

VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

December 15, 1997

Floatable Notables: Time for Health

by Alice Phillips

How many clocks do you have in your world? One on your wrist, one in your car, several at home, at work, and of course that one on deck at the pool. Ours is a society bound by time - saving it, making it, stopping it, managing it. Time seems to fly when we're having fun and stand still when we're not, even though in actuality it is exactly the same, every day.

One of the greatest sins we can commit by today's standards is WASTING TIME. Technology and the pace of the western world have made us very achievement oriented and time conscious. Many of us feel pressure to use technology and "efficiency" to get more and more done in the same amount of time. And what do we get when we master this challenge - why more to do of course, pressure to cram even more into the day.

Yet another book came out on time management in 1996, but this one has a new message. Instead of teaching us how to go even faster on that same treadmill of life, *Timeshifting* by Stephen Rechtschaffen encourages us to become ironically more time aware so that we can respond more actively to life's rhythms and achieve greater satisfaction. Since you probably don't have time to read this book, the highlights follow.

The author is a doctor with a vast array of credentials (and a mouthful of a name), but with a message given only occasional trite attention in the western world and deserving of much greater volume. His basic premise is that the "trickle down" theory does not work with the economy and it doesn't work with time either. We cannot prioritize work, our primary relationships (kids, significant other, etc.), the mundane and excessive chores of

See *Time for Health* on page 3.

New VMST Officers

Elections were held at the VMST meeting at Forrest Sullivan's home following the fall meet. Those elected were:

President: Nancy Miller

Vice President: Patty Powis

Secretary: Harry DeLong

Treasurer: Mike Duignan

Minutes of the meeting are on page 4 of this newsletter.

Fall Meet - November 8 at Norfolk Academy

by Betsy Durrant

This is a note I received from Jane Pharis:

Dear Betsy,

The Masters swim team (members) of Roanoke would like to thank you for a great time in Virginia Beach. We all had such fun.

The Co-Ed showers were a nice touch, what a "hoot." Thanks again and hope to see you on April 11.

Jane

Forrest Sullivan and I have been meet directors for 18 short course meets. Usually, everything runs smoothly. This year, however, such was not the case. We had to improvise solutions, ignore some problems, and hope for participants to be tolerant in order to keep the meet going.

See **Fall Meet** on page 5.

POSTAL EVENTS

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

Entry was 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

Web Sites

LMSC for Virginia serve.com/LMSC_for_VA

United States Masters Swimming usms.org

MEET SCHEDULE

January 25: Terrapin 1000/1650

New pool, U of Md (I think)

February 14-15, 1998: Midlothian, VA

VMST meet. Entry is in this newsletter.

March 7-8: 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 11: VMST Meet in Roanoke

Entry will be in January or February newsletter

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*

VMST Officers

President: Nancy Miller 804-285-2758

Vice President: Patty Powis 804-272-7291

Secretary: Harry DeLong 703-368-0309

Treasurer: Mike Duignan 757-486-3383

life, and other social responsibilities all before ourselves and expect to live a long and healthful life free of stress and disease. There is nothing left to trickle down - not minutes, not dollars, not calories of energy - if everything else in life comes before our personal play time.

Many of us may realize this on an intuitive level, but cannot resist the urge to continue to put more and more ahead of our own needs for slower pacing or quiet time. Dr. R. claims that "entrainment" has made us unable to slow down and pause to relish life's simpler pleasures. Entrainment is like trying to drive 55 mph on the 495 Beltway when all the other cars are going 65-70 mph. You feel like you are actually endangering yourself by going the speed limit. Then there's gridlock on any old highway - we hate it, we are not moving and we cannot believe we are not moving. We are so used to constant motion that we experience overwhelming frustration when we are forced to be still. Ever try to do nothing at work when the rest of the office is a flurry with deadlines or some major project?

Often we feel very guilty and want to

close the door so no one will know.

Ever spend a weekend day doing nothing when a

whole list of chores, projects or activities awaits you - it is pretty hard for many of us to do.

Even on vacations, many of us find it impossible to set a slower pace. The author tells a story about a vacation spot he visits each year - it is one of the more remote Caribbean islands where he enjoys picnicking, reading, just hanging out on this particularly picturesque mountain. One day he apparently watched several tourists visiting the same area. The first couple drove quickly up to the vista. The woman got out of the car and took a snapshot while the man waited in the car (still running) and then they speedily drove off. Four more cars drove by, slowed down just a moment or two and quickly drove off. The man in the last vehicle slowed down long enough to open his window and shout out, "Wow, isn't this one of the most beautiful places in the world." Then he too sped away.

The concept of *Timeshifting* is about becoming more aware of the present moment and sensing the particular rhythm of that moment. A heightened

...*Timeshifting* is about becoming more aware of the present moment ...

awareness of the moment affords us the opportunity to choose more actively a proper pacing and to have a greater sense of satisfaction that comes with that decision making. Suggestions for how to become more time aware include using a personal pause button (a deep breath, ironically a watch alarm or clock chime, a rubber band on the wrist - anything that signals us to pause and notice what is happening), selecting a routine 15 to 30 minutes a day to do absolutely nothing, taking a yearly retreat to a place that has a totally different rhythm than day-to-day life, and creating weekly spontaneous time (time when you have nothing you have to do, only that which you are totally interested in doing).

Dr. R. also details ways to timeshift at work. He suggests going to meetings a few minutes early and using that time to relax, settle in, compose yourself. He also advocates doing only one thing at a time, giving your total attention to that one task and then pausing between tasks for several minutes purely for the purpose of slowing down and being more aware. Efficiency will actually improve, he believes, when we set aside regular planning time during which we permit no interruptions, when we avoid work during lunch and other breaks, and when we choose to set appointments on our calendars for personal needs.

In some parts of the world, consciously slowing down is a part of each day's routine, but it remains a very foreign concept in the U.S. Ironically, illness and disease may be one way our bodies force us to slow down, take a break, rejuvenate - a hard lesson for many of us to learn. By choosing to timeshift, perhaps we can influence our susceptibility to disease. Dr. R. describes an activity he uses in his seminars that always draws a laugh. He asks the audience to take a small piece of paper and write, "NOW" on it and tape it to their watches and clocks. His experience has been that everyone gets it and likes the idea, but not one does it.

The time is NOW after all - what do you want to do about it? How about nothing?



VMST Meeting November 8, 1997

*by Betsy Durrant
(from Minutes by Sharon Popson)*

Registrar's Report. New registration forms that are preprinted will be mailed in mid November. All registrations, including VMST, will be sent to Craig Campesi; he will then send forms to Mike Duignan, VMST treasurer. This system should expedite the registration process. Registration for a two year period is available.

Treasurer's Report. The beginning balance as of December 1996 was \$10,134.32. The total income was \$21,689.74. Expenses were \$27,280.60. Current registrations will bring closing balance up. The purchase of a laptop computer and printer for meets was the big expense for 1997.

Upcoming Meets. There was discussion of a single price for Chris Greene Lake, to include a t-shirt. The cost would be \$20-\$25. The group agree that this was a good idea and should make it easier for the meet director.

Nancy Miller has a block of 22 rooms available for SC Nationals in Indianapolis, May 7-10. Contact Nancy if you are interested.

There was discussion about whether a meet director should be able to submit an anticipated budget to the treasurer to get a cash advance to cover large expenses. A motion was made that a meet director could submit a proposed budget to the treasurer; the treasurer would make the decision depending on the budget. The motion passed.

VMST Clothing Items. Craig proposed that we have Kast-A-Way produce some team clothing, with an embroidered logo. The logo we commonly use would need to be modified for embroidery. A set up fee of \$145 is required. A motion was made and passed to empower Craig and Kast-A-Way to select the most attractive way to modify the logo and for the team to pay the set up fee rather than include it in the cost per item.

Election of Officers. See page 1 for the list of new officers.

See page 9 for order form for currently available VMST apparel (printed, not embroidered logo).

December Birthdays

* denotes "aging up"

Brian Batterson	Midlothian	12/17/52 45*
Sean Cantrell	Richmond	12/08/65 32
Paul Chapman	Vinton	12/07/55 42
Jeanne Crouse	Rockville, MD	12/31/56 41
David Cummings	Salem	12/11/57 40*
Norman Davis III	Hanover	12/23/66 31
Dee DeLong	Manassas	12/02/49 48
Carter Grant	Midlothian	12/08/59 38
Shirl Hall	Midlothian	12/09/54 43
Betty Hanifer	Richmond	12/03/35 62
Victoria Harris	Lynchburg	12/31/19 78
Mike Hechtloff	Va Beach	12/10/46 51
Karla Hoffman	Germantown, Md	12/16/60 37
Marie Kelleher	Richmond	12/21/12 85*
Michael Kernyat	Richmond	12/09/55 42
Perry Lange	Va Beach	12/14/55 42
William Martin	Richmond	12/27/59 38
Hector Migliacci	Midlothian	12/21/73 24
Sarah Nightengale	Woodbridge	12/07/76 21
James Pickelman	Midlothian	12/04/38 59
Roy Sammarco	Dumfries	12/04/48 49
Donna Sargent	Chesterfield	12/10/60 37
John Shrum	Charlottesville	12/18/48 49
Robert Taylor	Va Beach	12/27/38 59
Roger Wayte	Richmond	12/25/41 56
Gilbert Wheeler	Lynchburg	12/30/34 63
Nancy Young	Blacksburg	12/27/36 61

It's A New Season ...

Do You Know Where Your Goals Are?!

by CJ Lockman Hall, M.A.

The new season has arrived, sporting the usual post-summer challenges: doubling flip turn output after the freedom of long course training, acclimatizing to indoor pool air, and driving home with cold toes, frozen hair and winter steamy car window. Ew!

More pleasant thoughts for the new season include your exciting goals. Goals help focus attention and efforts, help you move forward, and can encourage you to discover new and better ways of doing things. Goals can also help you feel less anxious and more confident in competitions. Here are a few tips to navigate your goal journey.

1) *Set specific goals for both practice and meets.* When you compare the time spent in practice to meets, practice goals make a whole lot of sense! Make the most of practice by arriving (and getting in the pool!) on time, finding things to like about sets that

See Goals on page 5.

Fall Meet continued from page 1.

On the Tuesday before the meet, we visited the pool to check out the locker rooms. Thank goodness we did that. The women's locker room was completely torn up and unusable. We decided to divide the men's locker room, using curtains, so that men and women could use it. The showers were a problem and we decided to make them men only unless women wanted to wait until the end of the meet. About half way through the meet I noticed Kitten Braaten was finished and dressed to go. I asked her about washing her hair, she replied, with a twinkle in her eye, "Oh, we made do." I didn't ask any questions and I heard no complaints.

My biggest complaint was the alarm that went off and rang on and on and on. We continued the meet, but no one sat around when their events were over. After awhile, I began to wonder if it was still ringing or not. I guess it's possible to tune it out eventually.

Many, many thanks to the participants and to our workers. Timers were Norfolk Academy swimmers arranged by Coach Jay Leach and TCAC swimmers who were provided by Coach Penny Smith. Nancy Miller, Mike Duignan, Forrest, Karen Mickunas, and Diane Johnson officiated. James Wolfle, Maryann Peterson, and Craig Campesi took care of check-in, deck entries, results, and awards. Judy Martin and Beth Waters filled in wherever needed. Forrest and Phyllis Sullivan hosted the social. Special thanks to those VMST members who came to work and help others when they were not going to compete themselves. Swimmers are great people!

Trust us for next year - we may not have coed showers, but we'll have a good meet!

Goals continued from page 4.

you don't, and encouraging lanemates. Set specific goals, like practicing 10 extra turns daily. A more beneficial plan than "I'll do my best on these 100 frees" can include selecting a time to repeat, or aiming to hold a very challenging interval for a few repeats. A 200 IM race can be positively approached by reviewing the realistic splits you've trained toward, focusing on the efficient turns you've worked on, and making a mental note to streamline off all walls.

Striving to reach practice goals simulates striving to meet competition goals, helping you successfully handle the "pressure" sometimes felt at the one-chance-only meet swims.

2) *Set short-term and long-term goals.* Short-term goals can strengthen perseverance by making long term goals appear much more doable. Example: a swimmer aimed to win an Olympic medal. Figuring he needed to drop two seconds in two years, he focused on lowering his time an average of .02 weekly until the

Olympics. The swimmer, John Nabor, exceeded his goal by backstroking to a gold medal in the Olympic Games.

3) *Set goals that you will have control over.* John Nabor had no control over his competition. He didn't need to - neither do you. If placing in a meet is part of your goals, taking care of your own business is the key. Instead of focusing on an all-or-nothing success/failure outcome, focus on the process of your swim, the only thing you have control over. Since a good outcome rarely results from a poor process, pour your heart into creating the best swim possible - for you.

Take some time after each meet to reflect on your journey. You might find some areas to polish, or find that your starts and finishes need serious attention. By taking charge of your performance you will greatly enhance your chances of winning the greatest victory - achieving your goals.

CJ Lockman Hall, a member of Montgomery Ancient Mariners, conducts workshops and one-on-one training. She can be reached at 301-309-3688 or micandcj@erols.com. This article appeared in the Potomac Valley newsletter.

In and Out of the Water

In the November issue, I listed SCY Top Ten swimmers from Virginia. I omitted Perry Lange. Perry was ranked 10th in the 1650 free for Men 40-44.

Scott Rose completed the Richmond Marathon in October, in a cold rain, in just under 4 hours. He says never again (for the fourth time).

Note from the birthday list (page 4) that Marie Kelleher ages up December 21. I've always been impressed by Marie, but one of my favorite stories is from a few years ago at a meet in the DC area (I think Marie was 80). She was going to swim her first 200 IM - long course. She expressed some worry because she had never done a 50 fly long course. What spirit and confidence! Of course, Marie swam a good IM.

The workout group at the Virginia Beach YMCA is pleased that Penny Smith is now coaching. Penny is an experienced age group coach and a long time supporter of Masters swimming. I first met Penny when she was an assistant coach at ODAC. Joe Gentry, then the ODU coach, Bill Peak, head coach at ODAC, and Penny conducted a clinic for us the night before one of our fall meets. Penny has also worked on the beach at the Sandman Triathlon. She is now head coach of Tri Cities Aquatic Club (TCAC). Her team is using the pool at the Y, so it was convenient for Penny to also coach the Masters group (and lucky for us).

VMST 18th Annual Fall Swim Meet -- Nov. 8, 1997
Norfolk Academy Pool -- Sanction #128-0001

Event Results for Timed Finals

-----				Mixed 50 Back				Mixed 1000 Free				
--- Ages 19 Through 24 ---				:	1 TRACEY KOLB	25 UNAT	36.76	:	1 NANCY HUNYADY	38 VMST	14:20.16	
PL	Name	Age Team	Finals	:	Mixed 100 Back			:	Mixed 50 Breast			
-----				:	1 TRACEY KOLB	25 UNAT	1:18.77	:	1 PATTY POWIS	36 VMST	35.34	
Mixed 50 Free				:	Mixed 100 IM			:	Mixed 100 Breast			
1	MORGAN CHESHIRE	23 UNAT	28.81	:	1 TAMARA RETIMBAL	25 ODMS	1:18.10	:	1 PATTY POWIS	36 VMST	1:15.80	
2	M. THIBODEAUX	23 ODMS	28.85	:	2 TRACEY KOLB	25 UNAT	1:18.20	:	2 CHARLOTTE BOXLEY	35 VMST	1:19.74	
Mixed 100 Free				:	-----			:	Mixed 200 Breast			
1	M. THIBODEAUX	23 ODMS	1:03.05	:	--- Ages 30 Through 34 ---			:	1 PATTY POWIS	36 VMST	2:45.65	
2	ANGELA LUNCEFORD	22 UNAT	1:05.46	:	PL	Name	Age Team	Finals	:	Mixed 50 Fly		
3	JENNIFER TUCKER	24 VMST	1:11.12	:	-----			:	1 CHARLOTTE BOXLEY	35 VMST	31.97	
4	MEGAN MAYHUGH	24 VMST	1:13.55	:	Mixed 50 Free			:	Mixed 100 IM			
5	S. NIGHTENGALE	20 VMST	1:14.25	:	1 KAREN KAUFMANN	33 VMST	32.24	:	1 CHARLOTTE BOXLEY	35 VMST	1:13.23	
Mixed 200 Free				:	2 ASHBY MONCURE	31 VMST	35.54	:	Mixed 200 IM			
1	MELISSA MALPEDE	23 VMST	2:13.23	:	Mixed 100 Free			:	1 CHARLOTTE BOXLEY	35 VMST	2:37.55	
2	ANGELA LUNCEFORD	22 UNAT	2:22.02	:	1 CORDELIA HAMES	33 UNAT	1:05.69	:	-----			
3	MEGAN MAYHUGH	24 VMST	2:39.82	:	2 LISA HEIRIGS	31 VMST	1:10.22	:	--- Ages 40 Through 44 ---			
4	JENNIFER TUCKER	24 VMST	2:41.88	:	3 KAREN KAUFMANN	33 VMST	1:13.11	:	PL	Name	Age Team	Finals
Mixed 50 Back				:	4 ASHBY MONCURE	31 VMST	1:24.80	:	-----			
1	J. DONALDSON	21 VMST	36.70	:	Mixed 200 Free			:	Mixed 100 Free			
Mixed 100 Back				:	1 LISA HEIRIGS	31 VMST	2:33.35	:	1 JOCELYN ROSS	41 VMST	1:03.13	
1	MORGAN CHESHIRE	23 UNAT	1:09.61	:	2 KAREN KAUFMANN	33 VMST	2:38.59	:	2 KITTEN BRAATEN	42 VMST	1:09.87	
2	MEGAN MAYHUGH	24 VMST	1:24.99	:	Mixed 500 Free			:	Mixed 200 Free			
3	S. NIGHTENGALE	20 VMST	1:25.87	:	1 KAREN KAUFMANN	33 VMST	7:08.76	:	1 KITTEN BRAATEN	42 VMST	2:28.22	
-	NADINE MAWIUS	19 UNAT	DQ	:	Mixed 1000 Free			:	Mixed 50 Fly			
Mixed 200 Back				:	1 KAREN KAUFMANN	33 VMST	14:44.64	:	1 JOCELYN ROSS	41 VMST	35.84	
1	J. DONALDSON	21 VMST	2:46.71	:	Mixed 50 Back			:	Mixed 100 Fly			
Mixed 50 Breast				:	1 ASHBY MONCURE	31 VMST	47.69	:	1 KITTEN BRAATEN	42 VMST	1:15.16	
1	J. DONALDSON	21 VMST	42.80	:	Mixed 100 Back			:	-----			
2	S. NIGHTENGALE	20 VMST	45.83	:	1 CORDELIA HAMES	33 UNAT	1:19.15	:	--- Ages 45 Through 49 ---			
Mixed 100 Breast				:	2 ASHBY MONCURE	31 VMST	1:41.51	:	PL	Name	Age Team	Finals
1	MELISSA MALPEDE	23 VMST	1:17.68	:	Mixed 50 Fly			:	-----			
Mixed 50 Fly				:	1 CORDELIA HAMES	33 UNAT	33.55	:	Mixed 200 Free			
1	NADINE MAWIUS	19 UNAT	31.50	:	2 ASHBY MONCURE	31 VMST	42.66	:	1 DEE DELONG	47 VMST	3:11.76	
2	ANGELA LUNCEFORD	22 UNAT	36.62	:	Mixed 100 IM			:	Mixed 500 Free			
3	J. DONALDSON	21 VMST	36.76	:	-	CORDELIA HAMES	33 UNAT	DQ	:	1 DEE DELONG	47 VMST	8:22.76
Mixed 100 Fly				:	Mixed 200 IM			:	Mixed 100 Breast			
1	NADINE MAWIUS	19 UNAT	1:12.97	:	1 CORDELIA HAMES	33 UNAT	2:48.17	:	1 DEE DELONG	47 VMST	1:41.19	
2	JENNIFER TUCKER	24 VMST	1:19.26	:	-----			:	Mixed 200 Breast			
Mixed 100 IM				:	--- Ages 35 Through 39 ---			:	1 DEE DELONG	47 VMST	3:36.86	
1	J. DONALDSON	21 VMST	1:19.83	:	PL	Name	Age Team	Finals	:	-----		
Mixed 200 IM				:	-----			:	--- Ages 50 Through 54 ---			
1	MELISSA MALPEDE	23 VMST	2:25.53	:	Mixed 100 Free			:	PL	Name	Age Team	Finals
-----				:	1 MARY LEE	38 VMST	1:12.53	:	-----			
--- Ages 25 Through 29 ---				:	Mixed 200 Free			:	Mixed 50 Free			
PL	Name	Age Team	Finals	:	1 PATTY POWIS	36 VMST	2:16.83	:	1 PHYLLIS GRAY	53 VMST	44.25	
-----				:	2 MARY LEE	38 VMST	2:35.97	:	Mixed 50 Back			
Mixed 100 Free				:	Mixed 500 Free			:	1 PHYLLIS GRAY	53 VMST	54.04	
1	TRACEY KOLB	25 UNAT	1:11.08	:	1 MARY LEE	38 VMST	6:45.08	:	-----			

VMST 18th Annual Fall Swim Meet -- Nov. 8, 1997
Norfolk Academy Pool -- Sanction #128-0001

Event Results for Timed Finals

Mixed 50 Breast

1 PHYLLIS GRAY 53 VMST 1:07.72

--- Ages 55 Through 59 ---

PL Name Age Team Finals

Mixed 400 IM

1 BETSY DURRANT 56 VMST 6:28.80

--- Ages 60 Through 64 ---

PL Name Age Team Finals

Mixed 50 Free

1 JOHNNIE DETRICK 61 VMST 32.01

Mixed 100 Free

1 JOHNNIE DETRICK 61 VMST 1:10.60

2 JOAN AVERETTE 61 VMST 1:31.19

Mixed 200 Free

1 JOAN AVERETTE 61 VMST 3:23.74

Mixed 500 Free

1 JOAN AVERETTE 61 VMST 9:26.34

Mixed 50 Back

1 JANE PHARIS 64 VMST 54.63

Mixed 100 Back

1 JANE PHARIS 64 VMST 1:56.89

Mixed 50 Breast

1 JOHNNIE DETRICK 61 VMST 43.58

Mixed 100 IM

1 JOHNNIE DETRICK 61 VMST 1:32.21

--- Ages 65 Through 69 ---

PL Name Age Team Finals

Mixed 50 Free

1 JEANNE MEREDITH 69 VMST 42.56

2 D. MACGREGOR 68 VMST 55.21

Mixed 100 Free

1 JEANNE MEREDITH 69 VMST 1:40.89

Mixed 200 Free

1 JEANNE MEREDITH 69 VMST 3:39.52

Mixed 50 Back

1 JEANNE MEREDITH 69 VMST 57.36

2 D. MACGREGOR 68 VMST 1:05.80

Mixed 50 Breast

1 D. MACGREGOR 68 VMST 1:28.69

Mixed 100 IM

1 D. MACGREGOR 68 VMST 2:38.94

--- Ages 75 Through 79 ---

PL Name Age Team Finals

Mixed 50 Free

1 MARIANNA BERKLEY 75 UNAT 44.10

Mixed 50 Back

1 MARIANNA BERKLEY 75 UNAT 54.66

Mixed 50 Breast

- MARIANNA BERKLEY 75 UNAT DQ

--- Ages 25 Through 29 ---

PL Name Age Team Finals

Mixed 100 Free

1 WILLIAM OLIVER 25 UNAT 1:01.17

Mixed 200 Free

1 MARK GILL 29 VMST 2:12.35

Mixed 500 Free

1 MARK GILL 29 VMST 6:24.24

Mixed 100 Breast

1 WILLIAM OLIVER 25 UNAT 1:14.24

2 MARK GILL 29 VMST 1:14.80

Mixed 50 Fly

1 WILLIAM OLIVER 25 UNAT 29.22

Mixed 100 IM

1 WILLIAM OLIVER 25 UNAT 1:07.21

--- Ages 30 Through 34 ---

PL Name Age Team Finals

Mixed 50 Free

1 JOHN THOREEN 33 UNAT 28.60

Mixed 1000 Free

1 DAVID WITTE 32 UNAT 13:51.80

Mixed 50 Back

1 JOHN THOREEN 33 UNAT 38.64

Mixed 50 Fly

1 JOHN THOREEN 33 UNAT 30.84

Mixed 100 Fly

1 JOHN THOREEN 33 UNAT 1:11.98

--- Ages 35 Through 39 ---

PL Name Age Team Finals

Mixed 50 Free

1 MATTHEW BICKLEY 36 VMST 24.18

2 BERNARD EVERETT 39 ODMS 29.37

3 DAVID SMITH 39 UNAT 29.77

Mixed 100 Free

1 MATTHEW BICKLEY 36 VMST 55.94

2 BERNARD EVERETT 39 ODMS 1:05.59

Mixed 200 Free

1 TROY LEWIS 37 VMST 2:05.39

2 MICHAEL RAINER 37 VMST 2:22.55

3 BERNARD EVERETT 39 ODMS 2:26.68

Mixed 500 Free

1 MATTHEW BICKLEY 36 VMST 5:38.37

2 TROY LEWIS 37 VMST 5:39.33

3 WILLIAM MARTIN 37 VMST 6:27.00

4 BERNARD EVERETT 39 ODMS 6:51.20

Mixed 1000 Free

1 DAVID MALSBUY 36 VMST 12:48.38

2 MICHAEL RAINER 37 VMST 13:41.94

Mixed 50 Back

1 DAVID MALSBUY 36 VMST 27.35

Mixed 100 Back

1 DAVID MALSBUY 36 VMST 1:00.28

2 J.B. BRINKMAN 39 VMST 1:09.76

Mixed 200 Back

1 DAVID MALSBUY 36 VMST 2:16.57

2 J.B. BRINKMAN 39 VMST 2:30.24

Mixed 100 Breast

1 TROY LEWIS 37 VMST 1:15.01

Mixed 200 Breast

- TROY LEWIS 37 VMST DQ

Mixed 100 Fly

1 DAVID MALSBUY 36 VMST 1:00.84

2 J.B. BRINKMAN 39 VMST 1:04.50

3 WILLIAM MARTIN 37 VMST 1:08.86

Mixed 100 IM

1 MATTHEW BICKLEY 36 VMST 1:03.28

2 WILLIAM MARTIN 37 VMST 1:10.50

Mixed 200 IM

1 J.B. BRINKMAN 39 VMST 2:26.29

2 WILLIAM MARTIN 37 VMST 2:36.60

Mixed 400 IM

1 TED TURNER 36 ODMS 5:21.54

2 WILLIAM MARTIN 37 VMST 5:43.45

--- Ages 40 Through 44 ---

PL Name Age Team Finals

Mixed 50 Free

1 MIKE HOLDREN 41 VMST 24.09

2 DODGE HAVENS 44 VMST 24.98

3 MARK BRAIMAN 41 AVMS 26.86

4 GRAY EDWARDS 43 VMST 29.78

VMST 18th Annual Fall Swim Meet -- Nov. 8, 1997
Norfolk Academy Pool -- Sanction #128-0001

Event Results for Timed Finals

Mixed 100 Free

1 DODGE HAVENS 44 VMST 53.93
2 TODD RUSSELL 40 UNAT 54.78
3 MIKE HOLDREN 41 VMST 54.97
4 GRAY EDWARDS 43 VMST 1:04.79
5 KEVIN HALLIGAN 43 VMST 1:09.44

Mixed 200 Free

1 GRAY EDWARDS 43 VMST 2:20.80
2 KEVIN HALLIGAN 43 VMST 2:30.98

Mixed 500 Free

1 GRAY EDWARDS 43 VMST 6:32.65
2 KEVIN HALLIGAN 43 VMST 6:51.93
3 VIC MICKUNAS 41 VMST 6:58.21

Mixed 1000 Free

1 GRAY EDWARDS 43 VMST 13:15.00

Mixed 50 Back

1 VIC MICKUNAS 41 VMST 39.28

Mixed 100 Back

1 LANG MEEM 43 VMST 1:02.22
2 VIC MICKUNAS 41 VMST 1:24.16
3 KEVIN HALLIGAN 43 VMST 1:27.00

Mixed 200 Back

1 LANG MEEM 43 VMST 2:15.97

Mixed 50 Breast

1 TODD RUSSELL 40 UNAT 32.80
2 MIKE HOLDREN 41 VMST 34.51

Mixed 100 Breast

1 TODD RUSSELL 40 UNAT 1:12.24

Mixed 50 Fly

1 DODGE HAVENS 44 VMST 27.40
2 LANG MEEM 43 VMST 28.09
3 MARK BRAIMAN 41 AVMS 30.00
4 KEVIN HALLIGAN 43 VMST 35.79

Mixed 100 Fly

1 LANG MEEM 43 VMST 1:00.77

Mixed 200 Fly

1 MARK BRAIMAN 41 AVMS 3:05.26

Mixed 100 IM

1 TODD RUSSELL 40 UNAT 1:04.23
2 DODGE HAVENS 44 VMST 1:06.59

Mixed 200 IM

1 LANG MEEM 43 VMST 2:17.33

--- Ages 45 Through 49 ---
PL Name Age Team Finals

Mixed 50 Free

1 ROBB SULTZER 46 VMST 28.08
2 ALVIN RICHARDSON 46 VMST 28.73
3 BR CARSON 48 UNAT 30.95
4 MICHAEL WIMSATT 47 VMST 32.42
5 PHILLIP GATES 49 AVMS 32.91

Mixed 100 Free

1 DAVID OAKES 46 UNAT 59.30
2 ROBB SULTZER 46 VMST 1:02.27
3 ALVIN RICHARDSON 46 VMST 1:07.64
4 BR CARSON 48 UNAT 1:08.46
5 PHILLIP GATES 49 AVMS 1:10.66
6 MICHAEL WIMSATT 47 VMST 1:11.47

Mixed 200 Free

1 DAVID OAKES 46 UNAT 2:11.29
2 BR CARSON 48 UNAT 2:32.14
3 PHILLIP GATES 49 AVMS 2:55.06

Mixed 500 Free

1 BR CARSON 48 UNAT 7:06.43
2 PHILLIP GATES 49 AVMS 7:35.03

Mixed 50 Back

- MICHAEL WIMSATT 47 VMST DQ

Mixed 50 Breast

1 JAMES REYNOLDS 45 VMST 35.97

Mixed 100 Breast

1 JAMES REYNOLDS 45 VMST 1:25.57
2 PHILLIP GATES 49 AVMS 1:32.65

Mixed 50 Fly

1 JAMES REYNOLDS 45 VMST 33.38

Mixed 100 Fly

1 ROBB SULTZER 46 VMST 1:10.18

Mixed 100 IM

1 JAMES REYNOLDS 45 VMST 1:15.82

Mixed 200 IM

1 ROBB SULTZER 46 VMST 2:48.67

--- Ages 50 Through 54 ---
PL Name Age Team Finals

Mixed 50 Free

1 ERIC MILLER 50 VMST 27.80

Mixed 100 Free

1 ERIC MILLER 50 VMST 1:03.35

Mixed 50 Back

1 ERIC MILLER 50 VMST 35.02

2 WILLIAM PHARIS 50 VMST 35.98

Mixed 100 Back

1 WILLIAM PHARIS 50 VMST 1:18.85

2 HARRY DELONG 54 VMST 1:28.11

Mixed 200 Back

1 WILLIAM PHARIS 50 VMST 3:04.50

2 HARRY DELONG 54 VMST 3:16.73

Mixed 50 Fly

1 ERIC MILLER 50 VMST 29.79

2 HARRY DELONG 54 VMST 38.24

Mixed 100 Fly

1 ERIC MILLER 50 VMST 1:09.85

--- Ages 55 Through 59 ---
PL Name Age Team Finals

Mixed 50 Free

1 ROBERT TAYLOR 58 VMST 35.01

Mixed 100 Free

1 JACK SCHILTZ 55 UNAT 1:01.05

2 HOWARD BUTTS 56 VMST 1:22.17

Mixed 50 Breast

1 JACK SCHILTZ 55 UNAT 32.59

2 RANDOLPH WISE 55 VMST 36.88

3 HOWARD BUTTS 56 VMST 42.06

4 ROBERT TAYLOR 58 VMST 44.98

Mixed 100 Breast

1 JACK SCHILTZ 55 UNAT 1:12.18

2 HOWARD BUTTS 56 VMST 1:37.06

Mixed 200 Breast

1 JACK SCHILTZ 55 UNAT 2:41.87

Mixed 50 Fly

1 RANDOLPH WISE 55 VMST 29.24

Mixed 100 IM

1 JACK SCHILTZ 55 UNAT 1:07.16

2 RANDOLPH WISE 55 VMST 1:12.82

3 HOWARD BUTTS 56 VMST 1:37.09

--- Ages 60 Through 64 ---
PL Name Age Team Finals

Mixed 50 Free

1 GEORGE MURPHY 60 UNAT 29.66

2 LANDIS LEE 62 UNAT 33.68

Mixed 100 Free

1 ALFRED NEWBURY 63 UNAT 1:18.91

Mixed 200 Free

1 ALFRED NEWBURY 63 UNAT 2:59.29

Mixed 500 Free

1 ALFRED NEWBURY 63 UNAT 8:45.42

Mixed 50 Back

1 LANDIS LEE 62 UNAT 47.01

2 ALFRED NEWBURY 63 UNAT 48.07

Mixed 50 Breast

1 GEORGE MURPHY 60 UNAT 38.09

Mixed 50 Fly

1 GEORGE MURPHY 60 UNAT 33.16

Mixed 100 Fly

1 GEORGE MURPHY 60 UNAT 1:21.52

LMSC FOR VIRGINIA

11/08/97

VMST 18th Annual Fall Swim Meet -- Nov. 8, 1997

Norfolk Academy Pool -- Sanction #128-0001

Event Results for Timed Finals

--- Ages 65 Through 69 ---

PL	Name	Age Team	Finals
----	------	----------	--------

Mixed 50 Free

1	DONALD SEDBERRY	66 VMST	40.52
---	-----------------	---------	-------

Mixed 100 Free

1	DONALD SEDBERRY	66 VMST	1:36.50
---	-----------------	---------	---------

Mixed 500 Free

1	NORMAN RAINER	69 VMST	8:49.47
---	---------------	---------	---------

Mixed 100 Breast

1	NORMAN RAINER	69 VMST	1:43.70
---	---------------	---------	---------

Mixed 200 Breast

1	NORMAN RAINER	69 VMST	3:52.10
---	---------------	---------	---------

--- Ages 70 Through 74 ---

PL	Name	Age Team	Finals
----	------	----------	--------

Mixed 200 Free

1	CALVIN BARNES	73 VMST	2:55.90
---	---------------	---------	---------

Mixed 50 Back

1	CALVIN BARNES	73 VMST	41.71
---	---------------	---------	-------

Mixed 100 Back

1	CALVIN BARNES	73 VMST	1:33.62
---	---------------	---------	---------

Mixed 200 Back

1	CALVIN BARNES	73 VMST	3:30.05
---	---------------	---------	---------

VMST SWEATS, SUITS, CAPS.... ARE AVAILABLE

VMST Sweats are available in black or gray in sizes small to xx-large.

The Sweatshirts have the VMST logo on the front and "USA Masters Swimming" on the back.

Prices are as follows:

Sweatshirt w/hood	\$24*	Sweatpants	\$15*	(*Add \$2 for XX Large)
Sweatshirt	\$18*	VMST Suits (SPEEDO)	Men \$23	Women \$41
VMST Caps	\$2	Zoomers Swim Fins	\$32	

To place an order fill out form and include check to VMST, send to Craig Campesi, VMST SWEATS, 14134 Walton Dr. Manassas, VA 20112-3701, Please add \$5 to cover shipping and handling.

NAME: _____	Sweatshirt w/hood	\$24/\$26	Blk Gry	S M L XL XXL
Address: _____	Sweatshirt	\$18/\$20	Blk Gry	S M L XL XXL
City/State/Zip: _____	Sweatpants	\$15/\$17	Blk Gry	S M L XL XXL
Sent to:	VMST Swim Suit	\$23/\$41	M F	SIZE: _____
Craig Campesi - VMST Sweats	Zommers	\$32	Blue Red	SIZE _____
14134 Walton Drive	VMST Caps	\$2	Qty _____	
Manassas, VA 20112-3701	SHIPPING / HANDLING - Add \$5		TOTAL \$ _____	

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

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

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

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	RELAYS	RELAYS
Number attending social: _____		Total Events _____ x \$3.00	_____	
		Surcharge	\$6.00	
		Social	\$5.00/eac	
		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

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

Bulk Rate
U.S. Postage
PAID
Permit No. 1630
Richmond, VA

23226-3166 04

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