

LMSC FOR VIRGINIA

Serving Masters Swimmers in Virginia and West Virginia - May 15, 1997

Stroke Analysis

by Mary Rebarchak

Several coachless swimmers have come to me asking about their strokes and turns, hoping to improve and cut times. It can be difficult when a swimmer does not have the luxury of a full-time coach. Take the time to find a good swim coach that is experienced in stroke and turn technique and arrange a time for a stroke analysis. Most coaches can take the time to give private sessions for a nominal fee.

Watch for stroke clinics being offered at your facility. If there isn't one, inquire about starting one. Proper stroke technique can make the difference between first and last. Planning a workout without proper technique, training, and proper goal setting can become a frustrating experience. Many experienced swimmers have discovered that they need to get "back on track" and a good analysis is a great way of achieving this.

How do I know if I am getting a good analysis?

1. Ask for a full description of each stroke and what the coach will be looking for.
2. Ask for a grade sheet and drills recommended for correction.
3. Ask for illustrations on each stroke. Sometimes visual concepts are more easily comprehended.
4. Ask for a sample workout with drills recommended.

If you need help, just give me a call at (757) 878-1090 at the FTE Aquatic Center or (757) 766-3554 at home. Don't think about it, "just do it".

Mary Rebarchak is the coach at Fort Eustis. She was the meet director for the meet in March, and is the meet director for the meet June 28.

The Buzz on Caffeine

by Alice Phillips

Whether you like to do the Dew, start your day with a Jolt, cozy up to a cup of java, or unwind with a chunk of chocolate, caffeine is likely a part of your diet. Many people defend caffeine as the only "sin" that is not only still legal but socially acceptable (if not trendy).

Unless you are pregnant, trying to become so, or a major consumer of caffeine, you probably have little to worry about when it comes to a caffeine buzz. Caffeine *can* diminish the absorption of calcium, an undesirable effect for anyone but especially young people and post menopausal women. However, this effect can be offset by an increased intake of calcium containing foods such as dairy products and dark green vegetables. It only takes a couple tablespoons of milk to offset the calcium loss created by one cup of coffee, making a \$3 latte a healthy investment (at least from a skeletal point of view).

Several studies have demonstrated that caffeine increases the likelihood of birth defects, miscarriage and low birth weight, so pregnant women may want to go for a Sprite or a walk instead. If you are in the habit of consuming percolated coffee (and who does these days?!), then coffee may increase your LDL cholesterol and triglycerides - however it's not the caffeine, it's another substance in coffee. Caffeine may temporarily increase blood pressure, but cutting back on it does not prevent or help treat hypertension. Evidence is lacking that caffeine relates to cancer in any significant way.

In terms of less chronic or serious situations, caffeine can delay sleep or interrupt REM (deep) sleep in people who are unaccustomed to it. On the

See Caffeine on page 3.

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

May 31, 1997

1.6 Mile and 5K, Wrightsville Beach, NC
Contact: Dan Forester, (910) 799-2845

June 8, 1997

Great Chesapeake Bay Swim
Entries are closed.

June 15, 1997

Jack King 1-Mile Ocean Swim, Virginia Beach
Entry form was in April VMST newsletter.

July 12, 1997

USMS 2-Mile Cable Championship, Charlottesville
Entry form is on pages 10-11.

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.workdwideswim.com>

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MEET SCHEDULE

June 21-22, 1997

Long Course in Roanoke
Contact: Robert Hatcher (540) 343-4524
Entry is on pages 12-13.

June 28, 1997

Short Course Meters at Ft Eustis
Contact: Mary Rebarchak (757) 766-3554
Entry in on pages 14-15.

August 1, 1997

DC Masters LC.

August 14-18, 1997

USMS LC Nationals, Orlando, FL
Entry is in May/June issue of SWIM magazine.

MARK YOUR CALENDAR!

The Fall "Ball" has been scheduled for the weekend of September 6-7.

This get-together for all swimmers will be a different format this year. It will consist of outdoor activities and dinner at the home of Jim and Nancy Miller in Midlothian.

Details will be in team newsletters and the August LMSC newsletter.

plus side, it may lessen headache symptoms (check out the label on Excedrin or Anacin) and it appears to improve athletic performance in well trained athletes (thus it's a restricted substance in international competition). It also increases alertness, improves reaction time and enhances the performance of some simple cognitive tasks like arithmetic and proofreading (eggheads beware though, it may actually hinder more complicated tasks). It also increases metabolism, which can help a dieter take off some pounds; however, it is not effective in the long term with weight loss (few things are) and is now banned in diet drugs by the FDA.

Caffeine is addictive and regular consumers will build up a tolerance to its effects. Coffee makes up about 75 percent of the caffeine consumed in this country, with tea another 15 percent, soft drinks 10 percent and chocolate 2 percent (*Nutrition Action*, December 1996). A Starbucks "grande" coffee has 550 mg of caffeine, a typical cup o' joe 135 mg, a cup of tea 50 mg, a coke 35, and an ounce of semi-sweet chocolate 20 mg (milk chocolate has only 5). From a health standpoint, two to three cups of coffee or soda is no big deal for most adults (who are not trying to get pregnant or do complicated analyses). Still, even this small amount proves addictive and will create withdrawal in most people who go cold turkey. Withdrawal symptoms include headache, nausea, mood swings and fatigue and can actually be fairly severe in some people (*New England Journal of Medicine*, 1993).

All things considered, caffeine is a fairly innocent sin in the grand scheme of choices. If it helps you start the day, tops off a satisfying meal, gives you a little boost in the afternoon - all of which are positive health benefits - and you feel your overall intake is moderate, then there really seems little to worry about in terms of physical health.

Alice Phillips is a worksite health educator with Continental Health Promotion, a company that provides employee health improvement programs to various workplaces in Virginia including the state of Virginia, Colonial Williamsburg, DuPont and Henrico Firefighters. She has been swimming Masters for six years and is a new mom - Madelyn was born in February.

LMSC Officers

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Fitness: Mark Gill, (804) 861-8618

Insurance/Safety: Forrest Sullivan

Long Distance: Joyce Mullins

Newsletter: Betsy Durrant

Did you know that VMST finished 2nd at the Zone Championship meet? See Jim Miller's report beginning on page 4.

From the LMSC Chairman

by Forrest Sullivan

We are having more swim meets in the LMSC for Virginia this year than in previous years. Great news! The more we spread the swimming around the LMSC, the more interest we generate, resulting in new swimmers.

In March, a meet at Fort Eustis was held with Mary Rebarchak of VMST as meet director. At the end of April, a meet was held at Old Dominion University with Kevin Ahearn of ODU Masters Club as meet director.

Again this year, we have repeats of longstanding meets. The ever faithful VMST fall meet was held in November; this meet is in its 18th year under the direction of Betsy Durrant and Forrest Sullivan. Richmond's two day Valentine Meet is always a great favorite with both the distance swimmers and the sprinters. The real highlight of this meet is the Saturday party hosted by Nancy and Jim Miller. For those swimmers who found the Millers' new house, I understand it was a great time. The Richmond Valentine meet was followed by the second annual one day meet in Roanoke with Bill Pharis as meet director. The folks in Roanoke are not only a very friendly group, but are very hospitable, providing refreshments throughout the meet.

Now that summer is coming, we have a full schedule of open water events for the distance swimmers. The Jack King One-Mile Ocean Swim will be held on Father's Day, June 14. It's difficult to believe that Jack passed away 14 years ago. We still miss him.

The Charlottesville two-mile cable swim on July 12th is a USMS National Championship and is always a super race. Joyce Mullins has taken on the leadership for this swim from Linda McCowan. Joyce is a bit apprehensive but we are sure it will be a wonderful event.

Distance swimmers should look into two unique events conducted in Virginia. For the past 13 years and again this year Mike Stott has put together the 10Kx2 Relay. It is a 10,000 meter, 2 person relay. This event is done as a postal meet. Each team swims the relay in their home pool and submits results to be tabulated. One way to split up the distance is for each swimmer to swim 75 yards, then

108 x 50 yards in relay fashion. It is a real challenge to maintain your time for such a distance.

The other unique event is the Virginia Championship series. Swim the three Virginia open water swims in Reston (2 mile, lake), Virginia Beach (1 mile, ocean), and Charlottesville (2 mile, lake). Special awards will be given to all swimmers who complete the series.

Editor's note: See the schedule on page 2 for contacts.

The Showdown '97

by Jim Miller

Virginia Masters took a very strong team of 36 swimmers to Ft Lauderdale (20 women and 16 men) to represent us at the 1997 Showdown. The result was astounding! Team enthusiasm rode high, particularly for relays, including distances from 200 yards to 800 yards. Even by the last day of competition, people were volunteering to swim the distance relays and cheering for one another.

Such excitement and team spirit propelled Virginia Masters through an exceedingly competitive meet to a final position of 4th place for men, 3rd place for women and a 2nd place finish for the combined team. The combined score includes the men's and women's scores and the mixed relays. Virginia Masters finished ahead of 3rd place by just 9 points, with a total score of 1,739 points. The 1st place team, Colonials 1776, was far ahead with 2,561 points. The Dixie Zone was dominated by the Colonies Zone by a score of 10,786 to 4,401. This, of course, was a shocker to the hosting Zone.

The prize for the farthest distance raced in a single day goes to Patty Powis, who totaled 2350 competitive yards on the last day of competition. There were far too many first places and extraordinary performances to recall them here, but everyone shared in the successes, from the youngest athlete, Corey Riordan, swimming his lifetime best 100 freestyle, to the oldest, Calvin Barnes, who swam the last relay and then hopped right up on

See Showdown on page 6.

TEAM NEWS

Academical Village Masters Swimmers *from Mark Braiman*

AVMS currently practices 3 days each week at the new Aquatic Center of the University of Virginia: Monday and Wednesday 8-10 pm and Sunday 2-4 pm during the academic year. Plans are currently being made for summer workouts, with hopes of increasing the number per week, and maybe even getting some morning practices going.

Workouts are coached, under the auspices of the UVA Swim Club, a club sport organized through the Intramural and Recreational Sports Department of the University. Currently, membership in the Swim Club is mandatory for participation in these workouts. The cost is \$50 for the 1996-1997 academic year. A UVA Intramural/Recreation Sports membership is also required. (This may represent an additional cost for non-students, and is not available for individuals who are not affiliated with the University.) There is currently no separate cost for joining Academical Village Masters Swimmers. In fact, out of the \$50 membership fee, the UVA Swim Club will rebate the costs for any of its members to join USMS (and/or USS) with AVMS affiliation, as well as registration and travel costs for selected Masters meets.

The total membership of the UVA Swim Club is nearly 100 individuals. Of these, about 20-30 typically participate for at least part of each 2-hour practice. The coach posts workouts to an e-mail list, which can be joined by sending an e-mail message ("subscribe club-swim") to majordomo@virginia.edu. Additional information about the club, and Academical Village Masters Swimmers, can be obtained at the following WWW address:
<http://scs.student.virginia.edu/~swimclub>.

Other Team Contacts

Blacksburg Masters: Laurel Davis, 540-953-2515
Concord (WV) C-Lions: Tim Mainland, 304-384-7475
Valley Blues: Diane Kent, 540-885-6069

Old Dominion Masters *from Kevin Ahearn*

Our team works out on Monday, Wednesday, and Friday, from 6:30 to 8:00 am, Saturday from 8:30 am - 9:30 am, and Sunday from 7:30 - 9:00 am. All workouts are at the Old Dominion University pool. The team has about 10 regulars and is coached by the ODU Swim Team coaching staff.

For more information call the ODU office at (757) 683-6135.

Virginia Masters Swim Team

A Note from the President *from Beth Waters*

As we approach summer, keep your eyes on the upcoming schedule. Some of the open water events (Jack King and Chris Green Lake) are fun to watch - participation is not required! You might want to consider volunteering to help!

See Jim Miller's article on *The Showdown*, the Zone Championship meet in Fort Lauderdale.

Don't forget the meets in Roanoke and at Fort Eustis!

Plan Ahead!

Aug, 1997	LC Nationals	Orlando
Apr, 1998	YMCA Nationals	Ft Lauderdale
May, 1998	SC Nationals	Indianapolis
Aug, 1998	LC Nationals	Ft. Lauderdale

the block for the first heat of the 1650, holding even splits throughout.

I would like to encourage all of you to seriously consider Long Course Nationals, which will be held in the same pool in 1998. The proximity of excellent hotels, excellent restaurants, and a beach not more than 50 yards away makes this a great site. My thanks go out to my wife, Nancy, who arranged the accommodations, as well as to Virginia Masters who supplied the funding for the relays and the team present of a towel and cap to each member who attended the championship. Once again, I am very proud of everyone's performance. All of your hard work showed, and your enthusiasm made this meet a very special one for me. Hopefully, it will have a very special place in your memories for years to come.

CONGRATULATIONS VMST SWIMMERS!

Calvin Barnes	Jim Brinkman
Warner Brundage	Charles Cockrell
Francis Hall	Michael Kontos
Gennard Lanzara	Troy Lewis
David Malsbury	William Martin
Jim Miller	Corey Riordan
Carl Russ	Forrest Sullivan
Jonathan Wallace	James Wolfle
Beth Baker	Lisa Bennett
Kitten Braaten	Molly Broderson
Caycee Buscaglia	Diane Cayce
Cheryl Conlin	Jeanne Crouse
Molly Dean	Johnnie Detrick
Betsy Durrant	Karen Mickunas
Nancy Miller	Valerie Nellen
Jeanine Paulson	Patty Powis
Karen Ramthun	Gretchen Smith
Laura Walker	Jacqueline Wallace

Special thanks to Kim Wise for keeping us straight on the relays and getting splits.

VMST May Birthdays

** denotes "aging up"*

Sheryl Bailey	Norfolk	5/29/56	41
Lisa Bennett	Ormond Bch, FL	5/09/56	41
Babs Carter	Lantana, FL	5/11/24	73
Alan Davis	Blacksburg	5/23/73	24
Laurel Davis	Blacksburg	5/25/52	45*
Jean Fore	Powhatan	5/24/58	39
Frank Hardy	Charlottesville	5/24/50	47
Diane Johnson	Virginia Beach	5/31/51	46
Linda McCowan	Richmond, IN	5/21/49	48
Mark Meeker	Norfolk	5/11/65	32
Karen Neymark	Virginia Beach	5/12/52	45*
Mary A Peterson	Norfolk	5/12/60	37
Jane Pharis	Hardy	5/13/33	64
Norman Rainer	Richmond	5/14/28	69
Robin Sayre	Virginia Beach	5/12/56	41
Gene Sorrell	Richmond	5/24/53	44
Alec Thomson	Hockessin, DE	5/24/43	54
Michael Weber	Virginia Beach	5/11/70	27
Ted Wood	Yorktown	5.01/28	69

Main Set

from Harry DeLong

This workout can be varied by using different alternatives to BACK, by changing the max distance, and by holding the non-free stroke to a fixed distance but forcing a decreasing interval. Adapt intervals as needed.

50 free on 40
100 back on 1:45
100 free on 1:20
100 back on 1:45
150 free on 2:00
100 back on 1:45
200 free on 2:40
100 back on 1:45
200 free on 2:40
100 back on 1:45
150 free on 2:00
100 back on 1:45
100 free on 1:20
100 back on 1:45
50 free on 40

2nd Annual Star City Masters Meet
March 22, 1997 Sanction # 127-0005

Meet Results for Session 1 - 2nd Annual Star City Master Swim Meet - Yards

Mixed Senior 50 Back

1 JANE PHARIS 63 VMST 51.88
2 MARY WRIGHT 62 VMST 1:49.66

Mixed Senior 100 Back

1 JANE PHARIS 63 VMST 1:52.47
2 NANCY YOUNG 60 VMST 2:20.97

Mixed Senior 50 Fly

1 VERA SUIT 64 VMST 59.58

Mixed Senior 100 IM

1 VERA SUIT 64 VMST 2:12.64
2 NANCY YOUNG 60 VMST 2:40.66

--- Ages 70 Through 74 ---

PL Name Age Team Finals

Mixed Senior 50 Free

1 BEP CREAMERS 73 VMST 1:38.81

Mixed Senior 100 Free

1 BEP CREAMERS 73 VMST 3:25.64

Mixed Senior 200 Free

1 HELEN NEWBOLD 73 VMST 4:37.29

Mixed Senior 500 Free

1 HELEN NEWBOLD 73 VMST 12:22.86

Mixed Senior 50 Back

1 PHYLLIS MURPHY 73 VMST 1:08.82
2 HELEN NEWBOLD 73 VMST 1:26.27

Mixed Senior 100 Back

1 PHYLLIS MURPHY 73 VMST 2:32.09

Mixed Senior 50 Fly

1 PHYLLIS MURPHY 73 VMST 1:31.37

--- Ages 19 Through 24 ---

PL Name Age Team Finals

Mixed Senior 50 Free

1 MARC SCHULTZ 24 UNAT 31.11

Mixed Senior 100 Free

1 MARC SCHULTZ 24 UNAT 1:10.58

Mixed Senior 200 Free

1 ALAN DAVIS 23 VMST 2:09.11

Mixed Senior 100 Fly

1 ALAN DAVIS 23 VMST 1:03.04

Mixed Senior 100 IM

1 MARC SCHULTZ 24 UNAT 1:28.72

Mixed Senior 200 IM

1 ALAN DAVIS 23 VMST 2:30.46

--- Ages 25 Through 29 ---

PL Name Age Team Finals

Mixed Senior 50 Free

1 KURT SPRENGER 27 VMST 23.90

Mixed Senior 50 Back

1 KURT SPRENGER 27 VMST 27.80

Mixed Senior 100 Back

1 KURT SPRENGER 27 VMST 57.89

Mixed Senior 200 Back

1 KURT SPRENGER 27 VMST 2:07.67

Mixed Senior 50 Fly

1 KURT SPRENGER 27 VMST 26.07

--- Ages 35 Through 39 ---

PL Name Age Team Finals

Mixed Senior 200 Free

1 GENNARD LANZARA 38 VMST 2:09.99

Mixed Senior 50 Breast

1 JEFF REILLY 35 VMST 32.52

Mixed Senior 200 Breast

1 GENNARD LANZARA 38 VMST 2:42.24

Mixed Senior 50 Fly

1 JEFF REILLY 35 VMST 25.80

Mixed Senior 100 Fly

1 JEFF REILLY 35 VMST 59.50

Mixed Senior 200 IM

2 GENNARD LANZARA 38 VMST 1:06.22

1 JEFF REILLY 35 VMST 2:15.89

2 GENNARD LANZARA 38 VMST 2:22.94

--- Ages 40 Through 44 ---

PL Name Age Team Finals

Mixed Senior 50 Free

1 JAMES STROUTH 42 VMST 29.01

Mixed Senior 100 Free

1 RAYMOND BROWN 42 VBSC 1:01.92

2 JAMES STROUTH 42 VMST 1:02.31

Mixed Senior 50 Breast

1 JAMES REYNOLDS 44 VMST 34.79

Mixed Senior 100 Breast

1 MATTHEW SMITH 42 VMST 1:14.00

2 JAMES REYNOLDS 44 VMST 1:25.09

Mixed Senior 50 Fly

1 RAYMOND BROWN 42 VBSC 30.08

2 JAMES REYNOLDS 44 VMST 33.99

Mixed Senior 100 IM

1 JAMES REYNOLDS 44 VMST 1:16.83

--- Ages 45 Through 49 ---

PL Name Age Team Finals

Mixed Senior 50 Free

1 WILLIAM PHARIS 49 VMST 30.22

Mixed Senior 500 Free

1 TIM MAINLAND 47 CCLM 7:39.04

Mixed Senior 50 Back

1 WILLIAM PHARIS 49 VMST 36.24

Mixed Senior 100 Back

1 TIM MAINLAND 47 CCLM 1:36.62

Mixed Senior 200 IM

1 TIM MAINLAND 47 CCLM 3:11.36

--- Ages 50 Through 54 ---

PL Name Age Team Finals

Mixed Senior 50 Free

1 DON BINGLEY 54 VMST 31.79

Mixed Senior 200 Free

1 EDWARD GREEN 50 VMST 2:19.82

Mixed Senior 500 Free

1 DON BINGLEY 54 VMST 7:43.23

Mixed Senior 50 Back

1 EDWARD GREEN 50 VMST 35.41

Mixed Senior 50 Breast

1 EDWARD GREEN 50 VMST 37.44

Mixed Senior 50 Fly

1 EDWARD GREEN 50 VMST 30.08

2 DON BINGLEY 54 VMST 37.51

Mixed Senior 100 IM

1 EDWARD GREEN 50 VMST 1:13.45

--- Ages 55 Through 59 ---

PL Name Age Team Finals

Mixed Senior 50 Free

1 HOWARD BUTTS 55 VMST 32.19

2 JACK CROWDER 57 VMST 46.75

Mixed Senior 50 Back

1 JACK CROWDER 57 VMST 1:10.06

Mixed Senior 50 Breast

1 HOWARD BUTTS 55 VMST 40.57

--- Ages 60 Through 64 ---

PL Name Age Team Finals

Mixed Senior 50 Free

1 GILBERT WHEELER 62 VMST 37.02

2 PAUL SNEAL 64 VMST 47.20

2nd Annual Star City Masters Meet
March 22, 1997 Sanction # 127-0005

Meet Results for Session 1 - 2nd Annual; Star City Master Swim Meet - Ya

Ages 19 Through 24 ---				Ages 45 Through 49 ---			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
Mixed Senior 100 IM				Mixed Senior 50 Free			
1	C. FRIAS-COPENHA	34 VMST	1:19.94	1	CAROLE SEASE	49 VMST	36.95
Mixed Senior 200 IM				2	TRISH COOKINGSHM	48 CCLM	42.97
1	SHERI VAUGHN	33 VMST	2:41.02	Mixed Senior 100 Free			
Ages 35 Through 39 ---				1	KAYE KRIZ	48 VMST	1:11.93
PL	Name	Age Team	Finals	2	PATSY WHEAT	49 UNAT	1:24.57
Mixed Senior 100 Back				3	CAROLE SEASE	49 VMST	1:28.59
1	CHARLOTTE BOXLEY	35 VMST	1:13.36	Mixed Senior 200 Free			
Mixed Senior 100 Breast				1	KAYE KRIZ	48 VMST	2:38.24
1	CHARLOTTE BOXLEY	35 VMST	1:21.68	2	PATSY WHEAT	49 UNAT	2:59.29
Mixed Senior 200 Breast				3	CAROLE SEASE	49 VMST	3:17.18
1	CHARLOTTE BOXLEY	35 VMST	2:55.80	Mixed Senior 500 Free			
Mixed Senior 100 IM				1	PATSY WHEAT	49 UNAT	8:01.06
1	CHARLOTTE BOXLEY	35 VMST	1:11.52	2	CAROLE SEASE	49 VMST	9:17.52
Ages 40 Through 44 ---				Mixed Senior 50 Back			
PL	Name	Age Team	Finals	1	CAROLE SEASE	49 VMST	48.07
Mixed Senior 50 Free				2	TRISH COOKINGSHM	48 CCLM	1:03.44
1	ROBYN FRAZIER	41 VMST	34.38	Mixed Senior 100 Breast			
2	ROSEMARY CAULEY	44 VMST	36.61	1	KAYE KRIZ	48 VMST	1:32.12
3	JANET SCHEID	42 VMST	44.30	2	PATSY WHEAT	49 UNAT	1:39.95
Mixed Senior 100 Free				3	TRISH COOKINGSHM	48 CCLM	2:09.55
1	ROSEMARY CAULEY	44 VMST	1:20.37	Mixed Senior 100 IM			
2	JANET SCHEID	42 VMST	1:36.58	1	KAYE KRIZ	48 VMST	1:26.13
Mixed Senior 200 Free				2	PATSY WHEAT	49 UNAT	1:34.29
1	KITTEN BRAATEN	41 VMST	2:26.55	Ages 55 Through 59 ---			
2	ROSEMARY CAULEY	44 VMST	2:58.96	Mixed Senior 50 Free			
Mixed Senior 500 Free				1	MARYAN MARSHALL	57 VMST	54.95
1	KITTEN BRAATEN	41 VMST	6:24.25	Mixed Senior 100 Free			
Mixed Senior 50 Back				1	MARYAN MARSHALL	57 VMST	2:01.72
1	ROBYN FRAZIER	41 VMST	41.37	Mixed Senior 200 Free			
Mixed Senior 50 Breast				1	MARYAN MARSHALL	57 VMST	4:17.50
1	JANET SCHEID	42 VMST	49.95	Mixed Senior 500 Free			
Mixed Senior 100 Breast				1	MARYAN MARSHALL	57 VMST	11:17.17
1	JANET SCHEID	42 VMST	1:47.94	Ages 60 Through 64 ---			
Mixed Senior 50 Fly				Mixed Senior 50 Free			
1	KITTEN BRAATEN	41 VMST	34.01	1	NANCY YOUNG	60 VMST	59.84
2	ROBYN FRAZIER	41 VMST	40.87	2	MARY WRIGHT	62 VMST	1:42.97
Mixed Senior 100 Fly				Mixed Senior 100 Free			
1	KITTEN BRAATEN	41 VMST	1:16.69	1	VERA SUIT	64 VMST	1:53.10
Mixed Senior 200 Fly				Mixed Senior 200 Free			
1	KITTEN BRAATEN	41 VMST	2:44.25	1	VERA SUIT	64 VMST	4:08.63
Mixed Senior 100 IM							
1	ROBYN FRAZIER	41 VMST	1:29.47				

2nd Annual Star City Masters Meet
March 22, 1997 Sanction # 127-0005

Meet Results for Session 1 - 2nd Annual Star City Master Swim Meet - Yard

Mixed Senior 100 Free

1 GILBERT WHEELER 62 VMST 1:27.25
2 PAUL SNEAL 64 VMST 1:49.33

Mixed Senior 50 Back

1 GILBERT WHEELER 62 VMST 47.03
2 PAUL SNEAL 64 VMST 1:01.75

Mixed Senior 100 Back

1 GILBERT WHEELER 62 VMST 1:41.57

Mixed Senior 50 Breast

1 PAUL SNEAL 64 VMST 1:06.11

Mixed Senior 100 IM

1 GILBERT WHEELER 62 VMST 1:46.16

--- Ages 65 Through 69 ---

PL Name Age Team Finals

Mixed Senior 100 Free

1 JURGEN PEST 65 VMST 1:27.69

Mixed Senior 50 Back

1 FORREST SULLIVAN 67 VMST 36.71

Mixed Senior 100 Back

1 FORREST SULLIVAN 67 VMST 1:23.91

2 JURGEN PEST 65 VMST 1:41.05

Mixed Senior 100 Breast

1 JURGEN PEST 65 VMST 1:49.19

Mixed Senior 50 Fly

1 FORREST SULLIVAN 67 VMST 37.22

2 JURGEN PEST 65 VMST 43.36

Mixed Senior 100 IM

1 FORREST SULLIVAN 67 VMST 1:23.11

2 JURGEN PEST 65 VMST 1:36.95

--- Ages 70 Through 74 ---

PL Name Age Team Finals

Mixed Senior 50 Back

1 CALVIN BARNES 73 VMST 41.44

Mixed Senior 100 Back

1 CALVIN BARNES 73 VMST 1:32.45

Mixed Senior 200 Back

1 CALVIN BARNES 73 VMST 3:19.66

Mixed Senior 50 Fly

1 CALVIN BARNES 73 VMST 42.85

Mixed Senior 100 IM

1 CALVIN BARNES 73 VMST 1:33.65

--- Ages 19 Through 24 ---

PL Name Age Team Finals

Men Senior 200 R-Free

1 VMST M-19 VMST 2:06.16

EDWARD GREEN-50 JAMES STROUTH-42

ALAN DAVIS-23 KURT SPRENGER-27

Men Senior 200 R-Medley

1 VMST M-19 VMST 2:01.26

KURT SPRENGER-27 ALAN DAVIS-23

EDWARD GREEN-50 JAMES STROUTH-42

--- Ages 35 Through 44 ---

PL Name Age Team Finals

Men Senior 200 R-Free

1 VMST M-35 VMST 1:47.21

DON BINGLEY-54 JAMES REYNOLDS-44

HOWARD BUTTS-55 WILLIAM PHARIS-49

Editor's Note

In and Out of the Water - news about Virginia swimmers will resume in the next issue.

Going to the Zone meet in Fort Lauderdale and to YMCA Masters Nationals in Indianapolis put me behind in preparing this newsletter. I didn't send this issue to the printer until May 7.



NATIONAL MASTERS 2-MILE

Cable Swim - Quarter-mile Straightaway

**CHRIS GREENE LAKE -
CHARLOTTESVILLE, VIRGINIA
SATURDAY, JULY 12, 1997**

Sponsored By:
Virginia Masters Swim Team
"Sanctioned / Approved by LMSC for Virginia
for USMS, Inc."

LMSC for Virginia
535 Biltmore Drive
Virginia Beach, Virginia 23454
Sanction No. 127-0003

EVENT: The first heat will be swum clockwise and will start at 9 a.m. Check-in for the first heat will close promptly at 8:45. The second heat will be required to check in by 10:45 for an anticipated start immediately upon completion of the first heat. The second heat will be swum counter clockwise.

For safety reasons, swimmers who cannot complete the 2 miles in 2 hrs. are advised not to enter. Swimmers still on course after 2 hrs. will be stopped. From the standpoint of results, these swimmers will be indicated as not having completed the swim.

INDIVIDUAL AGE GROUPS: 19-24, 25-29, 30-34, and so on, in five year increments as high as necessary for both men and women.

TEAMS: A team shall consist of 3 swimmers. Men's, women's and mixed sex teams will be permitted. Age groups will be 19+, 25+, 35+, and so on, in ten year increments as high as necessary. The age of the youngest team member shall determine the age group. All team members must also be registered as individual entrants and registered with the same Masters - affiliated club; i.e. Virginia Masters, Triad Masters, etc.

TEAM ENTRIES: Team Entries must be submitted on a 3 x 5 card providing the following information: the type of

team (men's, women's or mixed), the age group, USMS Club, and the name, age, & sex of each team member.

AWARDS: Medals will be awarded to the top 3 individual finishers and to the 1st, 2nd and 3rd place teams in each age group. National Masters Championship patches will be awarded to all individual first place finishers.

ENTRY FEES: Make check or money order payable to Virginia Masters. **No Cash Please.** Individual: \$12 per individual. Team: \$15 per team. Team members must also register as individual entrants. Late and deck entries will not be accepted. "No Time" entries will be seeded last in the appropriate heat.

REGISTRATION: All swimmers must be registered with USMC. **Entrants must include a photo copy of their 1997 USMS registration card with their entry form.** Entries received without a copy of the 1997 card will be returned. Please do not show up at Chris Greene Lake planning to register or enter. Advance entry and registration are required to swim.

ENTRIES: Official form, entry fees, and 3x5 card for team entries must be received no later than July 1, 1997. If you wish to purchase a commemorative T-shirt, your entry and prepaid shirt order must be received no later

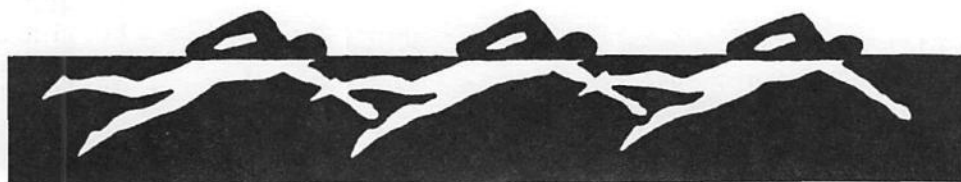
than June 23, 1997. Shirt orders will not be accepted after that date. **Send entries to:** Abbie McGee 1160 Warner Hall Drive, Virginia Beach, VA 23454, (804) 427-3947. Please no calls after 7 p.m.

ENTRANCE TO LAKE: Swimmers and meet workers will be admitted free. For all others, Chris Greene Lake requires the following entrance fees prior to admittance: Albemarle County residents: adults, \$2; children (4-12), \$1. Non-residents: adults, \$3; children (4-12), \$2.

SOCIAL: Fresh fruit, snacks, and beverages will be available immediately following the meet. Tickets at \$3 per individual must be purchased at the time the entry form is submitted.

T-SHIRTS: National Masters 2-Mile T-shirts will be available only on a pre-order and pre-payment basis. T-shirts are 3 color, 100% cotton. Price of a shirt is \$10, and payment must accompany your entry. Check the adult size on the entry blank. T-shirt orders will not be accepted after June 23, 1997.

FOR FURTHER INFORMATION:
Joyce Mullins
3104 Waterton Dr.
Midlothian, VA 23113
H: 804-323-0483 • Fax: 804-323-0020
e-mail: mullpost@ix.netcom.com

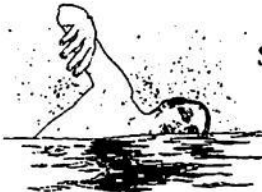


DIRECTIONS TO CHRIS GREENE LAKE: From Washington, D.C., take Rt. 29 toward Charlottesville, Va. Approximately 6.3 miles north of Rt. 29, Charlottesville Bypass, turn right onto Airport Rd. (Rt. 649). Go one mile toward airport. Turn right onto Rt. 606 for 1.2 miles. Turn left through gate & follow the road around the lake to the beach.

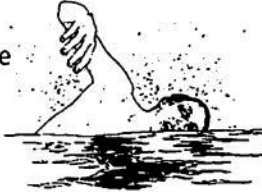
From I-64 West, take Exit 124 Charlottesville/Shadwell, U.S. 250 West, to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649).

From I-64 East, take Exit 118B Charlottesville/Culpepper, U.S. 29 North Bypass, to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649).

ACCOMMODATIONS: The Doubletree Charlottesville (previously Sheraton Inn.) on Rt. 29 North has reserved a limited number of rooms and is offering a group rate of \$64 to competitors for Friday & Saturday, July 11 & 12. This is a substantial discount from their regular rate, and the Doubletree is conveniently located to Chris Greene Lake. If you are interested in taking advantage of this opportunity, you must make your reservation by Wednesday, June 11 under the identity of Virginia Masters Swim Team in order to be eligible for the group rate. Rooms are available on a first-come, first-serve basis. The address and phone number for the Doubletree - Charlottesville are as follows: 2350 Seminole Trail • Charlottesville, VA 22901 • (804) 973-2121



VIRGINIA CHAMPIONSHIP SERIES
 Swim All Three Virginia Open Water Swims
 Special Award for All Finishers to be Presented After the Charlottesville Race
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
 Virginia Beach 1-Mile-Betsy Durrant, 211 66th St., Virginia Beach, VA 23451, 804-422-6811
 ** USMS National Championship Events



NATIONAL MASTERS 2-MILES ENTRY FORM

July 12, 1997

Chris Greene Lake, Charlottesville, VA

ATTACH A COPY OF CURRENT USMS CARD HERE.			
Name			
Street			
City		State	Zip Code
Sex	Birth Date		Club Name
Age on 7/12/97	USMS Number	LMSC	
Home Phone #		Work Phone #	

HEAT # (Circle one)	HEAT DESCRIPTION	1650 YD TIME (Indicate Below)
1	Clockwise (Right-side breathers)	:
2	Counter-clockwise (Left-side breathers)	:

Heat 1: Starts 9:00 a.m./Check-in by 8:45 a.m.
 Heat 2: Starts 11:00 a.m./Check-in by 10:45 a.m.

Entry Fees:

\$12 Per Individual \$ 12.00
 \$15 per team \$ _____

After-Meet Social:

\$3 per person X _____ \$ _____

T-shirt:

\$10 each X _____ \$ _____

Indicate size (s):

M _____ L _____ XL _____

Total Payment Enclosed

\$ _____

MAIL ENTRY & FEES TO:
 Abbie McGee
 1160 Warner Hall Drive
 Virginia Beach, VA 23454

T-shirt orders must be received by June 23, 1997

Due by July 1, 1997
 Check or money order payable to Virginia Masters

ENTRY CONFIRMATION:

Enclose self-addressed, stamped envelope or postcard.

DO NOT STAPLE PAYMENT TO ENTRY FORM

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 I 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 also specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Date

Signature

COMMONWEALTH GAMES MASTERS SWIM MEET

Roanoke, Virginia, Saturday and Sunday June 21-22, 1997

Warm up 8:00 am Met begins 9:00 am both days For Information call Robert Hatcher (540) 343-4524

Sponsored by: Virginia Amateur Sports Inc..

Sanctioned by: LMSC of VA for USMS Inc. Sanction #127-0010

Meet Referee: Linda Adams Meet Directors Robert Hatcher & Howard Butts

Facility: Fallon Park Pool, Elm Avenue Roanoke, VA. The pool is 50 meters with 7 lanes and non-turbulant lane lines. Ample parking, deck space and rest rooms and showers.

Directions: From I-81 take I-581 south to Elm Avenue exit (exit 6). Take Elm/Route 24 towards town of Vinton for approximately two miles. Pool will be on the left.

Eligibility: Swimmers must be registered with US Masters Swimming (USMS). A photocopy of your current (1997) registration must be attached to your entry. **Registration will not be available at the meet.**

Meet Format: This meet will conform to the 1997 USMS rule book. There are no qualifying standards for this meet.

Format: All events will be swum as timed finals and with the exception of the 400 freestyle will be swum slowest to fastest. The 400 freestyle will be swum fastest to slowest.

Entry Fees: \$5.00 for individuals events plus a \$2.00 surcharge to help defray the costs for equipment rental, medals, T-shirts, and mailing costs. Relays will cost \$8.00 for each relay entered. Relays will be deck entered a deck seeded. Swimmers may enter up to five (5) events per day plus relays. Entry deadline is Saturday June 14, 1997. Any entries received June 14 will be considered late entries and may not show up in the heat sheet. **Deck entries will be accepted on Friday, June 20 at Fallon Park pool from 6:00 - 8:00pm only. Deck entries will not be accepted after 8:00 pm Friday night. Make checks payable to "Virginia Amateur Sports".**

Warm-up/down:

1. Swimmer will enter the pool feet first in a cautious manner.
2. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up.
3. The diving well will be available for continuous warm-up/down during the meet.
4. **ABSOLUTELY NO DIVING** will be permitted in the wam-up/down area.
5. Instruction given by the designated Safety Marshall shall be obeyed at all times.

Awards: Gold, Silver and Bronze medals will be awarded to the top three finishers in each age group of each event.

Check -in: Athletes may check in and pick up their T-shirts on Friday June 20 from 6-8 pm or Saturday June 21 or Sunday June 22 from 8:00 am until the conclusion of that days events.

RELEASE

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

I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent to Masters Swimming (training and competition), including possible permanent disability or death and I agree to assume all the 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 NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING, UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEE, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide and be governed by the rules of USMS. (Rule Book Article 203.1)

Commonwealth Games Release and Waiver of Liability

I am aware that during my participation and attendance at the Commonwealth Games of Virginia ("Games") and related services and activities, Virginia Amateur Sports Inc., and its agents, employees, and associates (Sponsors), will be providing various facilities and arrangements for the Games, and that certain risks and dangers may arise, including but not limited to, hazards inherent in the sport(s) in which I will be training preparing or competing; negligent or other careless acts and omissions by other participants, spectators and the Sponsor, and hazardous or dangerous conditions of the facilities and grounds used as part of the Games.

In consideration of the acceptance of my entry by the Sponsor and the right granted me to participate in and attend the Games and related activities, I do hereby assume all the risks, and agree that, in the event of any injury to me as a result of an accident which occurs during my involvement and participation in the Games, my recovery against the Sponsor, shall be limited to a claim for medical expenses incurred as a result of the injury, and only to the extent that such medical expenses are not otherwise covered or paid by my insurance coverage, medical or otherwise. Furthermore, for this consideration, I agree to present any claim for personal injury to the Sponsor within six (6) months from the date of injury; if I fail to do so, I agree that I will have waived any and all right I have to recover against the Sponsor for said injury.

Additionally, in consideration and acceptance of my entry by the Sponsor and the right to participate in attend the Games and related activities, I consent to receive any and all emergency medical treatment as may be deemed appropriate under the existing circumstances as then determined by the Sponsor or it agents.

Date _____ Signature _____
 Name _____ Sex _____ USMS Registration # _____
 Address _____
 City _____ State _____ Zip Code _____ T-Shirt size S M L XL
 Birthday (Mo/Day/Yr) _____ USMS Club _____
 Phone (Day) _____ (Night) _____

Saturday June 21

	W	M	Seed Time
200 M Medley Relay	1	2	_____
200 M Freestyle	3	4	_____
50 M Backstroke	5	6	_____
100 M Breaststroke	7	8	_____
200 M Butterfly	9	10	_____
400 M Ind. Medley	11	12	_____
200 M Backstroke	13	14	_____
50 M Freestyle	15	16	_____
200 M Mixed Free Relay	17		_____
10 Minute Break			
400 M Freestyle	18	19	_____

Sunday June 22

	W	M	Seed Time
200 M Mixed Med Relay		20	_____
200 M Ind. Medley	21	22	_____
100 M Butterfly	23	24	_____
50 M Breaststroke	25	26	_____
100 M Backstroke	27	28	_____
50 M Butterfly	29	30	_____
200 M Breaststroke	31	32	_____
100 M Freestyle	33	34	_____
200 M Free Relay	35	36	_____

Number of events _____ X \$5.00 = \$ _____ + \$2.00 = _____

Make Checks payable to: Virginia Amateur Sports Inc.

Mail Entries to Robert Hatcher 1114 Winona Ave. Roanoke, VA 24015

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

VIRGINIA MASTERS FIREBALL INVITATIONAL
Fort Eustis Aquatic Center
Fort Eustis, Virginia 23604-5105
Saturday, June 28, 1997

ORDER OF EVENTS
Saturday, June 21, 1997

LOCATION: Fort Eustis Aquatic Center, Ft. Eustis, VA.

FACILITY: Ten lane, 25 meter pool, non-turbulent lane markers. Eight lanes will be used for competition; two will be available for continuous warm-up and cool down. Spectator seating is available. A snack bar is open in the facility with a variety of foods and beverages. A recreation pool with a tubular wet slide, water fall and play area is open for a nominal fee in the facility during the meet. The telephone number is (757) 878-1090.

DIRECTIONS: From I-64 take exit 250 (Ft. Eustis) - West. Enter Ft. Eustis - notice 35 mph - take a right after the circle onto Tyler Ave. The Aquatic Center is on your left, Bldg. 641.

SANCTIONED BY: USMC, Inc. and LMSC for Virginia - Sanction # 127-0011.

MEET DIRECTOR: Mary Rebarchak.

ELIGIBILITY: The standard Masters age group will be used (19-24, 24-29, 30-34, 35-39, etc). All swimmers must be registered with USMS. Include a copy of your registration card with your entry. Virginia registration will be available at the meet.

ENTRIES: \$3.00 per event for pre-entries plus a \$8.00 surcharge to help defray the cost of printing, and postage for mailing results. Late entries and deck entries will be accepted at a cost of \$5.00 per event. A swimmer may enter a maximum of 5 individual events, plus relays.

ENTRY DEADLINE: Entries must be postmarked no later than Saturday, June 21, 1997, or they will be considered deck entries.

RULES: Current USMS rules for Masters swimming will apply. No one will swim alone. Sexes and age groups will be combined where necessary. No diving during warm-up except in designated lanes 15 minutes before the end of warm-up. No diving in general warm-up lanes during competition.

AWARDS: T-Shirt & Ribbons for first place (NOTE: Limit (1) one T-Shirt per swimmer), Ribbons for 2nd-3rd places. Meet T-Shirts available for purchases.

SOCIAL: Join us for our Masters social at the Aquatic Center after the meet. \$5.00 per person covers food and beverages. Please indicate the number attending on your entry form. (All swimmers, officials, their families, and friends are welcome).

Warm-ups: 8:15 a.m.
 Meet Starts: 9:30 a.m.

EVENT #	Women	Men	Mixed	1500 Free	200 Fly	200 Back	200 Breast	100 Fly	50 Back	100 Breast	200 Free	100 IM	50 Free	100 Back	400 IM	400 Free	200 IM	50 Breast	100 Free	50 Fly	200 Medley Relay	200 Free Relay	200 Mixed Med Relay	200 Mixed Fr Relay
(1)	*	(2)																						
(3)	*	(4)																						
(5)	*	(6)																						
(7)	*	(8)																						
(9)		(10)																						
(11)		(12)																						
(13)		(14)																						
(15)		(16)																						
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(23)		(24)																						
BREAK																								
(25)		(26)																						
(27)		(28)																						
(29)		(30)																						
(31)		(32)																						
(33)		(34)																						
(35)		(36)																						
(37)		(38)																						
(39)																								
(40)																								

* Events 3, 4, 5, 6, 7 and 8 may be combined, depending on the number of swimmers in each event.

* Only 2 heats of the 1500 Free - First 16 entries accepted.

Number of Events	x \$		\$
(\$3 for pre entry, \$5 for late or deck)			
Surcharge (\$8.00)			\$8.00
Number attending social	x \$5		\$
Total amount enclosed			\$

Make checks payable to: VMST
 c/o Mary Rebarchak Bldg. 641 (Tyler Avenue)
 Fort Eustis, VA 23604-5105

CHECK LIST

1. Make check payable to VMST
2. Attached a copy of your registration card
3. Signed waiver
4. Made a copy of your entries before mailing

* For further questions contact Mary Rebarchak at (757) 766-3554.
 (Please no calls after 9 p.m.).

Age _____ Phone: _____

Attach copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but BE SURE TO SIGN THE WAIVER.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

USMS#: _____ Team: _____ Sex: _____

I, the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of 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. (rule book 203.1)

Swimmers's signature: _____ Date: _____

LOCAL LODGING

1. Comfort Inn
Exit 255-A on I-64 (Adjacent to Patrick Henry Mall)
12330 Jefferson Avenue
Newport News, VA 23602
(757) 249-0200
2. Days Inn - Oyster Point
11829 Fishing Point Drive
Newport News, VA 23602
(757) 873-6700

Masters Swimming Newsletter
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 and WVA

** indicates coached workouts*

Blacksburg: Lucille Griffin (540) 552-5943; *Laurel Davis (540) 953-2515.
Charlottesville: Craig C. Clift (804) 293-6657; *Mark Braiman (804) 296-2387.
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.
Norfolk: *Aqua Wear Aquatic Center (757) 461-2683; *YMCA (757) 622-9622; *ODU, Kevin Ahearn (757) 683-6135.
Northern Virginia: *Chim 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