



Virginia Masters News

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

Published by the Virginia Masters Swim Team

June 15, 1996/Volume XIV/Number 4

Notes from the President

by Beth Waters

I attended the meet in Roanoke, VA on Saturday, April 27, 1996. This was the first time they have hosted a meet at Lancerlot, and they did a great job. Approximately 60 swimmers participated in the meet. The group has already started talking about the changes and improvements they can make for next year. Be sure and watch the calendar of events so you can plan to attend.

Nominations for the positions of Chairman, Secretary, and Treasurer for the LMSC of VA are now being accepted for a vote at the Fall Ball. Nominations should be in writing and should be made with the consent of the nominated party. The nomination, along with a CV, should be sent to Linda McCowan at 13613 Prince William Drive, Midlothian, VA 23113-4532

In this issue...

- **Entry Form** for the Aug 11 DC Masters Meet.
- **Results** from the Roanoke meet.
- More pearls of wisdom from **Manny Klammer**.
- VMST **relay forms** for Long-Course Nationals.
- Due to a lack of space in last month's missive, we have **lots o' birthdays** this time around.

Short-Course National Championship

by Jim Miller

De Anza, CA, entertained the second largest short-course nationals ever held. Using a new format for running events, individuals were allowed to swim their sixth event and the competition, including relays and all distance events, ended between 3:30 and 5:30 pm each day.

Ten women and nine men participated in the meet for Virginia Masters. This year's team consisted of Calvin Barnes (Hampton); Lisa Bennett (Florida); Kitten Braaten, Johnnie Detrick, Terry Sue Gault, John McGill, Jim Miller, Nancy Miller, Patti Powis, Karen Webb, Sean Webb (Richmond); Chris Flood (Burke); Mark Gill (Petersburg); Karen Kaufman (Centreville); Ken Novell (Dahlgren); Jerry Smith and Robin Smith (Tennessee); James Wolfle (Harrisonburg); and Susan Wolfle (Texas). Quite a diverse group, wouldn't you say?!

Finishing fourth, the women's team was just edged out of a third place finish by a mere ten points. The men's team did an incredible job placing 15th, and the overall combined team placed fourth. Some individuals posted outstanding performances, and three swimmers won individual events: Terry Sue Gault (Women's 45-49 1650 freestyle, 200 butterfly, and 100 butterfly), Johnnie Detrick (Women's 60-64 100 breaststroke and 50 freestyle), and Lisa Bennett (Women's 40-44 50 breaststroke, tying the National record).

Remember, long-course nationals this summer will be held in Ann Arbor, MI, and should be a great meet. So far, there has been a fair amount of interest expressed by your teammates, and hopefully we will have a large team showing. Hope to see you there!

Upcoming Events for Virginia Swimmers

Mark Your Calendars...



- ◆ May 15 - October 15, 1996
10K-2: 10,000 METER 2-PERSON POSTAL MEET RELAY
Mike Stott (804) 288-8808
- ◆ June 15, 1996
5TH ANNUAL MARYLAND SWIM FOR LIFE
Gunpowder Falls State Park, Chase, MD
More information: (410)243-4418
- ◆ June 16, 1996
JACK KING 1-MILE OCEAN SWIM
Virginia Beach, VA
Betsy Durrant (804) 422-6811
- ◆ June 23, 1996
TERRAPIN 800/1500 MEET
Glenmont Swim Center, Wheaton, MD
D. Diehl (301) 946-0649
- ◆ June 22-28, 1996
WORLD MASTERS SWIMMING CHAMPIONSHIPS
Sheffield, England
- ◆ July 6, 1996
CHRIS GREENE LAKE 2-MILE CABLE SWIM
Charlottesville, VA
Linda McCowan (804) 389-2537
- ◆ July 28, 1996
DCRP LONG COURSE MEET
D. Siskind (202) 3362-8469
- ◆ August 11, 1996
DC MASTERS 11TH LONG COURSE MEET
Teresa Martin (703) 660-6379
- ◆ August 22-25, 1996
USMS NATIONAL LONG COURSE CHAMPIONSHIPS
Ann Arbor, MI
- ◆ August 9-22, 1998
WORLD MASTERS GAMES
Portland, OR

Camps and Clinics

- ◆ **Total Immersion**
Terry Laughlin (914) 294-3510
- ◆ **Premier Stroke Clinic Series**
Clay Britt (301) 231-9740
- ◆ **Billabong Aquatics**
Coral Springs, FL
Judy Bonning (305) 345-5370

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 Dignan, 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

HAPPY BIRTHDAY!

MAY and JUNE VMST BIRTHDAYS

Joan Averette	Virginia Beach	6/5/36	60*	Donna Kadlel	Blacksburg	5/20/63	33
Sheryl Bailey	Norfolk	5/29/56	40*	Karen Kaufmann	Centreville	6/16/64	32
Laura Bennett	Manassas	6/1/59	37	Manny Klammer	Richmond	6/8/50	46
Lisa Bennett	Ormond Beach, FL	5/9/56	40*	John Kuta	Quinton	6/29/53	43
Ann Berquist	Ordinary	6/18/33	63	Alice Lawrence	Manakin Sabot	6/17/54	42
J. B. Brinkman	Virginia Beach	6/30/58	38	Benjamin Linstid	Blacksburg	5/5/76	20
James Burgess	Virginia Beach	6/22/56	40*	Joann Loftus	Poquoson	5/5/53	43
Sharon Burnham	Richmond	6/16/52	44	David Malsbury	Chesapeake	6/3/61	35*
William Burnham	Richmond	5/14/49	47	Linda McCowan	Midlothian	5/21/49	47
Leslie Callender	Yorktown	6/13/68	28	Jeanne Meredith	Virginia Beach	6/20/28	68
Jo Jo Calles	Virginia Beach	5/14/51	45*	Nancy Moore	Richmond	5/1/59	37
Babs Carter	Lantana, FL	5/11/24	72	Julie Mullen	Virginia Beach	6/7/68	28
Mark Coberly	Norfolk	5/4/53	43	Helen Newbold	Lynchburg	5/31/23	73
Darrell Cofsky	Yorktown	5/25/56	40*	Karen Neymark	Virginia Beach	5/12/52	44
Jane Craig	Richmond	6/19/46	50*	Kenneth Novell	Dahlgren	6/12/42	54
Kathleen Cramer	Dumfries	6/3/53	43	Mary Ann Peterson	Norfolk	5/12/60	36
Alan Davis	Blacksburg	5/23/73	23	Jane Pharis	Hardy	5/13/33	63
Laurel Davis	Blacksburg	5/25/52	44	William Pharis	Hardy	6/27/47	49
Armando Deguzman	Norfolk	5/9/53	43	Jeff Reilly	Roanoke	5/5/61	35*
Brian Fentress	Blacksburg	5/2/75	21	Sally Seucik	Blacksburg	5/17/45	51
Matthew Glasgow	Blacksburg	6/10/56	40*	William Shaw	Manassas	6/14/49	47
Ruth Good	Richmond	6/18/20	76	Paul Smead	Blacksburg	6/11/32	64
Kim Harrell	Richmond	5/27/57	39	Gene Sorrell	Richmond	5/24/53	43
Lisa Heirigs	Richmond	6/19/66	30*	Peter Virok	Virginia Beach	5/6/58	38
Mary Hendricks	Blacksburg	6/3/48	48	Sean Webb	Richmond	6/20/51	45*
Marti Henshaw	Twentynine Palms, CA	6/20/60	36	Claudia Weisner-Combecher	Midlothian	6/12/48	48
Harry Howell	Bon Air	6/27/17	79	George Wright	Woodbridge	6/3/51	45*
Colette Jamerson	Appomattox	5/18/60	36	Mary Wright	Lynchburg	6/10/34	62
Diane Johnson	Virginia Beach	5/31/51	45*	Rebecca Wright	Richmond	5/17/72	24
				Caren Yarbrough	Virginia Beach	6/30/52	44

* indicates swimmer "aging up"

Geese, Dolphin & Sharks

by Manny Klammer

Most Masters swimmers remind me of Canadian Geese. The geese fly in formation, with a point goose exerting greater effort than its followers. If any goose gets injured, at least two other geese will accompany the injured. When the point goose gets tired, it relinquishes the lead to a fresh goose and retreats to the rear of the flock. As long as each goose maintains a similar pace and follows the leader, there is rarely a problem.

Sometimes Masters swimmers remind me of dolphins. The dolphins that I have seen at the beach swim in groups called schools. So named, because dolphins have "learned" that it is easier and more fun to swim as a cooperative group.

A few Masters swimmers remind me of sharks. Sharks sometimes appear in large numbers, but usually they are alone. They never cooperate with each other or with other species. They are out to do their own thing and don't mind if they create havoc in the sea.

Occasionally we all need to ask ourselves, am I a goose, a dolphin or a shark? Happy swimming.

VMST National Relay Entry & Attendance Form

1996 Long-Course National Championship – Ann Arbor, MI

Instructions: If you plan to attend Long-Course Nationals, *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

NAME: _____

PHONE (H): _____

Age as of August 25, 1996: _____

PHONE (W): _____

Relays of interest (please circle all that you are interested in):

Relay	Medley (Friday)	Mixed Free (Friday)	Mixed Medley (Saturday)	Free (Sunday)	No
-------	--------------------	------------------------	----------------------------	------------------	----

To help the coaches put relays together, please submit your times for the following events indicating whether the times are for short-course yards, short-course meters, or long-course meters:

50 Back: _____ scy/scm/lcm

50 Breast: _____ scy/scm/lcm

50 Fly: _____ scy/scm/lcm

50 Free: _____ scy/scm/lcm

Please circle your T-shirt size:

Small

Medium

Large

X-Large



DC MASTERS 11th LONG COURSE MEET

AUGUST 11, 1996

Sanctioned by Potomac Valley LMSC for USMS, Inc. #106-006
Meet Directors: Teresa Martin (703) 660-6379 & Robert Srouf 301 983-1064
Warm-ups 9:00 AM, 800 Free begins at 9:30 AM

There will be approximately one-half hour additional warm-up before Event 2. At the start of Event 2 one lane will be available for warm-ups and swim-down throughout the remainder of the meet.

Event 2 will not begin before 10:45 AM.

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.

Directions: From I-495 (Capital Beltway) take Exit 15, Central Ave., (MD Route 214) EAST (Outside of the Beltway). Bear right on Largo Road (MD Route 202). Go about 1 mile to SECOND stop light (past Campus Dr). Turn right, take next right (0.1 mile). Go to stop sign and turn left. Follow the road about 0.3 mile to Robert Bickford Natatorium and parking on your left.

ORDER OF EVENTS

Swimmers may enter only five events, excluding relays. The events are the same order as LC Nationals.

Warm-ups 9:00 AM, 800 Free begins at 9:30 AM There will be approximately one-half hour additional warm-up before Event 2. At the start of Event 2 one lane will be available for warm-ups and swim-down throughout the remainder of the meet. Event 2 will not begin before 10:45 AM.

- | | | | |
|------------------------------------|---------------------|----------------------|--------------------|
| 1. 800 Freestyle
(2 heats only) | 5. 50 Butterfly | 10. 200 Breaststroke | 15. 100 Backstroke |
| 2. 200 Backstroke | 6. 100 Breaststroke | 11. 50 Backstroke | 16. 200 Freestyle |
| 3. 50 Freestyle | 7. 400 Freestyle | 12. RELAYS | 17. 400 IM |
| 4. 200 IM | 8. 200 Butterfly | 13. 100 Butterfly | 18. FUN RELAY |
| | 9. 100 Freestyle | 14. 50 Breaststroke | |

Event 18 - Fun Relay: Stroke, distance, and equipment details of relay available at the meet. **Winners will receive complimentary tickets to the social following the meet.**

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 2. Mail entries to DC Masters Long Course Meet, c/o Barbara Frid, 6105 Chapman Rd, Mason Neck, VA 22079. NO PHONE ENTRIES ACCEPTED. Swimmers may enter up to five events, excluding relays. The 800 free will be limited to the first 16 entries. Individual deck entries will be accepted on a space available basis until 10:00 AM on August 11. All relays will be deck entered and deck seeded. Any recognized USMS relay may be entered. Relay teams must complete an official relay timers' card (provided at the meet).

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

T-Shirts: Special meet logo by well known graphic artist, Steve Hogan, on a 50 cotton/50 poly T-shirt are \$10 if ordered in advance. \$13.00 if ordered at the meet or after entry deadline.

Fees: \$4.00 per event. Surcharge \$6.00 (includes copy of results). Deck entries, \$6 per event plus surcharge, if not previously paid. No fee for relays and NO awards. \$8.50 for social with entry, \$10 at the meet.

Awards: Bath towels with logo will be given to everyone as participation awards. No other awards will be given (except for fun relay).

Social: Immediately following meet on site. \$8.50 with meet entry. \$10.00 at the meet.

Hotel: Hampton Inn, 4921 W. Largo Rd 301-499-4600 \$79 for single, \$89 for double, includes breakfast; Holiday Inn, Landover, MD. 1-800-874-0322 or (301) 773-0700. Rates range from \$69 - \$99 per night.



DC MASTERS LONG COURSE MEET

ATTACH COPY OF YOUR USMS CARD HERE

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 _____

Event	Seed Time	Event	Seed Time	Event	Seed Time	Entry Fees
1. 800 Free	: :	7. 400 Free	: :	13. 100 Fly	: :	events x \$4.00 = _____ Surcharge _____ 6.00 (Includes results) No copy of USMS card add \$1 _____ T-shirt \$10 _____ Circle size S M L XL Social \$8.50 _____ TOTAL _____ Check payable to DC Masters, Inc.
2. 200 Back	: :	8. 200 Fly	: :	14. 50 Breast	: :	
3. 50 Free	: :	9. 100 Free	: :	15. 100 Back	: :	
4. 200 IM	: :	10. 200 Breast	Deck Enter	16. 200 Free	: :	
5. 50 Fly	: :	11. 50 Back	: :	17. 400 IM	: :	
6. 100 Breast	: :	12. 50 RELAYS	: :	FUN RELAY	Deck enter	

Entries received after August 2 will be considered deck entries

Mail to DC Masters Long Course Meet, c/o Barbara Frid, 6105 Chapman Rd, Mason Neck, VA 22079. No phone entries accepted.

1st Annual Star City Masters Meet
Roanoke, Va. April 27, 1996 Sanction #126-0005

Event Results for Session 1 - 1st Annual Star City Swim Meet

Event 11 Women Open 50 Free			
PL	Name	Age Team	Finals
--- Ages 19 Through 24			
1	WHEAT, L.	22 UNAT	29.22
2	DURBIN, SOKO	20 UNAT	29.25
--- Ages 25 Through 29			
1	BURICHIN, S.	26 VMST	29.18
--- Ages 35 Through 39			
1	ALVIS, SUSAN	38 CCLM	29.15
2	KESSLEER, S.	36 VMST	38.53
--- Ages 40 Through 44			
1	NYGAARD, E.	44 VMST	34.05
--- Ages 45 Through 49			
1	BRUCE, SALLY	45 VMST	32.31
2	SEASE, CAROLE	48 VMST	37.74
--- Ages 50 Through 54			
1	DAWSON, R.	51 VMST	40.96
--- Ages 55 Through 59			
1	MARSHALL, M.	56 VMST	53.17
--- Ages 60 Through 64			
1	SUIT, VERA	63 VMST	51.15
2	PHARIS, JANE	62 VMST	51.51
--- Ages 70 Through 74			
1	MURPHY, P.	72 VMST	1:05.06
2	CREEMERS, BEP	72 VMST	1:53.90
Event 19 Women Open 100 Free			
PL	Name	Age Team	Finals
--- Ages 19 Through 24			
1	WHEAT, L.	22 UNAT	1:02.78
2	DURBIN, SOKO	20 UNAT	1:07.79
--- Ages 25 Through 29			
1	BURICHIN, S.	26 VMST	1:05.94
--- Ages 35 Through 39			
1	ALVIS, SUSAN	38 CCLM	1:02.95

--- Ages 40 Through 44
1 NYGAARD, E. 44 VMST 1:17.76

--- Ages 45 Through 49
1 KRIZ, KAYE 47 VMST 1:12.69
2 WHEAT, PATSY 48 UNAT 1:23.01
3 SEASE, CAROLE 48 VMST 1:27.41

--- Ages 55 Through 59
1 MARSHALL, M. 56 VMST 1:56.99

--- Ages 60 Through 64
1 SUIT, VERA 63 VMST 2:02.76

--- Ages 70 Through 74
1 CREEMERS, BEP 72 VMST 3:29.43

Event 3 Women Open 200 Free

PL Name Age Team Finals

--- Ages 40 Through 44
1 NYGAARD, E. 44 VMST 2:55.93

--- Ages 45 Through 49
1 KRIZ, KAYE 47 VMST 2:45.33

--- Ages 55 Through 59
1 GRIFFIN, L. 57 VMST 2:51.96
2 MARSHALL, M. 56 VMST 4:06.27

--- Ages 60 Through 64
1 IRONS, ANNE 62 VMST 4:40.99

Event 29 Women Open 500 Free

PL Name Age Team Finals

--- Ages 25 Through 29
1 AUGUSTINE, V. 28 VMST 6:40.22

--- Ages 45 Through 49
1 SEASE, CAROLE 48 VMST 9:05.91

--- Ages 55 Through 59
1 MARSHALL, M. 56 VMST 10:54.53

1st Annual Star City Masters Meet
Roanoke, Va. April 27, 1996 Sanction #126-0005

Event Results for Session 1 - 1st Annual Star City Swim Meet

Event 21 Women Open 50 Back			
PL	Name	Age Team	Finals
--- Ages 45 Through 49			
1	BRUCE, SALLY	45 VMST	40.76
2	SEASE, CAROLE	48 VMST	45.92
--- Ages 55 Through 59			
1	GRIFFIN, L.	57 VMST	41.42
--- Ages 60 Through 64			
1	PHARIS, JANE	62 VMST	56.53
--- Ages 70 Through 74			
1	MURPHY, P.	72 VMST	1:12.03
Event 7 Women Open 100 Back			
PL	Name	Age Team	Finals
--- Ages 19 Through 24			
1	WHEAT, L.	22 UNAT	1:15.50
--- Ages 25 Through 29			
1	AUGUSTINE, V.	28 VMST	1:10.70
--- Ages 30 Through 34			
1	BETTIS, P.	31 UNAT	1:27.25
--- Ages 35 Through 39			
1	ALVIS, SUSAN	38 CCLM	1:11.91
--- Ages 45 Through 49			
1	SEASE, CAROLE	48 VMST	1:39.67
Event 17 Women Open 200 Back			
PL	Name	Age Team	Finals
--- Ages 35 Through 39			
1	ALVIS, SUSAN	38 CCLM	2:49.44

--- Ages 60 Through 64
1 IRONS, ANNE 62 VMST 12:17.66

--- Ages 55 Through 59
1 GRIFFIN, L. 57 VMST 3:10.55

--- Ages 30 Through 34
1 LEITCH, C. 33 VMST 39.76

--- Ages 45 Through 49
1 KRIZ, KAYE 47 VMST 43.08
2 WHEAT, PATSY 48 UNAT 45.50

--- Ages 50 Through 54
1 DAWSON, R. 51 VMST 53.77

--- Ages 60 Through 64
1 SUIT, VERA 63 VMST 1:12.21

--- Ages 60 Through 64
1 SUIT, VERA 63 VMST 1:12.21

Event 25 Women Open 100 Breast

PL Name Age Team Finals

--- Ages 45 Through 49
1 WHEAT, PATSY 48 UNAT 1:36.93

--- Ages 50 Through 54
1 DAWSON, R. 51 VMST 1:54.77

Event 23 Women Open 50 Fly

PL Name Age Team Finals

--- Ages 19 Through 24
1 DURBIN, SOKO 20 UNAT 32.74
2 WHEAT, L. 22 UNAT 35.12

--- Ages 25 Through 29
1 AUGUSTINE, V. 28 VMST 31.80

--- Ages 40 Through 44
1 NYGAARD, E. 44 VMST 40.32

--- Ages 60 Through 64
1 SUIT, VERA 63 VMST 1:11.24

Event Results for Timed Finals

--- Ages 70 Through 74
1 MURPHY, P. 72 VMST 1:29.54

Event 13 Women Open 100 Fly

PL	Name	Age Team	Finals
---	Ages 30 Through 34		
1	BETTIS, P.	31 UNAT	1:10.59
---	Ages 55 Through 59		
1	GRIFFIN, L.	57 VMST	1:29.20

Event 15 Women Open 100 IM

PL	Name	Age Team	Finals
---	Ages 19 Through 24		
1	WHEAT, L.	22 UNAT	1:15.67
---	Ages 30 Through 34		
1	LEITCH, C.	33 VMST	1:18.79
---	Ages 40 Through 44		
1	NYGAARD, E.	44 VMST	1:32.59
---	Ages 45 Through 49		
1	KRIZ, KAYE	47 VMST	1:27.65
2	WHEAT, PATSY	48 UNAT	1:32.12
---	Ages 50 Through 54		
1	DAWSON, R.	51 VMST	1:44.65
---	Ages 60 Through 64		
1	SUIT, VERA	63 VMST	2:18.78

Event 5 Women Open 200 IM

PL	Name	Age Team	Finals
---	Ages 30 Through 34		
1	BETTIS, P.	31 UNAT	2:42.17
---	Ages 35 Through 39		
-	WATERS, BETH	38 VMST	NT

--- Ages 45 Through 49
1 WHEAT, PATSY 48 UNAT 3:14.92

Event 12 Men Open 50 Free

PL	Name	Age Team	Finals
---	Ages 19 Through 24		
1	SAUNDERS, C.	19 VMST	27.27
---	Ages 40 Through 44		
1	TUDOR, LOUIS	40 UNAT	22.51
2	DUNMIRE, MIKE	43 VMST	27.91
3	WOODALL-GAINE	44 VMST	31.76
---	Ages 45 Through 49		
1	MILLER, ERIC	49 VMST	28.32
2	ROACH, JOHN	48 VMST	31.91
3	MAINLAND, TIM	46 CCLM	32.36
---	Ages 50 Through 54		
1	RAMSEY, W.	50 VMST	26.23
2	GREEN, EDWARD	50 VMST	27.34
---	Ages 55 Through 59		
1	TAYLOR, R.	57 VMST	33.29
2	CROWDER, JACK	57 VMST	47.58
---	Ages 60 Through 64		
1	MCGILL, JOHN	60 VMST	29.71
2	WHEELER, G.	61 VMST	36.95
3	SMEAL, PAUL	63 VMST	46.55
---	Ages 80 Through 84		
1	LEVIN, ARTIE	82 VMST	1:23.50

Event 20 Men Open 100 Free

PL	Name	Age Team	Finals
---	Ages 19 Through 24		
1	GORMAN, D.	24 SABS	53.22
2	DAVIS, ALAN	22 VMST	59.50
---	Ages 40 Through 44		
1	BAUER, CRAIG	43 VMST	58.52
2	DUNMIRE, MIKE	43 VMST	1:03.62
3	WOODALL-GAINE	44 VMST	1:13.98

Event Results for Timed Finals

--- Ages 60 Through 64
1 WHEELER, G. 61 VMST 1:26.74
2 SMEAL, PAUL 63 VMST 1:46.96

Event 4 Men Open 200 Free

PL	Name	Age Team	Finals
---	Ages 19 Through 24		
1	SAUNDERS, C.	19 VMST	2:11.00
---	Ages 55 Through 59		
1	TAYLOR, R.	57 VMST	3:08.36
---	Ages 80 Through 84		
1	LEVIN, ARTIE	82 VMST	7:33.83

Event 30 Men Open 500 Free

PL	Name	Age Team	Finals
---	Ages 19 Through 24		
1	LINSTID, BEN	19 VMST	6:36.67
---	Ages 25 Through 29		
1	WOLFLE, JAMES	27 VMST	5:16.49
---	Ages 40 Through 44		
1	REYNOLDS, JIM	43 VMST	7:08.29

Event 22 Men Open 50 Back

PL	Name	Age Team	Finals
---	Ages 45 Through 49		
1	PHARIS, W.	48 VMST	35.73
2	ROACH, JOHN	48 VMST	46.85
---	Ages 55 Through 59		
1	TAYLOR, R.	57 VMST	43.80
---	Ages 60 Through 64		
1	MCGILL, JOHN	60 VMST	35.61
2	WHEELER, G.	61 VMST	47.86

--- Ages 65 Through 69
1 SULLIVAN, F. 66 VMST 35.16

Event 8 Men Open 100 Back

PL	Name	Age Team	Finals
---	Ages 19 Through 24		
1	SAUNDERS, C.	19 VMST	1:15.34
---	Ages 65 Through 69		
1	SULLIVAN, F.	66 VMST	1:22.82

Event 18 Men Open 200 Back

PL	Name	Age Team	Finals
---	Ages 19 Through 24		
1	SAUNDERS, C.	19 VMST	2:33.30
---	Ages 35 Through 39		
1	LANZARA, G.	37 VMST	2:26.83
---	Ages 40 Through 44		
1	OLUND, DAVID	42 VMST	2:39.15

Event 10 Men Open 50 Breast

PL	Name	Age Team	Finals
---	Ages 19 Through 24		
1	GORMAN, D.	24 SABS	28.11
---	Ages 35 Through 39		
1	LANZARA, G.	37 VMST	33.67
---	Ages 40 Through 44		
1	REYNOLDS, JIM	43 VMST	35.34
2	BAUER, CRAIG	43 VMST	35.47
---	Ages 55 Through 59		
1	BUTTS, HOWARD	55 VMST	40.66
---	Ages 60 Through 64		
1	MCGILL, JOHN	60 VMST	37.47
2	WHEELER, G.	61 VMST	46.77
3	SMEAL, PAUL	63 VMST	1:09.97

1st Annual Star City Masters Meet
Roanoke, Va. April 27, 1996 Sanction #126-0005

Event Results for Timed Finals

Event 26 Men Open 100 Breast			
PL	Name	Age Team	Finals
--- Ages 19 Through 24			
1	GORMAN, D.	24 SABS	1:02.53
--- Ages 35 Through 39			
1	LANZARA, G.	37 VMST	1:15.66
--- Ages 40 Through 44			
1	REYNOLDS, JIM	43 VMST	1:23.49
--- Ages 45 Through 49			
1	MAINLAND, TIM	46 CCLM	1:29.67
Event 24 Men Open 50 Fly			
PL	Name	Age Team	Finals
--- Ages 19 Through 24			
1	GORMAN, D.	24 SABS	57.80
2	LINSTID, BEN	19 VMST	1:11.78
--- Ages 40 Through 44			
1	REYNOLDS, JIM	43 VMST	1:15.57
--- Ages 45 Through 49			
1	PHARIS, W.	48 VMST	1:18.35
2	MAINLAND, TIM	46 CCLM	1:29.48
--- Ages 50 Through 54			
1	GREEN, EDWARD	50 VMST	1:12.32
--- Ages 55 Through 59			
1	BUTTS, HOWARD	55 VMST	1:32.38
2	TAYLOR, R.	57 VMST	1:33.03
--- Ages 60 Through 64			
1	SMEAL, PAUL	63 VMST	2:12.60
2	MCGILL, JOHN	60 VMST	DQ
	WHEELER, G.	61 VMST	DQ
--- Ages 65 Through 69			
1	SULLIVAN, F.	66 VMST	1:22.34
Event 14 Men Open 100 Ply			
PL	Name	Age Team	Finals
--- Ages 19 Through 24			
1	DAVIS, ALAN	22 VMST	1:06.27

1st Annual Star City Masters Meet
Roanoke, Va. April 27, 1996 Sanction #126-0005

Event Results for Timed Finals

Event 2A Mixed Open 200 R-Medley			
PL	Name	Team	Finals
1	VMST A	VMST	2:42.75
	AUGUSTINE, V.-28W	WOLFLE, JAMES-27M	
	GREEN, EDWARD-50M	KRIZ, KAYE-47W	
2	VMST B	VMST	2:04.51
	WOODALL-GAINEY -44M	DAWSON, R.-51W	
	LEITCH, C.-33W	ROACH, JOHN-48M	
Event 2 Men Open 200 R-Medley			
PL	Name	Team	Finals
1	VMST A	VMST	2:36.23
	WHEELER, G.-61M	TAYLOR, ROBERT-57M	
	MCGILL, JOHN-60M	SULLIVAN, F.-66M	
Event 28 Men Open 200 R-Free			
PL	Name	Team	Finals
1	VMST B	VMST	2:13.25
	LINSTID, BEN-19M	SMEAL, PAUL-63M	
	ROACH, JOHN-48M	WOLFLE, JAMES-27M	
2	VMST A	VMST	2:14.20
	SULLIVAN, F.-66M	WHEELER, G.-61M	
	TAYLOR, ROBERT-57M	MCGILL, JOHN-60M	
Event 28A Mixed Open 200 R-Free			
PL	Name	Team	Finals
1	VMST A	VMST	1:56.99
	KRIZ, KAYE-47W	DAVIS, ALAN-22M	
	AUGUSTINE, V.-28W	GREEN, EDWARD-50M	
2	VMST B	VMST	2:01.84
	WOODALL-GAINEY -44M	BURICHIN, SHERI-26	
	LEITCH, C.-33W	BUTTS, HOWARD-55M	

Event 6 Men Open 200 IM			
PL	Name	Age Team	Finals
--- Ages 19 Through 24			
1	DAVIS, ALAN	22 VMST	2:31.30

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
- LYNCHBURG:** YMCA (804) 847-5597
- NEWPORT NEWS:** Riverside Health and Fitness Center - (804)877-8223; Sentara Hampton Fitness Center (804)827-0420
- NORFOLK:** Fleet Rec. Park - Hampton Blvd (804)622-9622. Lap swimming; YMCA - Some coached workouts. Call for times. Also: the Salvation Army Aquatics Facility: T & Th 6:30-8:30pm, Sat. 10am-12pm.
- 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 - Paterson 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 Shoher (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. 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; Bayside (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.