

LMSC FOR VIRGINIA

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

Web sites: www.serv.com/LMSC_for_VA and www.usms.org

1997 USMS Convention

Forrest Sullivan and Craig Campesi were our LMSC delegates at this year's convention in Burlingame, California. Also attending from our LMSC were Jim Miller (finishing up 4 years as USMS Vice President), Jeanne Crouse (USMS Legal Counsel), Nancy Miller (Planning Committee Chairman), Betsy Durrant, and Rhea Wilkins.

General meetings began Wednesday evening, with a forum presented by Nancy Miller and the Planning Committee. This session was facilitated by VMST member David Hefner of Richmond; the purpose of this forum was to prioritize issues.

Coached workouts were arranged for Thursday,

Friday and Saturday mornings. This year there were two workouts due to limited pool space. The bus left the hotel at 5:30 am for the first workout and at 6:30

More about specific committees on page 4.

pm for the second. As you might expect, the turnout for workouts gets smaller each morning.

Thursday and Friday were devoted to committee meetings, with 3 or 4 committees meeting at the same time for 2-3 hours. Meetings began at 8:30 am and finished up sometime between 4 and 6 pm.

On Thursday evening there was a reception hosted by the Insurance Company who carries the policy for USMS and USS. This is the first opportunity for all of the aquatic sports to participate in an activity together. US Swimming, US Diving, Water Polo, and Synchronized Swimming are meeting at the same time that USMS is meeting. Some sports begin their convention on Monday.

After the reception there was a "Meet the Candidates" forum. This was an election year for USMS and delegates had a chance to ask candidates

questions. This was the first time that this opportunity has been available and many delegates attended.

Friday's schedule included more meetings, with Zone Meetings in the afternoon. Our zone, Colonies, includes LMSCs from Maine to Virginia. Lynn Hazlewood, of Reston, was elected our new Zone Representative.

Friday evening was the first meeting of the House of Delegates. At this meeting, nominators and candidates gave speeches, followed by the election. New officers are:

President: Nancy Ridout - Pacific Masters

Vice President: Jack Geoghegan - Connecticut

Secretary: Betsy Durrant - Virginia

Treasurer: Jeanne Ensign - Pacific NW

In addition to the officers, the Executive Committee consists of:

Legal Counsel: Jeanne Crouse - Virginia

Past President: Mel Goldstein - Indiana

Zone Chairman: Hugh Moore - Pacific NW

At Friday night's meeting, sites for 1999 championships were determined.

Pacific Masters Swimming, the local LMSC, hosted a social after the House of Delegates on Friday. Transportation was provided to and from the hotel.

All day Saturday was devoted to the House of Delegates. Each committee reports and votes are taken on action items. Saturday evening is the banquet which all sports attend together.

See Convention on page 3.

Entry for February 14-15 meet in Richmond
is on pages 8-11.

POSTAL EVENTS

By December 15: Postal Pentathlon

Contact Wayde Mulhern, 570 - 96th Lane,
Blaine, MN 55432 . Entry in Sept/Oct issue of *SWIM*.
Wayde Mulhern@Unisys.com
www.mn-lmsc.org/pnthln.htm

January 1-31, 1998: One Hour Swim Champ.

Entry will be in Nov/Dec issue of *SWIM*.
Contact Joann Lelich, 7209 Hansford Ct, Springfield, VA 22151
(703) 354-2130.

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

Newsletter Editor: Betsy Durrant
211 66th Street
Virginia Beach, VA 23451
757-422-6811 (Phone or Fax)
DurrantB@aol.com

***** Roanoke and Fort Eustis are both planning a spring meet, but no definite date or entry is available at this time.***

MEET SCHEDULE

November 23: Gaithersburg, MD

Contact Linda Eckrich, 301-540-0158

February 14-15, 1998: Midlothian, VA

VMST meet. Entry is in this newsletter.

February 28-March 1: UMBC, Catonsville, MD

Contact: Barbara Protzman, 7919 Main Falls Circle,
Catonsville, MD 21228

April 4: Albatross Open

Contact: Tom Denes TDenes@worldnet.att.net

April 18-19: Raleigh, NC

Contact Sharen Barrell, 706 Kimbrogh St, Raleigh,
NC 27608

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*

LMSC OFFICERS

Chairman: Forrest Sullivan, 757-481-1998

sforrest@erols.com

Secretary: Joyce Mullins, 804-323-0483

mullpost@is.netcom.com

Treasurer: Bill Martin, 804-320-1432

bwoodfin@erols.com

Registrar: Craig Campesi, 703-791-5567

craig_campesi@email.msn.com

Records/Top Ten: James Wolfe, 540-574-2919

Wolfe@aol.com

Sanctions: Judy Martin, 757-340-7475

Fall Festival Wrap-Up

A note from Terry Sue ...

Dear Swimmers and Coaches,

I am finally sitting down to my computer to reflect on the Fall Festival weekend. If you didn't know, I coach volleyball at my high school and we play during the fall season. This is the main reason that I am so delinquent in getting to you folks. So sorry!

After working on the plans and format of the weekend for more than 3/4's of the year, I was very pleased with the registration and response. I knew that we had a great idea and there was a need to get interested swimmers and coaches together in hopes of promoting their local masters programs.

From the responses on the survey, I was not surprised that you learned a great deal from Kerry (*Kerry O'Brien, Walnut Creek, CA, coach who conducted the clinics*) and enjoyed his presentation. I feel that he was instrumental in carrying out the program. I was hoping that I would have time to participate in the sessions, but that did not happen. I now have a greater respect for those of you who sponsor and direct swim meets!

I was not real sure how it was all going to come together but the behind the scenes help was instrumental in the success of the weekend. Beth Waters was in charge of all the good food at the pool. What would we have done without all the HOT coffee, bagels, juice and fruit. Mary Beth Hannifer put together the registration packets and helped with your registration. Rob Stultzer was in charge of parking at the Millers' even though he was called out of town due to a death in the family. Nancy and Jim were so gracious in opening their home to us for the evening social. Boy, what a night! Hank Holswade took us out on the river with the help of his side kick, Alan Howell. Stephan the Magician ... where did the rabbit go? The kids enjoyed an unplanned visit to Will Fitzhugh's dad's farm to play with monkeys. Lang Meem supplied us with some great tunes to dance the night away. I

just want to thank all of these folks for their contribution to the weekend. Other back scene helpers to thank are Molly Dean, Val Nellen, and Hud Davis.

I learned a lot from the weekend and thanks to your suggestions we can only have a better Fall Festival next year. Hopefully, the pool's pump/heater system will be in running order if we plan to use the same facility.

I enjoyed seeing everyone and I am sorry if I did not get around to you personally to thank you for coming.

Fondly,
Terry Sue Gault

P.S. If you were suppose to get a coach's manual you should have received it by now. Let me know if you haven't (804-379-9099).

Convention from page 1.

While a lot of work is accomplished, it's not all business. After all, the delegates are all Masters swimmers! USMS provides a Hospitality Suite where you can always find refreshments and interesting people.

The 1998 USMS Convention will be in Cincinnati, Ohio.

Freestyle Drill

Kick 6 kicks on your right side, right arm extended, left arm at your side. Recover your left arm so that both arms are extended, kick 6 times. Pull with right arm so that you are on your left side - kick 6. Repeat 6 kicks with both arms extended, 6 on right side, 6 on stomach, 6 on left, etc. We did this as part of a set: 4 x [75 (fly back, breast), 75 (back, breast, free), 125 of this drill (with fins)].

More freestyle drills on page 4.

1997 Convention Committee Highlights

Championship. 1998 SC is in Indianapolis, May 7-10. 1998 LC is in Fort Lauderdale, August 20-23. This will be a 4 day format, but distance swimmers will be allowed to swim both the 1500 m and the 800 m events. 1998 championships will be in Santa Clara, CA (SC) and Minneapolis, MN (LC).

Planning. All swimmers are asked to call their Congressional Representative in support of House Bill 155, "The Masters Swimming Commemorative Stamp Act." This bill is sponsored by Representative Phil English of Pennsylvania.

Registration. Each LMSC should have a "30 Day Period Try Out Form." It should be the USMS waiver with a place for the swimmer to sign and date. Local workout groups that require USMS registration (YMCAs generally do not require USMS membership for workout groups), should send the signed form to the Registrar. Some LMSCs are finding that a swimmer may work out 30 days with one group, then move on to another workout group for 30 days. Only one 30 Day waiver will be allowed per swimmer.

The position of USMS Registrar will be open for bids in 1998, with interviews at the 1998 convention. The contract is for two years and in the past has been bid as an independent contractor with an amount per swimmer. An announcement will be made (in *SWIM* magazine and in this newsletter) when the bid packages are available.

Long Distance. 1999 Long Distance Championships were determined. Once again, the 2-Mile Cable Championship will be in Charlottesville.

Marketing. A one-year planner will be distributed by *SWIM* magazine in January. A Public Service Announcement has been prepared for distribution to LMSCs. Cable channels are required to air public

service announcements, so LMSCs should contact local stations about using the tape.

Officials. USS officials certification varies among the local organizations. Many, but not all, allow apprenticeships at USMS meets. This needs to be pursued at the local level.

The most common DQs are early takeoffs on relays, followed by false starts in individual events.

Records/Tabulation. To ensure that Top Ten listings are correct, swimmers must enter the meet using their name exactly as it is printed on the USMS registration card. Meet directors must print heat sheets and results using names as they appear on the registration card.

Top Ten lists are published three times a year (once for each course): September - SCY, December - LCM, April - SCM. Subscriptions are \$15 per year (3 issues) or \$30 for 2 years (6 issues). Single issues are available for \$7. Checks and orders should be sent to the national office.

Computer On-Line. This committee was established as a standing committee. The material available is constantly being updated. Check it out at: www.usms.org

Recognition and Awards. Nine people were awarded the USMS Service Award. This was the first year for this type of recognition. Forrest Sullivan and Betsy Durrant were two of the nine to receive this recognition.

More Freestyle Drills

1. "Wrist Drag" rather than "Finger Tip Drag". Penny Smith, coach at the Virginia Beach YMCA, says this forces your elbows up on the recovery.
2. Kick 6-8 kicks on your right side, right arm extended. Three complete strokes, stressing the roll, then 6-8 kicks on your left side, arm extended.

LMSC for Virginia Annual Meeting ***by Forrest Sullivan, Chairman***

The Annual Meeting of the LMSC for Virginia was held on Saturday, September 20, 1997, at the Riverside Wellness and Fitness Center. Following are the highlights of business transacted.

Registrar Craig Campesi made a motion to have the LMSC Registrar receive all registration forms directly, rather than being sent to the club treasurer first. This will facilitate an accelerated response in issuing registration cards. The motion was approved.

If any club in the LMSC has a special requirement, i.e. would like club dues included in the registration fee on the form, please contact Craig Campesi (703-791-5567).

Treasurer Bill Martin reported the LMSC has a balance of \$8,153.84 in the checking account. Bill made a motion to have some of the checking balance placed in an account to earn better interest. An Investment Committee was formed by appointing Bill Martin, Jim Miller, and Beth Waters to investigate the best investment vehicle.

Sanction Chairman Judy Martin reported that the past year has the busiest swimming year on record for the LMSC. There were 5 short course yard meets, 2 open water swims, 1 long course meters meet, and 1 short course meters meet. Meets are now being held at several different locations throughout the state, sparking an interest and to accommodate swimmers in numerous areas.

Top Ten/Records Chairman James Wolfle is the LMSC Web Master. Check out the LMSC website either from the USMS site: www.usms.org or by going directly: www.serv.com/LMSC_for_VA

LMSC elections are held in even numbered years, therefore a nominating committee was appointed. Mark Braiman will act as chairman and Nancy Miller and Betsy Durrant will assist. If you have nominations or are interested in running, contact one of the committee members.

Last but certainly not least was the Fall Festival. The event, chaired by Terry Gault, was an outstanding success with every detail covered. If you failed to attend, you missed one great happening. Over 80 swimmers and 20 coaches attended the clinic. This was the largest turnout for one of the USMS Coaches Mentor programs. The coaching was interesting, informative, and well presented. The party at Nancy and Jim Miller's home was unsurpassed and included all the ingredients - delicious food, magic, music with dancing. The party rounded out a memorable weekend.

Terry Sue said "Let's do it again next year." A motion was made and approved to conduct a similar occasion for next fall - plan to be there!

A "WELL DONE!!!" and "THANK YOU!!" to Terry Sue and all who helped organize the event. We all appreciate your great planning and hard work.

In and Out of the Water

Did you know that Ann Berquist started Masters swimming in 1972, with New England Masters? She was living in Durham, NH, then. Ann also was one of the organizers of Space Coast Masters in Florida. She now works part time in Marketing at Virginia's only race track in New Kent county.

Corey Riodan, a sophomore at Miami of Ohio University, made the swim team as a walk-on. Corey's aunt, Nancy Miller, encouraged him to join VMST for the Showdown in Fort Lauderdale last April. He continued to train through the summer and decided to try out for the college team. Way to go, Corey! He plans to be at SC Nationals in Indianapolis.

See In and Out on page 7.

Team/Club News

Academical Village Masters Swimmers (at UVA, Charlottesville)

Mark Braiman, (804) 296-2387

<http://scs.student.virginia.edu~swimclub>

Blacksburg Masters

Laurel Davis, (540) 953-2515

Concord (WV) C-Lions

Tim Mainland, (304) 384-7475

Old Dominion Masters

(at ODU, Norfolk)

(757) 683-6135

Valley Blues Masters (Staunton)

Diane Kent, (540) 885-6069

Virginia Masters Swim Team (statewide)

Beth Waters, (804) 744-8225

A Note from the VMST President

by Beth Waters

On behalf of VMST, I'd like to thank Terry Sue Gault for running the LMSC Mentor Clinic on September 21-22. All of the swimmers I talked with had a great time and learned a lot. We are glad you are planning on holding a clinic again next year!

Also, many thanks to Harry DeLong, Craig Campesi, and the swimmers who hosted their first VMST meet at Chinn Aquatic Center on Sunday, September 14. Approximately 70 swimmers participated. The facility was wonderful and the meet ran very smoothly!

Editor's Note: Beth will be stepping down as VMST President when elections are held after the meet on November 8. Beth has worked hard to support and help out at all VMST activities. She has been a great President. Many thanks, Beth!

November VMST Birthdays

** denotes "aging up"*

William Adams	Charlottesville	11/09/61	36
Susan Bleistein	Lorton	11/12/57	40*
Bill Burcin	Manassas	11/15/57	40*
Heidi Burnham	Va Beach	11/03/59	38
Barbara Charles	Va Beach	11/28/69	28
Charles Cockrell	Yorktown	11/01/68	29
Mary Coffey	Woodbridge	11/09/48	49
Hudnall Davis	Glen Allen	11/11/54	43
Rosemary Dawson	Lynchburg	11/20/45	52
Johnnie Detrick	Midlothian	11/09/35	62
Anne Ferris	Richmond	11/15/63	34
Linda Gulden	APO,AE	11/20/57	40*
Francis Hall	Va Beach	11/07/26	71
Dodge Havens	Richmond	11/09/52	45*
James Hickey	Richmond	11/02/39	58
Peter Houck	Lynchburg	11/02/38	59
Anne Irons	Lynchburg	11/13/33	64
Paula Jones	Hopewell	11/22/68	29
Shirley Loftus	Afton	11/08/51	46
Charlene Magee	Midlothian	11/20/41	56
Phyllis Murphy	Lynchburg	11/26/23	74
Leo Pilonen	Blacksburg	11/01/56	41
John Post	Charlottesville	11/11/47	50*
Kevin Richardson	Richmond	11/09/76	21
Jocelyn Ross	Richmond	11/30/55	42
Kathy Sheridan	McLean	11/07/47	50*
Steven Voller	Newport News	11/02/37	60
Laura Walker	Pungoteague	11/19/37	60*
Beth Waters	Chesterfield	11/27/57	40*

USMS SCY Top Ten

LMSC for Virginia had thirteen swimmers place in the national top ten for the short course yards season. Details of each person's swims can be found at our LMSC web site:

www.serve.com/LMSC_for_VA

Patty Powis, 35-39, 8-200 Breaststroke.

Lisa Bennett, 40-44, 1-50 Breaststroke, 4-100 and 200 Breaststroke, 8-100 IM.

Nancy Miller, 45-49, 8-200 Breaststroke.

Betsy Durrant, 55-59, 1-200 IM, 2-200 Backstroke and 200 Breaststroke, 3-100 Backstroke and 100 Breaststroke, 5-50 Backstroke and 50 Breaststroke, 6-200 Freestyle and 100 IM, 8-500 Freestyle.

Johnnie Detrick, 60-64, 2-50 Freestyle, 3-50 Breaststroke and 100 Breaststroke, 5-100 Freestyle, 6-200 Fly (WOW), 7-100 Fly, 8-200 IM, 9-1650 Freestyle, 10-100 IM.

James Woffle, 25-29, 9-1000 Freestyle, 10-200 Fly.

Darren Gorman, 25-29, 7-100 Breaststroke, 9-50 Breaststroke.

Chris Stevenson, 30-35, 5-100 Backstroke, 10-200 Backstroke.

David Malsbury, 35-39, 10-50 Backstroke.

Randolph Wise, 50-55, 8-50 Fly.

Forrest Sullivan, 65-69, 6-50 Backstroke, 10-100 Backstroke and 200 Backstroke.

Francis Hall, 70-74, 3-50 Freestyle, 5-50 Fly and 100 Fly, 7-100 IM.

Calvin Barnes, 70-74, 5-1650 Freestyle.

Roger Franks **Delaware Sports Hall of Fame**

Roger Franks of the Colonials 1776 Masters Swim Team was inducted into the Delaware Sports Hall of Fame. The Delaware Sports Hall of Fame honors Delaware athletes that have gained prominence at the national and international level in their respective sports. Roger was elected as the first Masters swimmer on the strength of 32 national and 14 world Masters records, plus numerous national and world championships.

Rogers's speech at the induction banquet made the point that the honor he was accorded provided public recognition of Masters swimming as a real sport and not a social activity for the elderly.

Editor's note: I got the information on Roger Franks from The Lane Line, the Delaware Valley LMSC newsletter. Roger is the father of Deb Cain, former VMST member, who now swims for Colonials 1776 also.

In and Out from page 5.

Molly Dean was inducted into the Dickinson College (Carlisle, PA) Sports Hall of Fame. Molly is the most successful female swimmer in school history. She was an All-American and won the school's McAndrews Award as the top female athlete in 1985, her sophomore year. She was team captain her senior year and holds 12 Dickinson records.

Jean Fore had a baby girl on October 20. Jackie weighed in at 8 pounds, 1 ounce.

Beth O'Connor Baker had a son on October 26. Ryan O'Connor Baker is 8 pounds, 5 ounces.

In my report on SC Nationals at Federal Way, WA, I neglected to mention **Randy Wise's** noteworthy performance. Randy placed 4th in the 50 fly, 7th in the 100 fly, and 6th in the 100 IM.

The Swimming Snowman *by Manny Klammer*

Traveling Masters frequently feel unraveled when unable to locate adequate aquatic accommodations. Observing the neighborhood snowman may prove helpful.

Every snowman boasts of his liquefying luxury to provide his own fresh water for his paddling purpose. Like the Masters, the snowman seeks snow-friends to contribute to the perpetual pool. He doesn't even mind, if some of them are flakes. He believes in, *the more, the merrier*, philosophy of fun.

However, some people are challenged to find a contour in the landscape suitable for containing their frolicking fluidity. Once found, the snow-folks linger around, then slowly and gracefully (like the morning Masters) enter the swimming hole. Their ability to become one with the water gives new meaning to the phrase, *go with the flow*.

VIRGINIA MASTERS WINTER INVITATIONAL
Riverside Wellness and Fitness Center - Briarwood
Richmond, Virginia
February 14 and 15, 1998

Sponsored By: Virginia Masters Swim Team and the LMSC for Va.

Sanctioned By: LMSC for Va. for USMS, Inc. - Sanction #128-0003

Meet Directors: Nancy and Jim Miller

Location: Riverside Wellness and Fitness Center at Briarwood, 11621 Robious Rd., Richmond, Va. Telephone number is (804) 378-1600. This is an eight-lane, 50-meter indoor pool with bulkhead, using fully electronic timing system with scoreboard and non-turbulent lane markers.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered and must include a copy of their LMSC card. Virginia registration will be available at the meet. A novice swimmer is defined as anyone who has not placed in the top three for that stroke in Masters competition.

Entries: \$3.00 per individual event plus a \$6.00 surcharge to help defray the costs of data entry, automatic timing, printing, and postage for mailing results. Relays will be deck-entered and deck-seeded at no cost. Deck entries will be accepted up until 30 minutes prior to meet starting time each day at a cost of \$5.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays.

Entry deadline: Entries must be received no later than **February 6, 1998**, 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. "NT" will be seeded arbitrarily.

Warm-up/Warm-down Procedures: Swimmers must **enter the pool feet first in a cautious manner**. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. Lanes 1 and 8 will be maintained as continuous warm-up/warm-down lanes during the entirety of the meet; **ABSOLUTELY NO DIVING** will be permitted in these lanes once the meet has begun. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Awards: Medals, keychains, or pins for first place in each individual event. Medals for second and third places in each individual event.

Social: Join us for our Masters potluck after the meet on Saturday, February 14. \$5.00 per person covers food and drink. Please enclose payment with your entry. Please indicate the number attending on your entry form. Maps will be at the meet.

ORDER OF EVENTS

Saturday, February 14

Warm-ups: 11:30 AM

Meet starts: 12:30 PM

Event #

Women/Men Event

1A 2A 500 Y Free
 3 4 1000 Y Free
 5 6 1650 Y Free
 7 8 400 Y IM
 # 1B 2B 500 Y Free

Select only one of the
 500 Freestyle slots to
 enter, and please denote
 it clearly on your entry
 form.

Sunday, February 15

Warm-ups: 8 AM

Meet starts: 9 AM

Event #

Women/Men Event

* 200 Y Choice:

* 9 10 200 Y IM
 * 11 12 200 Y Fly
 * 13 14 200 Y Breast
 * 15 16 200 Y Back

17 18 100 Y Free
 19 20 Novice 50 Y Fly
 21 22 50 Y Fly
 23 24 100 Y Breast
 25 26 Novice 50 Y Free
 27 28 50 Y Free
 29 30 100 Y IM

BREAK

31 32 200 Y Free
 33 34 100 Y Back
 35 36 Novice 50 Y Breast
 37 38 50 Y Breast
 39 40 100 Y Fly
 41 42 Novice 50 Y Back
 43 44 50 Y Back
 45 46 200 Y Medley Relay
 47 48 200 Y Free Relay
 49 50 200 Y Mixed Medley Relay
 51 52 200 Y Mixed Free Relay

*200 Y Choice means that you may swim any 200 yard event of your choosing (except the 200 Y Free). Please indicate your choice on your entry form.

Nearby Lodging:

Days Inn - Chesterfield (closest)
 1301 Huguenot Road (804) 794-4999

Sheraton Park South
 9901 Midlothian Turnpike
 (804) 323-1144

Holiday Inn - Koger Center
 1021 Koger Center Boulevard
 (804) 379-3800

RELEASE

The following release must be dated, signed, and in 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 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.

Date: _____ Signature: _____

Name: _____ Sex: ____ USMS Reg. No.: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Age(as of 2/15/98): _____ Birthdate(Mo/Day/Yr): _____

LMSC: _____ Club: _____ Phone(Day): _____ (Night): _____

Women	Time	Event	Men	Time
1A/1B	_____	500 Y Free	2A/2B	_____
3	_____	1000 Y Free	4	_____
5	_____	1650 Y Free	6	_____
7	_____	400 Y IM	8	_____
9	_____	200 Y IM	10	_____
11	_____	200 Y Fly	12	_____
13	_____	200 Y Breast	14	_____
15	_____	200 Y Back	16	_____
17	_____	100 Y Free	18	_____
19	_____	Novice 50 Y Fly	20	_____
21	_____	50 Y Fly	22	_____
23	_____	100 Y Breast	24	_____
25	_____	Novice 50 Y Free	26	_____
27	_____	50 Y Free	28	_____
29	_____	100 Y IM	30	_____
31	_____	200 Y Free	32	_____
33	_____	100 Y Back	34	_____
35	_____	Novice 50 Y Breast	36	_____
37	_____	50 Y Breast	38	_____
39	_____	100 Y Fly	40	_____

41	_____	Novice 50 Y Back	42	_____
43	_____	50 Y Back	44	_____

RELAYS

RELAYS

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RELAYS

Number attending social: _____	Total Events _____ x \$3.00	_____
	Surcharge	\$6.00
	Social	\$5.00/each
	Total Amount Enclosed	\$ _____

Make checks payable to: Virginia Masters Swim Team

Mail to: James Wolfle
509 E. Rock Street
Harrisonburg, Virginia 22801

Questions? Call James (540) 574-2919
or
Nancy Miller (804) 285-2758 ext. 142

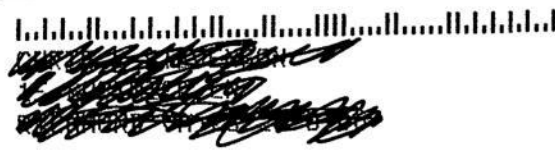
A COPY OF OF YOUR USMS REGISTRATION CARD MUST BE ENCLOSED
FOR YOUR ENTRY TO BE ACCEPTED

Attention LMSC for Virginia Swimmers:

Registrar Craig Campesi will be mailing pre-printed forms to each swimmer for 1998 registration. You should receive your form during the first few weeks of November. Your current registration is valid through December 31.

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
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