heat.

Fees: \$3.00 per event. Surcharge \$7.00 (includes copy of results). Deck entries, \$5 per event plus surcharge, if not previously paid.

Awards: Medals for first place, ribbons for second and third places.



DC MASTERS LONG COURSE MEET

If Undeliverable Return to:

**Stevenson
15 Bostwick Lane
Richmond, VA 23226**

**Bulk Rate
U.S. Postage
PAID
Permit No. 1630
Richmond, VA**

|||||
**CHRIS L STEVENSON
15 BOSTWICK LN
RICHMOND VA 23226-3106**

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

CHESAPEAKE: YMCA (804)547-9622

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

HARRISONBURG: Contact Susan Lees Arnold (703)434-6224

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

NEWPORT NEWS: Riverside Health and Fitness Center -
(804)877-8223; Sentara Hampton Fitness Center (804)827-0420

NORFOLK: Fleet Rec. Park - Hampton Blvd. Lap swimming;
YMCA - Some coached workouts. Call for times.
(804)622-9622

NORTHERN VIRGINIA: Chinn Aquatic Center - M-Th:
8:30-9:30PM, Sat & Sun: 7-8AM. Contact Harry DeLong
(703)368-0309

PORTSMOUTH: YMCA (804)399-5511

RICHMOND: Riverside Wellness & Fitness Center/Briarwood -
Robious Rd., Midlothian M-F: 6-7AM, M-Th: 7:15-8:30PM,
Sat: 8-9AM, Sun: 4-5PM. Contact Jim Miller (804)320-3999;
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

STAUNTON: Staunton Racquet Club - MWF: 5:30-6:30PM. Con-
tact Diane Kent (703)885-6069

VIRGINIA BEACH: Virginia Beach YMCA - MWF:
6:30-7:30PM, Sat: 8-9AM. Lap swims at various times.
(804)499-2311; Dam Neck Navy Base - Lap swims
11AM-1:30PM and 4-6PM. (804)433-7183; Virginia Beach
Recreation Centers - Lap lanes available. Great Neck
(804)496-6766; Kempsville (804)474-8492; Bayside
(804)460-7540; Bow Creek (804)431-3765; Princess Anne