

LMSC FOR VIRGINIA

Serving Masters Swimmers in Virginia and West Virginia - May 15, 1998

LMSC Elections

The Board of Directors of the LMSC for Virginia will elect officers in the fall of 1998 for two year terms to begin in January, 1999. Anyone interested in running for (or nominating someone for) the position of Chairman, Secretary, or Treasurer should contact one of the members of the Nominating Committee (Mark Braiman, Betsy Durrant, and Nancy Miller).

Information about the duties of each officer and how elections will be conducted can be obtained from Mark Braiman, 1618 Shady Grove Court, Charlottesville, VA 22908, 804-296-2387, or msb7e@virginia.edu.

The current officers are Forrest Sullivan (chairman), Joyce Mullins (Secretary), and Bill Martin (Treasurer).

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Stepping Out of Your Comfort Zone

by Coach Emmett Hines

Every person has comfort zones within which he or she operates. Physical comfort zones are easy to identify. If your true AT pace for nekked phreesyle is 1:30 per hundred, any swim done at 1:40/100 would fall within your comfort zone. One the other hand swimming at 1:20/100 would quickly elevate lactic acid levels to the point of discomfort. Somewhere around 100 yards you would stray from your comfort zone.

Psychological comfort zones are a little harder to quantify. Most people find talking to a friend or a few friends at once to be no challenge at all. However, the thought of standing up in a room of twenty or thirty people to give a 5 minute speech, even if it is on a familiar topic, is enough to cause goose bumps and moist underarms for the majority of people. Giving a 45 minute speech in front of a live audience of 10 or 20 thousand (or a TV audience of several millions) is unthinkable for all but a tiny fraction of a percent of the human population.

The key to personal growth and increasing success in nearly every endeavor is the willingness to step outside of one's comfort zone. In swimming this might mean doing something physical like swimming a particular set all fly instead of all free, or choosing to go on faster intervals or leading the lane instead of drafting off the leader. It might mean doing something more cerebral like deciding to enter your first meet or setting a goal to swim a personal best time and then training toward it.

Virtually everyone enjoys the feeling they get when leaving their comfort zone results in success. How about asking someone out for a date? This is

See Comfort on page 3.

Meet Schedule

I have no information on LC meets. There usually is one in Roanoke, DC, and NC. I will publish information when I receive it.

August 20-23: USMS LC Nationals, Fort Lauderdale.
Entry will be in *SWIM* magazine.

Web Sites

LMSC for VA
serve.com/LMSC_for_VA

USMS
usms.org

Camps and Clinics

Total Immersion Adult Swim Camps.

Contact: Terry Laughlin (914) 294-3510. For calendar of camps 800-609-SWIM.
www.totalimmersion.pair.com or e-mail: 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 (fax or phone before 9:30 pm)
DurrantB@aol.com

Open Water Events

May 31: 2 Mile Lake Swim, Reston, VA

Contact: Lynne Hook, Meet Director, 703-845-SWIM or

Phyllis Sickenberger, 1807 Post Oak Tr, Reston, VA 20191-2942. Entries are due May 26.

June 13: USMS 2 Mile Cable Championship, Atlanta, GA

Contact: Bill Black, 770-698-8020, or
D.A.M.P., Po Box 88863, Atlanta, GA 30356-8863
beyondwords@mindpring.com

June 14: Chesapeake Bay Swim

Limited to 600 entries. Send SASE to:
LIN-MARK Computer Sports - GCBS, 7
Westwood Dr, Mantua, NJ 08051, 609-468-0010.

June 21: 1-Mile Ocean Swim, Virginia Beach

Entry is in this newsletter.

July 4: USMS 1-Mile Championship

Greenwich Point, CT

Contact: Kathy Salvo, 95 Columbus Place #1,
Stamford, CT 06907, 203-322-6162

July 11: 2-Mile Lake Swim, Charlottesville, VA

Entry is in this newsletter.

Thanks to Barney Hungerford of Colonials 1776 for the open water schedule. If you want Barney's 3 page listing, send the editor a SASE.

Two Clinics ...

Suffolk YMCA -- June 22-June 26

7 pm - 9 pm; featuring Dick Bower.

Contact the Suffolk YMCA (757-934-9622) for more information, application and cost.

Total Immersion Camp in Virginia Beach area --

May 30 and May 31, 8:30 am to 4:00 pm. Freestyle Workshop. Terry Laughlin will be the coach. I do not have information on the pool to be used. 1-800-609-SWIM.

Comfort from page 1.

out of the zone for most people. Yet how wonderful it is when the other person says "Yes."

Yet, fear causes most people to hesitate to step outside of their comfort zone. Fear of failure. And we all know, but rarely admit to ourselves, that the real "consequences" of failure are truly inconsequential and usually short-lived. It just doesn't seem that way at the moment of truth - the moment where we either decide to act or decide to remain quiescent.

It is obvious that enlarging one's comfort zones pays off in many aspects of life. It is not as readily obvious that the persistent and consistent practice of "steppin' out," even a short distance, from the confines of a comfort zone can yield nearly unbelievable results over the long haul.

There is a story about an FFA live stock show where the older boys engaged in calf lifting contest. Each boy would, in turn, select and lift off the ground a heavier calf than the previous boy. Once a boy failed he was out of the contest. When there was just one boy left and he was about to be awarded the prize one of the younger, smaller boys that had been watching called out "Wait, I can beat that!" The other boys laughed at him, told him to be quiet and ruffled his hair. Undaunted, he walked over to his entry in the stock show, a nearly mature bull that weighed fully three times what the heaviest calf lifted weighed. He proceeded to lift that bull three inches off the ground and immediately was greeted with "Ooohs!", "Ahhhs!", applause and the prize.

When asked how he managed such a feat, the boy explained that, ever since the calf was born, he would lift the calf off the ground once a day. he never missed a day as the animal grew. The boy's calf lifting ability grew into bull lifting ability. To do this he never had to step very far outside his physical comfort zone. Yet by consistently and persistently taking small steps he managed to enlarge his comfort zone to immense proportions.

I challenge you to define both your physical and psychological comfort zones in swimming (or any other aspect of your life for that matter) and then set upon a course of persistent and consistent forays, outward bound.

This Article first appeared in Schwimmvergnugen, the month newsletter of H2Ouston Swims. ***Coach Emmett Hines is the head coach of H@Ouston Swims. He has coached competitive Masters swimming in Houston since 1982 and was selected a USMS Coach of the Year in 1993. Currently he coaches workout at the University of Texas Health Science Center, the University of Houston and The Houstonian Club. He can be reached for questions or comments at 713-748-SWIM through the internet at 73021.2360@compuserve.com.***

1998 Fall Festival

by Forrest Sullivan

Mark your calendars for another super Fall Festival and Clinic on Saturday, September 19, and Sunday, September 20, in Richmond.

Each year, USMS sponsors up to eight Mentor Coach and Swimmer Clinics. These clinics consist of a coaches clinic and a swimmer clinic, both of which are run by a proven, successful Masters coach. During the coaches' clinic, the mentor coach will dispense information that will be helpful to local coaches in building their programs. The swimmers' clinic will feature both on-deck and in-water instruction with underwater video analysis usually included.

Last year our Fall Festival and Clinic was the largest of this type in USMS history, with 80 swimmers and 20 coaches. VMST is fortunate to be able to host another Mentor Clinic this year.

Scott Rabalais has agreed to be coach/mentor for this year's clinic. Scott is a motivational coach, who was USMS 1995 Coach of the Year. He is currently Chairman of the USMS Coaches Committee and coach of the Crawfish Masters in Baton Rouge, Louisiana.

Terry Sue Gault is again the organizer of this event, assuring a first class event. There is the added bonus of another stupendous catered party in the evening at Nancy and Miller's.

This year the clinic is open to Masters swimmers, triathletes, fitness swimmers and lap lane swimmers. For insurance purposes, USMS registered participants should bring their registration card, but those who are not USMS members may participate and experience Masters Swimming on a "try-out" basis.

Mark your calendars now! Remember this is not a VMST event. It is for the entire LMSC plus anyone else attending the clinic.

LMSC Top Ten for SC Meters

Ann Spencer Unattached W19-24
 9 100 Back 1:20.25
 7 100 Breast 1:31.13
 4 200 Breast 3:16.00

Judy Martin VMST W50-54
 10 50 Back 43.17
 8 100 Back 1:35.69
 8 200 Back 3:25.56
 8 50 Breast 47.22

Betsy Durrant VMST W55-59
 2 50 Back 43.24
 3 100 Back 1:32.74
 1 200 Back 3:17.67
 3 50 Breast 46.89
 8 100 Breast 1:48.41

Harold Collins ODMS M19-24
 10 100 Back 1:11.95

John Tudor VMST M35-39
 3 50 Free 24.90
 2 100 Free 54.63
 4 50 Breast 32.33
 4 50 Fly 27.09
 3 100 IM 1:03.16

John Tudor VMST M40-44
 1 50 Free 24.40
 1 100 Free 53.97
 2 50 Back 29.78
 1 50 Fly 26.99
 1 100 IM 1:01.79

Forrest Sullivan VMST M65-69
 7 50 Back 41.46
 6 100 Back 1:33.76
 7 200 Back 3:28.09

Calvin Barnes VMST M70-74
 7 1500 Free 27:46.12
 8 50 Back 46.31

This information was obtained from our LMSC web site. See page 2 for address.

Minutes of LMSC Board of Directors Meeting

from Joyce Mullins, LMSC Secretary

On February 14, Valentine's Day, the LMSC Board of Directors had its meeting prior to the Briarwood Swim Meet (which was well run by Nancy and Jim Miller). The meeting was brought to order as usual by the stately figure of Forrest Sullivan. The following is a synopsis of what transpired at that meeting.

The Treasurer, Bill Martin, reported that we have a balance of \$10,068.72. He suggested we consider some type of investments for funds for which we have no immediate needs. This matter will be investigated by Bill and discussed by a committee of Bill, Beth Waters and Jim Miller.

Next to report was Craig Campesi, Registrar, who informed us that registration is up 23% over 1997. Hopefully this means 23% fewer couch potatoes in the evening or 23% more early risers.

The long distance report by Joyce Mullins revealed the following dates that should be placed on everyone's calendar so you can plan to either swim or help. The May 31st Reston Lake Swim, the June 21st Jack King Ocean Swim at Virginia Beach, and the July 11th Chris Greene Lake Swim in Charlottesville. I would greatly appreciate any help with the July 11th lake swim.

Mike Duignan answered questions about officiating and informed us that with the increase participation of handicapped swimmers, meet directors need to be aware of allowances that are listed in the Rule Book. Betsy Durrant, Newsletter Editor, expressed a desire for articles for the newsletter and feedback on the newsletter. Let her hear from you, hopefully and most deservedly it will be positive and encouraging.

The next order of business was a report of the 1997 Fall Festival and Clinic, which was read by Forrest Sullivan, as Terry Sue Gault was unable to be present due to a memorable bout with whatever strain of flu had inhabited her body. It was reported the clinics drew 20 coaches and 80 swimmers. The Festival returned a profit of \$178, and the majority

See Minutes on page 5.

of the comments were positive. It was decided to try the same format again this year. Therefore, once again, along with those dates for helping or swimming in the long distance events, mark your calendar for September 19-20. Yes, everyone, the excellent caterer of last year will make a repeat performance!

There were only two items under new business. One was giving Patti Powis, the new VMST Vice-President, an expanded role (actually work to do!!!) in creating a meet calendar to eliminate the back-to-back weekend swim meets if possible. All meet directors must now have the approval of the host team prior to sanction approval. VMST meet directors should get in touch with Patti prior to applying for a sanction from Judy Martin.

The second order of new business was to decide on a delegate for the national convention since Forrest is not going this year. Congratulations to Terry Sue Gault. We look forward to hearing about your experience through the eyes of a newcomer to the convention.

Since there really was no old business to discuss and the meeting was taking up valuable warm-up time in the lap pool, we decided to adjourn so those who were competing could perfect that perfect stroke or turn in order to net them that first place ribbon we all yearn to obtain.

This report is respectfully submitted by Joyce Mullins, Secretary.

April VMST Newsletter

I apologize for the lateness of the April VMST newsletter. I was in the hospital a few days at the end of March and got the newsletter to the printer about a week late. Then, there was a mix-up with the disk (for printing addresses). Consequently, I still haven't received mine as I write this on May 4. With volunteers, "real life" sometimes interferes.

Club/Team News

I have not received any news from teams other than VMST. However, in the Roanoke results I noticed several swimmers from the Concord (WVA) C-Lions. The Fort Eustis meet had entries from Old Dominion Masters Swimming (Norfolk) and from Academical Village Masters Swimmers (Charlottesville).

Note from the VMST President

by Nancy Miller

As I write this, 49 very excited Virginia Masters are getting ready to leave for Indianapolis for Short Course Nationals. We are anticipating a strong showing and can't wait to report results in the next newsletter! A few teammates have just returned from representing their local "Y's" at "Y" Nationals, which were held in sunny Fort Lauderdale. Still others are looking past the pool toward open water season, with upcoming races in Reston, across the Chesapeake Bay, along Virginia Beach, and in Chris Green Lake in Charlottesville. Long course officially starts with the close of Short Course Nationals on May 10th, so it's time to give up some walls and get outside.

Long Course Nationals will be held in August at the Hall of Fame Pool in Fort Lauderdale, and I have been fortunate enough to secure a small block of rooms at the Doubletree Hotel directly across the street for our team. It's not too early to start thinking in that direction; summer seems to get shorter every year!

See you in the sunshine!

Editor's note: For those of you who are eager to see the results from Indianapolis, check the USMS web site (USMS.org). The heat sheet is posted now and each day of the meet results will be posted.

Virginia Masters Short Course Championships
Saturday, April 4, 1998

Meet Results for Timed Finals - Yards

-----				Women 200 IM				Women 200 Breast			
--- Ages 19 Through 24 ---				: 1 PAULA JONES 29 VMST 2:30.92				: 1 PATTY POWIS 37 VMST 2:40.44			
PL	Name	Age Team	Finals	: -----				: Women 50 Fly			
-----				: --- Ages 30 Through 34 ---				: 1 LYNN YOUNG 37 VMST 31.48			
Women 50 Free				: PL Name Age Team Finals				: 2 MARTINE TONEY 37 VMST 41.48			
1 GEORGIA GRAY	20 RAM	31.55		: -----				: Women 100 IM			
Women 100 Free				: Women 100 Free				: 1 PATTY POWIS 37 VMST 1:09.93			
1 ANGELA LUNCEFORD	23 UNAT	1:04.69		: 1 MAURA DEAN 32 VMST 59.46				: 2 MARTINE TONEY 37 VMST 1:31.84			
2 GEORGIA GRAY	20 RAM	1:11.38		: 2 CORDELIA HAMES 34 VMST 1:04.60				: -----			
Women 200 Free				: Women 200 Free				: --- Ages 40 Through 44 ---			
1 ANGELA LUNCEFORD	23 UNAT	2:24.02		: 1 LISA HEIRIGS 31 VMST 2:28.17				: PL Name Age Team Finals			
Women 500 Free				: Women 500 Free				: -----			
- GEORGIA GRAY	20 RAM	DNF		: 1 MAURA DEAN 32 VMST 5:52.83				: Women 1000 Free			
Women 100 Back				: 2 CORDELIA HAMES 34 VMST 6:30.41				: 1 KITTEN BRAATEN 42 VMST 12:54.26			
1 ANGELA LUNCEFORD	23 UNAT	1:19.04		: 3 LISA HEIRIGS 31 VMST 6:42.23				: Women 50 Fly			
Women 200 IM				: Women 1000 Free				: 1 KITTEN BRAATEN 42 VMST 34.02			
1 GEORGIA GRAY	20 RAM	2:56.10		: 1 CORDELIA HAMES 34 VMST 13:25.86				: 1 KITTEN BRAATEN 42 VMST 1:14.60			
-----				: Women 100 Back				: -----			
--- Ages 25 Through 29 ---				: 1 MAURA DEAN 32 VMST 1:10.57				: --- Ages 45 Through 49 ---			
PL	Name	Age Team	Finals	: Women 200 Back				: PL Name Age Team Finals			
-----				: 1 MAURA DEAN 32 VMST 2:34.40				: -----			
Women 50 Free				: Women 100 Fly				: Women 200 Free			
1 KAREN CONNOLLY	25 VMST	27.16		: 1 MAURA DEAN 32 VMST 1:04.55				: 1 DOE DELONG 48 VMST 3:07.58			
2 KAREN RAMTHUM	27 VMST	27.37		: Women 100 IM				: Women 1000 Free			
3 ROSEY DANIELS	29 VMST	30.20		: 1 CORDELIA HAMES 34 VMST 1:15.93				: - TERRY GAULT 47 VMST DNF			
Women 100 Free				: Women 200 IM				: Women 50 Breast			
1 PAULA JONES	29 VMST	59.41		: 1 CORDELIA HAMES 34 VMST 2:48.89				: 1 DOE DELONG 48 VMST 46.71			
2 ROSEY DANIELS	29 VMST	1:08.71		: 2 LISA HEIRIGS 31 VMST 2:53.50				: Women 100 Breast			
Women 200 Free				: -----				: 1 DOE DELONG 48 VMST 1:45.56			
1 PAULA JONES	29 VMST	2:15.19		: --- Ages 35 Through 39 ---				: Women 200 Breast			
2 ROSEY DANIELS	29 VMST	2:32.35		: PL Name Age Team Finals				: 1 DOE DELONG 48 VMST 3:43.97			
Women 500 Free				: -----				: -----			
1 PAULA JONES	29 VMST	6:02.54		: Women 50 Free				: --- Ages 55 Through 59 ---			
2 REBECCA WYNGAARD	25 VMST	6:08.48		: 1 BONNIE BAFFER 38 VMST 34.42				: PL Name Age Team Finals			
3 TAMARA REJIMBAL	25 VMST	6:24.38		: 2 MARTINE TONEY 37 VMST 35.85				: -----			
Women 1000 Free				: Women 100 Free				: Women 500 Free			
1 REBECCA WYNGAARD	25 VMST	12:33.78		: 1 LYNN YOUNG 37 VMST 1:00.39				: 1 JUDY MARTIN 55 VMST 7:55.93			
Women 1650 Free				: Women 200 Free				: Women 50 Back			
1 KAREN CONNOLLY	25 VMST	19:53.76		: 1 LYNN YOUNG 37 VMST 2:12.03				: 1 JUDY MARTIN 55 VMST 40.49			
2 KAREN RAMTHUM	27 VMST	20:37.45		: 2 BONNIE BAFFER 38 VMST 2:45.63				: Women 100 Back			
Women 100 Back				: Women 1000 Free				: 1 JUDY MARTIN 55 VMST 1:27.17			
1 PAULA JONES	29 VMST	1:12.06		: 1 LYNN YOUNG 37 VMST 12:00.82				: Women 200 Back			
2 REBECCA WYNGAARD	25 VMST	1:19.70		: Women 100 Back				: 1 JUDY MARTIN 55 VMST 3:14.22			
Women 100 Breast				: 1 BONNIE BAFFER 38 VMST 1:30.60				: -----			
1 TAMARA REJIMBAL	25 VMST	1:19.87		: Women 50 Breast				: Women 500 Free			
Women 100 Fly				: 1 PATTY POWIS 37 VMST 33.39				: 1 JUDY MARTIN 55 VMST 7:55.93			
1 KAREN CONNOLLY	25 VMST	1:04.17		: Women 100 Breast				: Women 50 Back			
Women 100 IM				: 1 PATTY POWIS 37 VMST 1:12.77				: 1 JUDY MARTIN 55 VMST 40.49			
1 KAREN RAMTHUM	27 VMST	1:08.54		: 2 BONNIE BAFFER 38 VMST 1:35.77				: Women 100 Back			
2 TAMARA REJIMBAL	25 VMST	1:15.93		: -----				: 1 JUDY MARTIN 55 VMST 1:27.17			
				: -----				: Women 200 Back			
				: -----				: 1 JUDY MARTIN 55 VMST 3:14.22			
				: -----				: -----			

Virginia Masters Short Course Championships

Saturday, April 4, 1998

Meet Results for Timed Finals - Yards

--- Ages 60 Through 64 ---				--- Ages 75 Through 79 ---				Men 200 Breast			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals				
Women 200 Free				Women 200 Back				1	CHARLES COCKRELL	29 VMST	2:29.05
1	JOAN AVERETTE	61 VMST	3:31.09	1	MARIANNA BERKLEY	75 VMST	4:34.49	Men 50 Fly			
Women 500 Free				Women 200 Breast				1	C. BREARTON	27 UNAT	27.21
1	CAROLYN CLARK	63 VMST	10:49.64	1	MARIANNA BERKLEY	75 VMST	4:43.80	2	WILLIAM OLIVER	26 UNAT	28.98
Women 50 Breast				Women 200 IM				1	WILLIAM OLIVER	26 UNAT	1:06.72
1	SUSAN EDGETTE	60 VMST	1:13.89	1	MARIANNA BERKLEY	75 VMST	4:26.88	-	C. BREARTON	27 UNAT	DQ
Women 200 IM				--- Ages 19 Through 24 ---				Men 200 IM			
1	JOAN AVERETTE	61 VMST	4:24.29	PL	Name	Age Team	Finals	1	CHARLES COCKRELL	29 VMST	2:21.66
--- Ages 65 Through 69 ---				--- Ages 30 Through 34 ---				1	CHARLES COCKRELL	29 VMST	4:58.72
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals				
Women 50 Free				Men 50 Free							
1	JEANNE MEREDITH	69 VMST	43.96	1	TODD HUTZLER	21 UNAT	25.12	1	S. SCHUTZMEISTER	33 UNAT	23.66
2	D. MACGREGOR	69 VMST	56.05	2	NATHAN DEWITT	20 VMST	25.45	2	MATT CREELMAN	33 VMST	23.92
Women 1650 Free				3	ROBERT WALBURG	24 VMST	25.84	3	DAVID WITTE	32 VMST	25.81
1	JEANNE MEREDITH	69 VMST	32:04.10	Men 100 Free				Men 100 Free			
Women 50 Back				1	NATHAN DEWITT	20 VMST	59.12	1	S. SCHUTZMEISTER	33 UNAT	53.32
1	JEANNE MEREDITH	69 VMST	57.44	1	ALAN DAVIS	24 VMST	2:13.49	2	MICHAEL PHELAN	30 VMST	54.89
2	D. MACGREGOR	69 VMST	1:06.84	Men 50 Back				3	WILLIAM CULLO	32 UNAT	57.75
--- Ages 70 Through 74 ---				1	TODD HUTZLER	21 UNAT	33.02	4	RODNEY GALLAGHER	30 VMST	59.63
PL	Name	Age Team	Finals	2	ROBERT WALBURG	24 VMST	35.70	5	DAVID WITTE	32 VMST	1:00.35
Women 100 Free				Men 50 Breast				Men 200 Free			
1	MIRIAM TUOVILA	72 VMST	1:55.70	1	TODD HUTZLER	21 UNAT	35.91	1	MATT CREELMAN	33 VMST	1:55.38
Women 200 Free				Men 50 Fly				2	DAVE HOLLAND	30 VMST	2:00.14
-	TERRY SOKOLIK	70 UNAT	DNF	1	ROBERT WALBURG	24 VMST	27.65	3	MICHAEL PHELAN	30 VMST	2:02.83
Women 50 Back				2	TODD HUTZLER	21 UNAT	27.91	4	S. SCHUTZMEISTER	33 UNAT	2:05.14
1	TERRY SOKOLIK	70 UNAT	54.74	Men 100 Fly				5	RODNEY GALLAGHER	30 VMST	2:10.61
2	MIRIAM TUOVILA	72 VMST	1:06.24	1	ALAN DAVIS	24 VMST	1:05.06	6	DAVID WITTE	32 VMST	2:14.69
Women 100 Back				Men 100 IM				Men 500 Free			
1	TERRY SOKOLIK	70 UNAT	2:04.61	1	TODD HUTZLER	21 UNAT	1:04.60	1	RODNEY GALLAGHER	30 VMST	5:52.36
Women 50 Breast				2	ROBERT WALBURG	24 VMST	1:07.47	2	DAVID WITTE	32 VMST	6:34.05
1	MIRIAM TUOVILA	72 VMST	53.11	Men 200 IM				Men 1000 Free			
2	TERRY SOKOLIK	70 UNAT	1:00.78	1	ALAN DAVIS	24 VMST	2:32.49	1	DAVID WITTE	32 VMST	13:26.11
Women 100 Breast				--- Ages 25 Through 29 ---				Men 1650 Free			
1	MIRIAM TUOVILA	72 VMST	1:57.75	PL	Name	Age Team	Finals	1	RODNEY GALLAGHER	30 VMST	20:21.49
1	MIRIAM TUOVILA	72 VMST	2:04.65	Men 50 Free				Men 100 Back			
				1	C. BREARTON	27 UNAT	25.12	1	MICHAEL PHELAN	30 VMST	1:11.94
				2	WILLIAM OLIVER	26 UNAT	27.12	Men 50 Fly			
				Men 100 Free				1	MATT CREELMAN	33 VMST	25.57
				1	C. BREARTON	27 UNAT	54.80	2	S. SCHUTZMEISTER	33 UNAT	25.58
				2	WILLIAM OLIVER	26 UNAT	1:00.11	3	DAVE HOLLAND	30 VMST	26.47
				Men 100 Breast				4	WILLIAM CULLO	32 UNAT	27.22
				1	CHARLES COCKRELL	29 VMST	1:07.59	Men 100 Fly			
								1	S. SCHUTZMEISTER	33 UNAT	56.98
								2	DAVE HOLLAND	30 VMST	58.19
								3	WILLIAM CULLO	32 UNAT	1:00.69

Virginia Masters Short Course Championships
Saturday, April 4, 1998

Meet Results for Timed Finals - Yards

Men 200 Fly

1 DAVE HOLLAND, 30 VMST 2:13.95

Men 100 IM

1 WILLIAM CULLO 32 UNAT 1:05.18

--- Ages 35 Through 39 ---

PL Name Age Team Finals

Men 50 Free

1 DAVID MALSBURY 36 VMST 23.75

2 CHRISTOPHR FLOOD 35 VMST 23.93

3 MICHAEL RAINER 37 VMST 28.32

4 MATTHEW ALLAIRE 36 VMST 29.63

5 BERNARD EVERETT 39 VMST 30.05

6 GARY MARKHAM 35 ODMS 31.96

Men 100 Free

1 MATTHEW ALLAIRE 36 VMST 1:04.23

2 TERENCE GILBERT 36 VMST 1:06.64

3 BERNARD EVERETT 39 VMST 1:07.13

4 GARY MARKHAM 35 ODMS 1:12.52

Men 200 Free

1 CHRISTOPHR FLOOD 35 VMST 1:57.65

2 MICHAEL RAINER 37 VMST 2:17.15

3 MATTHEW ALLAIRE 36 VMST 2:26.02

4 BERNARD EVERETT 39 VMST 2:29.62

5 TERENCE GILBERT 36 VMST 2:34.85

Men 500 Free

1 TROY LEWIS 37 VMST 5:38.45

2 DAVID MALSBURY 36 VMST 6:00.14

3 MICHAEL RAINER 37 VMST 6:24.70

4 BERNARD EVERETT 39 VMST 6:47.81

Men 1000 Free

1 MICHAEL RAINER 37 VMST 13:05.83

Men 1650 Free

1 ROBERT TURNER 37 ODMS 19:00.38

2 TROY LEWIS 37 VMST 19:14.62

Men 50 Back

1 CHRISTOPHR FLOOD 35 VMST 29.53

Men 100 Back

1 J.B. BRINKMAN 39 VMST 1:09.55

Men 200 Back

1 ROBERT TURNER 37 ODMS 2:34.83

Men 50 Breast

1 DAVID MALSBURY 36 VMST 31.04

2 TROY LEWIS 37 VMST 35.49

Men 100 Breast

1 TROY LEWIS 37 VMST 1:14.69

2 TERENCE GILBERT 36 VMST 1:24.81

Men 50 Fly

1 DAVID MALSBURY 36 VMST 26.28

2 CHRISTOPHR FLOOD 35 VMST 27.46

Men 100 Fly

1 DAVID MALSBURY 36 VMST 1:00.61

2 J.B. BRINKMAN 39 VMST 1:02.90

3 ROBERT TURNER 37 ODMS 1:05.67

Men 200 IM

1 J.B. BRINKMAN 39 VMST 2:24.01

2 ROBERT TURNER 37 ODMS 2:25.96

3 TERENCE GILBERT 36 VMST 2:51.67

Men 400 IM

1 J.B. BRINKMAN 39 VMST 5:07.52

--- Ages 40 Through 44 ---

PL Name Age Team Finals

Men 50 Free

1 MARK BRAIMAN 41 AVMS 26.77

Men 100 Free

1 JIM MCFARLAND 40 VMST 54.15

Men 200 Free

1 JIM MCFARLAND 40 VMST 1:59.59

Men 500 Free

1 JIM MCFARLAND 40 VMST 5:17.14

2 TODD RUSSELL 40 VMST 5:52.53

Men 1650 Free

1 JIM MCFARLAND 40 VMST 18:16.13

Men 50 Back

1 MARK BRAIMAN 41 AVMS 34.39

Men 50 Breast

1 TODD RUSSELL 40 VMST 31.88

Men 100 Breast

1 TODD RUSSELL 40 VMST 1:09.92

Men 50 Fly

1 MARK BRAIMAN 41 AVMS 29.60

Men 100 Fly

1 MARK BRAIMAN 41 AVMS 1:11.85

Men 200 Fly

1 MARK BRAIMAN 41 AVMS 2:59.03

Men 100 IM

1 TODD RUSSELL 40 VMST 1:02.13

--- Ages 45 Through 49 ---

PL Name Age Team Finals

Men 50 Free

1 DODGE HAVENS 45 VMST 24.22

2 ALVIN RICHARDSON 47 VMST 28.43

3 PHILLIP GATES 49 AVMS 33.30

Men 100 Free

1 DON EDGELL 45 VMST 59.16

2 ALVIN RICHARDSON 47 VMST 1:05.20

3 PHILLIP GATES 49 AVMS 1:13.29

Men 200 Free

1 DODGE HAVENS 45 VMST 2:02.92

2 DAVID OAKES 47 UNAT 2:11.91

Men 500 Free

1 PHILLIP GATES 49 AVMS 7:38.58

Men 50 Breast

1 MARK VAUGHAN 45 VMST 41.06

2 PHILLIP GATES 49 AVMS 41.31

Men 100 Breast

1 MARK VAUGHAN 45 VMST 1:25.43

Men 50 Fly

1 DODGE HAVENS 45 VMST 26.71

2 DAVID OAKES 47 UNAT 30.23

3 ALVIN RICHARDSON 47 VMST 36.39

4 MARK VAUGHAN 45 VMST 39.90

Men 100 IM

1 MARK VAUGHAN 45 VMST 1:21.94

2 PHILLIP GATES 49 AVMS 1:36.38

Men 200 IM

1 DON EDGELL 45 VMST 2:43.16

--- Ages 50 Through 54 ---

PL Name Age Team Finals

Men 50 Free

1 ERIC MILLER 50 VMST 27.37

Men 200 Free

1 GEORGE BROWN 50 VMST 2:03.05

Men 50 Back

1 ERIC MILLER 50 VMST 33.15

Men 200 Back

1 HARRY DELONG 54 VMST 3:04.64

Men 50 Breast

1 WARNER BRUNDAGE 54 VMST 34.85

Men 100 Breast

1 GEORGE BROWN 50 VMST 1:10.98

2 WARNER BRUNDAGE 54 VMST 1:15.02

3 HARRY DELONG 54 VMST 1:29.20

Men 200 Breast

1 GEORGE BROWN 50 VMST 2:37.53

2 WARNER BRUNDAGE 54 VMST 2:44.08

Men 50 Fly

1 ERIC MILLER 50 VMST 30.11

Men 100 Fly

1 ERIC MILLER 50 VMST 1:14.20

Virginia Masters Short Course Championships

Saturday, April 4, 1998

Meet Results for Timed Finals - Yards

Men 100 IM

1 WARNER BRUNDAGE 54 VMST 1:09.42
2 HARRY DELONG 54 VMST 1:21.97

Men 200 IM

1 WARNER BRUNDAGE 54 VMST 2:32.70

--- Ages 55 Through 59 ---

PL Name Age Team Finals

Men 50 Free

1 JOSEPH GOULD 58 VMST 39.06

Men 100 Free

1 JOSEPH GOULD 58 VMST 1:26.23

Men 200 Free

1 JOSEPH GOULD 58 VMST 3:04.00

Men 500 Free

1 JOSEPH GOULD 58 VMST 7:56.82

--- Ages 60 Through 64 ---

PL Name Age Team Finals

Men 50 Free

1 JOHN MCGILL 62 VMST 29.35

2 LANDIS LEE 63 VMST 33.11

3 GILBERT WHEELER 63 VMST 42.79

Men 100 Free

1 JOHN MCGILL 62 VMST 1:07.58

2 ALFRED NEWBURY 64 UNAT 1:19.88

Men 200 Free

1 ALFRED NEWBURY 64 UNAT 2:57.61

Men 500 Free

1 ALFRED NEWBURY 64 UNAT 8:18.36

Men 50 Back

1 ALFRED NEWBURY 64 UNAT 49.35

Men 100 Back

1 GILBERT WHEELER 63 VMST 1:50.56

Men 50 Breast

1 GEORGE MURPHY 61 VMST 37.76

Men 100 Breast

1 GEORGE MURPHY 61 VMST 1:25.29

Men 50 Fly

1 JOHN MCGILL 62 VMST 31.66

2 GEORGE MURPHY 61 VMST 32.93

Men 100 Fly

1 GEORGE MURPHY 61 VMST 1:18.81

Men 100 IM

1 JOHN MCGILL 62 VMST 1:14.26

2 GILBERT WHEELER 63 VMST 1:42.32

Men 200 IM

1 JOHN MCGILL 62 VMST 2:53.19

--- Ages 65 Through 69 ---

PL Name Age Team Finals

Men 50 Free

1 DONALD SEDBERRY 67 VMST 41.19

Men 100 Free

1 DONALD SEDBERRY 67 VMST 1:43.75

Men 500 Free

1 NORMAN RAINER 69 VMST 8:52.11

Men 50 Back

1 DONALD SEDBERRY 67 VMST 1:22.26

Men 100 Breast

1 NORMAN RAINER 69 VMST 1:41.17

--- Ages 70 Through 74 ---

PL Name Age Team Finals

Men 200 Free

1 CALVIN BARNES 74 VMST 3:02.65

Men 1650 Free

1 CALVIN BARNES 74 VMST 27:15.22

Men 50 Back

1 CALVIN BARNES 74 VMST 42.80

Men 200 Back

1 CALVIN BARNES 74 VMST 3:24.84

--- Ages 19 Through 24 ---

PL Name Age Team Finals

Men 200 R-Medley

1 VMST M-19 VMST 1:57.82

MICHAEL PHELAN-30 ROBERT WALBURG-24

C. COCKRELL-29 DAVID WITTE-32

--- Ages 25 Through 34 ---

PL Name Age Team Finals

Men 200 R-Free

1 VMST M-25 VMST 1:40.31

MATT CREELMAN-33 DAVID WITTE-32

MICHAEL PHELAN-30 C. COCKRELL-29

--- Ages 19 Through 24 ---

PL Name Age Team Finals

Mixed 200 R-Free

1 VMST X-19 VMST 1:56.61

ROBERT WALBURG-24M CORDELIA HAMES-34W

MARTINE TONEY-37W TODD RUSSELL-40M

Mixed 200 R-Medley

1 VMST X-19 VMST 2:12.44

CORDELIA HAMES-34W NATHAN DEWITT-20M

TODD RUSSELL-40M BONNIE BAFFER-38W

ADDITIONAL HOTEL INFORMATION FOR THE JACK KING SWIM

We were not able to secure a block of rooms at the Howard Johnson hotel as we have in previous years. Twenty-four rooms have been blocked at the Ramada Inn on 57th street (428-7025). This is a very nice oceanfront hotel in the residential area of the beach. However, it is not on the boardwalk and will require driving to the start of the race.

The race is from 24th street to 38th street. Listed below are some hotels that are on the course. We have not made any arrangements with these hotels. Oceanfront means on the boardwalk, Atlantic Avenue means across the street from the beach, Pacific Avenue is one block from the beach.

Comfort Inn, 28th and Pacific Ave, 428-2203
Oceanfront Inn, 29th and Oceanfront, 428-7045
Holiday Inn, 30th and Atlantic Ave, 428-7739
Ramada Limited, 31st and Atlantic Ave, 428-7739
Colonial Inn Motel, 28th and Oceanfront, 428-5370
Pine Sail Motel, 34th and Atlantic Ave, 491-8118
Cathy, Sue, 37th and Atlantic, 428-2111 (when usually book for multiple nights, but will book for one night during the last week before arrival)

In addition there are some major chains, but they often require a 2 night stay (all are on the oceanfront). Holiday Inn, Days Inn, Sheraton.

3rd Annual Star City Masters Swim Meet
April 11, 1998 -- Lancerlot Pool, Roanoke Virginia

Event Results for Timed Finals

Ages 19 Through 24 ---				Mixed Open 100 Breast				Mixed Open 50 Back			
PL	Name	Age Team	Finals	:	PL	Name	Age Team	:	PL	Name	Age Team
Mixed Open 50 Free				:	1	MARISELA PORRAS	33 CCLM	:	1	BETTY REYNOLDS	43 VMST
1	HELEN STEVENS	24 VMST	29.05	:	2	RITA PERINI	30 VMST	:	Mixed Open 100 Back		
Mixed Open 100 Free				:	Mixed Open 50 Fly			:	1	SUSAN ALVIS	40 CCLM
1	HELEN STEVENS	24 VMST	1:00.12	:	1	PRISCILLA BETTIS	33 UNAT	:	Mixed Open 200 Back		
2	AMANDA MARSHALL	24 VMST	1:12.88	:	Mixed Open 100 Fly			:	1	SUSAN ALVIS	40 CCLM
Mixed Open 100 Back				:	1	PRISCILLA BETTIS	33 UNAT	:	Mixed Open 50 Breast		
1	HELEN STEVENS	24 VMST	1:10.09	:	Mixed Open 100 IM			:	1	BETTY REYNOLDS	43 VMST
Mixed Open 50 Breast				:	1	MARISELA PORRAS	33 CCLM	:	Mixed Open 50 Fly		
1	AMANDA MARSHALL	24 VMST	39.72	:	Ages 35 Through 39 ---			:	1	KITTEN BRAATEN	42 VMST
Mixed Open 50 Fly				:	PL	Name	Age Team	:	Mixed Open 100 Fly		
1	HELEN STEVENS	24 VMST	30.60	:	Mixed Open 50 Free			:	1	KITTEN BRAATEN	42 VMST
2	AMANDA MARSHALL	24 VMST	37.84	:	1	JENNY KELLINGER	35 VMST	:	Mixed Open 200 IM		
Mixed Open 100 IM				:	2	CRYSTAL PRIDDY	39 VMST	:	1	SUSAN ALVIS	40 CCLM
1	AMANDA MARSHALL	24 VMST	1:20.72	:	3	LORI PEARSON	36 VMST	:	Ages 45 Through 49 ---		
Ages 25 Through 29 ---				:	Mixed Open 100 Free			:	PL	Name	Age Team
PL	Name	Age Team	Finals	:	1	JENNY KELLINGER	35 VMST	:	Mixed Open 50 Free		
Mixed Open 50 Free				:	Mixed Open 50 Back			:	1	LYNDA CALKINS	48 VMST
1	CASEY GOODBAR	25 UNAT	32.56	:	1	CRYSTAL PRIDDY	39 VMST	:	2	TRISH COOKINGHAM	49 CCLM
2	AASHA LEAHY	29 UNAT	38.92	:	Mixed Open 100 Back			:	Mixed Open 100 Free		
Mixed Open 100 Free				:	1	LORI PEARSON	36 VMST	:	1	LYNDA CALKINS	48 VMST
1	CASEY GOODBAR	25 UNAT	1:13.73	:	Mixed Open 50 Breast			:	Mixed Open 50 Back		
Mixed Open 50 Back				:	1	CRYSTAL PRIDDY	39 VMST	:	1	LYNDA CALKINS	48 VMST
1	AASHA LEAHY	29 UNAT	55.48	:	2	LORI PEARSON	36 VMST	:	2	TRISH COOKINGHAM	49 CCLM
Mixed Open 50 Breast				:	3	KIMBERLY KELBLE	36 UNAT	:	Mixed Open 50 Breast		
1	CASEY GOODBAR	25 UNAT	41.88	:	Mixed Open 100 Breast			:	1	LYNDA CALKINS	48 VMST
Mixed Open 100 Breast				:	1	KIMBERLY KELBLE	36 UNAT	:	Mixed Open 100 Breast		
1	CASEY GOODBAR	25 UNAT	1:30.51	:	Mixed Open 50 Fly			:	1	TRISH COOKINGHAM	49 CCLM
-	AASHA LEAHY	29 UNAT	DQ	:	1	JENNY KELLINGER	35 VMST	:	Mixed Open 100 IM		
Mixed Open 100 IM				:	2	SHERI VAUGHN	35 VMST	:	1	TRISH COOKINGHAM	49 CCLM
1	AASHA LEAHY	29 UNAT	1:54.00	:	Mixed Open 100 Fly			:	Ages 50 Through 54 ---		
Ages 30 Through 34 ---				:	1	SHERI VAUGHN	35 VMST	:	PL	Name	Age Team
PL	Name	Age Team	Finals	:	Mixed Open 100 IM			:	Mixed Open 50 Back		
Mixed Open 50 Free				:	1	JENNY KELLINGER	35 VMST	:	1	LYNN ROBERTSON	50 VMST
1	MARISELA PORRAS	33 CCLM	35.22	:	Ages 40 Through 44 ---			:	Mixed Open 50 Breast		
2	RITA PERINI	30 VMST	41.45	:	PL	Name	Age Team	:	1	LYNN ROBERTSON	50 VMST
Mixed Open 500 Free				:	Mixed Open 100 Free			:	Ages 55 Through 59 ---		
1	PRISCILLA BETTIS	33 UNAT	6:27.97	:	1	JANET SCHEID	43 VMST	:	PL	Name	Age Team
Mixed Open 50 Breast				:	Mixed Open 200 Free			:	Mixed Open 50 Free		
1	MARISELA PORRAS	33 CCLM	44.95	:	1	KITTEN BRAATEN	42 VMST	:	1	MARYAN MARSHALL	58 VMST
2	RITA PERINI	30 VMST	49.16	:	2	JANET SCHEID	43 VMST	:	Mixed Open 100 Free		
				:	Mixed Open 500 Free			:	1	MARYAN MARSHALL	58 VMST
				:	1	SUSAN ALVIS	40 CCLM	:			
				:	2	KITTEN BRAATEN	42 VMST	:			
				:	3	JANET SCHEID	43 VMST	:			

Event Results for Timed Finals

Mixed Open 200 Free

1 MARYAN MARSHALL 58 VMST 4:19.64

Open 500 Free

1 MARYAN MARSHALL 58 VMST 11:14.03

--- Ages 60 Through 64 ---

PL Name Age Team Finals

Mixed Open 50 Free

1 ANNE IRONS 64 VMST 1:04.04

2 MARY WRIGHT 63 VMST 1:42.24

Mixed Open 100 Free

1 ANNE IRONS 64 VMST 2:19.23

2 MARY WRIGHT 63 VMST 3:42.95

Mixed Open 200 Free

1 ANNE IRONS 64 VMST 4:51.72

Mixed Open 500 Free

- ANNE IRONS 64 VMST NS

Mixed Open 50 Back

1 JANE PHARIS 64 VMST 54.75

2 JOANNE FARISS 64 VMST 55.84

3 MARY WRIGHT 63 VMST 1:52.44

Mixed Open 100 Back

1 JANE PHARIS 64 VMST 1:56.05

2 JOANNE FARISS 64 VMST 1:59.49

3 MARY WRIGHT 63 VMST 3:57.88

Mixed Open 200 Back

JOANNE FARISS 64 VMST 4:13.77

Mixed Open 50 Breast

1 ANNE IRONS 64 VMST 1:19.50

Mixed Open 50 Fly

- JOANNE FARISS 64 VMST DQ

Mixed Open 100 IM

1 JOANNE FARISS 64 VMST 2:11.97

--- Ages 65 Through 69 ---

PL Name Age Team Finals

Mixed Open 200 Free

1 VERA SUIT 65 VMST 4:10.73

Mixed Open 500 Free

1 VERA SUIT 65 VMST 11:32.10

Mixed Open 50 Back

1 VERA SUIT 65 VMST 59.95

Mixed Open 50 Fly

1 VERA SUIT 65 VMST 1:00.31

Mixed Open 100 IM

1 VERA SUIT 65 VMST 2:08.22

--- Ages 70 Through 74 ---

PL Name Age Team Finals

Mixed Open 50 Free

1 HELEN NEWBOLD 74 VMST 1:03.44

Mixed Open 100 Free

1 HELEN NEWBOLD 74 VMST 2:17.33

Mixed Open 200 Free

1 HELEN NEWBOLD 74 VMST 5:01.30

--- Ages 80 Through 84 ---

PL Name Age Team Finals

Mixed Open 50 Breast

1 ROBERTA SUGDEN 81 VMST 1:35.13

Mixed Open 50 Fly

1 ROBERTA SUGDEN 81 VMST 1:37.11

Mixed Open 100 IM

- ROBERTA SUGDEN 81 VMST DQ

--- Ages 25 Through 29 ---

PL Name Age Team Finals

Mixed Open 50 Free

1 KURT SPRENGER 28 VMST 24.10

2 MATTHEW GERIKE 29 UNAT 29.03

Mixed Open 100 Free

1 MATTHEW GERIKE 29 UNAT 1:02.50

Mixed Open 200 Free

1 MATTHEW GERIKE 29 UNAT 2:29.38

Mixed Open 500 Free

1 JAMES WOLFLE 29 VMST 5:24.46

2 MATTHEW GERIKE 29 UNAT 7:31.10

Mixed Open 50 Back

1 KURT SPRENGER 28 VMST 27.55

Mixed Open 100 Back

1 KURT SPRENGER 28 VMST 58.21

2 JAMES WOLFLE 29 VMST 1:00.71

Mixed Open 50 Fly

1 KURT SPRENGER 28 VMST 26.67

Mixed Open 100 Fly

1 JAMES WOLFLE 29 VMST 55.85

Mixed Open 200 Fly

1 JAMES WOLFLE 29 VMST 2:13.08

--- Ages 30 Through 34 ---

PL Name Age Team Finals

Mixed Open 50 Free

1 ROD GALLAGHER 30 VMST 26.69

Mixed Open 100 Free

1 ROD GALLAGHER 30 VMST 58.51

2 C. NEIKIRK 31 VMST 1:07.50

Mixed Open 200 Free

1 ROD GALLAGHER 30 VMST 2:08.32

Mixed Open 500 Free

1 ROD GALLAGHER 30 VMST 5:57.49

Mixed Open 50 Breast

1 C. NEIKIRK 31 VMST 38.21

Mixed Open 50 Fly

1 C. NEIKIRK 31 VMST 34.04

Mixed Open 100 IM

1 C. NEIKIRK 31 VMST 1:18.19

--- Ages 35 Through 39 ---

PL Name Age Team Finals

Mixed Open 50 Breast

1 JEFF REILLY 36 VMST 31.24

Mixed Open 50 Fly

1 JEFF REILLY 36 VMST 25.84

Mixed Open 100 Fly

1 JEFF REILLY 36 VMST 56.84

--- Ages 40 Through 44 ---

PL Name Age Team Finals

Mixed Open 50 Free

1 LOUIS TUDOR 42 VMST 22.43

2 STAN BREAKELL 44 VMST 25.28

3 JOHN DYER 43 UNAT 40.60

Mixed Open 100 Free

1 LOUIS TUDOR 42 VMST 50.04

2 JIM MCFARLAND 40 VMST 54.35

3 STAN BREAKELL 44 VMST 57.37

4 LEO PIILONEN 41 VMST 1:04.90

Mixed Open 200 Free

1 JIM MCFARLAND 40 VMST 1:58.55

2 LEO PIILONEN 41 VMST 2:28.41

Mixed Open 500 Free

1 JIM MCFARLAND 40 VMST 5:19.84

Mixed Open 50 Back

1 JOHN DYER 43 UNAT 1:03.14

3rd Annual Star City Masters Swim Meet
April 11, 1998 -- Lancerlot Pool, Roanoke Virginia

Event Results for Timed Finals

Mixed Open 50 Breast				Mixed Open 50 Fly			Mixed Open 100 Back			
1 JOHN DYER 43 UNAT 53.68				1 ERIC MILLER 50 VMST 29.13			- JURGEN PEST 66 VMST DQ			
Mixed Open 50 Fly				-----			Mixed Open 100 Breast			
1 LOUIS TUDOR 42 VMST 25.17				--- Ages 55 Through 59 ---			1 JURGEN PEST 66 VMST 1:43.98			
2 LEO PIILONEN 41 VMST 37.12				PL Name Age Team Finals			Mixed Open 50 Fly			
3 JOHN DYER 43 UNAT 48.57				-----			1 JURGEN PEST 66 VMST 43.09			
Mixed Open 100 IM				Mixed Open 50 Free			Mixed Open 100 IM			
1 LEO PIILONEN 41 VMST 1:24.16				1 PETER HOUCK 59 VMST 33.93			1 JURGEN PEST 66 VMST 1:32.40			
-----				2 HOWARD BUTTS 56 VMST 35.81			-----			
--- Ages 45 Through 49 ---				3 JACK CROWDER 58 VMST 49.76			--- Ages 35 Through 44 ---			
PL Name Age Team Finals				Mixed Open 100 Free			PL Name Team Finals			
-----				1 JACK SCHILTZ 55 VMST 57.54			-----			
Mixed Open 50 Free				2 PETER HOUCK 59 VMST 1:22.78			Women Open 200 R-Medley			
1 TIM MAINLAND 48 CCLM 33.19				3 HOWARD BUTTS 56 VMST 1:23.28			1 VMST A W-35 VMST 2:22.11			
2 ALVIN CALLAHAN 46 VMST 39.83				4 JACK CROWDER 58 VMST 1:45.36			JENNY KELLINGER-35 LORI PEARSON-36			
Mixed Open 100 Free				Mixed Open 200 Free			SHERI VAUGHN-35 CRYSTAL PRIDDY-39			
1 ALVIN CALLAHAN 46 VMST 1:38.81				1 JACK SCHILTZ 55 VMST 2:10.46			-----			
Mixed Open 200 Free				Mixed Open 50 Breast			--- Ages 19 Through 24 ---			
1 TIM MAINLAND 48 CCLM 2:45.34				1 JACK SCHILTZ 55 VMST 31.66			PL Name Team Finals			
Mixed Open 500 Free				2 HOWARD BUTTS 56 VMST 40.89			-----			
1 TIM MAINLAND 48 CCLM 7:44.02				Mixed Open 100 Breast			Mixed Open 200 R-Free			
Mixed Open 50 Back				1 HOWARD BUTTS 56 VMST 1:38.18			- VMST A X-19 VMST DQ			
1 JAMES REYNOLDS 45 VMST 36.04				Mixed Open 50 Fly			-----			
Mixed Open 100 Back				1 JACK SCHILTZ 55 VMST 28.45			W HELEN STEVENS-1			
1 JAMES REYNOLDS 45 VMST 1:20.84				2 PETER HOUCK 59 VMST 44.72			LEO PIILONEN-41M KURT SPRENGER-28M			
Mixed Open 50 Breast				Mixed Open 100 IM						
1 ALVIN CALLAHAN 46 VMST 57.37				1 JACK SCHILTZ 55 VMST 1:04.47						
Mixed Open 50 Fly				2 PETER HOUCK 59 VMST 1:35.08						
1 JAMES REYNOLDS 45 VMST 32.76				-----						
Mixed Open 100 IM				--- Ages 60 Through 64 ---						
1 JAMES REYNOLDS 45 VMST 1:16.45				PL Name Age Team Finals						
2 ALVIN CALLAHAN 46 VMST 1:47.60				-----						
Mixed Open 200 IM				Mixed Open 50 Free						
1 TIM MAINLAND 48 CCLM 3:09.68				1 GILBERT WHEELER 63 VMST 40.02						
-----				Mixed Open 100 Free						
--- Ages 50 Through 54 ---				1 GILBERT WHEELER 63 VMST 1:38.07						
PL Name Age Team Finals				Mixed Open 50 Back						
-----				1 GILBERT WHEELER 63 VMST 47.21						
Mixed Open 50 Free				Mixed Open 100 Back						
1 WHARTON RAMSEY 52 VMST 26.26				1 GILBERT WHEELER 63 VMST 1:49.34						
2 ERIC MILLER 50 VMST 27.21				Mixed Open 100 IM						
Mixed Open 500 Free				1 GILBERT WHEELER 63 VMST 1:46.20						
1 RAND GARRETT 50 UNAT 8:41.30				-----						
Mixed Open 50 Back				--- Ages 65 Through 69 ---						
1 ERIC MILLER 50 VMST 33.63				PL Name Age Team Finals						
2 WILLIAM PHARIS 50 VMST 37.86				-----						
Mixed Open 100 Back				Mixed Open 100 Free						
1 ERIC MILLER 50 VMST 1:17.56				1 JURGEN PEST 66 VMST 1:22.27						
2 WILLIAM PHARIS 50 VMST 1:23.72										



Eastern States 2-MILE



Cable Swim - Quarter-mile Straightaway

**Chris Greene Lake-
Charlottesville, Virginia
Saturday, July 11, 1998**

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

LMSC for Virginia
535 Biltmore Drive
Virginia Beach, Virginia 23454
Sanction No. 128-0006

EVENT:

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

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

INDIVIDUAL AGE GROUPS:

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

TEAMS:

A \$15 entry fee for teams will be taken ONLY on race day. A team shall consist of 3 swimmers of same or mixed sex. Age groups will be in 10 year increments (10+, 25+, 35+, etc). Age of youngest member will determine age group. All participating team members must be registered with the same Master's Club.

AWARDS:

Medals will be awarded to the top 3 individual finishers and to the 1st, 2nd and 3rd place teams in each group.

ENTRY FEES:

A \$25 entry fee per individual will include a tri-color 100% cotton t-shirt. Indicate the adult size on entry form. Make check or money order payable to Virginia Masters. (NO CASH PLEASE!); (LATE AND DECK ENTRIES WILL NOT BE ACCEPTED) "No time" entries will be seeded last in appropriate heat. Official entry form and fees must be POSTMARKED no later than June 25, 1998.

REGISTRATION:

All swimmers must be registered with USMS. Entrants must include a photo copy of their 1998 USMS registration card with their entry form. Entries received without a copy of the 1998 card will be returned. Advance entry and registration are required to swim.

ENTRANCE TO LAKE:

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

SOCIAL:

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

FOR FURTHER INFORMATION:

Beth Waters
3710 Kenmore Rd.
Richmond, VA 23225
H: 804-744-8225
Please no phone calls after 9:00 pm.
or
Linda McCowan
E:mail:LIMcCowan@aol.com

SEND ENTRIES TO:

Beth Waters
3710 Kenmore Rd.
Richmond, Va 23225
Phone (804) 744-8225
Please no calls after 9:00 PM.



DIRECTIONS TO CHRIS GREENE LAKE:

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

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

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

ACCOMODATIONS:

The Doubletree Charlottesville (pre-
viously Sheraton Inn) on Rt. 29 North
has reserved a limited number of
rooms and is offering a group rate of
\$69 to competitors for Friday & Sat-
urday, July 10 & 11. This is a sub-
stantial discount from their regular
rate, and the Doubletree is conven-
iently located to Chris Greene Lake.
If you are interested in taking advan-
tage of this opportunity, you must
make your reservation by Wednesday,
June 10 under the identity of Virginia
Masters Swim Team in order to be
eligible for the group rate. Rooms are
available on a first come-first served
basis.

The address & phone number for
the Doubletree - Charlottesville
2350 Seminole Trail
Charlottesville, VA 22901
(804) 973-2121

VIRGINIA CHAMPIONSHIP SERIES

Swim all three Virginia Open Water Swims
Special award for all finishers to be pre-
sented after the Charlottesville race

Reston 2-Mile Lake Swim
May 31

Virginia Beach 1-Mile Ocean Swim
June 21

Charlottesville 2-Mile Cable Swim
July 11

For Information Contact:

Reston 2-Mile,
Phyllis Sickenberger
1807 Post Oak Tr.
Reston, VA 20191
(703) 845-SWIM
PB Berger@aol.com

Virginia Beach 1-Mile,
Betsy Durrant,
211 66th St.,
Virginia Beach, VA 23451,
(804)-422-6811
DURRANTB@aol.com

EASTERN STATES 2-MILES ENTRY FORM

July 11, 1998 • Chris Greene Lake • Charlottesville, VA

ATTACH A COPY OF CURRENT USMS CARD HERE

Name _____
Street _____
City _____ State _____ Zip _____
Sex _____ Birth Date _____ Club Name _____
Age on 7/11/98 _____ USMS Number _____ LMSC _____
Home Phone # _____ Work Phone# _____

ENTRY CONFIRMATION

Enclose Self-Addressed, Stamped Envelope or Postcard
DO NOT STAPLE PAYMENT TO ENTRY FORM



HEAT # (Circle One)	HEAT DESCRIPTION	1650 YD TIME
1	Counter-Clockwise (Left Side Breathers)	:
2	Clockwise (Right Side Breathers)	:

Heat 1: Starts 9:00 am/Check-in by 8:45 am

Heat 2: Starts 11:00 am/Check-in by 10:45 am

Entry Fees: (Includes T-Shirt) \$25
\$25 Per Individual
T-Shirt Size M _____ L _____ XL _____

After Meet Social
\$3 per person X _____ \$ _____

Total Payment Enclosed \$ _____

Mail to:
Beth Waters
3710 Kenmore Rd
Richmond, VA
23225

Postmarked no later
than June 25, 1998
Payable to VMST

RELEASE BY PARTICIPANT FROM LIABILITY

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all 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 PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to take those risks."

Date _____ Signature _____

**15TH Annual
JACK KING 1-MILE OCEAN SWIM
SUNDAY, JUNE 21, 1998
VIRGINIA BEACH, VIRGINIA**



HOST: Virginia Masters Swim Team, Inc.

SANCTIONED BY: Local Masters Swim Committee for Virginia (LMSV for VA) for USMS, Inc. #128-0007.

SPONSOR: This event is sponsored by the law firm Vandover, Black, Meredith & Martin to honor the memory of Jack King, former partner and friend. The net proceeds from this event will benefit the Virginia Beach YMCA, where Jack served as a director and legal counsel.

MEET DIRECTORS: Forrest Sullivan and Betsy Durrant

LOCATION: Check-in at the park at 24th Street, between Atlantic Avenue and the boardwalk.

DIRECTIONS: Take the Virginia Beach/Norfolk Expressway (Rt 44) from I-64. When the expressway ends, you are on 21st Street. Stay on 21st Street until it dead ends into Atlantic Avenue. Turn left. Check-in is at the park on 24th Street, between Atlantic Avenue and the boardwalk.

PARKING: All parking on Atlantic Avenue and Pacific Avenue is controlled by meters with a 2 hour limit (75 cents per hour). There are city parking lots at 19th Street and Pacific and at 25th Street and Pacific Avenue (1 block north and 1 block west of start/check-in). The charge is \$5 for the whole day. The lot may be unattended when you arrive, but the attendant will be there to collect when you leave. There may also be a lot open at 31st street (1/2 point of race), but that is not definite at this time.

COURSE: There will be an in the water start at 24th Street. The swim is parallel to the beach, with the current, in a northerly direction. The finish is on the beach at 38th Street (Howard Johnson Hotel). Buoys mark the start and finish. Detailed directions with landmarks and any changes will be available at the check-in.

DATE/TIME: Sunday, June 21, 1998. Check-in will be from 8:45-9:30 am. A safety briefing will be held at 9:50 am, a USS heat will begin at 10:00 and the Masters heat will begin at approximately 10:15 am.

ELIGIBILITY: All swimmers must be 19 years old or older and registered with USMS to participate. All swimmers must enclose a copy of their USMS registration card with their entry. USMS registration applications are available at the Virginia Beach YMCA, from the meet directors, and from Craig Compost (Registrar), 14134 Walton Dr, Manassas, VA 22111. Registration for 1998 is \$21.

ENTRY FEE: \$15.00 for entries received by June 13, 1998 (includes a t-shirt). \$20.00 for late entries (does not include a t-shirt). T-shirts will be on sale the day of the race for \$8.00 while they last.

ENTRY DEADLINE: June 13, 1998, for pre-entries (\$15 including t-shirt). Hand delivered late entries (\$20 with no t-shirt) will be accepted until 9:00 pm Friday, June 19. THERE WILL BE NO RACE DAY ENTRIES! DO NOT COME TO THE RACE ON SUNDAY MORNING AND ASK TO ENTER. THERE WILL BE NO ENTRY INFORMATION AT THE STARTING LINE. THIS IS A POINT-TO-POINT RACE AND ALL SWIMMER INFORMATION WILL BE AT THE FINISH LINE. Absolutely no entries will be accepted after 9:00 pm Friday, June 19.

GENERAL INFORMATION: (1) Swim caps will be provided for all entrants. These caps must be worn by all who participate. (2) Rest rooms are available at the start at 24th street. (3) Water temperature will be 72 degrees or less. (4) Wetsuits are not permitted. (5) Cancellation due to weather is always possible. No refunds. (6) A truck will be available to take swimmers' bags to the finish line.

AWARDS AND SOCIAL: Medals will be given for 1st-3rd in each age group. Ribbons will be given for 4th-6th in each age group. The standard Masters age groups will be used (19-24, 25-29, 30-34, etc). Awards will be presented at the social, immediately after the finish of the last swimmer. Family and friends of all swimmers are invited to the social.

HOTEL ACCOMMODATIONS: We were not able to secure a block of rooms at Howard Johnson's. 24 rooms have been reserved at the Ramada Inn on 57th Street at \$115 per night. Call 428-7025. Identify yourself as involved in the Virginia Masters Swim Team event. Make reservations by May 21.

RELEASE: The following waiver must be signed and in the hands of the meet director before a 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 DAMAGE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature: _____ Date: _____

Age (on 6/21/98): _____ Phone: (____) _____ USMS #: _____

*** Attach copy of USMS card here **** DO NOT SEND IN ENTRY WITHOUT A COPY OF YOUR USMS CARD***

Name: _____ Sex: ☐ M ☐ F

Address: _____

City: _____ State: _____ Zip: _____

Date of Birth: _____ Team: _____

ENTRY FEE: \$15 ADVANCE REGISTRATION / \$20 LATE ENTRY: \$ _____

T-SHIRT: Circle one (ADVANCE REGISTRATIONS ONLY): Large or X-Large

ENCLOSE A COPY OF YOUR USMS REGISTRATION CARD.

Make check payable to VMST. Entries must be received by June 13, 1998. Mail RELEASE, copy of your USMS CARD, and CHECK to:

Betsy Durrant: 757-422-6811
211 66th Street No calls after 9:30 pm, please.
Virginia Beach, VA 23451

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For Information Contact
Reston 2-Mile - Phyllis Sickenberger, 1807 Post Oak Tr, Reston, VA 20191, 703-455-SWIM
Charlottesville 2-Mile Cable - Joyce Mullins, 3104 Waterton Dr., Middleburg, VA 22117, 804-323-0483

See page 9 for additional hotel information

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