

LMSC for VA Newsletter

MASTERS SWIMMERS: "The UNCOMMONWEALTH of Virginia"

Published Quarterly by the Local Masters Swim Committee for Virginia

August 15, 1996/Volume XIV/Number 3

Jack King One-Mile Ocean Swim

by Betsy Durrant

We had another beautiful day for our ocean swim, and thanks to our families, friends, and fellow team members, we had another great race. The USS heat, run by Val Van Horn Pate, had 40 swimmers this year. The Masters race had 165 entries.

Forrest Sullivan and I were race directors, but with the excellent support we received, we were able to enjoy the race. Mike Duignan and Forrest put out the buoys to mark the start and finish. Steve Durrant, assisted by Bob Taylor, set up the finish chute. Susan and Bob Anderson, Forrest's daughter and son-in-law, handled check-in, assisted by three volunteers from Vandeventer, Black, Meredith & Martin. Steve Durrant and the Virginia Beach Lifeguard Service gave the safety briefing. David and Karen King (two of Jack's children) were the starters. Steve Durrant and Carl Russ were the timers, with Francis Hall, Linda McCowan, and Bob Anderson also working the finish line. Susan Anderson and Judy Martin recorded finishers and produced the results. Volunteers from VBM&M provided water and juice at the finish. This was truly a team and family event.

The number of entries for this race continues to grow each year. For years, many of the Richmond swimmers have made this a weekend at the beach, enjoying the art show and reasonable hotel rates. Over the last few years, more and more swimmers from the DC area have been planning ahead to enjoy the whole weekend at the beach.

This year is the beginning of the Virginia Distance Series. The Series is made up of the 2-Mile Swim in Reston, our ocean swim, and the 2-Mile Swim in Charlottesville. Awards will be given to swimmers who completed all three events. This Series has created more interest in our race from swimmers in the DC and Maryland area.

Plan ahead for next year's race - June 15, 1997!

Fall Stroke Clinics

by Jim Miller, M.D.

VMST will host stroke clinics on Sunday afternoons in September at the Riverside Wellness and Fitness Center - Briarwood. Each of the clinics will include basic stroke analysis, advanced stroke analysis, drill techniques, and video taping. All swimmers are encouraged to attend the clinics as there will be training sections specifically geared for both beginning or intermediate swimmers and advanced swimmers (this is different than last year's schedule). The schedule for the clinics is as follows:

- Butterfly 4-6 PM, Sunday, September 1, 1996
- Backstroke 4-6 PM, Sunday, September 8, 1996
- Breaststroke 7-9 PM, Sunday, September 23, 1996
- Freestyle 4-6 PM, Sunday, September 29, 1996.

Much To Do About Nothing

by Manny Klammer

While swimming a thousand free the other day, I pondered about words connected with certain sports. I've often heard other adults say, "I *did* track in High School," or "I *played* basketball."

No swimmer ever said that they *did* swimming or *played* swimming. They simply say "they swam" and usually a hush falls over the crowd as everyone is awestruck by the power of the sport.

The seriousness and determination of the participant makes swimming an earnest sport requiring the swimmer to maintain a constant focus on the activity. This is exacting, and when done correctly, meditative. Those who accomplish it are the most fluid among us.

In the July 1996 issue of SWIM, William F. Hayes, Jr., M.D., wrote about the benefits of meditation. He advocates "doing" nothing. Hmmmm! I'll have to swim another thousand to figure this one out.

**USMS NATIONAL CHAMPIONSHIP 2-MILE CABLE SWIM
JULY 6, 1996**

REVISED

**Chris Greene Lake
Charlottesville, VA**

**Sanction #126-0004
Race Director: Linda McCowan
804-379-2537**

MEN 19-24

1 COOK, ANDREW UNVA	24	0:42:32.98
2 STOTT, DAVID UNVA	22	0:51:16.49

MEN 25-29

1 COPELAND, SHAWN UNVA	27	0:45:52.49
2 GEISZLER, ANDREW FXCM	27	0:47:12.67
3 DAVIS, MATTHEW UNVA	29	0:47:15.30
4 HOLLAND, DAVID UNVA	28	0:48:02.14
5 GUSLER, CHAD UNVA	26	0:48:53.74
6 BARTOLONE, DAVID TERR	28	0:50:01.35
7 JENSEN, MICHAEL BCCY	28	0:55:26.27

MEN 30-34

1 ALLEN, ROBBIE RMST	30	0:41:45.38
2 DUGAN, BOB SCSC	33	0:44:06.82
3 AMATO, DAVID NBAC	31	0:44:24.88
4 GRAHAM, HUNTER OREG	33	0:44:49.50
5 SWEENEY, MATTHEW RUBA	30	0:48:37.83
6 ARMSTRONG, MICHAEL UNVA	33	0:54:11.96
7 HALLINAN, TED DCRP	31	0:57:44.21
8 ROSE, SCOTT VMST	31	0:59:43.27
9 MCLAUGHLIN, JAY VMST	34	1:06:08.41
10 KARSTENDIEK, PAUL AAMS	32	1:10:00.16
11 MORRIS, THOMAS DCRP	34	1:12:50.69

MEN 35-39

1 COPELAND, ROB RUBA	39	0:43:19.77
2 MCFARLAND, JIM VMST	38	0:46:34.88
3 BUCHNER, CHRIS RMST	35	0:50:42.61
4 SMITH, TONY UNVA	36	0:54:14.82
5 BRAIMAN, MARK VMST	39	0:57:37.20
6 RUDIN, ANDREW UNPV	38	0:58:11.44
7 CITRON, STAN UNPV	37	0:58:30.39
8 JONES, DAVID UNPV	35	1:01:36.02
9 FRIEDLAND, DAVID UNPV	39	1:03:28.04
10 BELCHER, SCOTT UNPV	35	1:06:36.69

MEN 40-44 *revised*

1 PICK, DANIEL JCCN	40	0:43:45.74
2 LANGE, PERRY VMST	40	0:44:02.70
3 FALLON, FRANCIS MARY	40	0:47:05.67
4 ASTHEIMER, ROBERT NRLR	42	0:47:15.51
5 DEMILLE-WAGMAN, LAWRENCE DCRP	44	0:47:49.16
6 GLASGOW, MATTHEW VMST	40	0:50:35.85
7 HIGHMAN, MICHAEL UNPV	40	0:51:30.82
8 KENNY, CHRIS IL	40	0:51:46.19
9 EDWARDS, GRAY VMST	42	0:52:44.95
10 DAVIS, HUDNALL UNAT	41	0:56:41.51
11 LAGGAN, JOHN UNPV	42	0:57:39.54
12 HAMMERS, ALLEN UNDV	43	0:58:55.29
13 DIGGS, WILLIAM 1776	40	1:03:08.30
14 SORRELL, GENE VMST	43	1:13:34.92
15 NETHERLY, STEVEN UNPV	40	1:19:18.74
16 KRAUSE, ROBERT UNVA	43	1:20:42.44
17 WIMSATT, KENNETH UNVA	40	1:21:24.26

MEN 45-49

1 HARRISON, LONNY DCM	47	0:44:36.29
2 FISHER, BRUCE DCM	47	0:45:26.24
3 MASON, JOHN BAC	45	0:45:40.33
4 LAZZARO, ROBERT TERR	46	0:48:37.23
5 DETEMPLE, WARREN 1776	46	0:49:09.86
6 WALLACE, RICHARD JMST	48	0:52:00.20
7 SLAVICEK, LAWRENCE UNCN	47	0:52:04.50
8 POST, JOHN VMST	48	0:53:02.31
9 SHRUM, JOHN VMST	47	0:56:03.90
10 CORNELL, THOMAS RMST	48	0:57:03.26
11 WIMSATT, MICHAEL VMST	45	1:02:17.68
12 AITCHESON, BOB VMST	49	1:04:14.49
13 BURLOVICH, MICHAEL VMST	46	1:05:36.92
14 WEWERKA, RICHARD VMST	48	1:07:25.02
15 JOSEPH, RALPH UNVA	49	1:08:38.92
16 LESTER, ALLEN UNVA	49	1:17:17.94
17 BLACKFORD, DOUGLAS NCMS	49	1:19:37.65
18 MANUEL, JIM UNVA	48	1:29:05.31

MEN 50-54

1 WILLIAMS, ROBERT DCM	54	0:48:08.04
2 HEBERT, PAUL CRAW	50	0:49:03.53
3 KROEGER, DONALD MICH	52	0:52:06.86
4 BRASWELL, WILLIS DCM	50	0:52:20.87
5 STOTT, MIKE VMST	53	0:56:28.93
6 SLAUGH, JAMES VMST	51	0:59:18.47
7 DEAN, JOHN FXCM	51	1:15:17.60

MEN 55-59

1 GALLAGHER, DRURY EMP	57	0:49:43.01
2 BETTIS, LEE DCM	58	0:55:09.11
3 HOUCK, PETER VMST	57	1:04:55.29
4 CUMMINGS, WILLIAM DCM	57	1:05:39.76
5 HANNAM, DONALD DCM	56	1:22:57.97

MEN 60-64

1 AMES, CHRISTOPHER UNDV	64	1:00:32.82
2 WILMORE, CHUCK VMST	61	1:01:23.54
3 WALTER, DONALD DCM	60	1:05:37.30
4 GRAY, JAMES DCM	60	1:12:24.31

MEN 65-69

1 ALLEVA, JOHN UNPV	68	0:57:47.09
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MEN 70-74

1 BARNES, CALVIN VMST	72	1:04:45.05
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MEN 75-79

1 HARRIS, CHARLES JMST	75	1:13:28.90
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MEN 80-84

1 WOODFORD, DEXTER O'H*	82	1:13:11.65
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WOMEN 19-24

1 POPLAWSKI, KATRINA DCM	24	0:42:41.38
2 RICE, ROSE DCM	22	0:43:58.45
3 BALINT, KRISTEN UNVA	23	0:46:38.01
4 HERTZ, SARAH RMST	24	0:48:05.39
5 WRIGHT, REBECCA VMST	24	0:49:18.52
6 HALL, ELIZABETH UNPV	23	0:49:28.71
7 CAMPBELL, ERIN NCYM	22	0:51:41.59
8 MAY, KARI NCMS	24	0:52:46.41
9 TRUSSELL, JILL UNVA	24	0:55:03.01

WOMEN 25-29

1 WARD, STACY NBAC	27	0:49:01.73
2 HEIN, DONNA EMP	25	0:49:44.68
3 GRIFFITH-JOHNSON, JEN UNPV	26	0:52:04.70
4 SHAPIRO, KELLY UNVA	29	0:52:22.04
5 MCGROARTY, MOLLIE TERR	27	0:55:58.99
6 PALEN, CATHERINE 1776	27	0:57:04.37
7 HELFRICK, HOLLY UNVA	25	0:57:52.02
8 CHAPLA, MARY UNPV	25	0:59:57.50
9 TOTH, LAURA RMST	26	1:03:07.22

WOMEN 30-34

1 ZIMIC, DEBORAH MARY	34	0:43:39.67
2 GROVES, JANET NCMS	33	0:47:02.97
3 MCLOUGHLIN, MINDY RMST	32	0:48:59.10
4 POOLE, MICHELLE TERR	31	0:50:04.91
5 CALLAHAN, MICHELLE RMSC	32	0:52:35.06
6 LOFGREN, ELIZABETH ANCH	31	0:53:46.34
7 BERNOT, LINDA SCSC	33	0:55:50.86
8 LESTER, ADA UNVA	32	0:56:56.40
9 MORRIN, DEBORAH TERR	33	0:58:00.35
10 DYMOND, STACY VMST	32	0:58:38.64
11 HEIRIGS, LISA VMST	30	0:58:46.87
12 CHASE, TONI UNPV	34	0:59:37.92
13 CRESCIOLI, ANDREA WAKE	33	1:00:21.26
14 BERCES, EDIT UNPV	32	1:00:35.95
15 SMILEY, GAIL GLD	31	1:01:12.92
16 FERRIS, ANNE VMST	32	1:01:20.65
17 SCHLTZE, CAROL DCRP	34	1:02:49.97
18 STEIN, SHELLEY TERR	32	1:04:59.23
19 CALLAHAN, ELIZABETH RMSC	30	1:07:18.44

WOMEN 35-39

1 SULLIVAN, KAREN UNPV	39	0:45:14.41
2 POWIS, PATTY VMST	35	0:48:44.96
3 BILLINGSLEY, JULIE DCM	36	0:49:08.36
4 COPELAND, CATHY RUBA	37	0:49:19.86
5 BILLINGSLEY, MARTY IM	36	0:51:00.75
6 SCHURER LAMBERT, LISA NCMS	36	0:51:36.75
7 CONLIN, ANN DCM	35	0:54:55.55
8 STOTT, KIM SPM	37	0:56:27.97
9 HUNYADY, NANCY VMST	37	0:57:41.40
10 SWIGER, MARTHA UNVA	38	1:01:55.45
11 DOGGETT, SUZANNE UNPV	38	1:09:48.82
12 BLEINSTEIN, SUSAN VMST	38	1:10:41.56

WOMEN 40-44

1 LOFTUS, SHIRLEY VMST	44	0:48:47.08
2 FINCHAM, ELAINE MARY	41	0:49:07.10

WOMEN 45-49

1 GAULT, TERRY VMST	45	0:49:22.41
2 LYTLE, ANN DCM	48	0:51:12.86
3 CUTLER, MARTHA NCMS	47	1:01:39.42

WOMEN 50-54

1 HAZLEWOOD, LYNN RMST	50	1:01:28.76
2 RAPP, FREDERICKA MICH	52	1:05:52.34
3 MAGEE, CHARLENE VMST	54	1:08:03.95
4 KOSS, MAUREEN O*H*	53	1:15:01.02

WOMEN 55-59

1 EASTON, LUISE O*H*	57	1:14:27.62
2 HANNAH, KAREN DCM	56	1:20:37.99

WOMEN 60-64

1 BERQUIST, ANN VMST	63	1:14:40.48
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WOMEN 65-69

1 RUSS, BETTY O*H*	68	1:08:57.93
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WOMEN 70-74

1 ROSSELL, JANE MARY	74	1:24:29.52
2 CHADWICK, MARION PNA	74	1:34:40.25

RELAY RESULTS

MIXED 35+

1 VIRGINIA MASTERS SWIM TEAM	2:37:52.65
JOHN POST (48), JOHN SHRUM (47), SHIRLEY LOFTUS (44)	

10 FASTEST MEN:

1 ALLEN, ROBBIE RMST	30	0:41:45.38
2 COOK, ANDREW UNVA	24	0:42:32.98
3 COPELAND, ROB RUBA	39	0:43:19.77
4 PICK, DANIEL JCCN	40	0:43:45.74
5 LANGE, PERRY VMST	40	0:44:02.70
6 DUGAN, BOB SCSC	33	0:44:06.82
7 AMATO, DAVID NBAC	31	0:44:24.88
8 HARRISON, LONNY DCM	47	0:44:36.29
9 GRAHAM, HUNTER OREG	33	0:44:49.50
10 FISHER, BRUCE DCM	47	0:45:26.24

10 FASTEST WOMEN:

1 POPLAWSKI, KATRINA DCM	24	0:42:41.38
2 ZIMIC, DEBORAH MARY	34	0:43:39.67
3 RICE, ROSE DCM	22	0:43:58.45
4 SULLIVAN, KAREN UNPV	39	0:45:14.41
5 BALINT, KRISTEN UNVA	23	0:46:38.01
6 GROVES, JANET NCMS	33	0:47:02.97
7 HERTZ, SARAH RMST	24	0:48:05.39
8 POWIS, PATTY VMST	35	0:48:44.96
9 LOFTUS, SHIRLEY VMST	44	0:48:47.08
10 MCLOUGHLIN, MINDY RMST	32	0:48:59.10

1996 United States Masters Swimming 5 Kilometer and 10 Kilometer Postal Championships

HOST: Crawfish Masters Swim Team, Baton Rouge, La.

SANCTION: Sanctioned by Southern Masters Swimming for USMS, Inc. Sanction # 246-001

EVENT DIRECTOR: Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820 (504)766-5937

EVENT: The 5 Kilometer and 10 Kilometer swims are separate National Championship events.

LOCATION: Any 50 meter pool.

DATES: The swim must be completed between May 15 and September 30, 1996. Entries must be received by the event director by October 15, 1996.

ELIGIBILITY: Open to all USMS members with valid 1996 registration. **Entrants are required to submit a photocopy of 1996 USMS registration card.**

FOREIGN ENTRIES: Foreign swimmers 19 years of age and older are invited to participate; proof of Masters membership is required. Please mail foreign entries as early as possible to meet deadline! Foreign swimmers are not eligible for USMS records or All-American status.

AGE GROUPS: Age group is determined by actual age on date of swim. Swimmers who change age groups during the event period may swim twice and enter in each age group. Age groups for both male and female are 19-24, 25-29, 30-34, 35-39, etc. (in five-year increments) to 100+.

AWARDS: USMS Long Distance National Championship medals will be awarded to the top three finishers in each age group for the 5K and 10K Championships. Championship patches will be awarded to each age-group winner.

SCORING: Unofficial club scoring will be tabulated based on the top ten finishers in each age group (11-9-8-7-6-5-4-3-2-1). Scores will be kept for men, women and combined in the 5K and 10K.

RULES: The 1996 USMS Rules for Long Distance Swimming govern this event. These include:

- 1) No drafting: two or more swimmers in one lane must maintain at least 10 meters of separation except when passing;
- 2) One or more adults must be present for the entire swim in the capacity of starter/head timer/referee;
- 3) A lap counter/timer/witness must record cumulative splits every 100 meters on the entry form split sheet. It is suggested that two watches with fresh batteries be used to ensure that an official swim time can be recorded to the nearest hundredth of a second;
- 4) You may enter both the 5K and the 10K. However, you may NOT use a split time from the 10K for the 5K. The 5K swim is 100 lengths of a 50-meter pool. The 10K swim is 200 lengths of a 50 meter pool.

FEES: The entry fee for each event is \$8.00, payable to Crawfish Masters Swim Team. Please do not send cash. Foreign entrants: Please submit fees in USA funds via international money order or bank check drawn on a bank with a USA affiliate.

RESULTS: Results will be mailed to each participant. Please allow approximately one month after entry deadline for delivery of results, T-shirts and awards.

T-SHIRTS: Commemorative T-shirts may be purchased for the 5K and/or 10K. Please indicate preference on entry form. Cost per shirt is \$12. For non-US delivery, include additional \$3 per shirt for foreign postage.

CRAWFISH MASTERS 10-K SWIM: The Crawfish Masters Swim Team is hosting a 10-K Pool Swim at the L.S.U. Natatorium on Saturday, June 22, 1996. The event includes free airport-hotel-pool-social transportation, a Friday evening "Pasta at the Pool," a Saturday evening "Celebration Dinner" and automatic entry in the 1996 USMS 10K Postal Championships. Counter/timer provided by Crawfish Masters. For more information, contact event director Scott Rabalais at (504)766-5937 or send a SASE to above address. Entries limited to the first 48 and accepted on a first-come, first-serve basis. USMS membership required.

1996 SHORT-COURSE NATIONALS - CUPERTINO, CA

De Anza College Aquatic Center, May 9-12, 1996

	Freestyle					Backstroke			Breaststroke			Butterfly			Individual Medley			
	50	100	200	500	1000	1650	50	100	200	50	100	200	50	100	200	100	200	400
Women 19-24																		
Wolffe, Susan			2:13.89 (11)								1:11.86 (3)	2:37.71 (3)					2:24.47 (10)	5:13.19 (6)
Women 25-29																		
Smith, Robin							30.62 (11)	1:06.15 (10)	2:24.56 (8)					1:05.41(13)	2:28.98 (11)			5:18.21 (12)
Women 30-34																		
Kaufmann, Karen			2:35.61 (38)	6:56.49 (33)	14:14.81 (9)													
Women 35-39																		
Powis, Patty						20:34.33 (9)				33.00 (2)	1:13.33 (3)	2:40.86 (5)					2:31.11 (18)	5:28.64 (13)
Women 40-44																		
Bennett, Lisa	27.32 (7)									32.84 (1)		2:41.90 (4)				1:08.11 (5)	2:29.62 (5)	
Braaten, Kitten				6:14.51 (12)	12:41.27 (6)									1:11.55 (9)	2:45.08 (9)			
Webb, Karen	36.96 (28)						46.66 (15)											
Women 45-49																		
Miller, Nancy			2:22.69 (5)		12:58.72 (3)					38.26 (4)	1:24.64 (6)	3:05.43 (3)						
Gaultt, Terry Sue				6:05.38 (2)		20:24.04 (1)							31.26 (4)	1:08.83 (1)	2:36.21 (1)			5:47.54 (2)
Women 60-64																		
Detrick, Johnnie	30.69 (1)	1:09.63 (2)	2:49.42 (2)							40.08 (2)	1:28.26 (1)	3:19.94 (3)						
Men 25-29																		
Gill, Mark	22.54 (18)	51.08 (37)						1:01.43 (25)					24.92 (12)	57.49 (25)				
Wolffe, James					10:38.60 (4)			56.32 (14)						53.73 (10)	1:58.26 (5)		2:00.53 (10)	4:25.86 (8)
Men 30-34																		
Flood, Christopher	22.43 (14)	49.48 (18)	1:52.07 (21)				27.83 (17)									57.66 (14)	2:09.19 (22)	
Smith, Jerry			1:51.42 (20)								1:02.91 (10)	2:17.82 (8)		55.34 (13)			2:02.81 (13)	4:32.59 (14)
Men 40-44																		
Webb, Sean	24.61 (32)	54.54 (49)								31.13 (15)	1:09.11 (20)	2:36.58 (23)						
Men 45-49																		
Miller, Jim		59.20 (35)					32.20 (17)	1:12.75 (17)	2:36.12 (15)							1:11.72 (23)		
Men 50-54																		
Novell, Kenneth	25.52 (14)		2:08.47 (13)					1:13.66 (14)					28.81 (15)			1:08.27 (16)		
Men 60-64																		
McGill, John		1:03.55 (9)					33.43 (4)	1:11.95 (3)					30.35 (2)				2:35.78 (6)	
Men 70-74																		
Barnes, Calvin					28:22.19 (3)		41.14 (5)	1:28.69 (4)	3:18.54 (5)							1:32.48 (3)		
	200 Free Relay						200 Medley Relay											
Women 19-24	2:00.94 (10)	K. Braaten, K. Kaufmann, N. Miller, S. Wolfe																
Women 25-34	1:51.16 (11)	T. Gault, R. Smith, P. Powis, L. Bennett					2:17.80 (14)	R. Smith, J. Detrick, N. Miller, K. Kaufman										
Women 35-44							2:06.21 (8)	T. Gault, P. Powis, K. Braaten, L. Bennett										
Men 25-34	1:30.95 (9)	M. Gill, J. Smith, C. Flood, J. Wolfe					1:41.78 (10)	M. Gill, J. Smith, J. Wolfe, C. Flood										
Men 45-54	1:55.05 (18)	J. McGill, C. Barnes, K. Novell, J. Miller																
19-24 Mixed	1:37.86 (10)	R. Smith, C. Flood, J. Wolfe, S. Wolfe					1:51.40 (8)	R. Smith, S. Wolfe, J. Smith, J. Wolfe										
25-34 Mixed	1:39.75 (22)	P. Powis, M. Gill, L. Bennett, J. Smith					1:54.09 (23)	M. Gill, P. Powis, L. Bennett, C. Flood										
35-44 Mixed	1:52.86 (23)	J. McGill, K. Braaten, J. Detrick, S. Webb					2:12.45 (28)	J. McGill, J. Detrick, K. Braaten, S. Webb										
45-54 Mixed	1:50.93 (6)	T. Gault, J. Miller, N. Miller, K. Novell					2:07.23 (6)	T. Gault, N. Miller, K. Novell, J. Miller										

1996 USMS 5K & 10K Postal Championships

NAME: _____ SEX: _____ AGE: _____
 ADDRESS: _____ PHONE: (____) _____
 CITY: _____ STATE: _____ COUNTRY: _____ ZIP: _____
 USMS #: _____ CLUB: _____ BIRTHDATE: ____/____/____

Liability Release: "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 those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY 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 SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE: _____ DATE: _____

Split Sheet				
100	2100	4100	6100	8100
200	2200	4200	6200	8200
300	2300	4300	6300	8300
400	2400	4400	6400	8400
500	2500	4500	6500	8500
600	2600	4600	6600	8600
700	2700	4700	6700	8700
800	2800	4800	6800	8800
900	2900	4900	6900	8900
1000	3000	5000	7000	9000
1100	3100	5100	7100	9100
1200	3200	5200	7200	9200
1300	3300	5300	7300	9300
1400	3400	5400	7400	9400
1500	3500	5500	7500	9500
1600	3600	5600	7600	9600
1700	3700	5700	7700	9700
1800	3800	5800	7800	9800
1900	3900	5900	7900	9900
2000	4000	6000	8000	10000

Official Time: ____:____:____

We certify that on ____/____/____ (date), the entrant completed the 5K____/10K____ (check only one event) in the official time recorded above.

Signature of Swimmer (required) _____

Signature of Verifier (required) _____

Mail completed and signed entry form with fees for entry, T-shirt and foreign postage payable to Crawfish Masters Swim Team. Include copy of 1996 USMS registration card and optional SASE for entry receipt verification. Entries must be received by event director by October 15, 1996.

MAIL TO:
 Crawfish Masters Swim Team
 c/o Scott Rabalais
 3537 Christina Ave.
 Baton Rouge, LA 70820 USA

FEES: Entry Fee (\$8 US) \$8.00
 T-shirts (\$12 each) Size(s): S__ M__ L__ XL__ XXL__
 Check: 5K shirt(s)____ 10K shirt(s)____
 Foreign T-shirt postage (\$3 per shirt) _____
 TOTAL payable to Crawfish Masters Swim Team _____

The 2nd Annual LMSC Fall Ball

Say Farewell to Summer and Fall Into a New Masters Swim Season

WHEN: Saturday, September 21st and Sunday, September 22nd

WHERE: Holiday Inn Select Koger, 1021 Koger Center Blvd, Richmond, VA (804)379-3800

Rooms are on reserve for out-of-towners at \$69. Special rate available until September 1st

Rooms also available at nearby Days Inn-Chesterfield (804)794-4999 at \$72 per night

WHAT: Saturday from 6:30PM to 10:30PM

6:30-7:30 cash bar cocktails & door prize giveaways provided by AQUAWEAR of VA Beach

7:30-8:15 a \$20 per person buffet dinner with two entrees, salad, two vegetables, rolls, assorted desserts, coffee & tea

8:15-9:00 the annual LMSC meeting

9:00-9:10 break

9:15-10:15 ***1996 Olympic Silver Medalist Whitney Hedgepeth***

Sunday 8:30-9:30 AM coached/video workout at Briarwood Pool (bring own blank tape if want video)

9:30-10:00 bagels and juice on deck

10:15-11:15 your choice of continuing education seminar (\$15 each) - guests are welcome too!!

1. ***Introduction to Yoga*** - learn the basics of this time-tested workout; yoga is a great way to increase your flexibility and improve your muscle tone and strength.

2. ***Body Composition & Fitness*** - body weight is a big deal to many people, but it is not the best way to measure your fitness; in this seminar we will test your body composition using bioelectrical impedance, watch a video, and measure BMI and waist-hip ratios as well as other measures of weight-related health.

Registration Form Must be **Received** by Monday, September 16th (no refunds after Sept 16th)

NAME: _____ HOME PHONE: _____

ADDRESS: _____

Fall Ball Dinner and Meeting @ \$20 per person X _____ = _____
GUESTS _____

Sunday AM workout and breakfast YES _____ NO _____ (no charge)
(don't forget to bring blank tape if you want video feedback)

Choose one: _____ Introduction to Yoga
_____ Body Composition & Fitness @ \$15 per person X _____ = _____

AMOUNT ENCLOSED (payable to LMSC for VA) \$ _____

Mail checks to Alice Phillips, 2847 Huguenot Springs Rd, Midlothian, VA 23113
(804)794-6359 HOME or (804)794-0857 WORK

HOLIDAY INN SELECT KOGER SOUTH CONFERENCE CENTER

1021 KOGER CENTER BOULEVARD • RICHMOND, VA 23235 • PH. (804) 379-3800 • FAX (804) 379-2763

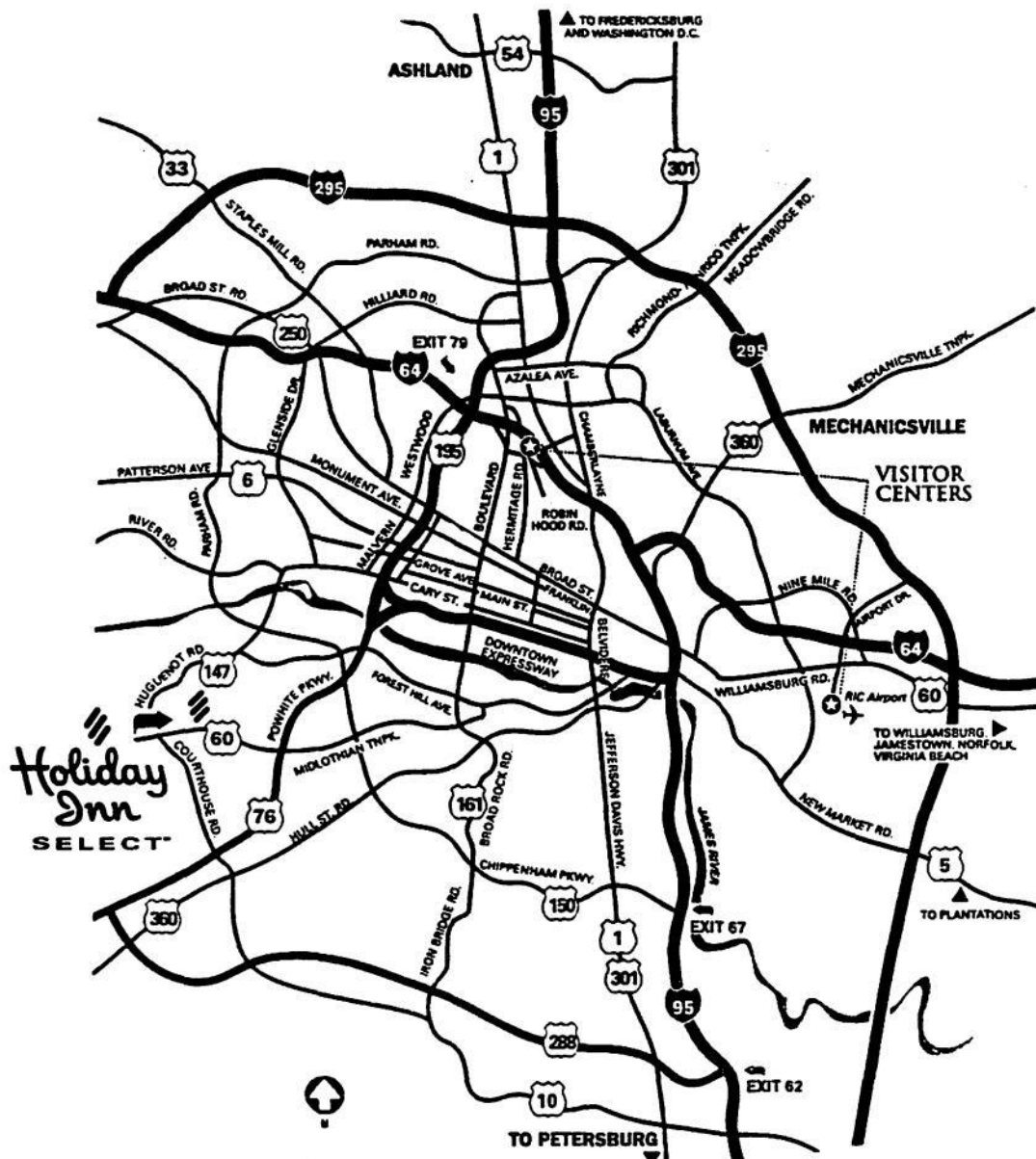
DIRECTIONS

1. FROM WASHINGTON, D.C. TRAVELING I-95 SOUTH - TAKE EXIT 79 * (POWHITE PARKWAY- 195). KEEP TO LEFT AND FOLLOW POWHITE TO MIDLOTHIAN TURNPIKE (ROUTE 60 - WEST). FOLLOW MIDLOTHIAN TURNPIKE 2 MILES TO KOGER CENTER BOULEVARD. TAKE RIGHT TO HOTEL.
2. FROM NORTH CAROLINA TRAVELING I-95 NORTH - TAKE EXIT 67 CHIPPENHAM PARKWAY. FOLLOW 10 MILES TO (ROUTE 60) MIDLOTHIAN TURNPIKE WEST. 5 MILES TO KOGER CENTER BLVD. TAKE RIGHT TO HOTEL.
3. FROM CHARLOTTESVILLE - TRAVELING I-64 EAST - TAKE EXIT 186 FOR POWHITE PARKWAY (195). * FOLLOW POWHITE PARKWAY TO MIDLOTHIAN TURNPIKE (ROUTE 60 - WEST) FOR 2 MILES TO KOGER CENTER BOULEVARD. TAKE RIGHT TO HOTEL.
4. FROM VIRGINIA BEACH - STAY ON I-64 WEST. FOLLOW SIGNS TO I-95 NORTH, (**DO NOT TAKE I-295N.**) STAY ON I-95 NORTH TO POWHITE PARKWAY-195 (EXIT 79). * FOLLOW POWHITE PARKWAY TO MIDLOTHIAN TURNPIKE (ROUTE 60 - WEST) FOR 2 MILES TO KOGER CENTER BOULEVARD.

*** POWHITE PARKWAY IS ALSO LISTED AS ROUTE 76 SOUTH OF THE JAMES RIVER.**

HOLIDAY INN KOGER CENTER IS LOCATED 22 MILES FROM THE AIRPORT AND 12 MILES FROM DOWNTOWN RICHMOND.

rev 3'96



If Undeliverable Return to:

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

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

|||||
HEATHER N STEVENSON
15 BOSTWICK LN
RICHMOND VA 23226-3106

You've Become a Complete Masters Swimmer When...

by Glenn Taylert

- You think ADVIL® is a vitamin.
- There's always a wet bathing suit hanging from your shower head.
- Your hair has that sought-after texture of dead grass.
- You see nothing wrong in wearing a \$28 plastic watch with a \$400 suit or dress.
- Your medicine cabinet contains at least one half-used bottle of prescription ear drops.
- You can spot the subtle difference between a near drowning and doing drills.
- You will remember goggles, but can forget underwear, when packing for a trip.
- Your skin has trace odors of chlorine...days after your last workout.
- You understand that the terms "easy", "pace", and "sprint" can often mean the exact same swim speed.

Thanks

A Letter From a Friend

Dear Ms. Durrant,

Now that I'm back home, I just wanted to drop you a note to let you know how much I enjoyed swimming in the Jack King 1-Mile Swim. This is the second year that I have been in the area for the swim, and I must say that it is one of the best organized, most smoothly run, and friendliest open-water swims that I have been involved in. Please accept my appreciation for all the work you do to make it so, and pass along my thanks to those of you at VMST and the VBMM law firm who keep it going each year. I look forward to swimming with you once again in 1997.

Sincerely Yours,

Janet Harris, New York City

Take Notice

The Fall Ball speaker was unconfirmed at the newsletter deadline. Please call Alice Phillips (804)794-6359 if you want to know for sure who will be speaking.