

VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

June 15, 1998

VMST at SC Nationals

from information supplied by James Wolfle

The following swimmers represented VMST at Short Course Nationals in Indianapolis.

W25-29	Julie Mullen, Meredith Pope, Paula Jones
W30-34	Lydia Tudor, Alice Phillips, Molly Dean, Lisa Heirigs, Karen Kaufmann
W35-39	Patty Powis, Beth Baker
W40-44	Lisa Bennett, Kitten Braaten
W45-49	Nancy Miller, Terry Gault, Linda McCowan, Dee DeLong
W55-59	Rosalyn Schanzer
W60-64	Johnnie Detrick
W80-84	Roberta Sugden
W85-89	Marie Kelleher
M19-24	Corey Riordan
M25-29	James Wolfle, Charles Cockrell
M30-34	Andrew Johnson, Dave Holland
M35-39	Christopher Flood, David Malsbury
M40-44	Louis Tudor, John Tudor, Todd Russell, Lang Meem, Michael Slowey
M45-49	Robb Sultzer, Jim Miller, John Kin
M50-54	George Brown, Robert Riordan, Edwin McCowan, Eric Miller, Harry DeLong
M55-59	Jack Schiltz, Warner Brundage, Edward Gaulrapp
M60-64	George Murphy, John McGill, Richard Cheadle
M65-69	Forrest Sullivan

Marie Kelleher led the team with SIX firsts (50, 100, and 200 free, 50 fly, 100 and 200 IM). Marie's times in the 100 and 200 IM were new national records!

Other first place winners were: Jack Schiltz (50, 100, and 200 breaststroke), Meredith Pope (1650 free), Terry Gault (1650 free), and Johnnie Detrick (50 and 100 free).

Medals and team points are awarded for the top ten places in each event in each age group. Medal winners were: Meredith Pope (1st, 5th, 9th), Paula Jones (4th, three 9ths), Alice Phillips (3rd, 6th, 8th, 10th), Lisa Heirigs (5th), Karen Kaufmann (6th), Molly Dean (8th), Beth Baker (four 2nds, 3rd, 7th), Patty Powis (2nd, two 4ths, 8th), Kitten Braaten (two 5ths), Lisa Bennett (two 2nds, 5th, two 6ths), Nancy Miller (3rd, 8th, two 9ths, 10th), Terry Gault (1st, 4th, 5th, 9th), Linda McCowan (7th), Rosalyn Schanzer (5th, two 8ths), Johnnie Detrick (two 1sts, three 2nds, 3rd), Roberta Sugden (two 2nds, 4th, 5th, 7th), Corey Riordan (3rd, two 5ths, 7th), James Wolfle (2nd, 3rd, 6th, 8th), Andrew Johnson (two 5th, 8th, 9th), Christopher Flood (6th, 8th), David Malsbury (8th), Louis Tudor (three 6ths, 8th), John Tudor (2nd, 4th, 5th, 6th, 9th), Lang Meem (10th), Michael Slowey (5th, two 6ths, 7th), George Brown (5th, 7th), Jack Schiltz (three 1sts, two 3rds, 4th), Warner Brundage (four 6ths, 8th, 10th), Edward Gaulrapp (6th, 8th, 10th), Richard Cheadle (5th, two 8ths), John McGill (2nd, 3rd, two 4ths, 5th), George Murphy (8th), Forrest Sullivan (5th, 6th, 8th).

Notable relay results:

- 2 - M35+ Free (Tudor, Tudor, Malsbury, Flood)
- 3 - M35+ Medley (Malsbury, Slowey, Tudor, Tudor)
- 3 - M55+ Medley (McGill, Brundage, Schiltz, Murphy)
- 2 - Mix 35+ Free (L Tudor, Baker, Powis, Malsbury)
- 3 - Mix 35+ Med (Malsbury, Powis, Baker, L Tudor)
- 2 - Mix 55+ Med (McGill, Detrick, Schiltz, Schanzer)

See page 5 for a report from James Wolfle on new state (LMSC) records.

Meet Schedule

July 19: Hains Point LC meet. Outdoors.

August 2: DC Masters LC.
Entry is in this newsletter.

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

September 13: VMST meet in Woodbridge.
Entry is in this newsletter.

Web Sites

LMSC for VA
serve.com/LMSC_for_VA
(LMSC Records are listed here.)

USMS
usms.com
(Results from SC Nationals, Links to Top 10)

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

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 will be in the May 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.

Fall Festival

September 19-20

*Coaches' Clinic and Swimmers' Clinic
with Scott Rabalais, Crawfish Masters Coach
of Baton Rouge, LA*

Dinner/Social at Nancy and Jim Miller's

Sponsored by LMSC for Virginia

Registration form will be in the newsletter.

Motivational Tips to Reach Your Goals

by CJ Hall

1. **GOT THAT IN WRITING?** Making your goals public, even just to yourself, can help you stick to your plan. Write down your goals and the daily steps you need to take to achieve your goals. Share your goals with a supportive friend.

2. **ONE IS INFINITELY MORE THAN NONE.** Achieving your goals is not an all-or-nothing process. If you realize you might not achieve your planned steps on a certain day, do what you can. Even a half-step moves you forward.

3. **TREAT YOUR GOALS AS A PRIORITY.** If your goals are a priority, treat them like they are! Don't leave them for "well, if I have time..." or "I'll double up tomorrow." The more often you stick to your plan, the more your goal steps will become a positive part of your daily routine.

ENJOY striving for and reaching your goals!
Congratulate yourself, and then set your sights on a new star.

*This article is from CJ Hall's newsletter Positive Performer.
To subscribe, contact CJ at 301-309-3688 or
micandcj@erols.com.*

February Fitness Challenge

In an earlier newsletter Harry DeLong reported on Jewel Grigsby-Martin's impressive yardage for February. At that time, the final results had not been tabulated. The results are in, and Jewell placed first overall - the most yardage for any swimmer, male or female, any age group! Jewell swam 359,200 yards in February of 1997 and increased it to 426,100 yards for 1998. She is 66 years old.

Jewell sent me the results for the top 50 participants (out of 520). Gennard Lanzara, VMST member from Roanoke placed 8th overall

Ron Collins Swims Tampa Bay

*by Jim Donnelly, Janis Froelich, Terry Tomalin
(from the Florida LMSC Newsletter)*

In the first swim of its kind, Ron Collins swam the 24 mile length of the shipping channel of Tampa Bay in 9 hours, 53 minutes and 1 second.

On a Wednesday morning, April 15, 1998, at 9:05 am, 35 year old Ron Collins, Clearwater Masters, plunged into the 74 degree waters of Tampa Bay at the foot of the Sunshine Skyway Bridge in St. Petersburg. Sporting only his "Victor" swim suit and swim cap, silly putty for ear plugs, and some grease in his armpits, Ron started swimming up through Tampa Bay towards the finish line at Rocky Point, in Clearwater, where there was "a drink with his name on it" waiting for him 24 miles away.

"There's a party at Whiskey Joe's," Ron said just before the start of his race, "I can't be late."

Clearwater Masters coach Kelley Allen, and Randy Nutt, a Gold Coast Masters swimmer, guided Ron in their kayaks, supplying him with fresh water and Snickers bars for nourishment. Randy helped guide Marathon swimmer Gail Rice in her swim around Sanibel Island in January and in her attempt to swim from Bimini to Florida last summer. As Marketing Director for The Victor swim products, and Chairman of Florida Goldcoast's Open Water Committee, Randy was one of Ron's sponsors.

By 1 p.m. Ron had passed the St. Petersburg Pier where the current finally gave him a break. He swam under the Gandy Bridge and then the Howard Franklin before finally reaching the Courtney Campbell Parkway at Rocky Point at 6:57 p.m., less than an hour behind his planned arrival time. Ron, who started the swim at 192 lbs., lost 7 lbs. somewhere along the way.

"I just want to bring some attention to the sport", he said. "There are a lot of great young swimmers out there making waves. This is for them." Last year Collins helped organize the first Tampa Bay Open Water Challenge, a 3.5 mile sprint across the bay to help raise money for the environmental

See Tampa on page 4.

Tampa continued from page 3.

group BayWatch. Organizers hoped to draw 100 swimmers to the May event and were surprised when more than twice that number showed up. This year they expect 400 swimmers to make the crossing from St. Pete's Gandy Beach to Tampa's Picnic Island.

After his swim, Ron kissed his wife Lea Ann and two year old son, Matthew, and then reached for a swig from the champagne bottle. "It's a great reason to have a party at Whiskey Joe's with my friends", he said of the swim. His speech was slurred after coming out of the water. "My tongue is swollen," he said after hosing off the dirty raccoon eyes from the goggles and the debris in the saltwater.

"I don't know how many times I yelled 'Swim you b____!' which is what they say to English Channel swimmers who want to quit," coach Kelley Allen explained. "He kept going." but Ron didn't need any help. He picked up speed after crossing under the Howard Franklin, and with the crowd cheering and the end in sight, Collins switched to butterfly the last 100 yards.

Randy Nutt, 38, an accomplished distance swimmer himself, summed it up best. "Some people are dreamers, others are doers. Ron Collins is both."

Ron Collins has relatives in Virginia and has participated in several VMST events.

Preparing for Open Water Races

In article in *Fitness Swimmer* magazine, Terry Laughlin has some excellent advice on distance training and preparation for races. Terry states that distance swimmers succeed because they can maintain a moderately fast pace for a long time. To do that, you must practice a consistent pace. You must use the clock to be aware of your pace. As you approach the open water season, use repeats of 200 meters or less to practice maintaining your pace while reducing the rest time between repeats.

In and Out of the Water

Calvin Barnes is considering going to Atlanta and Connecticut for open water swims.

Scott Rose reports that **Jim McFarland** was the overall winner of the May 23rd Wrightsville Beach, NC, 5K ocean swim with a time of 1:21.52. Scott says it is a nice race, which he highly recommends.

In Indianapolis, VMST swimmers had good times in the pool and after the meet also. The Sunday after the meet, a few stayed in Indy to take a morning flight on Monday. **Charlie Cockrell, Kitten Braaten, Molly Dean, Lisa Heirigs, Patty Powis, Mike Slowey, and Alice Phillips** hit the hotel happy hour and then went to dinner - which they never ate. The wait was so long, they went to the billiard room and just continued happy houring, ordered a few appetizers and of course played pool. One thing is for sure: swimmers have very limited fine motor skills! Playing pool and swimming in the pool are in no way related! Lisa Heirigs hit some pretty awesome shots, but everyone else stunk.

Mark Gill will be starting work on a PhD at Arizona State in August. He'll be studying in the Business School, working towards a degree in Computer Information Systems. He's already gotten information about workouts from the team's website.

Aquatics Positions Open

The Aquatics Director and Aquatics Supervisor positions are available at Riverside Wellness and Fitness Center - Briarwood in Richmond. Facilities include an indoor 50 meter pool, an outdoor heated lap pool, an outdoor recreation pool and kiddie pool. These two year-round positions include benefits.

For more information contact Tami Nunn, Human Resources for Riverside Wellness and Fitness Centers, 12420 Warwick Blvd. Newport News, VA 23606 or 757-594-3063 (fax).

LMSC Records Fall

by James Wolfle

WOW! WOW! WOW!

Boy, was nationals a fast one for the Virginia swimmers. We had a number of swimmers who were swimming in their first nationals in new age groups, and these swimmers helped rewrite the LMSC for Virginia record book. Virginia had under 50 swimmers at Indianapolis and set 53 new LMSC records! My fingers got tired just updating the records!!! Congratulations to all swimmers at SC Nationals and especially to those who swam to new records. A complete list of records can be found at our website:

http://www.serve.com/LMSC_for_VA

If there are meets that you attend out of state and set a record, please send the results to me. If you send your copy of results, I will be glad to return it to you. I usually get a copy for meets that are run in-state. As always, if there is a mistake in the records, just e-mail me at WOLFLE@AOL.COM or call me at 540-574-2919.

Here are the records that were broken in May at Indianapolis:

W30-34

Molly Dean	200 Back	2:28.06
Alice Phillips	200 IM	2:19.42

W35-39

Beth Baker	50 Back	29.90*
	100 Back	1:03.14
	200 Back	2:16.74

W40-44

Lisa Bennett	100 Breast	1:14.23
	400 IM	5:24.41

W55-59

Rosalyn Schanzer	1650 Free	26:34.13
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W85-89

Marie Kelleher	100 Free	2:03.17
	200 Free	4:21.41
	50 Fly	1:17.66
	200 IM	5:38.13
	50 Back	1:11.15*

M35-39

Chris Flood	50 Free	22.06
David Malsbury	50 Back	26.14

M40-44

John Tudor	100 Free	48.47
	200 Free	1:49.58
	100 IM	55.67
	100 Fly	53.90
Michael Slowey	50 Breast	28.67
	100 Breast	1:02.36
	200 Breast	2:18.21
	400 IM	4:35.81
Louis Tudor	50 Fly	24.38

M45-49

Robb Sultzer	1000 Free	12:49.53
Jim Miller	100 Back	1:09.14

M50-54

George Brown	50 Free	25.00
	100 Free	55.07
	200 Free	2:01.99
	100 Breast	1:09.69
	200 Breast	2:35.27

M55-59

Jack Schlitz	50 Free	24.80
	200 Free	2:06.23
	50 Breast	31.26
	100 Breast	1:08.71
	200 Breast	2:33.17
	100 IM	1:02.63
Warner Brundage	500 Free	6:07.58
	200 IM	2:29.38
Edward Gaulrapp	200 Fly	2:49.89

See Records on page 6.

Records continued from page 5.

M60-64

John McGill	50 Back	32.76 *
	200 Back	2:40.00
	50 Fly	29.69
	100 Fly	1:12.28
	200 IM	2:35.58
George Murphy	100 Breast	1:24.99

** These three 50 Back times are from relay splits. James Wolfle does a super job keeping records up-to-date!*

E-Mail Addresses

Beth Baker asked me about e-mail addresses for team members. I compiled a list of the addresses that I knew and Beth added others that she had. I would like to make this list available to team members, but I want to be sure that no one objects to sharing their e-mail address.

The addresses that I have are for: Baker, Bennett, Bleistein, Braiman, Brinkman, Campesi, Conlin, Crouse, Dean, DeLong, Durrant, Fitzhugh, Gault, Gill, Lowe, Johnson (Andrew), Magee, Martin (Bill), McCowan, Miller, Mullen, Mullins, Pharis, Phillips, Pope, Powis, Rose, Russ, Schiltz, Sullivan, Walker, Wilmore, Wolfle.

If you do not want me to include you in this list to share, let me know right away (DurrantB@aol.com). If you would like to be added to the list, send me a message. I will include the list in the July newsletter.

Note from VMST President Nancy Miller

Virginia Masters made an excellent showing at the recent Short Course Nationals in Indianapolis. Our women placed fourth (we were only 25 points out of third place!), our men placed fifth, and the team also placed fifth, all in the medium-sized division. We were forty-seven swimmers strong and we ranged in age from 20 to 85, converging from six different states. It was a very cohesive, fun-loving group, and a real pleasure to be a part of. There were many memorable swims (including Marie Kelleher's 200 IM, which added a second national record to her cv), fast times, scores of medal placements, and some tremendous relays.

Don't forget to send in your entry forms for the Jack King One-Mile Ocean Swim at Virginia Beach as well as for the two-mile cable swim at Chris Greene Lake in Charlottesville. And it's not too early to start thinking about Long Course Nationals at the Hall of Fame pool in Fort Lauderdale to be held in the middle of August. Entry forms are due mid-July. I have reserved a small block of rooms at the Doubletree Hotel directly across the street from the pool, so let me know as soon as possible if you're interested.

Hope to see you at the beach!

LMSC Elections in September

Anyone interested in running for the LMSC offices (Chairman, Secretary, Treasurer) should contact Mark Braiman, Betsy Durrant, or Nancy Miller. Mark Braiman, Nominations Chairman, can be reached at:

1618 Shady Grove Court
Charlottesville, VA 22908
804-296-2387 or msb7e@virginia.edu



DC MASTERS 13th LONG COURSE MEET SUNDAY, AUGUST 2, 1998

Sanctioned by Potomac Valley LMSC for USMS, Inc. #108-008

Meet Directors: Teresa Martin, Robert Srou, & Jeanne Grillo (301) 983-1064

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

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

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

ORDER OF EVENTS

Swimmers may enter only five events.

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

Meet Rules: Current USMS rules apply. All swimmers must be currently registered with USMS and include a photocopy of their registration card with their entry. All deck entrants must present their current registration card. For further information about USMS registration contact Jeffrey Roddin (301) 603-0528.

Entries: Pre-entry deadline is July 25. The 800 free will be limited to the first 14 entries. Individual deck entries will be accepted on a space available basis until 9:30 AM on August 2. There will be NO relays this year. Mail entries to DC Masters Long Course Meet, c/o Barbara Frid, 6105 Chapman Rd, Mason Neck, VA 22079. NO PHONE ENTRIES ACCEPTED.

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

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

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

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

Hotels: Hampton Inn, 4921 W Largo Rd 301-499-4600 \$80 for single, \$90 for double plus tax, includes breakfast; Club Hotel by Doubletree, Landover, MD 888-444-CLUB or 301-773-0700.

ATTACH COPY OF YOUR USMS CARD HERE

USMS # _____ Birth Date _____

Name _____

Address _____

Phone _____

Club _____ Age _____ Sex _____

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

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


Signature _____ Date _____

Phone _____

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

No. _____ of events x \$4 = (maximum 5)
 Surcharge _____ \$6.00
 T-Shirt \$12 each Circle Size S M L XL
 TOTAL _____

**CHECK PAYABLE TO
DC MASTERS**



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

VIRGINIA MASTERS CHINN AQUATICS INVITATI'

Chinn Aquatics and Fitness Center

Woodbridge, Virginia 20112

Sunday, September 13, 1998

LOCATION: Chinn Aquatics and Fitness Center, Woodbridge, VA

FACILITY: 8 lane, 25-yard pool, non-turbulent lane markers. All lanes will be used for competition. The pool has a section outside the competition area that can be used for warm-up and cool down at all times during the meet. Spectator seating is available.

DIRECTIONS: From I-95 take the Prince William Parkway - West. Follow approximately 5 miles. The sign for the Chinn Aquatics and Fitness Center will be on the right at Prince William Drive. Turn right onto Prince William Drive. The center will be the second large building on the right. There is plenty of parking at the center.

SANCTIONED BY: USMC, Inc. and LMSC for Virginia - Sanction # 129-0001

MEET DIRECTOR: Kathy Karlen; (703) 590-4036; No calls after 9:30 p.m.

ELIGIBILITY: The standard Masters age group will be used (19-24, 24-29, etc.). All swimmers must be registered with USMS. Include a copy of your registration card with your entry.

ENTRIES: All entries will be \$3.00 per event plus a \$4.00 surcharge to help defray the cost of meet preparation, heat sheet printing, and facilities operation. Entries are limited to 5 events.

ENTRY DEADLINE: Entries must be received no later than Saturday, September 5, 1998. Deck entries will be permitted. Deck entered events will be \$5.00.

RULES: Current USMS rules for Masters swimming will apply. No one will swim alone. No one may enter more than five events. Events will be combined where necessary. There will be two lanes used during warm-up for practice of starts during the last 15 minutes of the warm-up. No diving will be permitted in any other lane.

AWARDS: Ribbons for first, second and third places in each individual event.

ORDER OF EVENTS

Sunday, September 13, 1998

Name: _____ Phone: _____

Warm-ups: 7:00 a.m.

Meet Starts: 8:00 a.m.

Event #		Event	Event	Entry Time
MEN	WOMEN			
1	2	500 FR		
3	4	200 BK		
5	6	100 FR		
7	8	200 BR		
9	10	50 FR		
11	12	200 IM		
13	14	50 BK		
15	16	100 BR		
17	18	100 FL		
19	20	100 BK		
21	22	200 FR		
23	24	50 FL		
25	26	100 IM		
27	28	50 BR		
29	30	200 FL		

Fees

	# of Events:	X	Fee	=	Total
Pre-entry		X	\$3.00	=	\$
Deck entry		X	\$5.00	=	\$
Surcharge			\$4.00	=	\$ 4.00
Total (No more than 5 events)				=	\$

Make checks payable to: VMST

Send to:

C/o Craig S. Campesi
14134 Walton Dr
Manassas, VA 20112-3701

CHECK LIST

1. Confirm check is payable to VMST: _____
2. Attached is a copy of your registration card: _____
3. Signed waiver: _____
4. Copy of entries: _____ (no more than 5)

Please attach this form to entries.

Attach a copy of your registration card to this page and include this with your registration. If your card is not attached, you will not be entered into the meet. A reasonable attempt will be made to contact you about the omission.

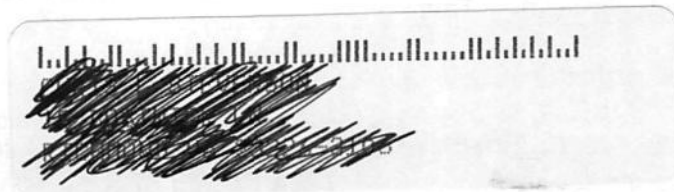
Name:		
Address:		
City:	State:	Zip:
USMS #	Team:	Sex

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

Swimmer's signature: _____ Date: _____

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**



Places To Swim Across Virginia and WVA

** indicates coached workouts*

Blacksburg: Lucille Griffin (540) 552-5943; *Laurel Davis (540) 953-2515.

Charlottesville: *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.

Waynesboro: YMCA, 648 Wayne Ave, Bret Figgatt, 540-943-5012

Williamsburg: *James City Co Rec Center, Longhill Rd, 220-4700.

West Virginia: *Concord, Tim Mainland (304) 384-7473