



LMSC for VA Newsletter

MASTERS SWIMMERS: "THE UNCOMMONWEALTH of Virginia"

Published Quarterly by the Local Masters Swim Committee for Virginia

November 15, 1995/Volume XIII/Number 4

NOTES FROM THE LMSC CHAIR

By Forrest Sullivan

In September, Local Masters Swim Committee (LMSC) of Virginia representatives attended a successful and productive four day United States Aquatic Sports Convention in Houston, Texas. Your LMSC for Virginia sent seven delegates to the convention: USMS Vice President Jim Miller, USMS Zone Chair Betsy Durrant, LMSC for Virginia Chair Forrest Sullivan, LMSC for Virginia Secretary Linda McCowan, USMS Legislation Committee Jeanne Crouse, and non-voting LMSC for Virginia representatives Nancy Miller and Rhea Wilkins.

You would be proud of and amazed at the amount of time and hard work that goes into the accomplishments your delegates. Be sure to read Linda McCowan's report of the USMS Convention highlights on page 3 of this newsletter.

This brings us back to: "What is a Local Masters Swim Committee?" First there is the Masters swim team. We have four Masters swim teams in the LMSC for Virginia. There are over 490 registered Masters swimmers on these four teams. The governing body for these four teams and 490 swimmers is the LMSC. Throughout the United States there are over 500 Masters swim teams/clubs, made up of some 30,000 Masters swimmers governed by fifty LMSCs (like LMSC for VA) that are administered by United States Masters Swimming.

Your seven delegates traveled to the Houston Convention to make rules and guidelines regarding Masters swimming. Each year the convention considers changes either in the rules or legislation: 1995 was the year for the consideration of changes to the legislation, and next year will be the year to consider rule changes. If you have any inputs in these areas regarding changes you would like to see in either the Masters swimming rules or procedures, please submit the ideas or rule changes through your LMSC representative.

This brings us to the final subject regarding the LMSC and the Masters annual swimming Convention. Some of you have shown an interest in becoming involved in Masters swimming on a national level. If you would like to get involved at the national level, please begin with the local LMSC for VA. We are always in need of new ideas and able individuals to help with the many duties required to run swim meets and act as meet officials, as well as to be representatives for the LMSC. We need ideas from the perspective of both our young and older swimmers alike.

Masters swimming needs all the support from you that we can get. We need willing workers for leadership roles, such as officer positions on teams and within the LMSC, and individuals willing to set up and conduct swim meets. PLEASE, GET INVOLVED!

In This Issue:

1996 USMS Registration Form....Entry form for Virginia Masters Winter Invitational....USMS Convention Highlights...."Ho! Ho! Help Me!" (start thinking about those healthy holiday gifts!)

Upcoming Events for Virginia Swimmers

Mark Your Calendars...

- ◆ September 15 - December 15
1995 POSTAL PENTATHLON
Wayde Mulhern, (612) 783-1282
- ◆ November 4
VMST 16TH ANNUAL FALL SWIM MEET
Norfolk Academy, Norfolk, VA
Betsy Durrant (804)422-6811
- ◆ December 2 - Canceled
ROANOKE MEET
Tentative reschedule date March 1996. Meet director:
Howard Butz
- ◆ April 13-27, 1996
INTERNATIONAL SENIOR GAMES
Bermuda
- ◆ April 18-21, 1996
YMCA MASTERS NATIONAL CHAMPIONSHIPS
Orlando, FL
- ◆ May 9-12, 1996
USMS NATIONAL CHAMPIONSHIPS
De Anza, CA
- ◆ June 22-28, 1996
WORLD MASTERS SWIMMING CHAMPIONSHIPS
Sheffield, England
- ◆ August 9-22, 1998
WORLD MASTERS GAMES
Portland, OR

Camps and Clinics

- ◆ November 10-12: **JACK NELSON SWIM CAMPS - TRIATHLON AND MASTERS SWIM CAMP, FL**
Lauderdale, FL
Nick Baker (305) 423-9724
- ◆ **BILLABONG AQUATICS, INC.**
1995-1996 CAMPS IN CORAL SPRINGS
December 27-30, 1995 and February 1-4, 1996
Judy Bonning (305) 345-5370
- ◆ **BILLABONG AQUATICS, INC.**
TROPICAL VACATION STROKE CLINIC
February 22-25, 1996 Cozumel; March 7-10, 1996
Grand Cayman. Judy Bonning (305) 755-9858
- ◆ **TOTAL IMMERSION ADULT SWIM CAMPS**
Weekend Mini-Camps:
March 11-12, 1996: Washington, D.C.
March 18-19, 1996: Atlanta, GA
Swimming Vacations:
January 7-14, 1996: San Jose, Costa Rica
February 4-11, 1996: Winter Park/Granby, CO
Contact Terry Laughlin (914) 294-3510

LMSC Officers

Chairman: Forrest Sullivan, 1752 N. Woodhouse Rd., Virginia Beach, VA 23454 (804) 481-1988
Registrar: Betsy Durrant, 211 66th St., Virginia Beach, VA 23451 (804) 422-6811
Secretary: Linda McCowan, 13613 Prince William Dr., Midlothian, VA 23113 (804) 379-2537
Treasurer: Carl Russ, 2442 Starfish Rd., Virginia Beach, VA 23451 (804) 496-9177
Top Ten: James Wolfe, 460 Charles St., Blacksburg, VA 24060 (703) 951-1964
Fitness Committee: Rhea Wilkins, 1607 Darrell Dr., Midlothian, VA 23113 (804) 79403659

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

1995 USMS Convention Highlights

Elections: Mel Goldstein, President; Jim Miller, Vice-President; Suzanne Rague, Secretary; Lucy Johnson, Treasurer were re-elected to a second term. Betsy Durrant, after 4 years as Chairman of the Zone Committee, chose not to run for re-election. Stefanie Walsh was elected to replace her. Jim and Betsy are both members of our LMSC.

National and Long Distance Championships:

	<u>1996</u>	<u>1997</u>
Short Course	DeAnza, CA (May 9-12)	Federal Way, WA (May)
Long Course	Ann Arbor, MI (August 22-25)	Orlando, FL (August 15-18 or 16-19)
1 Mile	Santa Cruz, CA (August 3)	Lake Whitney, TX (Mid-May)
1.5-3 Mile	Richardson, TX (September)	Reston, VA (May 25)
2 Mile Cable	Charlottesville, VA (July 6)	Charlottesville, VA (July 12)
3.5-5 Mile	Malibu, CA (September 21)	Catalina Island, CA (3rd Sun. in Sept.)
6 Mile	Seal Beach, CA (July)	Seal Beach, CA (Mid-July)

Postal National Championships: 3000 yd (Sept-Nov); 5/10K (May-Sept); 1 Hour (January)

Coaches: Eight regional, 2-part clinics for coaches and swimmers will be held in 1996. Two underwater Snooper cameras are also being purchased to service 24 USMS clubs for one month each. Priority for their usage will be given to clubs hosting the clinics. The USMS video library is available to all members. For a current list of videos, send a self-addressed stamped envelope to Maxine Nellen, North Wading River Rd., Wading River, NY 11792. Maxine's daughter, Val, is a member of VMST and swims in Richmond. A *Coaches Manual*, an outstanding source for coaching information, will soon be available.

Fitness: A *Fitness Package* which includes a collection of fitness articles has been developed. Upcoming Fitness events for 1996 include the 200 Challenge, the Great American Swalk (3000 yds of aqua jogging), and Nature Swim USA (geared for open water swimmers).

Insurance: All participants of USMS sanctioned or sponsored events must sign a liability release and be USMS members. If any unregistered swimmer gets into the water, all USMS insurance coverage becomes void.

International: Implementation of drug testing at the 1996 World Masters Meet in Sheffield, England is still uncertain. In 1997, the World Masters Games will be held in Oregon. In 1998 the World Masters Meet will be hosted by Casablanca.

Marketing: New benefits soon to be available to our membership are a Phone Debit Card, an alliance with Alamo Rent-A-Car, and a Destination Travel Card. The Affinity Master Card will continue to be offered. *Places to Swim* has been updated, *Building a Successful Masters Club* are now available. A USMS Public Service Announcement for distribution to local TV/cable stations will soon be available. CompuServe has a masters swimming section.

Officials: A *USMS Certification Manual* for training and certifying officials will be available by the first of the year.

Planning: E-Mail, InterNet on-line, and Web Page are being explored as ways of increasing communication with our membership.

Records: Last year there were 429 USMS Records and 318 USMS World Records. A list of 419 All Americans was published in SWIM Magazine. FINA World Top 10 Records for 1994 are available from the FINA Office. In order to receive a FINA certificate for breaking a currently published World Record, swimmers must submit all proper record documentation to Walt Reid. The FINA age rule differs from the USMS Age Rule, therefore if you compete in a country which uses this rule, and you want those times considered for USMS purposes, you must submit your correct USMS age.

Ho! Ho! Help Me!

by Alice Phillips

The company I work for has a great holiday tradition that is practiced in many organizations. We assemble at our annual holiday gathering bearing THE most useless, tacky, but can't quite make yourself throw it away item we can find in our homes. We wrap these white elephants in our best paper and we draw numbers, playing the game where the higher your number the better off you are since you can trade for any of the other gifts previously opened. It's a hilarious exercise--last year I saw someone open a beat up gorilla costume, a stuffed fish (brought back from the previous year's gift exchange), a chartreuse Hawaiian shirt, and one of those oil paintings you might but at a flea market in Hopewell (sorry Paula!).

At any occasion, gift giving and getting can be a frightening endeavor. Who amongst us has not torn off the happy birthday paper and uttered, "I've never seen anything quite like this", or wondered silently with that strained smile, "Does this person even know me?" I recall opening several wedding presents and having to turn to my mom and ask, "What is this thing?"

Well, the pinnacle of gift-giving season has arrived again. Here's a list of some health-oriented gifts that might fit a variety of tastes and budgets and might not end up in the back of your closet or wrapped up at your next white elephant party.

Stocking Stuffers

- Gourmet jelly or jam
- Lottery tickets
- Athletic socks
- Goggles and swim caps
- Sugarless gum
- A pocket sized fat gram counter book
- Tickets to a local theater or cinema
- Trial sizes of toiletries (great for travelers or for the gym-goer)
- Relaxation tape or nature music tape
- Homemade coupon for a backrub, household chore, or candlelit dinner

Wellness Wishes

- Subscription to a health magazine. Three recommendations are: *Health* - \$16 per year (great general overview, and well-written, interesting

articles), 1-800-274-2522. *Nutrition* - \$24 per year (latest & strictest opinions from the center for Science in the Public Interest), 1-800-237-4874. *Wellness Letter* - University of California at Berkeley - \$24 per year (also an overview but shorter articles and no ads), 1-904-445-6414.

- Home medical guide (look for reputable, recognizable organizations and institutions like the Mayo Clinic or Harvard Health)
- A tear-off calendar of daily cartoons or affirmations
- Self-enrichment class (cooking, self-defense, computers, gardening, painting, golf, photography, or whatever hobby or interest fits)
- Supplies for that hobby or interest that has never been fully explored or always get put on the back burner
- Membership to a local health club
- Personal portable tape player for walking/running or relaxation
- Kick board, fins, or pull buoy
- Herb garden supplies
- Herbal tea and a special mug
- Smoke detector (you'd be surprised how many people don't have one or need one for another portion of their home)
- A kitchen or workshop fire extinguisher

Certifiably Certain to Please

- Gift certificate for a massage
- Gift certificate to a local bookstore, computer, or music store
- Gift certificate to a local retailer that is a favorite of the recipient
- Gift certificate for a manicure, pedicure, and facial
- Gift certificate for a Bed & Breakfast weekend or special area restaurant and hotel package
- Gift certificate for a local outfitter/camping store and plans to take a trip together in the coming year
- Gift certificate for a sporting goods supplier or store

ENJOY THE HOLIDAYS!

VIRGINIA MASTERS WINTER INVITATIONAL
Riverside Wellness and Fitness Center - Briarwood
Richmond, Virginia
February 10 and 11, 1996

Sponsored By: Virginia Masters Swim Team and the LMSC for Va.

Sanctioned By: LMSC for Va. for USMS, Inc. - Sanction #126-0002

Meet Directors: Nancy and Jim Miller

Location: Riverside Wellness and Fitness Center at Briarwood, 11621 Robious Rd., Richmond, Va. Telephone number is (804) 378-1600. This is an eight-lane, 50-meter indoor pool with bulkhead, using fully electronic timing system with scoreboard and non-turbulent lane markers.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered and must include a copy of their LMSC card. Virginia registration will be available at the meet. A novice swimmer is defined as anyone who has not placed in the top three for that stroke in Masters competition.

Entries: \$2.00 per individual event plus a \$5.00 surcharge to help defray the cost of automatic timing, printing, and postage for mailing results. Relays will be deck-entered and deck-seeded at no cost. Deck entries will be accepted up until 30 minutes prior to meet starting time each day at a cost of \$4.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays.

Entry deadline: Entries must be received no later than **February 2, 1996**, or they will be considered deck entries.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily.

Warm-up/Warm-down Procedures: Swimmers must **enter the pool feet first in a cautious manner**. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. Lanes 1 and 8 will be maintained as continuous warm-up/warm-down lanes during the entirety of the meet; **ABSOLUTELY NO DIVING** will be permitted in these lanes once the meet has begun. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Awards: Medals or pins for first place in each individual event. Ribbons for second and third places in each individual event.

Social: Join us for our Masters potluck after the meet on Saturday, February 10. \$5.00 per person covers food and drink. Please enclose payment with your entry. Please indicate the number attending on your entry form. Maps will be at the meet.

ORDER OF EVENTS

Saturday, February 10

Warm-ups: 1 PM

Meet starts: 2 PM

Event #

Women/Men	Event
1	2 1000 Y Free
3	4 1650 Y Free
5	6 400 Y IM

Sunday, February 11

Warm-ups: 8 AM

Meet starts: 9 AM

Event #

Women/Men	Event
200	Y Choice*:
7	8 200 Y IM
9	10 200 Y Fly
11	12 200 Y Breast
13	14 200 Y Back
15	16 100 Y Free
17	18 Novice 50 Y Fly
19	20 50 Y Fly
21	22 100 Y Breast
23	24 Novice 50 Y Free
25	26 50 Y Free
27	28 100 Y IM
BREAK	
29	30 200 Y Free
31	32 100 Y Back
33	34 Novice 50 Y Breast
35	36 50 Y Breast
37	38 100 Y Fly
39	40 Novice 50 Y Back
41	42 50 Y Back
43	44 200 Y Medley Relay
45	46 200 Y Free Relay
47	48 200 Y Mixed Medley Relay
49	50 200 Y Mixed Free Relay
51	52 500 Y Free

*200 Y Choice means that you may swim any 200 yard event of your choosing (except the 200 Y Free). Please indicate your choice on your entry form.

Nearby Lodging:

Days Inn - Chesterfield (closest)
1301 Huguenot Road (804) 794-4999

Holiday Inn - Koger Center
1021 Koger Center Boulevard
(804) 379-3800

Sheraton Park South
9901 Midlothian Turnpike (804) 323-1144

Virginia Masters Winter Invitational - Entry Form and Release

The following release must be dated, signed, and in the possession of the Meet Director before the 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 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.

Date: _____ Signature: _____

Name: _____ Sex: _____ USMS Reg. No.: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Age (as of 2/11/96): _____ Birthdate (Mo/Day/Yr): _____

LMSC: _____ Club: _____ Phone (day): _____ (night): _____

Women's Event #	Time	Event	Men's Event #	Time
1		1000 Y Free	2	
3		1650 Y Free	4	
5		400 Y IM	6	
7		200 Y IM	8	
9		200 Y Fly	10	
11		200 Y Breast	12	
13		200 Y Back	14	
15		100 Y Free	16	
17		Novice 50 Y Fly	18	
19		50 Y Fly	20	
21		100 Y Breast	22	
23		Novice 50 Y Free	24	
25		50 Y Free	26	
27		100 Y IM	28	
29		200 Y Free	30	
31		100 Y Back	32	
33		Novice 50 Y Breast	34	
35		50 Y Breast	36	
37		100 Y Fly	38	
39		Novice 50 Y Back	40	
41		50 Y Back	42	
RELAYS				
51		500 Y Free	52	

Number Attending Social: _____

Social (\$5.00 Per Person): _____

Total Events _____ x \$2.00: _____

Surcharge: \$5.00

Total Amount Enclosed: _____

Make checks payable to: **Virginia Masters Swim Team**

Mail to: Nancy Miller
3741 Reed's Landing Circle
Midlothian, VA 23113
(804) 285-2758 ext. 42

**A COPY OF YOUR USMS
REGISTRATION CARD MUST BE
ENCLOSED FOR YOUR ENTRY TO**

From the Registrar...

by Betsy Durrant

Our total number of registered swimmers is at an all time high - over 490! The new registration year begins November 1. Old registrations are good through December 31, 1995, but you may renew at any time. The new registration form is included on page 9 of this issue of the LMSC newsletter.

Craig Campesi of Manassas is taking over as your Registrar. Craig brings a great deal of enthusiasm and computer knowledge to the job. I hope he enjoys it as much as I have. I've done the job for 10 or 11 years now, and I am eager to use my time on some new projects (Masters swimming related, of course).

At the recent LMSC meeting we talked about using HyTek Meet Manager at all meets. We discussed adding a \$1 surcharge to the meets and paying someone \$1 per swimmer to do the data entry. James Wolfle is interested in performing this service. We are going to test this on a trial basis for this year. It should help meet directors and encourage more people to put on a meet. To make this even easier, we'd like to have a lap top computer to use at meets. I am going to explore ways to raise some money for the LMSC to purchase a lap top computer. If any of you have connections to get a reduced price on a computer for the LMSC, let me or James Wolfle know.

Thanks to Linda McCowan for all her efforts in organizing the LMSC Fall Ball. It was a great success! Thanks also go to Norm Rainer for his excellent slide show, to Joe Gentry for being an outstanding emcee, to Forrest Sullivan for handing out the awards with panache, and to all the others who were instrumental in making the party such a success!

VMST News

A Note From the President

by Beth Waters

I hope you had a chance to attend our annual fall meet. It was a great kick-off for the 1995-1996 short course season.

Don't forget - we are always interested in articles, meet results, etc., for the newsletters. These items can be sent to the Stevensons (newsletter editors), or to me.

November Birthdays

William Adams (Charlottesville) 11/19/61 - 34
John Bander (Midlothian) 11/5/46 - 49
Susan Bleistein (Lorton) 11/12/57 - 38
Bill Burcin (Manassas) 11/15/57 - 38
Charles Cockrell, Jr. (Yorktown) 11/1/68 - 27
Kelley Cooper (Woodbridge) 11/15/57 - 38
Rosemary Dawson (Lynchburg) 11/20/45 - 50
Johnnie Detrick (Midlothian) 11/9/35 - 60
Michael Foust (Covington) 11/11/69 - 26
Linda Gulden (Manassas) 11/20/57 - 38
Francis Hall (Virginia Beach) 11/7/26 - 69
James Hickey (Richmond) 11/2/39 - 56

Anne Irons (Lynchburg) 11/13/33 - 62
Paula Jones (Hopewell) 11/22/68 - 27
Shirley Loftus (Afton) 11/8/51 - 44
Charlene Magee (Midlothian) 11/20/41 - 54
Terry Miffleton (Midlothian) 11/9/50 - 45
Phyllis Murphy (Lynchburg) 11/26/23 - 72
John Post (Charlottesville) 11/11/47 - 48
Andrea Schad (Nokesville) 11/3/66 - 29
Kathy Sheridan (Lake Ridge) 11/7/47 - 48
Laura Walker (Pungoteague) 11/19/37 - 58
Beth Waters (Chesterfield) 11/27/57 - 38
Gregory Zack (Lancaster) 11/13/61 - 34



1996 USMS, INC. and LMSC for Virginia Registration

Important: Register with the name that you will use when you enter meets.

Last name

First name

Initial

Street address

City

State

Zip

Area Code - Telephone

Date of Birth

Age

Sex

Check one: New ☐ Renewal ☐

** USMS Team or "Unattached" if no team

Check here if you are a USMS coach ☐

Reg # for 1995 _____

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 and regulations of USMS.

Signature

Date

UNATTACHED, MMST (Manassas)

VBSC (Valley Blues)

SABS (Salvation Army Bolts)

Registration fee: \$21

Make check payable to: LMSC FOR VIRGINIA

Mail this form and check to:

Craig Campesi

14134 Walton Drive

Manassas, VA 22111-3701

VMST (VIRGINIA MASTERS SWIM TEAM)

Registration fee and VMST dues: \$36

Make check payable to: VMST

Mail this form and check to:

Mike Duignan

3313 Glen Eden Quay

Virginia Beach, VA 23452-6240

Note: All registration fees are reduced by \$8 during the last 2 months of the year (September and October, 1996).

UNAT,VBSC,SABS,MMST: \$21-\$8=\$13 and VMST: \$36-\$8=\$28

All registrations are valid through December 31, 1996, and include a subscription to SWIM magazine and quarterly LMSC newsletters. (\$7 of annual dues is designated for a SWIM magazine subscription.)

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. Contact Jay Crawford (804)748-9622

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

LEXINGTON: Washington & Lee University - MWF
7:15-8:15 PM. Contact Kiki Jacobs (540) 463-8481

LYNCHBURG: Lynchburg YMCA - Contact Jim McFar-
land (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 swim-
ming; 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 De-
Long (703)368-0309

PORTSMOUTH: YMCA (804)399-5511

RICHMOND: Riverside Wellness & Fitness
Center/Briarwood - Robious Rd., Midlothian M-F:
6-7AM, M-Th: 7:00-8:15PM, 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); Ga-
tor 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 Had-
lock (703)659-6737

STAUNTON: Staunton Racquet Club - MWF:
5:30-6:30PM. Contact 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; Bay-
side (804)460-7540; Bow Creek (804)431-3765; Princess
Anne (804)426-0022

WILLIAMSBURG: James City Co. Rec. Center - Longhill
Road, Williamsburg M-F: 6-7AM (coach), MWF: 6-7PM
(no coach). (804)229-5676

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