

# VMST NEWSLETTER

Virginia Masters Swim Team

Volume XV/Number 1

January 15, 1997

## ***Jeanne Crouse*** ***New USMS Legal Counsel***

VMST member Jeanne Crouse was recently named to the USMS Executive Committee as Legal Counsel. The Executive Committee of Masters Swimming consists of seven members: the four elected officers (President, Vice President, Secretary, and Treasurer), the Past President, the Zone Chairman (elected by the Zone Representatives) and the Legal Counsel (appointed by the President). Jeanne succeeds Jack Geoghegan of Connecticut Masters who has been the Legal Counsel for over 12 years. This is a very impressive recognition of Jeanne's work for USMS and how much the current Executive Committee respects her.

Two out of the seven members of the Executive Committee are again VMST members. Jim Miller is in his fourth year as USMS Vice President. Betsy Durrant served as Zone Chairman from 1991-1995.

Jeanne has been a VMST member since 1983. She has served as team secretary and edited the newsletter. She lives in Rockville, MD, but has maintained her VMST membership.

*(See page 3 for more on Jeanne Crouse)*

## ***President's Note***

by Beth Waters

Happy New Year! I hope each of you had a happy and joyous holiday season. After the whirlwind preparation for the holidays, I'm looking forward to getting back to a regular schedule. Happy New Year and great swimming in 1997.

Don't forget the meet in Richmond on February 15 and 16.

## ***The Showdown*** ***Dixie Zone Vs. Colonies Zone*** from Nancy Miller

As many of you know, this unique zone championship will be held April 18-20, 1997, at the International Swimming Hall of Fame pool in Ft. Lauderdale. Although participants will swim for their own teams in all events, the overall meet will be scored as a dual (or perhaps "duel" would be more fitting) meet to determine zone bragging rights. There will be a six-event limit (maximum of three events per day) plus relays to be swum over the course of the three full days in sixteen lanes of FAST water!

I was able to secure a block of fifteen rooms at the DoubleTree Oceanfront Hotel - (954) 524-8733 - directly across the street from the aquatic complex. The room rate is \$79.00/night plus 11% tax, 1-4 people, two double beds. There is an additional charge of \$7.00/night for valet parking. I have requested that the block begin Thursday night and extend through Sunday night, as most participants will probably plan to return home Monday, April 21st. Eleven rooms have already been reserved by VMST swimmers, but several of those rooms have space available for singles.

If you are interested in room space, please contact me. My work telephone number is (804) 285-2758 (MWF afternoons it is 717-2145). I must turn in a rooming list, complete with individual credit cards and individual dates of arrival and departure, to the hotel no later than February 1, 1997, so please do not delay.

Hope to see you there!



**Newsletter Editor: Betsy Durrant**  
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**Assistant Editor: Linda McCowan**  
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## **OPEN WATER SCHEDULE**

### **May 25, 1997**

USMS 1-3 Mile Championship, Reston, VA  
Contact Tom Yorty, 12817 Gatepost Crt,  
Herndon, VA 22071, (703) 476-6853

### **June 15, 1997**

Jack King 1-Mile Ocean Swim, Virginia Beach

### **July 12, 1997**

USMS 2-Mile Cable Championship, Charlottesville

*Entries for Virginia Beach and Charlottesville will be  
in one of the spring newsletters.*

## **CAMPS AND CLINICS**

### **Total Immersion Adult Swim Camps**

Contact Terry Laughlin, (914) 294-3510  
For calendar of camps (800) 609-SWIM  
<http://www.totalimmersion.pair.com>  
[totalswimm@aol.com](mailto:totalswimm@aol.com)

### **Premier Stroke Clinic Series**

Contact Clay Britt (301) 231-9740

### **Coral Springs Masters Swimming Camps**

Contact Judy Bonning, Coral Springs Aquatics  
12441 Royal Palm Blvd, Coral Springs, FL 33065  
(Camps in February and March)

## **MEET SCHEDULE**

### **Month of January, 1997**

1 Hour Postal Swim National Championship  
Entry on pages 4-5 of this newsletter.

### **January 18-19, 1997**

Sunbelt Meet, Charlotte, NC  
Contact Richard Fenton (704) 846-5335 or  
541-8102

### **February 15-16, 1997**

VMST Meet in Richmond  
Contact Nancy Miller (804) 285-2758  
Entry was in Nov and Dec newsletters.

### **March 1-2, 1997**

Maryland Masters at UMBC, Catonsville, MD

### **March 22, 1997**

Frank Clark Open, Greensboro, NC  
Contact Jennifer Kowalski (910) 272-2016

### **April 5, 1997**

Albatross Open, North Bethesda, MD  
Contact: Nadine Clayton (301) 530-5054

### **April 5-6, 1997**

Raleigh, NC  
Contact Sharon Barrell (919) 834-6518

### **April 18-20, 1997**

Zone Meet - Ft Lauderdale, FL

### **May 1-4, 1997**

YMCA Nationals, Indianapolis, IN

### **May 15-18, 1997**

USMS SC Nationals, Federal Way, WA  
Entry will be in *SWIM* magazine.

### **June 24-29, 1997**

Pan Pacific Championship, Maui, HI

### **August 14-18, 1997**

USMS LC Nationals, Orlando, FL

## *Jeanne Crouse*

Our esteemed Legal Counsel began competitive swimming at age 9 in summer league in Ellicott City, MD. During her last two years of high school, she swam in the winter for a YMCA. It was in Y competition that Jeanne and Diane Cayce (another VMST member) first met.

At the University of Missouri, Jeanne swam all four years, graduating in 1977. She was among the first women to benefit from Title IX which required schools to offer female athletes the same opportunities as male athletes. Jeanne was the recipient of one of the first three scholarships for women swimmers at Missouri. In a journalism class at the University of Missouri, Jeanne met her husband, Kurt Hoffman.

After graduation, she worked as a reporter and editor for two newspapers. Two years later, she began law school at the University of Maryland. In 1982, she graduated and moved to Richmond to clerk for the U.S. Court of Appeals for the Fourth Circuit.

At this point, Jeanne had been out of the water for six years, but talent always shows. Jeanne and Deborah Cain (former VMST member, now a member of 1776) met at a free swim. Deb encouraged her to join the workout that Jim Miller was coaching. Jeanne did not join the practice immediately, but Deb was persistent, and VMST and USMS are the better for it.

During this period in Richmond, Jeanne and Kurt were married. They moved to Maryland in 1984 when Jeanne went to work for the Federal Trade Commission. Their daughter Kyle is now six years old.

Jeanne first attended the USMS Convention in Louisville, KY, in 1991. Her contributions and sense of humor were noticed immediately. She has served on the Legislation Committee and Rules Committee. Just five years after attending her first USMS convention, she was asked to assume the responsibilities of Legal Counsel.

She left private practice three years ago to go to work for the U.S. Trustee Program of the Justice Department. Her workout group swims at the Rockville Municipal Swim Center.

## *The Athlete*

*by Dore Schwab*

*She wasn't an athlete  
In the popular  
Sense of the word.  
She held no records,  
Occupied no space  
On the sport page  
Of even her local paper.  
But that didn't matter.*

*She approached her event  
Intent and focused  
On the job at hand  
Aware of the joyful pain  
Doing her best would bring.*

*But fortified by her hours of training,  
Encouragement of teammates  
She stepped up  
To the challenge.*

*Standing there  
Made her  
An athlete.*

Dore Schwab is a 74 year old Masters swimmer with Tamalpais Aquatic Masters in Pacific Masters Swimming LMSC (northern California). He has been swimming in Masters since 1972 and has competed in at least one national championship each year. He is a three time National Champion. Dore is also active in the USMS organization, having served as Zone Chairman and as a member of the Marketing Committee.

*Editor's Note: I saw this poem in Southern Pacific LMSC's newsletter, Swimmer's Source. Linda McCowan called Dore to get the background information and his permission to print it.*



1997 United States Masters Swimming

# One Hour Postal Swim National Championship

Sponsored by Pacific Masters Swimming

Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc., Sanction Number 38-97-01

## DATE

All swims must be performed in the month of January, 1997.

## OBJECTIVE

To swim as far as possible in one hour. The order of finish is determined by the total number of yards swum. If two or more swimmers complete the same distance, a tie will be declared.

## VENUE

Any pool 25 yards or longer. For events swum in meter pools, multiply the distance swum by 1.0936 and *round down* to the nearest five-yard increment. Submit the distance in yards.

## ELIGIBILITY

Each participant must be registered with USMS for 1997 or a similar body in his/her own country. A copy of your 1997 registration card must accompany your entry.

## INDIVIDUAL

Men and women will compete separately as individuals in the following age groups: 19-24, 25-29, 30-34, ..., 100-104. The swimmer's age on the day the event is swum determines the entrant's age.

## RELAY EVENT

Two relays will be contested: 1) a three-swimmer same sex relay and 2) a mixed four-person relay (two men and two women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the relay team: 19+, 25+, 35+, ..., 95+. Each relay member must also have entered the individual event for his/her age group. All relay members must be registered with the same club. Unattached relays are not permitted. Each relay team must select a relay captain. The captain will be responsible for submitting a single form for the entire relay. All awards, if earned, will be sent to the relay captain. Relay entries received without



the individual entry forms included will NOT be accepted.

## CLUB EVENT

Each club will be entered automatically in the club event. Divisions, based upon the number of individual entrants from each club, are as follows: Small (15 or fewer), Medium (16-30), Large (31-49), and Extra-Large (50 or more).

## AWARDS

USMS Championship Long Distance medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 6 relay teams in each relay event. First place finishers in individual and relay events also receive USMS Championship patches. Distinctive awards will be given to the top 3 clubs in each club division.

## RULES

Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. Drafting is defined as having more than one swimmer circle swimming in a lane. For purposes of this event, no more than two swimmers may share a lane, each swimming the duration on either the right or the left side of the lane. Circle swimming is not permitted. USMS Long Distance Swimming rules require that a starter/referee be present during the swim. Each swimmer must have a verifier to count lengths, record cumulative splits, time the event with a stopwatch, and sign the official entry form.

Distances are to be *rounded down* to the nearest completed five yard increment (i.e., round 2764 yards to 2760). Swimmers who change age groups during January may enter twice but must swim the event twice, once in each age group. No adjustment may be made for swims completed at altitude. Split sheets must be kept for each swimmer and must show the cumulative split time for each 50 to the nearest second. This split sheet, along with a photocopy of one's 1997 Masters Registration card, must be submitted by all swimmers with their entry form.

## FEES

Individual entry fees are US \$5 per swimmer. Relay entry fees are US \$15 per relay. All fees are non-refundable. Make checks payable to Pacific Masters Swimming and mail to: 1997 One Hour Swim, c/o Chris Foote, 71 Longview Avenue, San Anselmo, CA 94960. International entrants please submit US funds via international money order or bank check drawn on a bank with a US affiliate and add \$3 surcharge for mailing costs. **DO NOT SEND** entries via any form of mail requiring a signature for delivery. Entries must be postmarked by Feb. 1 and/or received by Feb. 10, 1997. Postage meter postmarks not acceptable if received after Feb. 10th. Swimmers submitting incomplete entries will be contacted by collect phone call.

## T-SHIRTS

A 1997 USMS One Hour Postal T-shirt is available at a cost of US \$13. The shirt will feature the logo above.

## INFORMATION

Questions should be addressed to Nancy Ridout, Meet Director, 580 Sunset Parkway, Novato, CA 94947, (415) 892-0771, or e-mail at 75713.2314@compuserve.com. You may obtain split sheets and pace charts from the address above (include SASE) or from the PMS web site at <http://www.hooked.net/~swim/>.





# 1997 United States Masters Swimming One Hour Postal Swim National Championship INDIVIDUAL ENTRY FORM

ALL ENTRANTS MUST COMPLETE THIS FORM

Name \_\_\_\_\_ (As it appears on registration card) Registration # \_\_\_\_\_  
Address \_\_\_\_\_ Phone # \_\_\_\_\_  
City/State/Zip \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_  
Club \_\_\_\_\_ Club Abbr. \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Month Day Year

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not otherwise been 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.

I certify that I have read the rules of this competition and that

on \_\_\_\_\_ I swim \_\_\_\_\_ yards at \_\_\_\_\_  
(Date) (Distance Swum) (Pool name/City)

(Verifier's signature & phone number)

(Swimmer's signature)

T-shirt	Quantity	FEES	
S	_____	Entry Fee	\$ 5.00
M	_____	T-Shirt (____ @ \$13)	\$ _____
L	_____	Intn'l swimmer surcharge	\$ ( 3.00)
XL	_____	TOTAL	\$ _____

## MAKE SURE YOU INCLUDE:

Copy of 1997 Masters registration card.  
Cumulative split sheet  
Completed Entry Form  
Check in US funds payable to Pacific Masters Swimming.  
Send entries to: One Hour Postal Swim. c/o Chris Foote  
71 Longview Ave., San Anselmo, CA 94960  
Must be received by February 10, 1997

# 1997 United States Masters Swimming One Hour Postal Swim National Championship RELAY ENTRY FORM

THIS FORM TO BE COMPLETED BY RELAY CAPTAIN ONLY

Club \_\_\_\_\_ (Must be USMS or National Governing Body registered) Club Abbr. \_\_\_\_\_  
Relay Captain \_\_\_\_\_  
Captain's Address \_\_\_\_\_  
City/State/ZIP \_\_\_\_\_

## MAKE SURE YOU INCLUDE:

Copies of above form for each relay swimmer.  
Check payable to Pacific Masters Swimming.  
Entry fee. (\$15 per relay)

	NAMES OF RELAY SWIMMERS	SEX (M/F)	AGE	YARDS SWUM
Swimmer #1	_____	_____	_____	_____
Swimmer #2	_____	_____	_____	_____
Swimmer #3	_____	_____	_____	_____
Swimmer #4	_____	_____	_____	_____

Entry fee is \$15 per relay entry. Payment in US dollars from US bank or international money order only. Mail to address above.

Note: Relay entries without the individual entries will NOT be accepted.

### January Birthdays

\* indicates "aging up"

Jean Benson	Fredericksburg	01/19/57	40 *
Robert Bouck	Bon Air	01/21/45	52
Sally Bruce	Lynchburg	01/24/51	46
Mich. Burlovich	Manassas	01/14/50	47
Caycee Buscaglia	Midlothian	01/11/65	32
Russell Davis	Virginia Beach	01/16/20	77
Molly Dean	Richmond	01/01/66	31
Stacy Dymond	Machanicsville	01/25/64	33
Tim Finein	Charlotte, NC	01/23/53	44
Joseph Heil	Virginia Beach	01/01/59	38
Shelly Ironside	Midlothian	01/28/64	33
Maryan Marshall	Lynchburg	01/18/40	57
John McGill	Richmond	01/25/36	57
Victor Mickunas	Virginia Beach	01/03/56	41
Pat Mulholland	Manassas	01/01/53	44
David Olund	Roanode	01/24/54	43
Patty Powis	Richmond	01/15/61	36
Robert Pugh	Richmond	01/09/51	46
Kent Schuster	Chester	01/12/68	29
William Swann	Richmond	01/30/57	40 *
Carol Teachey	Midlothian	01/25/46	51
Jonathan Wallace	Midlothian	01/17/61	36
Karen Webb	Richmond	01/09/56	41
Rhea Wilkins	Apex, NC	01/15/41	56
Eliz. Wolenberg	Richmond	01/12/21	76
Ian Wrightson	Richmond	01/06/65	32
Patsy Yamada	Woodbridge	01/16/51	46

### "Lost Swimmers"

Craig Campesi, our LMSC Registrar, sent me the following list of names. When he sent out the renewal forms, these were returned by the Post Office. If you have a new address on any of these swimmers, let Craig know at 14134 Walton Dr, Manassas, VA 22111-3701, 703-791-5567, or [craig\\_campesi@msn.com](mailto:craig_campesi@msn.com).

Soko Durbin	Ross Breitenbach
Ernest Bradley	Clark and Cassie Campbell
Rick Chandler	James Freeman
Tina Flood	Michael Foust
Jenny Gramstad	Erik Hendrickson
Jim Liquori	Tamara Paskowitz
Deborah Reed	Karen Tallmadge
Jeffrey Bowen.	

### In and Out of the Water

(News about VMST Members)

Additions and expected additions to VMST families: **Val Van Horn Pate**, a girl, **Kakie**, born September 29. Expecting - **Linda Fournier** in January, **Alice Phillips** in early March, **Barbara Bishop** in April, and **Tory Kiley** in March or April

**Judy Martin**, Norfolk's Swimming Coach of the Year last year, is not coaching the high school team this year. She is busy in the afternoons and evenings in graduate school. Her brother, **Bob Taylor**, is coaching with **Debbie and Blaine Pearsall** at the Aqua Wear Aquatic Center in Norfolk.

**Lisa Hierigs** has been working in Germany recently. **Molly Dean** went to Germany to visit Lisa. I wonder if they tried to find an available pool?

Note the new addresses in the VMST Officers listing. **Nancy and Jim Miller** have moved, and **Sharon Popson** has bought her first home.

Note the names above in Craig's list of "Lost Swimmers". **Karen Tallmadge** was a member while she lived in the DC area and in Chicago. She is in Charlotte now. Does anyone have an address?

In the SCY Top Ten (see page 7), we have the brother/sister combo of **James and Susan Wolfle**.

I need your help with the "Places to Swim" section on page 8. As I copied this from an old newsletter, I realized contacts and phone numbers are out date.

*Editor's Note: Please keep me informed on what is happening with swimmers in your workout.*

### VMST OFFICERS

**President**  
Beth Waters  
10604 Pursuit Court,  
Chesterfield, VA 23832  
804-744-8225

**Vice President**  
Nancy Miller  
#4 Bellona Arsenal  
Midlothian, VA 23113  
804-285-2758 (Work #)

**Secretary**  
Sharon Popson  
536 Lakewood Circle  
Virginia Beach, VA 23451  
757-425-6056

**Treasurer/Membership**  
Mike Duignan  
3313 Glen Eden Quay  
Virginia Beach, VA 23452  
757-486-338

## SCY Top Ten

from James Wolfle

Congratulations to the many Virginia swimmers who swam their way to a spot in the top 10 list for the yard season of 1995-1996. Twenty-four Virginia registered swimmers made at least one event in the top 10 in the country. Lisa Bennett not only made multiple events, but multiple age groups! The complete list of swimmers from our LMSC follows. The number in parentheses is the number of events in which they were listed.

19-24: Shannon Hutcherson (2), Susan Wolfle (3), Darren Gorman (3).

25-29: Deborah Reed (1), Valerie Nellen (1), Art Sanchez (3), James Wolfle (4).

35-39: Lisa Bennett (1), Patty Powis (3), John Lowe (4).

40-44: Lisa Bennett (5), Louis Tudor (4).

45-49: Nancy Miller (2), Terry Gault (10).

50-54: Betsy Durrant (6), Judy Martin (2).

55-59: Lucille Griffin (4).

60-64: Johnnie Detrick (8), John McGill (4).

65-69: Forrest Sullivan (2), William Irwin (2).

70-74: Miriam Tuovila (3), Calvin Barnes (4).

75-79: Elizabeth Wolenberg (1).

80-84: Marie Kelleher (6).

Top 10 Virginia facts:

1. Virginia had swimmers place in the top 10 in EVERY age group from 19 to 84 with the exception of 30-35!

2. Virginia had two swimmers place first in the country in an event. Terry Gault (100 fly) and Lisa Bennett (40-44 50 breast). Both were the fastest swimmer in the country for that event.

3. Lisa Bennett set a new USMS record in the 40-44 50 breast. Her time was 32.73.

4. While all swimmers on this list are registered in Virginia, we have some great friends who have left the area but still swim with us. Some of the former Virginia residents who can't bear to leave us are: William Irwin (SC), Susan Wolfle (TX), and Lisa Bennett (FL). We're all glad that you're still with us.

*Editor's Note: Bill Irwin has now registered in SC. At LC Nationals in Ann Arbor he was representing a SC team.*

## Favorite Sets

This is a set that Don Charlton, the new coach at the VB YMCA had us do. It gave me a chance to work on strokes other than freestyle, without getting into a real lazy stroke. You can do all one stroke or change when the pyramid starts to descend (after the 100 easy). Set the interval for the 100s, use half for 50s, double for 200s, etc.

### Conditioning Set/Main Set

Group 1		Group 2
4 x 25		4 x 50
3 x 50		3 x 100
2 x 100		2 x 150
1 x 150		1 x 200
	100 easy	
1 x 150		1 x 200
2 x 100		2 x 150
3 x 50		3 x 100
4 x 25		4 x 50
<hr/>		
1300	Total	2100

**Harry DeLong, Jim McFarland, James Wolfle, Terry Gault, Howard Butts and anyone else - SEND ME WORKOUT IDEAS, PLEASE!**



**Betsy Durrant**  
211 66th Street  
Virginia Beach, VA 23451

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



## *Places To Swim Across Virginia*

**Blacksburg:** Contact Lucille Griffin (703) 552-5943.

**Charlottesville** Smith Pool, M-Th, 7:30-9:00 pm. Contact Craig C. Clift (804) 293-6657.

**Ft. Eustis:** M-F, 5:30-8:00 am, 11:30-12:30 pm, Sat 7:00-8:00 am, contact Mary Rebarchak, (757) 766-3554.

**Harrisonburg:** Contact James Wolfe (540) 574-2919. Contact Susan Lees Arnold, (703) 434-6224.

**Newport News:** Riverside Health and Fitness Center, (757) 877-8223; Sentara Hampton Fitness Center (804) 827-0420.

**Norfolk:** Fleet Rec Park, Hampton Blvd; YMCA, (757) 622-9622, call for times of coached workouts; Aqua Wear Aquatic Center, coached workouts M,W,F, 7-8:30 pm, (757) 461-2683.

**Northern Virginia:** Chinn Aquatic Center, M-Th, 8:30-9:30 pm, Sat & Sun 7-8 am, contact Harry DeLong, (703) 368-0309.

**Richmond:** Riverside Wellness & Fitness Center (Briarwood), Robious Rd, Midlothian, M-F, 6-7 am, M-Th, 7:15-8:30 pm, Sat, 8-9 am, Sun 4-5 pm. Contact: Jim Miller (804) 330-3335; Tuchahoe YMCA, Patterson Avenue, (804) 740-9622.

**Roanoke:** Lancerlot Fitness Center, 111 Vineyard Rd, Vinton, T & Th 7-8 pm, Sat, 10-11 am. Contact Howard Butts (703) 992-1736 (H) or 981-0205 (W); Gator Aquatic Center, 1130 Overland Rd, Roanoke, M & W, 7:30-9:30 pm, T & Th 6-7 am, Sat 7-9 am, Sun 6-8 pm, contact Kathy Shober (703) 982-7665.

**Stafford:** Fitness University, Aquia Towne Center, Rte 1, M,W,Th, 8:30-9:30 pm, contact Lou-Ann Hadlock, (703) 659-6737.

**Staunton:** Staunton Racquet Club, M,W,F, 5:50-6:30 pm, contact Diane Kent (703) 885-6069.

**Virginia Beach:** Mt Trashmore YMCA, M,W,F 6:30-7:30 pm, (757) 499-2311; Dam Neck Navy Base, Lap swims 11 am - 1:30 pm, 4-6 pm (757) 433-7183; VBCRC workouts: Great Neck, M,W 6:45 - 7:45 am, 496-6766; Princess Anne M,W 6:30 - 7:30 pm, 426-0022; Bayside, T,Th, 6:30 - 7:30 pm, 560-7540, lap lanes at all centers, Kempsville, 474-8492, Bow Creek 431-3765.

**Williamsburg:** James City Co Rec Center, Longhill Rd, M-F, 6-7 am (coach), M,W,F 6-7 pm (no coach), 229-5676.

**YMCA Listings:** Chesapeake (757) 547-9622, Lynchburg ((804) 847-5597, Portsmouth (757) 399-5511.