
VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

June 15, 1997

Beth Waters **VMST President**

Beth Waters has served as an officer for VMST for the last 7 or 8 years. Team members know how hard she works for the team and appreciate her valiant efforts to keep us enthusiastic. Recently, her employer, Hilldrup Moving and Storage, named Beth as one of two winners of the company's highest honor, the 1996 Commitment to Quality Award. Those of us in VMST who know her are not surprised. Beth is a customer service coordinator in its Richmond office.

Beth competed with candidates from among 480 employees at the company's eight locations. In recognition of this award, she was presented with a plaque and a check. Hilldrup Moving and Storage is one of United Van Lines' 10 largest agents.

Editors note: This information came from a newspaper article that Craig Campesi sent to me. The article and a picture appeared in the May 11, 1997, issue of Potomac News. I really like to include news about the "other" life of our swimmers. Thanks, Craig.

See Mike Stott's article on the 10K- 2 Relay
beginning on page 4.

The entry for the 10K-2 Relay is on pages 8-9.

E-mail

Send me your e-mail address, and I will list addresses as I have room. My address is DurrantB@aol.com.

Jewell Grigsby-Martin **February Fitness Challenge**

The following article was written by Scott Rabalais, event director, and included in the results of the **February Fitness Challenge**. Two VMST swimmers and one Valley Blues swimmer participated. The VMST swimmers were Jewell Grigsby-Martin, from Stafford and Gennard Lanzara, from Roanoke. Valley Blues were represented by Jane Manning of Staunton. *If there were other VMST participants, let me know. I did not see a complete set of results.*

Gennard swam 251,300 yards (142.78 miles) finishing sixteenth overall and first in his age group (35-39). Jewell finished fifth overall and first in her age group (65-69).

A Jewell of a Swimmer

What are the limits in the pool for a woman, age 65, who has eight children, 10 grandchildren and one great-grandchild? For Jewell Grigsby-Martin of Stafford, VA, the sky is the limit, evidenced by the fact she swam 359,200 yards (204.09 miles) in February.

A regular participant in the February Fitness Challenge, Grigsby-Martin had set an ambitious goal of 300,000 yards for the month, 20 percent above what she had accomplished in the '96 FFC. She gained confidence from her coach, Harry DeLong, who believed in her ability and actually said she should go for 315,000 yards. "If he thought I could do 315, then I told myself I could do 325," she said. "As the month went on, I just decided to do as much as I could."

See FFC on page 3.

OPEN WATER SCHEDULE

June 15, 1997

Jack King 1-Mile Ocean Swim, Virginia Beach.
No race day entries. All entries due by June 13.

July 12, 1997

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

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

USMS Mentor Clinic in Richmond

September 20-21, 1997.

See information in next column about the
"Fall Weekend". Final details will be in the August
LMSC newsletter.

Newsletter Editor: Betsy Durrant

211 66th Street

Virginia Beach, VA 23451

757-422-6811 (Phone or Fax)

*** Entry for DCM meet on August 2 is on
pages 10-11.

*** See page 7 for information on two LC
meets in NC.

MEET SCHEDULE

June 21-22, 1997

Long Course in Roanoke
Contact: Robert Hatcher (540) 343-4524
Entry was in May LMSC newsletter.

June 28, 1997

Short Course Meters at Ft Eustis
Contact: Mary Rebarchak (757) 766-3554
Entry was in May LMSC newsletter.

August 2, 1997

DC Masters LC.
Contact: Teresa Martin (703) 660-6379 or
Robert Srour (301) 983-1064

August 14-18, 1997

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

MARK (CHANGE) YOUR CALENDAR!

*The "Fall Weekend" for all Masters
swimmers in the LMSC for Virginia has
been scheduled for the weekend of
September 20-21.*

*It was originally scheduled for Sept 6-7,
but there was a problem with hotel
space in Richmond for that weekend.*

*A clinic will be held on
Saturday and Sunday with
a USMS "Mentor" coach.
Outdoor activities and dinner
will be in Midlothian at the home of
Jim and Nancy Miller.*

*Details will be in the August LMSC
newsletter. For more information contact
Terry Sue Gault at 804-379-9099.*

FFC continued from page 1.

From sunrise to sunset, swimming dominated the life of Grigsby-Martin. She swam three times a day, except for Friday, when she swam twice, spending an average of six hours a day in the pool. One the final day of the month, she swam for 7-1/2 hours, totaling 20,700 yards. "I couldn't feel my arms and I was just floating through the water. I was in a state of euphoria!" she remembers.

While most of the yardage was completed alone, she did swim daily with the Virginia Masters. On her own, a typical workout included a warmup of 1000 free and 1000 back, followed by a 3000 swim and a 2000 kick. With her team, she swam the prescribed workout, including laps of all four strokes. "By the end of the month, I would swim one-arm fly instead of the full stroke," she admitted.

Grigsby-Martin, who weighs only one pound more than when she graduated from high school in 1948, has announced her goal for next year: 400,000 yards. "My coach says I am a gutsy swimmer," she says. "I know I can do it. As strong as I felt at the end of this month, I'll just figure out what I have to do and do it."

She readily admits that February is a special time for her. "Needless to say, February is the month I live to swim for myself and push my body to its fullest potential," she says. "This serves to raise my self-esteem to a higher level and lets me know that my 'age' is just another number."

Editor's note: Nice references to Coach Harry DeLong and his ability to motivate swimmers to do their best.

VMST OFFICERS

President: Beth Waters, 804-744-8225

10604 Pursuit Court, Chesterfield, VA 23832

Vice President: Nancy Miller, 804-285-2758 (wrk)

#4 Bellona Arsenal, Midlothian, VA 23113

Secretary: Sharon Popson, 757-425-6056

536 Lakewood Circle, Virginia Beach, VA 23451

Treasurer: Mike Duignan, 757-486-3383

3313 Glen Eden Quay, Virginia Beach, VA 23452

A Note From the President

by Beth Waters

Way to go VMST! 38 Virginia Masters swimmers attended the Showdown (Zone Meet) in Florida. Overall, the team placed third.

VMST is offering several opportunities for competition this summer:

- The Jack King One-Mile Ocean Swim on June 15
 - LCM meet in Roanoke, June 21-22
 - SCM meet at Fort Eustis, June 28
 - Two-Mile Lake Swim in Charlottesville, July 12
- The Lake Swim in a USMS National Championship Event.

Thanks to meet directors Betsy Durrant and Forrest Sullivan, Robert Hatcher, Mary Rebarchak, and Joyce Mullins for providing these opportunities.

June Birthdays

** denotes "aging up"*

Joan Averette	Virginia Beach	6/05/36	61
Ann Berquist	Ordinary	6/18/33	64
Matthew Bickley	Seaford	6/28/61	36
J.B. Brinkman	Virginia Beach	6/30/58	39
Stephen Conrad	Riner	6/14/50	47
Jane Craig	Richmond	6/19/46	51
Kathleen Cramer	Dumfries	6/03/53	44
Terrence Gilbert	Chesapeake	6/12/61	36
Matt. Glasgow	Blacksburg	6/10/56	41
Ruth Good	Richmond	6/18/20	77
Beverly Hartline	Grafton	6/13/50	47
Lisa Heirigs	Richmond	6/19/66	31
Harry Howell	Bon Air	6/27/17	80*
Karen Kaufmann	Manassas	6/18/64	33
Manny Klammer	Richmond	6/08/50	47
John Kutz	Quinton	6/29/33	44
Steven LaFive	Richmond	6/26/56	41
Catherine Leitch	Roanoke	6/20/62	35
David Malsbury	Chesapeake	6/03/61	36
Jeanne Meredith	Virginia Beach	6/20/28	69
Kenneth Novell	Dahlgren	6/12/42	55*
Debra Nuckols	Richmond	6/16/70	27
William Pharis	Hardy	6/27/47	50*
Karen Ramthorn	Richmond	6/15/70	27
William Riddell	Hampton	6/27/68	29
Scott Rose	Blacksburg	6/05/65	32
Paul Smeal	Blacksburg	6/11/32	65*
Sean Webb	Richmond	6/20/51	46
C Weisner-Combecher	Richmond	6/12/48	49
Mary Wright	Lynchburg	6/10/34	63

The 10K-2: When 4.000 meters isn't enough

by Michael J. Stott

I used to have trouble with the USMS Long Distance Calendar form. It's the line that asks, "where held?" As meet director I have finally learned to write the truth, "any pool 20 yards or longer anywhere in the world." And that seems to work.

For 15 years now, the 10,000 meter two-person relay (10K-2) has become a staple on the long distance calendar for the few, the proud and the marine-like extroverts who like a little something longer than your average workout or basic 2-mile lake swim.

Since 1984 when Richmonder Don Farmer and I formalized this Labor Day, season-ending, Budweiser-induced torture test, we've watched this international competition grow from 22 to as many as 75 teams. Total entries are well past 500 and include swimmers from most of the 50 United States as well as Australia, Iceland, and the Virgin Islands.

Basically the 10K-2 is a 5,000 meter personal passage endured by you, your partner and a willing counter or two. Some groups, notably in Pittsburgh, Cranford, NJ, and Virginia Beach, have turned the event into Masters socials while others, in places like Santa Barbara, CA, and Richmond, slog through a solitary struggle punctuated by flip turns, check marks and minimal conversation.

One year Don and I surfed through 92-degree water on a 99-degree day and the only memorable comment passed on to me through a counter was "Why are we doing this?" Why, indeed?

For starters, for the physical and psychic challenge. I have a file chock full of testimonials, particularly from the senior segment who revel in the accomplishment. Non-sprinters (me included) love this event because it gives credence to the power of perseverance and will.

The uniqueness of the entry form helps too. Every year we include best time by sex and age group for men's, women's and mixed teams as well as the average winning time since 1984. The good news here is that if you can't beat the best

time, you've got something else to shoot for. And that appears to have been a powerful motivator.

The rewards, by 90's standards are not terribly unusual. The T-shirts (for \$10 per) are striking and have received raves over the years. The functional engraved swimming keychains, along with complete results and notes from the meet director, seem to complement the sense of a job well done.

The competitors ... come from all walks of life. Ability levels range from rec swimmers to Olympians, age groupers to world recordholders, triathletes to English Channel crossers to national Masters coaches of the year. Slightly more men than women, lots of mixed teams. Since the age of the youngest team member determines the team category, we get some real diversity. In 1995 in Portland, Maine, 72-year-old Harold Fralich swam with 16-year-old Dianne Rosario to finish second in their age group. One of the most extraordinary efforts was by Sharon Salzman in 1991. She and her partner Suzanne Heim finished first in Womens 30-34 category in 1:53.55. Sharon is a triathlete who had lost a leg in a biking accident.

Best ever. Easy -- by multi-year NCAA finalists, Sean Murphy (1988 Canadian Olympic team) and David Lundberg (U.S. team alternate). Their time was 1:35.04.55 which equates to an average of 26.05 per 50 yards (and not much rest). Both swam under the auspices of San Francisco's Olympic Club, which provided food and water on deck, benches for easy egress, towels, starting blocks and takeoff judges at the Stanford University pool to ensure fairness and maximize relay exchange effectiveness. Aquatics Director Dana Totten told me later that the quads on Lundberg and Murphy "hurt for weeks" following the swim.

In my dreams would I have a set-up and athletic ability to match that, but the litany of letters recounting other profiles in aquatic courage is stirring - and once you've done this marathon it's easy to understand the aura of good feeling that accompanies one's smugness. This is an event in which we invariably seek our own level, but as long distance champion John Shrum has said, "the secret is for swimming to still be fun 50 years from now."

See 10K-2 on page 5.

10K-2 continued from page 4.

Once I promised an entrant the swim would be "fun." I can reveal now that the entry and correspondence came back notifying me in no uncertain terms that the swim was "not fun," but he was glad he did it. Another swimmer referred to the ordeal as the "Great 10,000 meter massacre." Maybe so, but a cadre of masochists keep coming back. Hey, swim coach Randy Walker of Green River, WY, swam it three separate times in 1993. Thanks to the Millers in Richmond, Betsy Durrant, Judy Martin, Forrest Sullivan, Francis Hall in Virginia Beach, the Ledewitzs in PA, a host of others and the hordes in California who support us so well.

I frequently get asked, "How should we swim it?" The entry form gives an example of 15-200's each, then 15-100's each followed by 10-50's each. But clearly the fastest, most grueling and boring way is by 50's.

During the festivities some aquanauts use communications boards to write messages, other utilize poolside counters (people, laneline doughnuts, abacus [honest]) to relay thoughts. Perennial participants Shrum and Shirley Loftus tried music for several years, but squabbles erupted concerning music selection, a tiff that only died when rain short-circuited the boombox. So, you might want to avoid that stress. Personally, I prefer very limited conversation with an occasional reminder of splits to keep me focused.

If you go, preparation should be based upon reasonable expectations. Don and I do it annually depending upon personal schedules. We've been as slow as two hours and 30 minutes and as fast as 2:08. Advance planning is crucial. This should be obvious, but make sure you reserve a lane in advance at your venue of choice for long enough so you can finish. We work hard to enlist lifeguard help (to keep our lane free from intruders). We also pick days when the weather promises to be storm-free (we always do this outside) because once we start we intend to finish. Have your counters, a checkoff sheet, stopwatches and plenty of fluids (cramps are occasionally a problem for me).

Oh, and don't forget the cherry disposition. Along about 9,000 meters you may question your judgment and fortitude, especially when the arms

don't cooperate. But upon completion you'll high five your partner, congratulate yourselves and begin to scheme how to go faster next year. A word to the wise. Save the beer for another day.

Good luck. I'll look for your entry. It's due just before Halloween.

P.S. Feel free to swim this event anytime between May 15 and October 15, 1997.

Editor's note: Mike Stott is a VMST member of many years. He has served as VMST Vice President and as race director for the lake swim in Charlottesville.

Long Course Nationals - Orlando *from Jim Miller*

This year's long course national championship is going to be an exciting event in the World of Disney with Shamu and other playfellows in the vicinity to keep you and your family vastly amused. This championship meet will feature new relays that have never before been offered at a long course nationals. You will also notice that, in order to accommodate the relays and to allow people to swim both the 800 and 1500, we have gone to a 5-day format.

Entry deadline is July 3, receipt by July 10, meaning that we have to move fast once again for this LC season. I have currently been assigned as the team physician to United States Swimming for the World University Team and will probably be in a training camp with that team from August 4th to August 20th. There is a possibility, however, that the camp will break up early, and I would then be able to attend the meet.

Because of this, I am trying to put together as many relays as possible to pass on to the anointed relay king or queen. So, please get your forms to me early (as opposed to our usual custom) - by June 30. I hope things work out so that I can be with you. Keep training for the long course events for open water swims. Sunshine and fast times are a great mix.

See page 6 for forms for LC relays.

In and Out of the Water

News about VMST swimmers

From the Zone Meet in Fort Lauderdale: It was a real asset and a pleasure to have **Kim Wise** with our team at the meet. Kim is not competing right now, but made the trip for the fun of it and to help out. **Carl Russ** looks like retirement agrees with him. He is lifeguarding at his local YMCA outdoor pool and looks tan and fit. As usual, **Dick Detrick**, **Johnnie's** husband, kept us entertained with his jokes. As is typical of Masters swimmers, everybody did their own thing - **Diane "Tiger" Cayce** played golf the last morning of the meet!

From the YMCA National Championship in Indianapolis: **Betsy Durrant** represented the Virginia Beach YMCA (listed as Mt. Trashmore, VA, in the heat sheet). **Eric Miller**, **Louis Tudor**, **Kurt Sprenger**, and **Jeff Reilly** represented the Roanoke YMCA. **Linda** and **Ed McCowan** represented the Jordan YMCA (Indianapolis).

Joyce Mullins is getting married this month, and was careful to plan the wedding to avoid a conflict with the open water swims.

Rhea Wilkins is living in Apex, NC. She is still representing VMST and sent me news about **Robin and Jerry Smith**. Robin and Jerry are the proud parents of a boy, **Ryan Hampton Smith**, born March 18.

Check out the following World Wide Web sites:

(1) www.swimgold.org/tt/aa/stories_.htm This site has stories and pictures of USMS All-Americans for the last few years. I haven't browsed through it all, but I saw pictures of **Lisa Bennett** and **Johnnie Detrick**. (2) www.usms.org This is the USMS official site. There are links to other sites, including the one above. (3) **James Wolfle**, Wolfle@aol.com, is working on our very own Virginia site. It is still under development, but check it out and send James comments and suggestions. The address is: serve.com/LMSC_for_VA/index.html

Gretchen Smith is enthusiastic about her coaching session with **Mary Rebarchak** (coach at Fort Eustis). Gretchen has not worked with a coach before and reports that she learned about stroke technique and drills to attain a better stroke.

Relays at LC Nationals in Orlando

If you are going to compete in the Long Course National Championship in Orlando, Florida, please complete the following and mail or fax it to **Jim Miller** by June 30.

**Dr. Jim Miller, 1447 Johnston Willis Drive,
Richmond, VA 23235. FAX: 804-320-2717**

AVAILABILITY

(Please check individually or the ALL box.)

Thursday, August 14

800 Free Relay _____
800 Mixed Free Relay _____

Friday, August 15

200 Mixed Free Relay _____

Saturday, August 16

200 Medley Relay _____

Sunday, August 17

200 Mixed Medley Relay _____
200 Free Relay _____

Monday, August 18

400 Medley Relay _____
400 Mixed Medley Relay _____
400 Free Relay _____
400 Mixed Free Relay _____

ALL _____

SUBMITTED TIMES

Circle yard or meter

50 Free	_____	yard/meter
100 Free	_____	yard/meter
200 Free	_____	yard/meter
50 Back	_____	yard/meter
100 Back	_____	yard/meter
50 Breast	_____	yard/meter
100 Breast	_____	yard/meter
50 Fly	_____	yard/meter
100 Fly	_____	yard/meter

Top-Ten Patches

from a letter to LMSC Chairmen

Master swimmers are eligible to obtain a Top-Ten patch (with stroke segment) if they are listed in the Top Ten in any event during the year. All members of Top-Ten relay teams are eligible.

The 1996 patch reads: "USMS Masters Swimming, TOP TEN, 1996." It is 4 x 2.5 inches and can be sewn on clothing or swim bags or tacked on walls. Earlier patches are similar.

USMS publishes three Top-Ten listings each year, one for each course (25 yards, 25 meter and 50 meter). Listings are also available on the World-Wide Web at "www.swimgold.com" going back to 1993. Patches and stroke segments for most years as far back as 1982 can be ordered for \$5.00 each from: Darlynn Ferguson, PO Box 8005, Canton, OH 44711, (330) 455-4176.

Additional stroke segments can also be purchased for \$1.00 each. Your order must include your: Name and address, and the year, course, age group and event in which you placed in the Top Ten. Checks should be made payable to "Lake Erie LMSC".

Book Review

by Betsy Durrant

In an earlier newsletter, I mentioned a new workout book, The Waterproof Coach, by Tom Denes, a Masters swimmer from Maryland. At that time, I had not seen a copy.

During the Zone Championship in Fort Lauderdale, Tom had a booth set up for demonstration and sales. The eye-catching demonstration was a copy of the book submerged in a fish bowl. It really is waterproof! Tom gave me a copy of the book so that I could actually use it and then review it.

I find it very convenient to keep a copy in my swim bag for use when I swim alone or when a group gets together and no one has written or planned a workout. What would normally be a page, is separated into three parts: Warm Up, Main Set, and Cool Down. Each sections turns independently, so you can easily "mix and match"

the parts. The bottom of each section is marked with 1, 2 or 3 goggles, indicating the relative difficulty or total yardage for that part.

The subtitle of the book, *The Waterproof Workout Book for Fitness Swimmers and Triathletes*, accurately describes the contents. You can add variety to your workouts with a good selection of sets. If you are a serious Masters competitor, this book could not be your only source of workouts, but everyone has to do some conditioning workouts and everyone has those days when you just can't think of what you want to do in your workout. My suggestion is to pull out your copy of The Waterproof Coach and flip some pages to get the yardage you want, quit worrying, and get in and swim.

*Ancient Mariner Aquatics, Inc., 4522 Everett Street,
Kensington, MD 20895, 301-564-4234, \$29.95*

Main Set

from Betsy Durrant

This is the main set that our weekend workout group did recently. We all needed some stroke work and decided to concentrate on drills and share our favorites. There were 6 of us there, so we did 6 sets with each person selecting the stroke and drill for one set.

Each set was 4 x 50. The first three 50's were 25 yard drill, 25 yard swim. We did the same drill three times. The last 50 was building - trying to concentrate on the stroke and increasing speed throughout the 50. It was not a stressful workout, but it was helpful.

Two North Carolina LC Meets

Charlotte, NC, July 26-27

Rick Fenton, (704) 846-5335, 846-5835 (fax)

Hendersonville, NC, September 6-7.

Hendersonville County YMCA, 810 Sixth Avenue,
Hendersonville, NC 28739



10K•2 10,000 METER 2 PERSON POSTAL MEET RELAY

1997

Sanctioned by The LMSC for Virginia for USMS, Inc. Sanction # 127-0006.

Eligibility: Open to all USMS and USS swimmers age 13 and older.

Event: Contestants swim a total of 10,000 meters in the pool of their choice. Team members must swim consecutive lengths of no less than 50 yards per relay leg. Concurrent swimming is not permitted. One swimmer must reach the wall before the second swimmer leaves. Dive starts are permitted.

For example, swimmers may wish to divide the 10,000 meters as follows: Swimmers A and B alternate 200 meter swims until each has completed 15 separate 200 meter swims (of 3,000 meters apiece). Then swimmers A and B alternate 15-100 meters swims each for another 1500 meters; and close with 10-50 meter swims each.

- In a 20 yard pool, *each contestant swims 274 lengths

- In a 25 yard pool, **each contestant swims 219 lengths
- In a 25 meter pool, each contestant swims 200 lengths
- In a 50 meter pool, each contestant swims 100 lengths

For the purposes of this competition, 5480, 5475** yards = 5000 meters.

Age Groups: Men's, women's, mixed teams in the following age groups: 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+.

Team age determined by youngest swimmer's age on the day of swim.

Timers and Counters: Please pay strict attention to the laps swum. We urge you to use a check-off system.

Awards: Medal keychains to the top three team finishers (men's, women's, mixed) in each age group.

Eligibility: Unlike prior years, all swimmers must be registered and must include a copy of their LMSC card.

Entry: Enter as often as you like (\$18 entry fee required for each new team.)

Entry fee: \$18 per team. Event must be swum between May 15 and October 15, 1997. Form must be in the hands of Meet Director by October 31, 1997.

Mail entry form and \$18 entry fee with check made payable to Virginia Masters 10K•2 Relay to:

10K•2
Mike Stott
403 Lakewood Drive
Richmond, VA 23229
(804) 288-8808

Shirts: 10K•2, colorful 100% cotton T-shirt available for separate purchase for \$10 each. Check intent to purchase and adult size on the entry blank.

Verification: I certify that the information above is correct, the time accurate and the distance swum was 10,000 meters. Please sign in the appropriate place.

Timers/Counters _____

Total Time _____

RELEASE

The following release must be dated and signed.

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 risk 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 PARTICI-

PATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS AND 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 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 Article 203.1)

NAME _____ Date _____

NAME _____ Date _____

OFFICIAL ENTRY - 1997 10K•2 RELAY

Name _____		
Address _____		

Zip Code _____	USMS Reg. No. _____	
Phone _____	Age _____	
Sex _____		
I want a T-Shirt at \$10 each: _____		
My size is circled:	medium (36-38)	large (40-42)
	extra large (44-46)	

Name _____		
Address _____		

Zip Code _____	USMS Reg. No. _____	
Phone _____	Age _____	
Sex _____		
I want a T-Shirt at \$10 each: _____		
My size is circled:	medium (36-38)	large (40-42)
	extra large (44-46)	

Note: All swimmers must be registered and include copies of their LMSC cards.

10K•2 ALL TIMES BESTS AND AVERAGE WINNING TIMES (1984 - Present)

Men's Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	David Stott (17)	Richmond, VA		
	Bill Kloppe (38)	Richmond, VA	1:54.35	1990
	Average Winning Time		2:17.27	
20-24	Scott Erba (21)	Davis, CA		
	Michael Collins (24)	Davis, CA	1:39.59.28	1990
	Average Winning Time		2:25.03	
25-29	Sean Murphy (30)	Palo Alto, CA	1:35.04.55	1991
	David Lundberg (32)	Palo Alto, CA	ALL TIME 10K•2 BEST	1991
	Average Winning Time		1:59.15	
30-34	Stephen Stahl (33)	Walnut Creek, CA		
	Greg Remmert (36)	Walnut Creek, CA	1:36.43	1995
	Average Winning Time		1:58.53	
35-39	Kerry O'Brien (38)	Walnut Creek, CA		
	Steve Breiter (38)	Citrus Heights, CA	1:44.14	1994
	Average Winning Time		1:58.16	
40-44	James Montagne (40)	Boca Raton, FL		
	Jim Manchester (41)	Plantation, FL	1:48.16.69	1988
	Average Winning Time		2:11.36	
45-49	Mark W. Lyon (48)	San Rafael, CA		
	Hugh Owen Winn (49)	San Anselmo, CA	1:53.39.67	1991
	Average Winning Time		2:17.08	
50-54	Bill Mulliken (50)	Chicago, IL		
	Sam Kooistra (55)	Chicago, IL	2:04.28	1990
	Average Winning Time		2:30.24	
55-59	Forrest Sullivan (59)	Virginia Beach, VA		
	Francis Hall (62)	Virginia Beach, VA	2:26.40.95	1988
	Average Winning Time		2:31.21	
60-64	Buddy Belshe (60)	Aliso Viejo, CA		
	Frank Reynolds (63)	Santa Ana, CA	2:12.13.36	1995
	Average Winning Time		2:37.19	
65-69	Kenneth R. Kimball (65)	Poway, CA		
	William H. Phillios (67)	Le Mesa, CA	2:16.27.73	1995
	Average Winning Time		3:10.28	
70-74	George W. Etsell (70)	Anchorage, AK		
	George E. Hale (76)	Anchorage, AK	3:59.35	1993
	Average Winning Time			
75-79	John Burnside (79)	Palos Verdes Estates, CA		
	Alfred Guth (80)	San Pedro, CA	4:00.28	1989
	Average Winning Time		4:15.26.50	
80-89	Leonard Chapin (80)	Long Beach, CA		
	Alfred Guth (80)	San Pedro, CA	4:04.00	1988
	Average Winning Time		4:13.30.14	

Women's Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	Stephanie Rosenthal (18)	Boca Raton, FL		
	S. Carlisle-Sellani (27)	Boca Raton, FL	2:16.30.80	1990
	Average Winning Time		2:32.28	
20-24	Mary Ruckstuhl (21)	Boca Raton, FL		
	Jamie Herrington (24)	Hollywood, FL	2:03.11	1990
	Average Winning Time		2:26.56	
25-29	Wendy Pratt (29)	Davis, CA		
	Nancy Corstorphine (29)	Davis, CA	1:57.27.18	1990
	Average Winning Time		2:19.47	
30-34	Lisa Sheeper (30)	Redwood City, CA		
	Susan Porter (32)	Redwood City, CA	1:52.05	1994
	Average Winning Time		2:16.34	
35-39	Tricia Holm (35)	Coral Springs, FL		
	Gail Rice (39)	Miami Shores, FL	1:58.47	1995
	Average Winning Time		2:35.36	

Woman's Teams (cont')

Age Group	Name (Age)	City, State	Total Time	Year
40-44	Celeste Miller (42)	Incline Village, NV		
	Sally Ann Dillon (46)	Truckee, CA	2:13.45.60	1992
	Average Winning Time		2:46.03	
45-49	Betsy Durrant (45)	Virginia Beach, VA		
	Judy Decker (45)	Virginia Beach, VA	2:27.27	1987
	Average Winning Time		2:53.40	
50-54	Judy Decker (51)	Virginia Beach, VA		
	Betsy Durrant (52)	Virginia Beach, VA	2:26.00	1993
	Average Winning Time		3:18.33	
55-59	Johnnie Detrick (57)	Midlothian, VA		
	Ann Berquist (60)	Ordinary, VA	2:49.36	1993
	Average Winning Time		3:00.35	
60-64	Johnnie Detrick (60)	Midlothian, VA		
	Ann C. Berquist (63)	Ordinary, VA	2:55.29	1996
	Average Winning Time		3:36.43	

Mixed Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	Jonathan Ferguson (14)	Winston Salem, NC		
	Suzanne Black (17)	Lewisville, NC	1:59.48.86	1995
	Average Winning Time		2:16.35	
20-24	Karen Heard (24)	Walnut Creek, CA		
	Patrick Duggan (31)	Concord, CA	1:53.50	1994
	Average Winning Time		2:28.24	
25-29	Beth Gardner (28)	Charlottesville, VA		
	Scott Robinson (28)	Eugene, OR	1:46.46.15	1993
	Average Winning Time		2:02.17	
30-34	Steve Breiter (34)	Citrus Heights, CA		
	Carol Lee-Heltzel (35)	Citrus Heights, CA	1:48.17.62	1990
	Average Winning Time		2:19.34	
35-39	Suzanne Heim (36)	Antioch, CA		
	Steve Breiter (38)	Citrus Heights, CA	1:45.17	1994
	Average Winning Time		2:10.33	
40-44	Shirley Loftus (40)	Afton, VA		
	John Shrum (43)	Charlottesville, VA	1:54.57.37	1992
	Average Winning Time		2:15.20	
45-49	Richard Burns (48)	San Anselmo, CA		
	Nancy Ridout (49)	Novato, CA	2:02.02.40	1991
	Average Winning Time		2:36.34	
50-54	Ginger L. Pierson (50)	Portland, OR		
	Karl E. VonTagen (52)	Wilsonville, OR	2:07.52	1996
	Average Winning Time		2:45.45	
55-59	Susan Munn (56)	Davis, CA		
	E.L. Fitshugh (57)	Dixon, CA	2:13.24.49	1995
	Average Winning Time		2:56.57	
60-64	David Radcliff (62)	Hillsboro, OR		
	Lavelle Stoinoff	Portland, OR	2:20.27.46	1996
	Average Winning Time		3:05.10	
65-69	Babs Carter (65)	Hampton, VA		
	Calvin Barnes (65)	Hampton, VA	3:11.34	1989
	Average Winning Time		3:32.59	
75-79	Kay Schimpf (75)	Clearwater, FL		
	John D. Johnston (76)	St. Petersburg, FL	3:32.50	1992
	Average Winning Time		3:32.50	



DC MASTERS 12th LONG COURSE MEET

SATURDAY, AUGUST 2, 1997

Sanctioned by Potomac Valley LMSC for USMS, Inc. #107-006

Meet Directors: Teresa Martin (703) 660-6379 & Robert Srour (301) 983-1064

Warm-ups 8:45 AM, Meet begins at 9:30 AM

Facility: Prince Georges County Community College - This indoor 50 meter, 8 lane pool has non-turbulent lane lines and Colorado electronic timing. There is ample parking, seating for 350 people, and a sun deck.

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

ORDER OF EVENTS

Swimmers may enter only five events.

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

Meet Rules: Current USMS rules apply. All swimmers must be currently registered with USMS and include a photocopy of their registration card with their entry. All deck entrants must present their current registration card. For further information about USMS registration contact Jeffrey Roddin (301) 649-4851.

Entries: Pre-entry deadline is July 25. The 800 free will be limited to the first 16 entries. Individual deck entries will be accepted on a space available basis until 9:30 AM on August 2. There will be NO relays this year. Mail entries to DC Masters Long Course Meet, c/o Barbara Frid, 6105 Chapman Rd, Mason Neck, VA 22079. NO PHONE ENTRIES ACCEPTED.

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

Fees: \$4.00 per event. Surcharge \$6.00 (includes copy of results). Deck entries, \$6 per event plus surcharge, if not previously paid.

T-Shirts: Special meet logo by well known graphic artist, Steve Hogan, on a 50 cotton/50 poly T-shirt are \$12 and must be ordered in advance.

Awards: Ribbons will be awarded for First, Second and Third places. Distinctive Individual High Point awards will be given for men and women for each age group.

Hotels: Hampton Inn, 4921 W Largo Rd 301-499-4600 \$84-90 for single, \$94 for double plus tax, includes breakfast; Holiday Inn, Landover, MD 800-874-0322 or 301-773-0700.

ATTACH COPY OF YOUR USMS CARD HERE

USMS # _____ Birth Date _____

Name _____

Address _____

Phone _____

Club _____ Age _____ Sex _____

RELEASE BY PARTICIPANT FROM LIABILITY:

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS

SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature _____ Date _____

Phone _____

Event	Seed Time	Event	Seed Time	Event	Seed Time
1. 400 Free	: :	7. 400 IM	: :	12. 100 Fly	: :
2. 200 Back	: :	8. 200 Fly	: :	13. 50 Breast	: :
3. 50 Free	: :	9. 100 Free	: :	14. 200 Free	: :
4. 200 IM	: :	10. 200 Breast	: :	15. 100 Back	: :
5. 50 Fly	: :	11. 50 Back	: :	16. 800 Free (limited to 2 heats)	: :
6. 100 Breast	: :				

No. _____ of events x \$4 = (maximum 5)

Surcharge

T-Shirt \$12 each Circle Size S M L XL

TOTAL

\$6.00

**CHECK PAYABLE TO
DC MASTERS**



Entries received after July 25 will be considered deck entries
 Mail to DC Masters Long Course Meet
 c/o Barbara Frid, 6105 Chapman Rd, Mason Neck, VA 22079.
NO PHONE ENTRIES ACCEPTED.



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: *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