

VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

April 15, 1997

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As you can tell from the list above, I was fortunate this month to have contributors for the newsletter. Please send me articles or ideas - it makes my job easier and it makes the newsletter more interesting.

New Meet at ODU - April 26

The coaches at Old Dominion University, in Norfolk, have formed a new masters team: Old Dominion Masters Swimming. Coached workouts are held Monday, Wednesday, and Friday from 6:30 am until 8:00 am. Saturday workouts are from 8:30 until 9:30 am, and Sunday workouts are from 7:30 until 9:00 am.

A meet will be held on Saturday, April 26. Warmup starts at 8 am with the meet starting at 9 am. Events will be a 50, 100, 200 of each stroke, 100 and 200 IM, and a 500 and 1650 freestyle. Contact Kevin Ahearn or Chris Feaster at (757) 683-6135 for further information.

Reflections on Fitness

by Betsy Owens

This is part of an article that appeared in the Adirondack Masters newsletter.

With the freedom to return to meets, what is the relationship between fitness and competition? For many, the twain will never meet. For others, competition is the road to keep fit. The challenge and excitement of doing your best at meets provides an impetus to work hard in practice. Most realize that the ultimate goal is not the meet but what we need to do to get to the meet.

There are other benefits of meet attendance - camaraderie, for one. My kids' schedules impinge on my social life. My swimming friends provide a good reason to hang out for myself, not with my kids' friend's parents. Self-esteem is enhanced as one competes. Our co-workers marvel at our motivation to continue to compete at our advanced ages. Our slowest swimmers are still faster than 95% of the population. For those of you who have fallen by the wayside, or haven't tried a meet in years, give it a try. The killer spirit is not the crux but the above-mentioned benefits will make it a worthwhile adventure.

Betsy Owens is a dedicated Masters Swimming participant and volunteer. She served as Adirondack Masters LMSC chairman from 1989-1993, and as USMS Fitness Chairman from 1992-1995. Currently, she is Treasurer and Fitness Chairman for Adirondack Masters Swimming.

Thanks to Linda McCowan for news and to Jeanne Crouse for proofreading.

MEET SCHEDULE

April 26, 1997

Old Dominion University, Norfolk

Contact: Kevin Ahearn, Carol Withus, or Chris Feaster
(757) 683-3375.

June 21-22, 1997

Long Course in Roanoke

Contact: Robert Hatcher (540) 343-4524

Entry will be in the May LMSC newsletter

August 14-18, 1997

USMS LC Nationals, Orlando, FL

VMST OFFICERS

President: Beth Waters

10604 Pursuit Court

Chesterfield, VA 23832

804-744-8225

Vice President: Nancy Miller

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536 Lakewood Circle

Virginia Beach, VA 23451

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Treasurer/Membership

Mike Duignan

3313 Glen Eden Quay

Virginia Beach, VA 23452

757-486-3383

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 8, 1997

Great Chesapeake Bay Swim

211 E. Baltimore St #6, Baltimore, MD 21202

(410) 783-5482. Last year, race was full in mid April.

June 15, 1997

*#Jack King 1-Mile Ocean Swim, Virginia Beach

July 12, 1997

*#USMS 2-Mile Cable Championship, Charlottesville

**Entries will be in the May LMSC newsletter.*

Reston, Virginia Beach, and Charlottesville races
are the Virginia Championship Series. Swim all 3!

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

Premier Stroke Clinic Series

Contact Clay Britt (301) 231-9740

Peak Performance Swim Clinics

Contact: Troy Dalbey, (888) 229-SWIM

Featuring Tom Dolan, Jeff Rouse, and other

1996 Olympians

<http://www.worldwideswim.com>

Newsletter Editor: Betsy Durrant

211 66th Street

Virginia Beach, VA 23451

757-422-6811 (Phone or Fax)

A Note from the President

An eyepiece for a camcorder was found at Riverside Wellness and Fitness Center - Briarwood following the meet on February 15-16. If this is yours, please contact Nancy Miller (804-285-2758).

Many thanks to Mary Rebarchak and her crew for hosting the meet at Fort Eustis. Also thanks to Bill Pharis and crew for holding the meet in Roanoke. Both meets were well run, organized, and a lot of fun. I had a great time at both meets. Both groups have expressed interest in holding future meets. VMST really appreciates the interest and enthusiasm. If you missed these meets, you definitely want to keep them in mind for next year. We really need your support and participation in these meets.

Hope all of you going to the Showdown have a great time, fast swims, and wonderful weather. We'd love to have some articles about the meet for the newsletter.

Maryland Masters Meet at UMBC

Twelve VMST members swam in the meet in Catonsville, MD. It was a big meet this year with over 270 entrants. As usual, meet director Barb Protzman did a super job in running a fast, efficient, and friendly meet.

VMST was represented by Susan Bleistein, Bill Burcin, Lorraine Sites, and Chuck Wilmore from northern Virginia. Warner Brundage from Richmond, Roberta Sugden from Lynchburg, and Eric Miller from Roanoke were the lone representatives from their areas. Betsy Durrant, Stanslav Filatov, Darren Gorman, David Malsbury, Karen Mickunas, and Mike Slowey were there from the Virginia Beach area.

Rock-In-Ages Meet at Ft Eustis

by Mary Rebarchak

What a great time at the Rock-In-Ages meet! Thank you to all the volunteers and officials that helped make it happen. The Fort Eustis Aquatic Center and its staff were exceptional. Times were fast, the officials were on task, and the swimmers were feeling on top. All the swimmers were "pumped up" by the rock music during warm-ups and were overwhelmed by the choice of 11 lanes to swim in. The swimmers loved the huge scoreboard that displayed their splits, place and final time instantly. What a treat! It was so much fun, some of us forgot about the 146 ft long, 3 stories high

April Birthdays

* denotes "aging up"

Don Bingley	Salem	4/16/42	55*
Jeanne Bonner	Dumfries	4/30/72	25*
Laureen Brickley	Marshall	4/11/56	41
Warner Brundage	Midlothian	4/07/43	54
Howard Butts	Troutville	4/24/41	56
Rosemary Cauley	Virginia Beach	4/15/52	45*
Jack Crowder	Vinton	4/18/39	58
Janet Dresch	Midlothian	4/30/54	43
Don Edgell	Newport News	4/18/52	45*
Gray Edwards	Virginia Beach	4/13/54	43
Joanne Fariss	Forest	4/07/34	63
Edward Green	Blacksburg	4/04/46	51
Mary Beth Hanifer	Richmond	4/09/70	27
Hank Holswade	Richmond	4/30/46	51
Ron Magee	Midlothian	4/25/47	50*
Jim McFarland	Lynchburg	4/02/58	39
Karen Mickunas	Virginia Beach	4/13/55	42
Eric Miller	Roanoke	4/12/47	50*
Ellen Nygaard	Lynchburg	4/15/52	45*
Richard Parente	Virginia Beach	4/01/63	34
Carl Russ	Plant City, FL	4/03/35	62
Lorraine Sites	Lake Ridge	4/30/62	35*
Glenn Taylert	Midlothian	4/14/52	45*
Mark Terrill	Richmond	4/18/49	48
Norwood Thornton	Las Vegas, NV	4/07/64	33
Miriam Tuovila	Yorktown	4/05/25	72

waterslide in the adventure pool.

Each swimmer received a discount for a sports massage to soothe those aching muscles after a hard swim and the social was waiting for them in the facility afterwards. If you were one of the unfortunate athletes to miss the chance to swim at Fort Eustis, just wait and watch for another meet coming soon during the summer.

Main Set - Workout for Meets

4 x 50 with approximately 10 seconds rest between each 50:

50 kick, 50 drill, 50 pull, 50 sprint
Rest between each set of four (no more than 1-1.5 minutes), or do an easy 50 for active rest
Repeat the set 5 - 10 times depending on your total workout yardage.

Sunbelt Meet in Charlotte

Dear Betsy,

Mark Gill and I wanted to submit the results and a short article from the Sunbelt Championships in Charlotte. Actually, I wrote the article and Mark had a few changes. The results are real, but the article is very tongue-in-cheek. I hope you will indulge our odd sense of humor and print the article in full. Thank you.

George Sushkoff

VMST was well represented at the 1997 Sunbelt Championships held January 18th and 19th in Charlotte, NC. special recognition goes to Johnnie Detrick for establishing not only a new age group record but also a new event: the 550 yard freestyle. Her teammates watched and cheered her on as she cruised to victory in the 500 and turned to bring it home for an additional 50 yards. The timing system was not equipped to handle such a maverick and only recorded her 500 split. This race fell on the second day of the meet. So after doing some "carbo-loading" Saturday night, the other VMST members could only watch in awe (sorry we didn't count for you).

Elizabeth DeBiasi won the 1650 for her age group, then went shopping for major appliances. Another highlight of the meet was Scott Johnston's performance in the 100 IM. After being erroneously informed he had one more heat before he swam, his heat was called to the blocks. Scott rushed to the blocks pushing women and children aside as he thought of the team points that could be lost. He then stepped up and recorded a lifetime best in the event. Some say that Scott remarkable resembled Mark Gill in this swim. A special investigative committee has been appointed to examine these allegations.

George Sushkoff posted wins in the 1650 and 400 IM. In fact, no one in his age group had the courage to race him in the mile. Or perhaps everyone else had the sense not to get up early on a Saturday morning to swim a 1650. Mark Gill (pronounced Gill) continued his training regimen of no having any training regimen. This proved most effective for him in the sprints. You can contact Mark for a comprehensive list of his workouts

On hand at the meet was a lookalike of either Alan Greenspan or Bud Greenspan, whomever is the Olympic documentary filmmaker and not Chairman of the Federal Reserve. Eric Miller was also at the meet. But since the author does not know him well, you will need to look at the results and provide your own humorous anecdotes. We (the attendees) of the meet would like to see greater participation from VMST at this meet in the future. It is a fun meet in a fantastic facility.

Results of Sunbelt Meet

Elizabeth DeBiasi (29), 1st, 1650, 24:27.35

Johnnie Detrick (61), 1st in all her events: 50 free, 32.92; 500 free, 8:08.59; 100 back, 1:47.94; 100 fly, 1:36.54; 200 fly, 3:36.98, 100 IM, 1:31.25.

Mark Gill (29), 3rd, 50 free, 24.48; 2nd, 100 free, 58.00; 3rd, 200 free, 2:09.79, 2nd, 200 back, 2:38.79; 2nd, 50 breast, 32.46; 1st, 50 fly, 27.24; 2nd, 100 fly, 1:01.83.

Scott Johnston (32), 3rd, 50 free, 25.20; 1st, 1000 free, 11:38.45; 6th, 100 back, 1:04.75; 7th, 100 IM, 1:06.24.

Eric Miller (49), 5th, 50 free, 28.02; 2nd, 50 back, 35.79; 3rd, 50 fly, 30.73; 1st, 100 fly, 1:17.54; 4th, 100 IM, 1:22.54.

George Sushkoff (32), 3rd, 100 free, 55:13; 2nd, 500 free, 5:18.79; 1st, 1650 free, 18:30.41; 3rd, 50 breast, 33.20; 3rd, 200 breast, 2:28.68; 6th, 100 IM, 1:05.60; 2nd, 200 IM, 2:18.43; 1st, 400 IM, 4:49.04.

Editor's Note: Johnnie Detrick's events are not her usual "best" events. She is on a schedule to swim all events this season.

Meet Warm-Ups

David Malsbury (35-39): 500 Kick or Pull, 400 Kick or Pull, 300 Swim, 200 Swim, 100 Swim. No sprints.

More Warm-Ups on page 5.

More Meet Warm-Ups

Karen Mickunas (40-44): 500 Kick, Pull, Drill - isy; 300 alternate stroke/free; 4-6 50's build; 4 times off the starting blocks.

Susan Bleistein (35-39): Total of 200-300 yards, including 6-8 dives off the starting blocks. She adds, "I most likely should do more of a warm-up but it is hard to think of expending the energy I could use in a 50 Fly!"

Warner Brundage (50-54): Swim approximately 800 progressively faster; 4-8 25's from a push. He rarely uses the starting blocks in warm-up.

IN and Out of the Water

Two meets in March offered swimmers some choices. The Roanoke group ran their second spring meet. Many thanks to **Howard Butts**, **Jane** and **Bill Pharis** for their hard work. **Mary Rebarchek** t on the first Masters meet at Ft Eustis. All reports are that the pool is as good as advertised, with electronic timing and lane displays.

Thanks also to **VMST President Beth Waters** and to **LMSC Chairman Forrest Sullivan** who attended both meets to offer support and help if needed.

Linda McCowan still keeps me up on news of VMST swimmers. How does she do that from Indiana?

Alice Phillips had a baby girl on February 15. I guess that's why she didn't swim in the meet Feb 15-16. I look forward to receiving some new newsletter articles from Alice. **Tory Kiley** also had a baby girl, **Victoria Marguerite**, on March 9.

Diane Cayce is coaching the morning practice at Briarwood again.

Carl Armstrong's daughter is swimming at Kenyon University and qualified for the NCAA Division III Championship. Carl's wife, **Barbara**, officiated at our Richmond meet.

Jim Miller was in Indianapolis for the NCAA Division I Women's Championship. He was the meet Medical Director. **Susan Wolfe** (a VMST

swimmer from Texas and the sister of **James**, our records and Top Ten chairman) was also scheduled to be in Indianapolis as a coach.

Nancy Miller went to Colorado Springs to serve as an instructor for a Masters Swim Camp.

Lisa Bennett has been coaching high school swimming but will be giving it up after this year. Her son, **Scott**, will be in kindergarten next fall. Hard to believe! He was only about a month old when Lisa brought him to the World Championships in Indianapolis.

Bill Martin, our LMSC treasurer and former newsletter editor, is working in DC now, returning to Richmond on weekends. He is working out with **Burke Masters** and will be at the meet in Ft Lauderdale.

From the Bottom Up

by Manny Klammer

Here I lay, eleven feet under, on sabbatical from my usual morning dip. A school of practicing masters swirls overhead. They all have one thing in common, an eye-catching belly. There are flabby bellies, trim bellies, beer bellies, slim bellies, pretty bellies, and even a few pregnant bellies. Each belly has a button. Belly buttons must serve a functional purpose in swimming or they wouldn't also be known as navels. I wonder what would happen if I could reach up and unbutton some bellies. Would air rush out giving the swimmers added propulsion? Or would releasing some air result in them swimming thinner. Why, there goes a male swimmer releasing some air now. but the bubbles aren't coming from his belly button, they're coming from hisoh my!

I don't understand why I have a full view of all these bellies, since the coach ceaselessly insists that we swim on our sides. Hmm! Whether I am on my side or not, my belly is essential to my swimming. Without it, I would have no place to store all the chlorinated water I swallow. And how could I possible execute the perfect racing belly-whopper, if I were bellyless. Bellies are important out of the water too. If I didn't have a belly, it would rain in my pants.

Well, I need some H2O minus the H2. So it's time to return to dry reality.

VIRGINIA MASTERS SWIM TEAM ROCK-IN-AGES
MARCH 15, 1997 SANCTION NO. 1270004

Meet Results for Timed Finals - Yards

-----				-----				-----							
Event 1 Women 1000 Free				--- Ages 50 Through 54 ---				Event 9 Women 100 Fly				--- Ages 65 Through 69 ---			
Sponsor: Fort Bustis Aquatic Center				1 MARTIN, JUDITH 54 VMST 3:12.76				Sponsor: Fort Bustis Aquatic Center				1 MEREDITH, JEANNE 68 VMST 54.14			
PL Name Age Team Finals				-----				PL Name Age Team Finals				-----			
--- Ages 35 Through 39 ---				Event 6 Men 200 Back				--- Ages 40 Through 44 ---				Event 12 Men 50 Back			
1 PETERSON, M. 36 VMST 13:19.99				Sponsor: Fort Bustis Aquatic Center				1 BRAATEN, KITTEN 41 VMST 1:16.01				Sponsor: Fort Bustis Aquatic Center			
--- Ages 40 Through 44 ---				PL Name Age Team Finals				-----				PL Name Age Team Finals			
1 BRAATEN, KITTEN 41 VMST 12:50.77				--- Ages 25 Through 29 ---				Event 10 Men 100 Fly				--- Ages 19 Through 24 ---			
-----				1 BERGETT, THOMAS 29 VMST 2:31.54				Sponsor: Fort Bustis Aquatic Center				1 COLLINS, HAROLD 22 ODMs 28.73			
Event 2 Men 1000 Free				--- Ages 45 Through 49 ---				PL Name Age Team Finals				-----			
Sponsor: Fort Bustis Aquatic Center				1 MILLER, JIM 46 VMST 2:40.04				-----				--- Ages 25 Through 29 ---			
PL Name Age Team Finals				-----				--- Ages 25 Through 29 ---				1 BERGETT, THOMAS 29 VMST 30.99			
--- Ages 30 Through 34 ---				1 BARKES, CALVIN 73 VMST 3:17.02				1 GILL, MARK 28 VMST 1:02.21				--- Ages 35 Through 39 ---			
1 WITTE, DAVID 31 UNAT 14:00.93				-----				--- Ages 35 Through 39 ---				1 BICKLEY, MATTHEW 35 VMST 29.46			
--- Ages 35 Through 39 ---				Event 7 Women 200 Breast				1 REILLY, JEFF 35 VMST 57.44				--- Ages 40 Through 44 ---			
1 LEWIS, TROY 36 VMST 11:47.46				Sponsor: Fort Bustis Aquatic Center				2 MCFARLAND, JIM 38 VMST 1:10.76				1 FEINSTEIN, JOHN 41 UNAT 31.94			
--- Ages 40 Through 44 ---				PL Name Age Team Finals				-----				--- Ages 45 Through 49 ---			
1 SORRELL, CHARLES 43 VMST 19:03.93				--- Ages 40 Through 44 ---				1 FEINSTEIN, JOHN 41 UNAT 1:01.40				1 MILLER, JIM 46 VMST 34.99			
-----				1 MICKELAS, KAREN 41 VMST 3:09.66				2 EDGELL, DON 44 VMST 1:12.37				--- Ages 55 Through 59 ---			
Event 4 Men 200 Fly				-----				Event 11 Women 50 Back				1 TAYLOR, ROBERT 58 VMST 44.08			
Sponsor: Fort Bustis Aquatic Center				Event 8 Men 200 Breast				Sponsor: Fort Bustis Aquatic Center				--- Ages 65 Through 69 ---			
PL Name Age Team Finals				-----				PL Name Age Team Finals				-----			
--- Ages 35 Through 39 ---				PL Name Age Team Finals				-----				Event 13 Women 100 Breast			
1 MALSBURY, DAVID 35 VMST 2:25.07				--- Ages 25 Through 29 ---				1 KOLB, TRACEY 25 UNAT 36.71				Sponsor: Fort Bustis Aquatic Center			
-----				1 COCKRELL, JR., C 28 VMST 2:26.48				--- Ages 30 Through 34 ---				PL Name Age Team Finals			
Event 5 Women 200 Back				--- Ages 35 Through 39 ---				1 FISH, DEBORAH 32 VMST 39.31				-----			
Sponsor: Fort Bustis Aquatic Center				1 SLOMBY, MICHAEL 39 VMST 2:21.97				--- Ages 35 Through 39 ---				--- Ages 25 Through 29 ---			
PL Name Age Team Finals				2 LEWIS, TROY 36 VMST 2:38.55				1 SARGENT, DONNA 36 VMST 34.61				1 COCKRELL, D. 25 VMST 1:22.55			
---				--- Ages 50 Through 54 ---				2 SANTINI, PATTIE 38 VMST 46.85				2 SHAPA, ATOSSA 26 UNAT 1:42.49			
--- Ages 35 Through 39 ---				1 BRIDGEMAN, WARNER 53 VMST 2:43.90				--- Ages 50 Through 54 ---				--- Ages 30 Through 34 ---			
1 GORDON, SUSAN 35 VMST 2:35.16				---				1 MARTIN, JUDITH 54 VMST 40.04				1 DECKER, JUDY 31 UNAT 1:42.21			
---				--- Ages 65 Through 69 ---				2 SIEGEL, GLORIA 52 VMST 55.91				--- Ages 40 Through 44 ---			
1 LOFTUS, JOANN 43 VMST 2:47.19				1 RAIKER, NORMAN 68 VMST 3:49.04				---				1 MICKELAS, KAREN 41 VMST 1:27.80			
2 BRAATEN, KITTEN 41 VMST 2:53.84				---				1 AVERETTE, JOAN 40 VMST 53.03				2 KELLY, SUSAN 41 VMST 1:28.73			

--- Ages 45 Through 49 ---
1 MILLER, NANCY 47 VMST 1:28.01

--- Ages 60 Through 64 ---
1 DETRICK, JOHNNIE 61 VMST 1:31.86

Event 14 Men 100 Breast
Sponsor: Fort Eustis Aquatic Center

PL	Name	Age Team	Finals
---	Ages 19 Through 24 ---		
1	COLLINS, HAROLD	22 ODMS	1:15.11

--- Ages 25 Through 29 ---
1 GORMAN, DARREN 25 VMST 1:01.82
2 COCKRELL, JR., C 28 VMST 1:05.68

--- Ages 35 Through 39 ---
1 SLOWEY, MICHAEL 39 VMST 1:03.09
2 REILLY, JEFF 35 VMST 1:08.89
3 LEWIS, TROY 36 VMST 1:14.51
4 MCFARLAND, JIM 38 VMST 1:16.20

--- Ages 40 Through 44 ---
- COCKRELL, CHARLES 43 VMST DQ

--- Ages 50 Through 54 ---
1 BRUNDAGE, WARNER 53 VMST 1:14.34

--- Ages 65 Through 69 ---
1 RAISER, NORMAN 68 VMST 1:42.64

Event 15 Women 200 Free
Sponsor: Fort Eustis Aquatic Center

PL	Name	Age Team	Finals
---	Ages 25 Through 29 ---		
1	KOLB, TRACEY	25 UNAT	2:32.53

--- Ages 30 Through 34 ---
1 FISH, DEBORAH 32 VMST 2:47.27

--- Ages 35 Through 39 ---
1 PETERSON, M. 36 VMST 2:24.74

--- Ages 40 Through 44 ---
1 BRAATEN, KITTEN 41 VMST 2:23.79
2 CAULEY, ROSEMARY 44 UNAT 2:59.29

--- Ages 45 Through 49 ---
1 BRODERSON, MOLLY 45 VMST 2:46.04

--- Ages 60 Through 64 ---
1 AVERETTE, JOAN 60 VMST 3:25.95
2 CLARK, CAROLYN 62 UNAT 3:58.63

--- Ages 65 Through 69 ---
1 MEREDITH, JEANNE 68 VMST 3:31.94

Event 16 Men 200 Free
Sponsor: Fort Eustis Aquatic Center

PL	Name	Age Team	Finals
---	Ages 30 Through 34 ---		
1	WITTE, DAVID	31 UNAT	2:15.35

--- Ages 35 Through 39 ---
1 LEWIS, TROY 36 VMST 2:09.46
2 EVERETT, JR., B. 38 ODMS 2:32.00

--- Ages 40 Through 44 ---
1 MICKENAS, VICTOR 41 VMST 2:32.40

--- Ages 45 Through 49 ---
1 OAKES, DAVID 46 UNAT 2:12.18

--- Ages 55 Through 59 ---
1 GOULD, JR., J. 57 ODMS 3:06.43

--- Ages 70 Through 74 ---
1 BARNES, CALVIN 73 VMST 2:59.41

Event 17 Women 100 IM
Sponsor: Fort Eustis Aquatic Center

PL	Name	Age Team	Finals
---	Ages 25 Through 29 ---		
1	COCKRELL, D.	25 VMST	1:13.71

--- Ages 30 Through 34 ---
1 SMITH, AMY 34 VMST 1:24.12

--- Ages 35 Through 39 ---
1 SARGENT, DONNA 36 VMST 1:12.54
2 DOWDY, SHERRY 35 VMST 1:26.37
3 SANTINI, PATTIE 38 VMST 1:43.50

--- Ages 40 Through 44 ---
1 LOFTUS, JOANN 43 VMST 1:14.57
2 KELLY, SUSAN 41 VMST 1:22.95

--- Ages 50 Through 54 ---
1 SIEGEL, GLORIA 52 VMST 1:58.10

Event 18 Men 100 IM
Sponsor: Fort Eustis Aquatic Center

PL	Name	Age Team	Finals
---	Ages 25 Through 29 ---		
1	COCKRELL, JR., C	28 VMST	1:03.88
2	ODOR, JAY	29 UNAT	1:04.98

--- Ages 35 Through 39 ---
1 REILLY, JEFF 35 VMST 1:01.78
2 BICKLEY, MATTHEW 35 VMST 1:03.59
3 MCFARLAND, JIM 38 VMST 1:07.83

--- Ages 40 Through 44 ---
1 FEINSTEIN, JOHN 41 UNAT 1:09.56

--- Ages 50 Through 54 ---
1 BRUNDAGE, WARNER 53 VMST 1:09.78
2 GABBER, WILL 53 VMST 1:20.95

--- Ages 55 Through 59 ---
1 WISE, RANDOLPH 55 VMST 1:13.65

--- Ages 65 Through 69 ---
1 SULLIVAN, P. 67 VMST 1:23.95

--- Ages 70 Through 74 ---
1 HALL, FRANCIS 70 VMST 1:23.29

Event 19 Women 50 Free
Sponsor: Fort Eustis Aquatic Center

PL	Name	Age Team	Finals
---	Ages 19 Through 24 ---		
1	LANE, KRISTIN	24 ODMS	32.41

--- Ages 25 Through 29 ---
1 KOLB, TRACEY 25 UNAT 31.52
2 SHAPA, ATOSSA 26 UNAT 44.59

--- Ages 30 Through 34 ---
1 SMITH, AMY 34 VMST 33.93
2 DECKER, JUDY 31 UNAT 39.88

--- Ages 35 Through 39 ---
1 SARGENT, DONNA 36 VMST 28.55
2 DOWDY, SHERRY 35 VMST 29.75
3 SMITH, GRETCHEN 37 VMST 30.27
4 PETERSON, M. 36 VMST 31.47

--- Ages 40 Through 44 ---
1 SAYRE, ROBIN 40 VMST 27.04

--- Ages 45 Through 49 ---
1 BRODERSON, MOLLY 45 VMST 30.26

--- Ages 60 Through 64 ---
1 DETRICK, JOHNNIE 61 VMST 31.44
2 AVERETTE, JOAN 60 VMST 41.69
3 CLARK, CAROLYN 62 UNAT 51.18

--- Ages 65 Through 69 ---
1 MEREDITH, JEANNE 68 VMST 40.98

Event 20 Men 50 Free

Sponsor: Fort Eustis Aquatic Center

PL Name Age Team Finals

--- Ages 19 Through 24 ---

1 DEWITT, NATHAN 19 VMST 25.85

--- Ages 25 Through 29 ---

1 GORMAN, DARREN 25 VMST 23.43

--- Ages 30 Through 34 ---

1 MITTE, DAVID 31 UNAT 26.39

--- Ages 35 Through 39 ---

1 MALSURY, DAVID 35 VMST 23.43

2 SLOWEY, MICHAEL 39 VMST 25.83

3 EVERETT, JR., B. 38 ODMS 30.09

--- Ages 40 Through 44 ---

1 BAUER, CRAIG 44 VMST 26.34

2 DUMIRE, MIKE 44 VMST 27.40

--- Ages 45 Through 49 ---

1 OAKES, DAVID 46 UNAT 26.41

2 MILLER, JIM 46 VMST 27.13

--- Ages 55 Through 59 ---

1 TAYLOR, ROBERT 58 VMST 33.71

2 GOULD, JR., J. 57 ODMS 38.67

Event 21 Women 100 Back

Sponsor: Fort Eustis Aquatic Center

PL Name Age Team Finals

--- Ages 30 Through 34 ---

1 FISH, DEBORAH 32 VMST 1:27.06

--- Ages 35 Through 39 ---

1 GORDON, SUSAN 35 VMST 1:11.35

2 SANTINI, PATTIE 38 VMST 1:43.91

--- Ages 50 Through 54 ---

1 MARTIN, JUDITH 54 VMST 1:26.63

2 SIEGEL, GLORIA 52 VMST 2:04.44

Event 22 Men 100 Back

Sponsor: Fort Eustis Aquatic Center

PL Name Age Team Finals

--- Ages 19 Through 24 ---

1 COLLINS, HAROLD 22 ODMS 1:03.30

--- Ages 25 Through 29 ---

1 BENNETT, THOMAS 29 VMST 1:06.91

--- Ages 35 Through 39 ---

1 MCFARLAND, JIM 38 VMST 1:11.40

--- Ages 40 Through 44 ---

MICKUNAS, VICTOR 41 VMST DQ

--- Ages 70 Through 74 ---

1 BARNES, CALVIN 73 VMST 1:30.84

Event 23 Women 500 Free

Sponsor: Fort Eustis Aquatic Center

PL Name Age Team Finals

--- Ages 19 Through 24 ---

1 LANE, KRISTIN 24 ODMS 7:01.26

--- Ages 35 Through 39 ---

1 GORDON, SUSAN 35 VMST 6:16.32

--- Ages 45 Through 49 ---

1 MILLER, NANCY 47 VMST 6:40.01

--- Ages 60 Through 64 ---

1 BERQUIST, ANN 63 VMST 8:47.85

Event 24 Men 500 Free

Sponsor: Fort Eustis Aquatic Center

PL Name Age Team Finals

--- Ages 19 Through 24 ---

DEWITT, NATHAN 19 VMST DQ

--- Ages 35 Through 39 ---

1 BICKLEY, MATTHEW 35 VMST 5:41.17

2 LEWIS, TROY 36 VMST 5:42.10

3 EVERETT, JR., B. 38 ODMS 7:01.44

--- Ages 40 Through 44 ---

1 FEINSTEIN, JOHN 41 UNAT 5:57.27

2 SORRELL, CHARLES 43 VMST 9:33.07

--- Ages 55 Through 59 ---

2 GOULD, JR., J. 57 ODMS 8:13.48

--- Ages 70 Through 74 ---

1 BARNES, CALVIN 73 VMST 8:04.11

Event 25 Women 200 IM

Sponsor: Fort Eustis Aquatic Center

PL Name Age Team Finals

--- Ages 35 Through 39 ---

1 SARGENT, DONNA 36 VMST 2:40.80

2 PETERSON, M. 36 VMST 2:45.31

3 SANTINI, PATTIE 38 VMST 3:53.27

--- Ages 40 Through 44 ---

1 LOFTUS, JOANN 43 VMST 2:41.69

2 KELLY, SUSAN 41 VMST 3:15.22

Event 26 Men 200 IM

Sponsor: Fort Eustis Aquatic Center

PL Name Age Team Finals

--- Ages 25 Through 29 ---

1 COCKRELL, JR., C. 28 VMST 2:17.19

2 BENNETT, THOMAS 29 VMST 2:27.08

3 GILL, MARK 28 VMST 2:28.16

--- Ages 35 Through 39 ---

1 REILLY, JEFF 35 VMST 2:15.55

--- Ages 45 Through 49 ---

1 MILLER, JIM 46 VMST 2:46.28

--- Ages 55 Through 59 ---

1 WISE, RANDOLPH 55 VMST 2:41.56

Event 27 Women 50 Breast

Sponsor: Fort Eustis Aquatic Center

PL Name Age Team Finals

--- Ages 25 Through 29 ---

1 COCKRELL, D. 25 VMST 37.29

2 SHAFI, ATOSSA 26 UNAT 46.17

--- Ages 30 Through 34 ---

1 SMITH, AMY 34 VMST 40.51

--- Ages 40 Through 44 ---

1 KELLY, SUSAN 41 VMST 41.08

--- Ages 45 Through 49 ---

1 MILLER, NANCY 47 VMST 39.88

--- Ages 50 Through 54 ---

1 MARTIN, JUDITH 54 VMST 43.62

2 SIEGEL, GLORIA 52 VMST 59.97

--- Ages 60 Through 64 ---

1 DETRICK, JOHNNIE 61 VMST 41.87

Event 28 Men 50 Breast

Sponsor: Fort Eustis Aquatic Center

PL Name Age Team Finals

--- Ages 19 Through 24 ---

1 COLLINS, HAROLD 22 ODMS 34.70

--- Ages 25 Through 29 ---

1 GORMAN, DARREN 25 VMST 28.10

--- Ages 35 Through 39 ---

1 SLOWEY, MICHAEL 39 VMST 29.23

2 MALSURY, DAVID 35 VMST 29.33

--- Ages 40 Through 44 ---

1 SORRELL, CHARLES 43 VMST 45.68

Ages 50 Through 54 ---
1 BRUNDAGE, WARNER 53 VMST 34.15

--- Ages 65 Through 69 ---
1 RAINER, NORMAN 68 VMST 44.01

Event 29 Women 100 Free
Sponsor: Fort Bustis Aquatic Center

PL	Name	Age	Team	Finals
---	Ages 25 Through 29 ---			
1	KOLB, TRACEY	25	UNAT	1:10.51

--- Ages 30 Through 34 ---
1 DECKER, JUDY 31 UNAT 1:29.80

--- Ages 35 Through 39 ---
1 DOWDY, SHERRY 35 VMST 1:09.08

--- Ages 40 Through 44 ---
1 SAYRE, ROBIN 40 VMST 1:01.06
2 CAULEY, ROSEMARY 44 UNAT 1:21.44

--- Ages 45 Through 49 ---
1 BRODERSON, MOLLY 45 VMST 1:13.00

--- Ages 60 Through 64 ---
1 AVERETTE, JOAN 60 VMST 1:35.59
2 CLARK, CAROLYN 62 UNAT 1:46.96

--- Ages 65 Through 69 ---
1 MEREDITH, JEANNE 68 VMST 1:35.45

Event 30 Men 100 Free
Sponsor: Fort Bustis Aquatic Center

PL	Name	Age	Team	Finals
---	Ages 30 Through 34 ---			
1	MITTE, DAVID	31	UNAT	58.47

--- Ages 35 Through 39 ---
1 MCFARLAND, JIM 38 VMST 54.60
2 BICKLEY, MATTHEW 35 VMST 56.03
3 EVERETT, JR., B. 38 ODMS 1:09.14

--- Ages 40 Through 44 ---
1 BAUER, CRAIG 44 VMST 57.78
2 DURNIRE, MIKE 44 VMST 1:02.91

--- Ages 45 Through 49 ---
1 OAKES, DAVID 46 UNAT 58.64

--- Ages 55 Through 59 ---
1 TAYLOR, ROBERT 58 VMST 1:20.63
2 GOULD, JR., J. 57 ODMS 1:29.38

--- Ages 70 Through 74 ---
1 BARNES, CALVIN 73 VMST 1:19.50

Event 31 Women 50 Fly
Sponsor: Fort Bustis Aquatic Center

PL	Name	Age	Team	Finals
---	Ages 19 Through 24 ---			
1	LAKE, KRISTIN	24	ODMS	38.02

--- Ages 35 Through 39 ---
1 SARGENT, DONNA 36 VMST 32.31
2 SMITH, GRETCHEN 37 VMST 33.35
3 SANTINI, PAITIE 38 VMST 53.05

--- Ages 40 Through 44 ---
1 BRAATEN, KITTEN 41 VMST 34.19
2 KELLY, SUSAN 41 VMST 40.03

--- Ages 50 Through 54 ---
1 SIEGEL, GLORIA 52 VMST 50.73

--- Ages 60 Through 64 ---
1 DETRICK, JOHNNIE 61 VMST 42.71
2 BERQUIST, ANN 63 VMST 44.65

--- Ages 65 Through 69 ---
1 DETRICK, JOHNNIE 61 VMST 42.71
2 BERQUIST, ANN 63 VMST 44.65

Event 32 Men 50 Fly
Sponsor: Fort Bustis Aquatic Center

PL	Name	Age	Team	Finals
---	Ages 19 Through 24 ---			
1	COLLINS, HAROLD	22	ODMS	28.66

--- Ages 19 Through 24 ---
1 COLLINS, HAROLD 22 ODMS 28.66

--- Ages 25 Through 29 ---
1 GILL, MARK 28 VMST 27.20
2 BENNETT, THOMAS 29 VMST 28.55

--- Ages 35 Through 39 ---
1 MALSURY, DAVID 35 VMST 26.08
2 REILLY, JEFF 35 VMST 26.10

--- Ages 40 Through 44 ---
1 FEINSTEIN, JOHN 41 UNAT 27.66

--- Ages 45 Through 49 ---
1 MILLER, JIM 46 VMST 32.33

--- Ages 50 Through 54 ---
1 BRUNDAGE, WARNER 53 VMST 30.46
2 GABBER, WILL 53 VMST 35.54

--- Ages 55 Through 59 ---
1 WISE, RANDOLPH 55 VMST 29.03

--- Ages 65 Through 69 ---
1 SULLIVAN, F. 67 VMST 35.77

--- Ages 70 Through 74 ---
1 HALL, FRANCIS 70 VMST 33.53

Event 33 Women 200 R-Medley
Sponsor: Fort Bustis Aquatic Center

PL	Name	Team	Finals
---	Ages 25 Through 34 ---		
1	VMST B W-25	VMST	2:25.22
	FISH, DEBORAH-32	KELLY, SUSAN-41	
	SMITH, AMY-34	DOWDY, SHERRY-35	

--- Ages 35 Through 44 ---
1 VMST A W-35 VMST 2:16.90
GORDON, SUSAN-35 BRAATEN, KITTEN-41
SAYRE, ROBIN-40 SMITH, GRETCHEN-37

Event 34 Men 200 R-Medley
Sponsor: Fort Bustis Aquatic Center

PL	Name	Team	Finals
---	Ages 65 Through 74 ---		
1	VMST A M-65	VMST	2:37.46
	BARNES, CALVIN-73	RAINER, NORMAN-68	
	SULLIVAN, F.-67	HALL, FRANCIS-70	

Event 35 Women 200 R-Free
Sponsor: Fort Bustis Aquatic Center

PL	Name	Team	Finals
---	Ages 35 Through 44 ---		
1	VMST A W-35	VMST	1:57.26
	GORDON, SUSAN-35	SARGENT, DONNA-36	
	SMITH, GRETCHEN-37	SAYRE, ROBIN-40	

--- Ages 55 Through 64 ---
1 VMST B W-55 VMST 2:29.60
MEREDITH, J.-68 AVERETTE, JOAN-60
BERQUIST, ANN-63 DETRICK, J.-61

Event 37 Mixed 200 R-Medley
Sponsor: Fort Bustis Aquatic Center

PL	Name	Team	Finals
---	Mixed Ages 25 Through 34 ---		
1	VMST B X-25	VMST	2:05.08
	SARGENT, DONNA-36W	COCKRELL, JR. -28M	
	MILLER, NANCY-47W	GILL, MARK-28M	
	2 VMST A X-25	VMST	2:09.47
	MILLER, JIM-46M	COCKRELL, D.-25W	
	BRAATEN, KITTEN-41W	BADER, CRAIG-44M	

Event 38 Mixed 200 R-Free
Sponsor: Fort Bustis Aquatic Center

PL	Name	Team	Finals
---	Mixed Ages 19 Through 24 ---		
1	ODMS A X-19	ODMS	2:10.11
	COLLINS, HAROLD-22M	LANE, KRISTIN-24W	
	GOULD, JR., J.-57M	EVERETT, JR. -38M	

14TH Annual JACK KING 1-MILE OCEAN SWIM SUNDAY, JUNE 15, 1997 VIRGINIA BEACH, VIRGINIA



HOST: Virginia Masters Swim Team, Inc.

SANCTIONED BY: Local Masters Swim Committee for Virginia (LMSC for VA) for USMS, Inc. #127-0009.

SPONSOR: This event is sponsored by the law firm Vandeventer, Black, Meredith & Martin to honor the memory of Jack King, former partner and friend. The net proceeds from this event will benefit the Virginia Beach YMCA, where Jack served as a director and legal counsel.

MEET DIRECTORS: Forrest Sullivan and Betsy Durrant

LOCATION: Check-in at the park at 24th Street, between Atlantic Avenue and the boardwalk.

DIRECTIONS: Take the Virginia Beach/Norfolk Expressway (Rt 44) from I-64. When the expressway ends, you are on 21st Street. Stay on 21st Street until it dead ends into Atlantic Avenue. Turn left. Check-in is at the park on 24th Street, between Atlantic Avenue and the boardwalk.

PARKING: All parking on Atlantic Avenue and Pacific Avenue is controlled by meters with a 2 hour limit (75 cents per hour). There are city parking lots at 19th Street and Pacific and at 25th Street and Pacific Avenue (1 block north and 1 block west of start/check-in). The charge is \$5 for the whole day. The lot may be unattended when you arrive, but the attendant will be there to collect when you leave. There may also be a lot open at 31st street (1/2 point of race), but that is not definite at this time.

COURSE: There will be an in the water start at 24th Street. The swim is parallel to the beach, with the current, in a northerly direction. The finish is on the beach at 38th Street (Howard Johnson Hotel). Buoys mark the start and finish. Det. directions with landmarks and any changes will be available at the check-in.

DATE/TIME: Sunday, June 15, 1997. Check-in will be from 8:45-9:30 am. A safety briefing will be held at 9:50 am, a USS heat will begin at 10:00 and the Masters heat will begin at approximately 10:15 am.

ELIGIBILITY: All swimmers must be 19 years old or older and registered with USMS to participate. All swimmers must enclose a copy of their USMS registration card with their entry. USMS registration applications are available at the Virginia Beach YMCA, from the meet directors, and from Craig Campesi (Registrar), 14134 Walton Dr, Manassas, VA 22111. Registration for 1997 is \$21.

ENTRY FEE: \$15.00 for entries received by June 7, 1997 (includes a t-shirt). \$20.00 for late entries (does not include a t-shirt). T-shirts will be on sale the day of the race for \$8.00 while they last.

ENTRY DEADLINE: June 7, 1997, for pre-entries (\$15 including t-shirt). Hand delivered late entries (\$20 with no t-shirt) will be accepted until 9:00 pm Friday, June 13. THERE WILL BE NO RACE DAY ENTRIES! DO NOT COME TO THE RACE ON SUNDAY MORNING AND ASK TO ENTER. THERE WILL BE NO ENTRY INFORMATION AT THE STARTING LINE. THIS IS A POINT-TO-POINT RACE AND ALL SWIMMER INFORMATION WILL BE AT THE FINISH LINE. Absolutely no entries will be accepted after 9:00 pm Friday, June 13.

GENERAL INFORMATION: (1) Swim caps will be provided for all entrants. These caps must be worn by all who participate. (2) Rest rooms are available at 24th Street. (3) Water temperature will be 72 degrees or less. (4) Wetsuits are not permitted. (5) Cancellation due to weather is always possible. No refunds. (6) A truck will be available to take swimmers' bags to the finish line.

AWARDS AND SOCIAL: Medals will be given for 1st-3rd in each age group. Ribbons will be given for 4th-6th in each age group. The standard Masters age groups will be used (19-24, 25-29, 30-34, etc). Awards will be presented at the social, immediately after the finish of the last swimmer. Family and friends of all swimmers are invited to the social.

HOTEL ACCOMMODATIONS: Howard Johnson Hotel (3705 Atlantic Ave, Virginia Beach, VA 23451, 804-428-7220) is offering special rates (\$69 plus tax) for a limited number of rooms. Identify yourself as involved in the Virginia Masters Swim Team event. Reservations must be made by June 1 to get the special rate.

RELEASE: The following waiver must be signed and in the hands of the meet director before a 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 DAMAGE 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 also specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature: _____ Date: _____

Age (on 6/15/97): _____ Phone: (____) _____ - _____ USMS #: _____

*** Attach copy of USMS card here **** DO NOT SEND IN ENTRY WITHOUT A COPY OF YOUR USMS CARD***

Name: _____ Sex: ____ M ____ F

Address: _____

City: _____ State: _____ Zip: _____

Date of Birth: _____ Team: _____

ENTRY FEE: \$15 ADVANCE REGISTRATION / \$20 LATE ENTRY: \$ _____

T-SHIRT: Circle one (ADVANCE REGISTRATIONS ONLY!): Large or X-Large

ENCLOSE A COPY OF YOUR USMS REGISTRATION CARD.

Make check payable to VMST. Entries must be received by June 7, 1997. Mail RELEASE, copy of your USMS CARD, and CHECK to:

Betsy Durrant
211 66th Street
Virginia Beach, VA 23451

757-422-6811
No calls after 9:30 pm, please.

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Reston 2-Mile Lake Swim - May 25**
Virginia Beach 1-Mile Ocean Swim - June 15
Charlottesville 2-Mile Cable Swim - July 12**

For Information Contact:

Reston 2-Mile - Phyllis Sickenberger, 1807 Post Oak Tr, Reston, VA 20191, 703-845-SWIM
Charlottesville 2-Mile Cable - Joyce Mullins, 3104 Waterton Dr., Midlothian, VA 23113, 804-323-0483

**** USMS National Championship Events**



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Chesapeake: YMCA (757) 547-9622
Ft. Eustis: *Mary Rebarchak, (757) 766-3554.
Harrisonburg: James Wolfe (540) 574-2919; Susan Lees Arnold, (703) 434-6224.
Lynchburg: *YMCA (804) 847-5597
Newport News: *Riverside Health and Fitness Center (757) 877-8223; *Sentara Fitness Center (804) 827-0420.
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Northern Virginia: *Chinn Aquatic Center, Harry DeLong, (703) 368-0309.
Portsmouth: YMCA (757) 399-5511.
Richmond: *Riverside Wellness & Fitness Center (Briarwood), Robious Rd, Midlothian, Jim Miller (804) 330-3335;
*Tuchahoe YMCA, Patterson Avenue, (804) 740-9622
Roanoke: *Lancerlot Fitness Center, 111 Vineyard Rd, Vinton, Howard Butts (703) 992-1736 (H) or 981-0205 (W);
Gator Aquatic Center, 1130 Overland Rd, Roanoke, Kathy Shober (703) 982-7665.
Stafford: Fitness University, Aquia Towne Center, Rte 1, Lou-Ann Hadlock, (703) 659-6737.
Staunton: *Staunton YMCA, Diane Kent (540) 885-6069.
Virginia Beach: *Mt Trashmore YMCA, (757) 499-2311; Dam Neck Navy Base (757) 433-6264;
VBCRC: *Great Neck, 496-6766; *Princess Anne, 426-0022; *Bayside, 560-7540, Kempsville, 474-8492,
Bow Creek 431-3765.
Williamsburg: *James City Co Rec Center, Longhill Rd, 229-5676.
West Virginia: *Concord, Tim Mainland (304) 384-7473