

VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

October 15, 1997

Masters Swimming On-Line

Our LMSC website is:

http://www.serve.com/LMSC_for_VA

United States Masters Swimming website is:

<http://www.usms.org>

If you go to the USMS site, you can get to many other sites, including our LMSC:

- Click on **Administration** and that will lead you to a list of LMSCs.
- Click on **Competition** and that will lead you to other choices. You can get the results of National Championship meets by age group; you can find the Top Ten listings by age group; you can access a photo gallery with biographies of All Americans. Check it out - you'll be pleasantly surprised to see and read about swimmers that you know.
- Click on **What's New** and you can get to a discussion forum - to ask questions or respond to someone else's question or comment.

James Wolfle created and is maintaining our LMSC website. He has up-to-date state records listed; a schedule, and links to the national Calendar and our LMSC Top Ten. You can access this site from the address above or from the USMS site.

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Page 2 - Schedule and details of a team workout.

Page 4 - Workouts for a 79 or 80 yr old.

Pages 5-9 - Results of September 14 meet.

USMS Convention

September 24-28, 1997

Burlingame, California

A full report of the convention business will be in the November LMSC Newsletter. This is just a brief summary of some of the activities.

Virginia was ably represented by:

* **Forrest Sullivan**, LMSC Chairman, and Chairman of the Ad Hoc Safety Committee. At this convention, a new standing committee, Safety Education, was established. Forrest has worked hard to make safety an important part of the business of USMS.

* **Craig Campesi**, LMSC Registrar. This was Craig's second convention. It is interesting to see how quickly he has become involved in various committees. Craig is particularly interested in the Registration Committee and the new Computer On Line Committee.

* **Jim Miller**, USMS Vice President and Chairman of the Sports Medicine Committee. Jim completed two 2 year terms as Vice President. He was also chairman of a committee, which is unusual for an officer, because he stepped in when the chairman was unable to continue due to job commitments.

* **Jeanne Crouse**, Legal Counsel. Jeanne was appointed as legal counsel for USMS at the end of last year's convention. She was extremely busy at this year's convention, her first convention as legal counsel, because numerous committees needed her to attend their meetings in order to clarify legal issues.

* **Nancy Miller**, Chairman of the Planning Committee. In addition to the usual business of her committee, Nancy has presented a Planning Forum and Discussion led by swimmer **Dave Hefner** of Richmond. This session gives delegates an

See Convention on page 4.

POSTAL EVENTS

By December 15

Postal Pentathlon

Contact Wayde Mulhern, 570 - 96th Lane,
Blaine, MN 55432

Wayde Mulhern@Unisys.com

www.mn-lmsc.org/pnthln.htm

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

Coached Team Workout

***November 1, 7:00 am
at Fort Eustis Aquatic Center
\$4 fee for pool entry***

***Coach Mary Rebarchek is providing an
opportunity for everyone to practice
together the Saturday before the
Norfolk Academy meet.
For information, call Mary at 757-766-3554***

MEET SCHEDULE

November 1-2

SCM Zone Championship, Rutgers, NJ

Contact Rob Copeland, 246 Berger St,

Somerset, NJ 08873 (908) 828-2896

November 8

Norfolk Academy, Norfolk

Entry is on pages 10-11.

February 28-March 1

UMBC Catonsville, MD

April 23-26, 1998

YMCA Nationals, Fort Lauderdale, FL

Contact: Gateway Printing (ATTN Shellie),

PO Box 464, Hamburg, NY 14075

May 7-10, 1998

USMS SC Nationals, Indianapolis, IN

Entry will be in SWIM Magazine

VMST OFFICERS

President: Beth Waters, (804) 744-8225

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

Secretary: Sharon Popson, (757) 425-6056

Treasurer: Mike Duignan, (804) 486-3383

Newsletter Editor: Betsy Durrant

211 66th Street

Virginia Beach, VA 23451

757-422-6811 (Phone or Fax)

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Training Routine for the Super-Senior Age Group

by Dick Guido

Editor's Note: This article came from the April, 1997, Empire State Masters Newsletter. At the LC National Championship meet in Orlando in August, I had the pleasure of meeting Dick and asking for his permission to use this article. He set a new record in the 800 meter freestyle for the 80-84 year old age group (15:27.48), as well as winning several other events.

As a 79 year guy, I've had to cut back. "Why?" is a good question: How much due to aging...? We older swimmers are really pioneers in fitness; no one knows what we can do, or how long we can hold on. I'm trying to add to that store of knowledge by pushing till it hurts. It often does!

My biggest problem is ... when I put in a full, satisfying workout one day, I'm often too tired to repeat the next day. Then I either swim easy... or just take a mid-week day off.

My present workout:

1500 to 2000 yards, mostly freestyle:

- 1) 500 yards - easy warmup, picking up pace the last 150 yards.
- 2) 500 yards - backstroke, maintaining a strong pace throughout.
- 3) 550-500 yards kick
 - a. with flippers - 200 easy free, 200 easy back, 100 fly
 - b. without flippers - 50-100 breast
- 4) Depending how I feel, I add one or more of the following:
 - a. 500 yards - 100 fly, 200 IM, 100 IM
 - b. 150-200 yards - swim down

Into April, and nearing the Nationals, I'll add intervals, and hold them as best I can:

- 1) 500 yards - warmup, picking up the last 150

- 2) 5 x 100 - pace with 10 seconds rest

- 3) 5 x 100 - as above, alternating back, fly, IM

- 4) 300-500 kick with flippers, alternating free, back and fly.

- 5) 5 x 50 - build, medium to all-out.

- 6) 150-200 warmdown. (I find double-arm back-stroke very relaxing for a couple of laps).

When I feel pain, or weariness in my shoulders, I'll either swim some easy distance, or take the day off. I always rest the day before a meet.

In and Out of the Water

News about VMST Swimmers

-Charlene and Ron Magee both won their age group in the recent Sandman Triathlon in Virginia Beach. They are going to Australia in November for the World Championships. Both have qualified to compete!

-Perry Lange was the open winner at the Sandman Triathlon. Score one for the older (40+) guys.

-Carl Russ won his age group at the Lake Canadagie (NY) 2-mile swim. Not bad for someone who had surgery on both shoulders about 2 years ago

-Heather Stevenson, former newsletter editor, reported in on her current activities. She spent the summer in DC in an internship at EPA as a law clerk. She has completed her first year of law school and enjoyed everything but the lack of time to workout. Heather and Chris went to Lake Tahoe for vacation. She reports that they swam at the local high school (altitude of 6200 feet) and well as in Lake Tahoe (very cold).

-Mike Slowey, where are you? Mike got out of the Navy, but I don't know where he has moved.

-Terry Sue Gault did a wonderful job planning and organizing the Fall Weekend. Best of all, she has agreed to be in charge again next year!

October Birthdays

* denotes "aging up"

Bob Aitcheson	Charles Tn, WV	10/16/46	51
Eileen Amesbury	Richmond	10/15/50	47
Michael Armstrong	Richmond	10/09/62	35*
Mary Aton	Montclair	10/02/30	67
Barbara Bishop	Va Beach	10/01/62	35*
Dwayne Chalmers	Manassas	10/27/70	27
Harry DeLong	Manassas	10/02/43	54
Mike Dunmire	Richmond	10/29/52	45*
John Ferrell	Richmond	10/07/53	44
Scott Finney	Harrisonburg	10/01/75	22
Terry Gault	Midlothian	10/13/50	47
Robert Hatcher	Roanoke	10/12/62	35*
Kenneth Kirkham	Lexington	10/14/53	44
Michael Kontos	Glen Allen	10/15/60	37
Jerrold Negin	Manassas	10/14/42	44*
Jay Odor	Richmond	10/20/67	30*
Sharon Popson	Va Beach	10/08/59	38
Deborah Reed	Richmond	10/22/69	28
Betty Reynolds	Vinton	10/15/54	43
James Reynolds	Vinton	10/07/52	45*
Corey Riordan	Xenia, OH	10/07/77	20
Patrick Ryan	Richmond	10/24/58	39
George Schell	Va Beach	10/10/36	61
Carole Sease	Roanoke	10/19/47	50*
Mike Slowey	Va Beach	10/26/57	40*
Julia Smith	Richmond	10/22/68	29
Chris Stevenson	Richmond	10/04/64	33
Heather Stevenson	Richmond	10/15/59	38
Vera Suit	Forest	10/01/32	65*
John Tudor	Huntington, WV	10/15/57	40*
Val Van Horn Pate	Richmond	10/05/62	35*
Chuck Zimmerman	Hampton	10/11/38	59

A Note From the President

Beth Waters, VMST President

Please plan to attend the annual Fall VMST meet and team meeting on Saturday, November 8. All VMST members may participate and vote in the meeting. This is an election year - we will be electing officers: President, Vice President, Secretary, and Treasurer.

There are some VMST towels for sale. They have a white background with a purple VMST logo. The price is \$20.00. They will be available at the meet.

I look forward to seeing you there. As a reminder, the entry deadline is November 1. Deck entries will be accepted as space permits.

Convention continued from page 1.

opportunity to think and brainstorm about the future of USMS. Dave does an excellent job as facilitator.

***Betsy Durrant**, Chairman of the Ad Hoc Committee on Business Manager. This committee was a subcommittee of Planning. The purpose was to investigate the need for an Executive Director or a Business Manager for USMS. This was an election year for USMS officers and Betsy was elected USMS Secretary.

***Rhea Wilkins**, member of the Ad Hoc Safety Education Committee. Rhea is now living in the Raleigh, NC area, but has maintained her registration with Virginia.

***Linda McCowan**, delegate from Ohio and member of the Marketing Committee. It's hard to remember that Linda is representing another LMSC.

Committee meetings started each day at 8:30 each morning and generally ran until 4:00 in the afternoon. Many committees, however, had to schedule additional morning or evening meetings as new business came up. Morning workouts were held Thursday, Friday, and Saturday. Bus transportation left the hotel at 5:30 am and again at 6:30 am. Of course, various social events are included each evening.

The House of Delegates meeting was on Saturday. Since all business was completed on Saturday, no meetings were held on Sunday. There was a 1.5 mile Open Water Swim at 7:15 am on Sunday in San Francisco bay.

The 1998 USMS Convention will be in Cincinnati, Ohio. Since this is reasonably close, perhaps more representatives from Virginia will be able to attend.

LMSC FOR VIRGINIA

VMST Chinn Aquatics Invitational
Woodbridge, VA - Sept 14, 1997

Event Results for Timed Finals

Event 1 Male 500 Free

PL	Meet ID	Name	Age Team	Finals
--- Ages 30 Through 34 ---				
1	1030	LANE, MICHAEL	30 MARY	5:46.59
--- Ages 35 Through 39 ---				
1	1008	HEIL, JOSEPH	38 UNAT	5:28.04
2	1044	RAINER, MICHAEL	37 VMST	6:28.50
--- Ages 40 Through 44 ---				
1	1039	DENES, THOMAS	40 ANCM	DQ
--- Ages 55 Through 59 ---				
1	1012	MOYLAN, ED	55 VMST	8:19.84

Event 2 Female 500 Free

PL	Meet ID	Name	Age Team	Finals
--- Ages 19 Through 24 ---				
1	1037	DONALDSON, JENNINE	20 VMST	6:42.57
--- Ages 30 Through 34 ---				
1	1011	KAUFMANN, KAREN	33 VMST	7:31.98
2	1046	MARTINEZ, IVONNE	33 DCAC	NS
--- Ages 35 Through 39 ---				
1	1005	SITES, LORRAINE	35 VMST	6:00.75
--- Ages 45 Through 49 ---				
1	1026	DELONG, DEE	47 VMST	8:11.97

Event 3 Male 100 Fly

PL	Meet ID	Name	Age Team	Finals
--- Ages 25 Through 29 ---				
1	1023	RODDIN, JEFFREY	28 ANCM	55.11
--- Ages 30 Through 34 ---				
1	1018	MC GROARTY, P.	34 TRIM	1:11.01
--- Ages 40 Through 44 ---				
1	1036	FEINSTEIN, JOHN	42 ANCM	1:00.47
2	1039	DENES, THOMAS	40 ANCM	1:00.94
--- Ages 45 Through 49 ---				
1	1020	WILSON, DOUG	46 DCAC	1:04.21
2	1038	MILLER, JIM	47 VMST	1:15.45

Event 4 Female 100 Fly

PL	Meet ID	Name	Age Team	Finals
--- Ages 25 Through 29 ---				
1	1051	HAIDET, NATALIE	29 UNAT	1:09.59
--- Ages 35 Through 39 ---				
1	1015	BATES, PENNY	36 AVST	1:09.38

Event 5 Male 50 Back

PL	Meet ID	Name	Age Team	Finals
--- Ages 25 Through 29 ---				
1	1032	MCNEAR, DAVID	29 DCAC	27.36
--- Ages 35 Through 39 ---				
1	1003	FELL, MICHAEL	39 UNAT	26.99
--- Ages 40 Through 44 ---				
1	1036	FEINSTEIN, JOHN	42 ANCM	31.77
--- Ages 65 Through 69 ---				
1	1009	SULLIVAN, FORREST	67 VMST	38.84

Event 6 Female 50 Back

PL	Meet ID	Name	Age Team	Finals
--- Ages 19 Through 24 ---				
1	1037	DONALDSON, JENNINE	20 VMST	36.13
--- Ages 30 Through 34 ---				
1	1022	SMITH, NORIE	32 UNAT	38.77
2	1013	MORRIN, DEBORAH	34 TERR	41.60
3	1049	GENARI, JANET	31 VMST	55.03

Event 7 Male 100 Free

PL	Meet ID	Name	Age Team	Finals
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--- Ages 19 Through 24 ---

1	1017	BALDWIN, CRAIG	23 VMST	52.75
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--- Ages 25 Through 29 ---

1	1047	DEWING, CRAIG	27 MARY	51.93
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--- Ages 30 Through 34 ---

1	1030	LANE, MICHAEL	30 MARY	55.73
2	1002	KAUFMAN, JOSEPH	30 DCAC	57.34

--- Ages 35 Through 39 ---

1	1019	HEUCHLING, G.	37 DCAC	52.72
2	1043	SARIDAKIS, DEAN	35 UNAT	53.79
3	1024	WHITE, SCOTT	37 VMST	1:17.88
-	1055	BURCIN, BILL	39 VMST	NS
-	1031	JOLLES, STEVEN	39 ANCM	NS

--- Ages 40 Through 44 ---

1	1021	MARKEY, JACK	44 DCAC	59.79
2	1048	ENGLERIGHT, JAMES	42 UNAT	1:03.84

--- Ages 50 Through 54 ---

1	1001	BROWN, GEORGE	50 VMST	56.74
2	1006	KOZLOFF, LOUIS	53 ANCM	1:00.38
3	1010	SLAUGH, JAMES	52 VMST	1:05.85
-	1025	DELONG, HARRY	53 VMST	NS

--- Ages 55 Through 59 ---

-	1012	MOYLAN, ED	55 VMST	NS
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Event 8 Female 100 Free

PL	Meet ID	Name	Age Team	Finals
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--- Ages 19 Through 24 ---

1	1045	ROBERTSON, TARA	20 DCAC	1:06.73
2	1027	NIGHTENGALE, SARAH	20 VMST	1:14.18

--- Ages 25 Through 29 ---

1	1040	KAUFFMAN, DORI	28 FXCM	56.27
2	1051	HAIDET, NATALIE	29 UNAT	1:02.95
3	1042	MULLEN, JULIE	29 UNAT	1:06.32
4	1050	MILLER, TRACI	27 TRIM	1:10.54
5	1014	SHAFI, ATOSSA	27 UNAT	1:29.60

--- Ages 30 Through 34 ---

1	1046	MARTINEZ, IVONNE	33 DCAC	1:33.81
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Event 9 Male 200 Breast

PL	Meet ID	Name	Age Team	Finals
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--- Ages 19 Through 24 ---

1	1017	BALDWIN, CRAIG	23 VMST	2:32.48
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Event 10 Female 200 Breast

PL	Meet ID	Name	Age Team	Finals
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--- Ages 30 Through 34 ---

1	1016	WAGGONER, KATHY	30 FXCM	2:41.61
2	1013	MORRIN, DEBORAH	34 TERR	3:04.65

--- Ages 35 Through 39 ---

1	1015	BATES, PENNY	36 AVST	2:51.26
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Event 11 Male 50 Free

PL	Meet ID	Name	Age Team	Finals
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--- Ages 19 Through 24 ---

1	1017	BALDWIN, CRAIG	23 VMST	24.98
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--- Ages 25 Through 29 ---

1	1047	DEWING, CRAIG	27 MARY	23.74
2	1032	MCNEAR, DAVID	29 DCAC	24.48

--- Ages 30 Through 34 ---

1	1002	KAUFMAN, JOSEPH	30 DCAC	25.93
-	1018	MC GROARTY, P.	34 TRIM	NS

--- Ages 35 Through 39 ---

1	1003	FELL, MICHAEL	35 UNAT	23.30
2	1019	HEUCHLING, G.	37 DCAC	24.08
3	1043	SARIDAKIS, DEAN	35 UNAT	26.76
4	1044	RAINER, MICHAEL	37 VMST	28.31
5	1024	WHITE, SCOTT	37 VMST	33.48
-	1031	JOLLES, STEVEN	39 ANCM	NS
-	1055	BURCIN, BILL	39 VMST	NS

--- Ages 40 Through 44 ---

1	1036	FEINSTEIN, JOHN	42 ANCM	25.78
2	1033	WHITTERS, ROBERT	44 AVST	25.80
3	1021	MARKEY, JACK	44 DCAC	27.24
4	1048	ENGLERIGHT, JAMES	42 UNAT	28.58

--- Ages 45 Through 49 ---

1	1038	MILLER, JIM	47 VMST	26.80
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--- Ages 50 Through 54 ---

1	1001	BROWN, GEORGE	50 VMST	25.73
2	1006	KOZLOFF, LOUIS	53 ANCM	27.00
3	1010	SLAUGH, JAMES	52 VMST	30.42

--- Ages 55 Through 59 ---

1	1012	MOYLAN, ED	55 VMST	36.19
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--- Ages 60 Through 64 ---

1	1028	MURPHY, GEORGE	60 VMST	28.85
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Event 12 Female 50 Free

PL	Meet ID	Name	Age Team	Finals
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--- Ages 19 Through 24 ---

1	1045	ROBERTSON, TARA	20 DCAC	31.17
2	1027	NIGHTENGALE, SARAH	20 VMST	33.97

--- Ages 25 Through 29 ---

1	1052	BONNER, JEANNE	25 VMST	25.28
2	1040	KAUFFMAN, DORI	28 FXCM	25.32
3	1042	MULLEN, JULIE	29 UNAT	30.12
4	1014	SHAFI, ATOSSA	27 UNAT	40.93

--- Ages 30 Through 34 ---

1	1022	SMITH, NORIE	32 UNAT	31.17
2	1011	KAMMANT, MAREN	32 UNAT	33.19

--- Ages 35 Through 39 ---
 1 1007 BLEISTEIN, SUSAN 39 VMST 40.38

Event 13 Male 200 IM

PL	Meet ID	Name	Age Team	Finals
--- Ages 19 Through 24 ---				
1	1041	BADINGER, CRAIG	23 DCAC	2:26.56
--- Ages 25 Through 29 ---				
1	1023	RODDIN, JEFFREY	28 ANCM	2:04.59

Event 14 Female 200 IM

PL	Meet ID	Name	Age Team	Finals
--- Ages 19 Through 24 ---				
1	1037	DONALDSON, JENNINE	20 VMST	2:50.40
--- Ages 25 Through 29 ---				
1	1051	HAIDET, NATALIE	29 UNAT	2:37.86
--- Ages 30 Through 34 ---				
1	1046	MARTINEZ, IVONNE	33 DCAC	4:00.07
--- Ages 35 Through 39 ---				
1	1005	SITES, LORRAINE	35 VMST	2:29.03
2	1015	BATES, PENNY	36 AVST	2:29.18

Event 15 Male 100 Breast

PL	Meet ID	Name	Age Team	Finals
--- Ages 19 Through 24 ---				
1	1017	BALDWIN, CRAIG	23 VMST	1:07.19
2	1041	BADINGER, CRAIG	23 DCAC	1:19.97
--- Ages 25 Through 29 ---				
1	1047	DEWING, CRAIG	27 MARY	1:05.86
--- Ages 30 Through 34 ---				
1	1034	DICKS, WALLY	34 ANCM	59.75
2	1002	KAUFMAN, JOSEPH	30 DCAC	1:14.15

--- Ages 35 Through 39 ---
 1 1043 SARIDAKIS, DEAN 35 UNAT 1:16.29
 - 1024 WHITE, SCOTT 37 VMST DQ

--- Ages 40 Through 44 ---
 - 1054 DUNBAR, DAVID 40 UNAT NS

--- Ages 45 Through 49 ---
 1 1035 HADDAN, BARRY 45 DCAC 1:19.97

--- Ages 50 Through 54 ---
 1 1001 BROWN, GEORGE 50 VMST 1:12.62

Event 16 Female 100 Breast

PL	Meet ID	Name	Age Team	Finals
--- Ages 25 Through 29 ---				
1	1014	SHAFI, ATOSSA	27 UNAT	1:39.81
--- Ages 30 Through 34 ---				
1	1016	WAGGONER, KATHY	30 FXCM	1:13.98
2	1013	MORRIN, DEBORAH	34 TERR	1:27.28
--- Ages 35 Through 39 ---				
-	1004	WATERS, BETH	39 VMST	NS
--- Ages 40 Through 44 ---				
1	1029	KELLY, SUSAN	42 VMST	1:31.35
--- Ages 45 Through 49 ---				
1	1026	DELONG, DEE	47 VMST	1:39.72

Event 17 Male 200 R-Medley

PL	Meet ID	Name	Team	Finals
--- Ages 19 Through 24 ---				
-	3012	DCAC D M-19	DCAC	DQ
--- Ages 25 Through 29 ---				
		MCNEAR, DAVID-29	BADINGER, CRAIG-23	
		KAUFMAN, JOSEPH-30	HEUCHLING, GEOFFREY-37	
--- Ages 30 Through 34 ---				
1	1011	ANCM B M-25	ANCM	1:48.92
		RODDIN, JEFFREY-28	DICKS, WALLY-34	
		FEINSTEIN, JOHN-42	KOZLOFF, LOUIS-53	

Event 19 Male 100 Back

PL	Meet ID	Name	Age Team	Finals
--- Ages 25 Through 29 ---				
1	1032	MCNEAR, DAVID	29 DCAC	1:01.95
--- Ages 30 Through 34 ---				
1	1053	MORETTO, STEPHEN	31 UNAT	1:04.65
2	1030	LANE, MICHAEL	30 MARY	1:04.78
--- Ages 35 Through 39 ---				
-	1055	BURCIN, BILL	39 VMST	NS
--- Ages 40 Through 44 ---				
1	1039	DENES, THOMAS	40 ANCM	1:09.49
2	1036	FEINSTEIN, JOHN	42 ANCM	1:10.06
--- Ages 45 Through 49 ---				
1	1038	MILLER, JIM	47 VMST	1:13.19
--- Ages 50 Through 54 ---				
-	1025	DELONG, HARRY	53 VMST	NS
--- Ages 65 Through 69 ---				
1	1009	SULLIVAN, FORREST	67 VMST	1:29.53

Event 20 Female 100 Back

PL	Meet ID	Name	Age Team	Finals
--- Ages 19 Through 24 ---				
1	1037	DONALDSON, JENNINE	20 VMST	1:16.54
--- Ages 30 Through 34 ---				
1	1013	MORRIN, DEBORAH	34 TERR	1:29.40
--- Ages 35 Through 39 ---				
1	1015	BATES, PENNY	36 AVST	1:13.70

Event 21 Male 200 Free

PL	Meet ID	Name	Age Team	Finals
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--- Ages 19 Through 24 ---

1	1017	BALDWIN, CRAIG	23 VMST	1:59.57
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--- Ages 25 Through 29 ---

1	1047	DEWING, CRAIG	27 MARY	2:23.20
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--- Ages 30 Through 34 ---

1	1030	LANE, MICHAEL	30 MARY	2:09.35
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--- Ages 35 Through 39 ---

1	1019	HEUCHLING, G.	37 DCAC	1:59.75
2	1008	HEIL, JOSEPH	38 UNAT	2:01.10
-	1031	JOLLES, STEVEN	39 ANCM	NS

--- Ages 50 Through 54 ---

1	1001	BROWN, GEORGE	50 VMST	2:07.46
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Event 22 Female 200 Free

PL	Meet ID	Name	Age Team	Finals
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--- Ages 30 Through 34 ---

1	1011	KAUFMANN, KAREN	33 VMST	2:49.55
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Event 23 Male 50 Fly

PL	Meet ID	Name	Age Team	Finals
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--- Ages 25 Through 29 ---

1	1023	RODDIN, JEFFREY	28 ANCM	24.15
2	1032	MCNEAR, DAVID	29 DCAC	27.09

--- Ages 30 Through 34 ---

1	1002	KAUFMAN, JOSEPH	30 DCAC	27.68
-	1018	MC GROARTY, P.	34 TRIM	NS

--- Ages 35 Through 39 ---

1	1044	RAINER, MICHAEL	37 VMST	31.89
-	1031	JOLLES, STEVEN	39 ANCM	NS

--- Ages 40 Through 44 ---

1	1039	DENES, THOMAS	40 ANCM	28.14
2	1033	WHITTERS, ROBERT	44 AVST	28.93
3	1048	ENGLERIGHT, JAMES	42 UNAT	34.15
-	1036	FEINSTEIN, JOHN	42 ANCM	DQ

--- Ages 45 Through 49 ---

1	1020	WILSON, DOUG	46 DCAC	29.70
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--- Ages 50 Through 54 ---

1	1006	KOZLOFF, LOUIS	53 ANCM	31.35
2	1010	SLAUGH, JAMES	52 VMST	34.99

--- Ages 55 Through 59 ---

1	1012	MOYLAN, ED	55 VMST	44.75
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--- Ages 60 Through 64 ---

1	1028	MURPHY, GEORGE	60 VMST	33.32
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--- Ages 65 Through 69 ---

1	1009	SULLIVAN, FORREST	67 VMST	39.28
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Event 24 Female 50 Fly

PL	Meet ID	Name	Age Team	Finals
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--- Ages 19 Through 24 ---

1	1045	ROBERTSON, TARA	20 DCAC	33.96
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--- Ages 25 Through 29 ---

1	1040	KAUFFMAN, DORI	28 VMST	28.73
2	1051	HAIDET, NATALIE	29 UNAT	32.86
3	1050	MILLER, TRACI	27 TRIM	36.49

--- Ages 30 Through 34 ---

1	1022	SMITH, NORIE	32 UNAT	34.70
1	1046	MARTINEZ, IVONNE	33 DCAC	49.16

--- Ages 35 Through 39 ---

-	1007	BLEISTEIN, SUSAN	39 VMST	NS
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--- Ages 40 Through 44 ---

1	1029	KELLY, SUSAN	42 VMST	41.31
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Event 25 Male 100 IM

PL	Meet ID	Name	Age Team	Finals
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--- Ages 19 Through 24 ---

1	1041	BADINGER, CRAIG	23 DCAC	1:06.10
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--- Ages 30 Through 34 ---

1	1053	MORETTO, STEPHEN	31 UNAT	1:06.82
-	1034	DICKS, WALLY	34 ANCM	NS

--- Ages 35 Through 39 ---

1	1003	FELL, MICHAEL	35 UNAT	1:00.19
2	1043	SARIDAKIS, DEAN	35 UNAT	1:07.61
3	1044	RAINER, MICHAEL	37 VMST	1:13.14

--- Ages 40 Through 44 ---

1	1048	ENGLERIGHT, JAMES	42 UNAT	1:16.68
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--- Ages 45 Through 49 ---

1	1038	MILLER, JIM	47 VMST	1:12.09
2	1035	HADDAN, BARRY	45 DCAC	1:16.59

--- Ages 50 Through 54 ---

1	1006	KOZLOFF, LOUIS	53 ANCM	1:15.62
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--- Ages 65 Through 69 ---

1	1009	SULLIVAN, FORREST	67 VMST	1:30.97
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Event 26 Female 100 IM

PL	Meet ID	Name	Age Team	Finals
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--- Ages 19 Through 24 ---

1	1037	DONALDSON, JENNINE	20 VMST	1:19.14
---	------	--------------------	---------	---------

--- Ages 25 Through 29 ---

1	1040	KAUFFMAN, DORI	28 FXCM	1:09.50
2	1014	SHAFI, ATOSSA	27 UNAT	1:41.09

--- Ages 30 Through 34 ---

-	1022	SMITH, NORIE	32 UNAT	DQ
-	1016	WAGGONER, KATHY	30 FXCM	NS

--- Ages 35 Through 39 ---

1	1005	SITES, LORRAINE	35 VMST	1:10.29
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Event 27 Male 50 Breast

PL	Meet ID	Name	Age Team	Finals
--- Ages 19 Through 24 ---				
1	1041	BADINGER, CRAIG	23 DCAC	32.76
--- Ages 25 Through 29 ---				
1	1047	DEWING, CRAIG	27 MARY	30.02
--- Ages 30 Through 34 ---				
1	1034	DICKS, WALLY	34 ANCM	27.28
2	1030	LANE, MICHAEL	30 MARY	30.18
--- Ages 35 Through 39 ---				
1	1043	SARIDAKIS, DEAN	35 UNAT	33.99
2	1024	WHITE, SCOTT	37 VMST	42.90
--- Ages 40 Through 44 ---				
1	1021	MARKEY, JACK	44 DCAC	34.47
2	1054	DUNBAR, DAVID	40 UNAT	35.02
3	1048	ENGLERIGHT, JAMES	42 UNAT	38.98
--- Ages 45 Through 49 ---				
1	1035	HADDAN, BARRY	45 DCAC	37.49
--- Ages 50 Through 54 ---				
1	1001	BROWN, GEORGE	50 VMST	32.95
--- Ages 60 Through 64 ---				
1	1028	MURPHY, GEORGE	60 VMST	38.65

Event 28 Female 50 Breast

PL	Meet ID	Name	Age Team	Finals
--- Ages 25 Through 29 ---				
1	1052	BONNER, JEANNE	25 VMST	33.05
2	1014	SHAPA, ATOSSA	27 UNAT	46.20
--- Ages 30 Through 34 ---				
1	1016	WAGGONER, KATHY	30 FXCM	33.37
2	1022	SMITH, NORIE	32 UNAT	39.71
3	1013	MORRIN, DEBORAH	34 TERR	40.85

--- Ages 40 Through 44 ---

1 1029 KELLY, SUSAN 42 VMST 41.64

--- Ages 45 Through 49 ---

1 1026 DELONG, DEE 47 VMST 44.91

Event 29 Male 200 Fly

PL	Meet ID	Name	Age Team	Finals
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--- Ages 30 Through 34 ---

1 1018 MC GROARTY, P. 34 TRIM NS

--- Ages 40 Through 44 ---

1 1014 DENES, THOMAS 40 ANCM 2:20.80

Event 30 Female 200 Fly

PL	Meet ID	Name	Age Team	Finals
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--- Ages 35 Through 39 ---

1 1015 BATES, PENNY 36 AVST 2:34.46

Event 33 Male 200 R-Free

PL	Meet ID	Name	Team	Finals
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--- Ages 25 Through 34 ---

1	3009	ANCM A M-25	ANCM	1:42.49
		DENES, THOMAS-40	KOZLOFF, LOUIS-53	
		FEINSTEIN, JOHN-42	RODDIN, JEFFREY-28	

--- Ages 35 Through 44 ---

1	1010	DCAC C M-35	DCAC	1:48.49
		MARKEY, JACK-44	HADDAN, BARRY-45	
		WILSON, DOUG-46	HEUCHLING, GEOFFREY-37	

Event 35 Mixed 200 R-Free

PL	Meet ID	Name	Team	Finals
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--- Mixed Ages 19 Through 24 ---

1	3001	VMST A X-19	VMST	1:54.27
		BONNER, JEANNE-25F	MURPHY, GEORGE-60M	
		SULLIVAN, FORREST-67M	BALDWIN, CRAIG-23M	
2	3004	DCAC A X-19	DCAC	2:06.77

		MCNEAR, DAVID-29M	MARTINEZ, IVONNE-33F	
		BADINGER, CRAIG-23M	ROBERTSON, TARA-20F	
3	3002	VMST B X-19	VMST	2:22.94
		DONALDSON, JENNINE-20F	BLEISTEIN, SUSAN-39F	
		GENARI, JANET-31F	RAINER, MICHAEL-37M	

--- Mixed Ages 25 Through 34 ---

-	3003	VMST C X-25	VMST	DQ
		MILLER, JIM-47M	SITES, LORRAINE-35F	
		KAUFMANN, KAREN-33F	BROWN, GEORGE-50M	

Event 36 Mixed 200 R-Medley

PL	Meet ID	Name	Team	Finals
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--- Mixed Ages 19 Through 24 ---

1	3006	VMST D X-19	VMST	2:14.02
		SULLIVAN, FORREST-67M	BALDWIN, CRAIG-23M	
		MURPHY, GEORGE-60M	BONNER, JEANNE-25F	
2	3005	DCAC B X-19	DCAC	2:27.94
		WILSON, DOUG-46M	MARKEY, JACK-44M	
		MARTINEZ, IVONNE-33F	ROBERTSON, TARA-20F	
3	3008	VMST F X-19	VMST	2:32.53
		DONALDSON, JENNINE-20F	NIGHTENGAL, SARAH-20F	
		MOYLAN, ED-55M	RAINER, MICHAEL-37M	

--- Mixed Ages 25 Through 34 ---

1	3007	VMST E X-25	VMST	2:10.89
		MILLER, JIM-47M	BROWN, GEORGE-50M	
		SITES, LORRAINE-35F	KAUFMANN, KAREN-33F	

**VIRGINIA MASTERS SWIM TEAM
18TH ANNUAL FALL SWIM MEET
SATURDAY, NOVEMBER 8, 1997**



Location: Norfolk Academy, Norfolk, VA

Facility: Eight lane, 25 yard pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-up and cool down.

Directions: From I-64, take the Northampton Blvd exit - North. The first stop light is Wesleyan Drive (Lake Wright Motel is on the left). Turn right on Wesleyan Drive. The entrance to Norfolk Academy is the first right. On campus, bear to your right as far as you can go. Park in front of the gymnasium or next to the outdoor pool. The indoor pool (Vaughn Aquatic Center) is a 2 story building behind the gym. Enter from the courtyard.

Sanctioned by: USMS, INC and LMSC for VIRGINIA - Sanction #128-0001.

Meet Directors: Forrest Sullivan and Betsy Durrant

Eligibility: The standard Masters age groups 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 or be prepared to register with LMSC for Virginia on the day of the meet. USMS registration (through LMSC for VA) is \$21 and will be available at the pool for deck entries or new swimmers. Do not mail your registration to Craig Campesi or Mike Duignan before the meet. There will not be time to get your card back. Bring your registration to the meet; make a separate check for registration. Do not include the registration amount in the meet entry. All new registrations will be good for all of 1998.

ORDER OF EVENTS. Warm-up starts at 11:00 am. First heat begins at 12:00 noon.

- | | |
|--|--|
| (1) 100 yd Butterfly | (10) 200 yd Breaststroke |
| (2) 200 yd Freestyle | (11) 50 yd Butterfly |
| (3) 100 yd Individual Medley | (12) 100 yd Freestyle |
| (4) 100 yd Backstroke | (13) 50 yd Backstroke |
| (5) 50 yd Freestyle | (14) 200 yd Individual Medley |
| (6) 100 yd Breaststroke | (15) 50 yd Breaststroke |
| (7) 400 yd Individual Medley (2 heats only) ** | (16) 500 yd Freestyle |
| (8) 200 yd Butterfly | (17) 1000 yd Freestyle (2 heats only) ** |
| (9) 200 yd Backstroke | |

** There will be only 2 heats of the 400 IM and the 1000 free.
The first 12 who enter!

Entries: \$3.00 per event for pre-entries. \$1.00 surcharge for computer results. Late entries and deck entries will be accepted at a cost of \$5.00 per event. Late and deck entries will be accepted to fill heats; if time permits, new heats will be created. Swimmers may enter a total of 5 events.

Entry Deadline: Pre-entries must be received by Saturday, November 1.

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone. Swimmers will be seeded according to times; heats will run slowest to fastest. Swimmers will be expected to cooperate with the Safety Marshall who will monitor warmup. No diving during warm-up except in designated lanes.

Awards: Medals for 1st through 3rd places in each event for each age group. Ribbons for fourth through sixth places.

Social: A social for all swimmers, families, and friends will be held immediately after the meet (\$5 per pers)
Directions will be available at check-in.

******* ENTRIES ARE DUE BY NOVEMBER 1! *******

Age (on Nov 8): _____ 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.

Swimmer's signature: _____ Date: _____

<i>Evt #</i>	<i>Seed Time</i>	<i>Event</i>	<i>Evt#</i>	<i>Seed Time</i>	<i>Event</i>
(1)	_____	100 yd Fly	(11)	_____	50 yd Fly
(2)	_____	200 yd Free	(12)	_____	100 yd Free
(3)	_____	100 yd IM	(13)	_____	50 yd Back
(4)	_____	100 yd Back	(14)	_____	200 yd IM
(5)	_____	50 yd Free	(15)	_____	50 yd Breast
(6)	_____	100 yd Breast	(16)	_____	500 yd Free
(7)	_____	400 yd IM **	(17)	_____	1000 yd Free **
(8)	_____	200 yd Fly	**Two heats only in the 400 IM and 1000 free - just 12 entries! Alternate Event if 400 IM or 1000 Free is full: Event # _____, Seed Time _____		
(9)	_____	200 yd Back			
(10)	_____	200 yd Breast			

Number of Events _____ x \$ _____ (\$3 for Pre, \$5 for Late or Deck) = \$ _____
 Number attending social _____ x \$5 = \$ _____
 \$1 Surcharge for computer operator = \$ 1.00
 Total Amount Enclosed = \$ _____

Make checks payable to: VMST. Attach a copy of your registration card. Be sure you have signed the waiver. Mail to: James Wolfle, 509 East Rock Street, Harrisonburg, VA 22801. For questions, phone Betsy Durrant at 757-422-6811. No calls after 9:00 pm, please.

Virginia Masters Swim Team Newsletter
Betsy Durrant
211 66th Street
Virginia Beach, VA 23451

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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
Fredericksburg/Stafford Area: *Rappahannock Area YMCA, 212 Butler Rd, Amy Smith or Paul Wiesner, (540) 371-9622
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 (757) 827-0420.
Norfolk: *YMCA (757) 622-9622; *ODU (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.
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, 460-7540, Kempsville, 474-8492,
Bow Creek 431-3765.
Williamsburg: *James City Co Rec Center, Longhill Rd, 220-4700.
West Virginia: *Concord, Tim Mainland (304) 384-7473