

VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

October 15, 1998

The Fall Festival - Another Success!

Thank You, Terry Sue

*from Harry DeLong and the Swimmers
from Chinn Aquatics in Woodbridge*

Many thanks to Terry Sue Gault and all others who really worked to provide a successful and excellent Coach and Swimmer Clinic on September 19 and 20th. Eight from our group attended and all left pleased with the training sessions and thrilled for the changes made in strokes. I am very pleased because of the improvements in several from the Chinn group. The clinic lived up to expectations.

Unfortunately, several flaws were found in my freestyle technique that I will have trouble living down. (I know, get my hips up!) But that's what I came for. I personally found Scott Rabalais knowledgeable and enjoyable to listen to and learn from. I left the Coach's clinic with useful ideas to use. Scott was an excellent choice for a mentor coach.

On another note, thanks to Jim and Nancy Miller for again hosting the celebration at their beautiful home. The food was good and the company was exceptional. I'm not sure I could retain any resemblance to sanity (some suggest I may have already lost most) if over 100 people descended on Dee and me at our home.

Again, a great time and a marvelous weekend!

Return Address

Note that the return address of this newsletter is for Registrar, Craig Campesi. He needs to get the address corrections and returned newsletters. If you have comments about the newsletter, the editor's address is on page 2.

Change in Dates

The dates for the Virginia-North Carolina Challenge Swim Meet have been changed. The dates are November 7-8, 1998. The entry is in this newsletter. See pages 9-10.

Having Fun at the Fall Festival *from Mary Beth Hanifer*

The fourth annual LMSC for Virginia Fall Festival was held the weekend of September 19-20 at Riverside Wellness and Fitness Center in Richmond. Once again, a good time was had by all those in attendance. The event featured our guest mentor Coach, Scott Rabalais, of the Crawfish Masters Swim Team in Baton Rouge, Louisiana. In addition to providing swimming tips, Scott also conducted a coaches workshop. Participants had the opportunity to learn new drills, work with a different coach, and receive instant feedback on their performance. Once the technical difficulties were resolved (any volunteers to run the video equipment next year?), participants were videotaped both above and below water. In order to accommodate the large number of swimmers, five above water cameras, three Snoopers, and five TV stations were set up on deck.

Of course, what Masters event would be complete without a SOCIAL! Club Miller was open for business and it was a blast. SWIM HARD - PLAY HARD. All guests were given the opportunity to enjoy not only good food and people, there were also some more water activities for those who just can't get enough of the water. If you wanted to kick back and relax there was a boat ride

See Fall on page 3.

Meet Schedule

November 7-8: VA vs NC Challenge
Roanoke Rapids, NC.
Entry is on pages 9-10.

December 5: No meet in Norfolk/Virginia Beach

February 7-8: Briarwood, Richmond, VA
Entry will be in a future 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) 294-9770. For
calendar of camps 800-609-7946.
info@totalimmersion.net

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

Postal Events

Sept 1 - Oct 31: 3000 & 6000 Yard Postal Championship
Contact: Ann Svanson, Po Box 425, Greenfield Center, NY
12833, 518-893-1967
ASvanson@skidmore.edu

Sept 15 - Dec 15: Postal Pentathlon
Swim events in a 2-3 hour period. Entry is on page 11.

Month of January: One Hour Swim - Nat'l Championship
Entry should be in *SWIM* Magazine.

VMST OFFICERS

President: Nancy Miller
NancyMillr@aol.com

Vice President: Patty Powis
PPowis@aol.com

Secretary: Harry DeLong
hdelong@ts.netcom.com

Treasurer: Mile Duitgan
gr82swm2@email.msn.com

Fall Meet

Unfortunately, there will not be a fall meet in the Norfolk/Virginia Beach area this year.

I agreed to move it to make room for the NC Challenge before I secured a pool for an alternate date. No luck with a pool at this time.

I am still trying and will distribute entries if pool time works out. I was trying for December, but maybe January will work.

Betsy Durrant

In and Out of the Water

Lisa Bennett did a triathlon on August 30. She was supposed to be part of a team, but the biker broke her foot. So ... Lisa did the swim and the bike! Her team won the event, posting a time only 4 minutes slower than they had been with their biker. Lisa is also biking with a group in October. **Nancy and Jim Miller** refer to her as "Biker Babe."

Other news from our teammates in Florida - **Carl Russ** is coaching the Plant City High School Boys and Girls Swim Teams. On September 29, the boys won their second meet of the year and the girls won their first meet of the year by a margin of one point. It must be good strategy from the coach!

Some of us missed the Fall Festival due to the Sandman Triathlon in Virginia Beach. Quite a few VMST members participated and placed. **Perry Lange** and **Troy Lewis** were second and third in the men's open division. **Kelly Parker** was second in the women's open division. **Ron Magee** won his age group (50-54). **Mary Lee** was second, **Laura Peter** was third, and **Heidi Burnham** was fifth in the women's 35-39 age group. **Charlene Magee** was second in her age group (50-59). Ask Ron and Charlene why they had trouble getting to the awards ceremony.

Mark Gill's new address: 202 E. Baseline Road #146, Tempe, AZ 85283. E-mail him at mark.gill@aus.edu. We can check up on Mark next year. The 2000 SC Nationals will be in Phoenix. His comments on swimming: "I am swimming more than I thought I would. What with the temperature staying above 100 most of the time, I guess it is a necessity. Swimming, however, should not imply working out; I mainly just float."

Jeanne Crouse reports that she can no longer go to meets or events in Richmond alone. Her daughter, **Kyle**, attended the Fall Festival. Canoeing on the river with **Jim Miller** made it a great visit for her; she's ready for more.

Judy Decker is recovering from shoulder surgery. She was injured teaching a swimming class this summer.

Fall continued from page 1.

around the river courtesy of **Hank Hollsworth's** speed boat. Or, if you wanted to be closer to the water, kayaks were available. Have I talked about the food and the music yet? Well let me tell you ... The menu included a fabulous spread of appetizers, salads, pasta, and a delicious turkey centerpiece. A fulfilling meal was required in order to dance the night away under the stars to the happening tunes of VMST's own **Todd Russell** and **Lang Meem**.

The sheer size and talent of all the participants guaranteed the success of this event. Special thanks to **Terry Sue Gault** and her team of helpers: **Beth Waters**, **Kitten Braaten**, **Paula Jones**, **Joyce Mullins**, **Nancy and Jim Miller**, **Todd Russell**, and **Lang Meem**. See you next year!

WORKOUT

from Betsy Durrant

- | | |
|-----------|---|
| 1000/1500 | WARM UP
200/300 each of Swim, Drill, Kick, Pull, Swim |
| 1000/1600 | MAIN SET
<u>2 x 200 JRD*</u>
Each 200 is 50 kick on side, 50 one arm, 50 catch-up stroke (breath on both sides), 50 swim.
<u>1 (or 2) x 200 Swim Free</u>
Long and strong, feel the roll.
<u>1 (or 2) x 200 Backstroke JRD*</u>
50 kick on side, 50 one arm, 50 with 3 kicks on side then one pull to switch sides, 50 swim.
<u>1 (or 2) x 200 Swim Backstroke</u>
Long and strong, feel the roll. |

100 **COOL DOWN**

*I call this sequence JRD for Joe's Rotation Drill. Coach **Joe Gentry** used to have us do a 200 this way, and I found it helpful.

NOTE FROM THE PRESIDENT

from Nancy Miller

September saw a small but very well-run meet at the Chinn complex, well-supported by the local group of VMST members. They are hoping to be able to secure the pool for a meet a bit later next fall in order to draw a larger number of participants.

The Fall Festival was once again a huge success, thanks to the efforts of Terry Sue Gault and her very able committee. Our guest coach, Scott Rabalais, did a great job. Approximately 120 swimmers/coaches participated, with more than 150 present at the social. Dinner music was supplied by Todd Russell and his jazz combo, and Lang and Molly Meem DJ'd a bit later for the dancing crowd.

Nine VMST members recently went to Cincinnati for the annual USAS convention, the umbrella organization for all aquatic NGB's (National Governing Body) - of which USMS is one. Seven of our nine participants had voting privileges, which is quite an achievement in such a relatively small LMSC. We were very proud of our contingent and the contribution Virginia has made and continues to make at the national level.

The Virginia-North Carolina challenge meet is scheduled for the 7th and 8th of November in Roanoke Rapids, and our Virginia Beach/Norfolk group is still looking for a pool.

Hope you all are now back in the pool and enjoying the cooler weather. See you soon!

Virginia Distance Series

The following swimmers participated in the three distance events making up the series (Reston 2-mile, Jack King 1-mile, Chris Greene 2-mile).

VMST		1776
Jay McLaughlin	John McCartney	
Gray Edwards		TRIM
Kevin Halligan	Bob Webb	
Stacy Dymond		Unattached
Nancy Hunyady	Ralph Swiger II	
Mary Lee	Ralph Joseph	
Sheila Peters	Holly Northup	
Susan Kelly		TERR
FXCM		Deborah Morrin
James Leimkuhler		

More on Fort Lauderdale

from Jim Miller

Division II National Long Course Championship:
VMST #1 in Women's and #2 in Combined (M/W)

An extraordinary meet was held in Fort Lauderdale from the perspective of the Virginia Masters athletes. For the first time, Virginia scored a first place victory by finishing first in the women for Division II and second in the combined. Never have we had so many national champions on one team. All of these expectations were placed upon the shoulders of nineteen individuals who traveled to Fort Lauderdale for the meet on August 20-23. The women's national championship team included: Beth Baker, Lisa Bennett, Kitten Braaten, Betsy Durrant, Terry Gault, Paula Jones, Nancy Miller, Becky Miller, Patty Powis, Roberta Sugden, Shannon Summerlin, and Laura Walker. The men's team was represented by: Dave Holland, Gennard Lanzara, Lang Meem, Eric Miller, Jim Miller, Steve Porter and Dan Summerlin.

Beth Baker (3), Betsy Durrant (1), Paula Jones (1), Patty Powis (1), and Daniel Summerlin (2) distinguished themselves with first place in one or more events. Two relays placed first in the championship, with multiple other relay placements. In fact, for the first time ever, all relays entered for VMST placed, scoring valuable points for the team total as shown above. Becky Miller was distinguished as the youngest swimmer at the meet, having turned 19 on July 3rd. Speaking from a perfectly biased fatherly perspective, it certainly was rewarding to see Becky join us and share in our successes. We'd like to also welcome new team members to the national level: Shannon Summerlin, Dan Summerlin, and Steve Porter.

The members of the Short Course and Long Course national teams would like to thank VMST for the distinctive caps given for each of the meets and for the purple backpacks awarded to each for participation and representation of our team. This

See Champ on page 5.

by far was our most successful national championship and as the meet coach of this group of gifted athletes, I was gratified to see how well everyone pulled together to contribute to this collective effort. In the final calculation of points, had any one of our nineteen swimmers failed to participate fully, we could not have come away with our wins. That, indeed, is teamwork of the highest order! My personal congratulations and a heartfelt thank-you for making my job that much more rewarding in 1998.

Editor's Note: Jim enters and coordinates all of the relays for VMST at national championships. This is a difficult job because swimmers arrive at different times, leave at different times, and sometimes don't show up at all. Some relay teams are not settled until the last minute to attempt to put together the fastest combination. Many thanks to Jim for cheerfully doing this sometimes thankless job.

Why I Love to SWIM

by Peter Schubert

Reprinted from the GRIN Newsletter
(GREATER INDIANA MASTERS SWIMMING)

4th April 1998. Dear Diary. Today was my 3rd State Champs, and our team won for the 3rd time. Yea! I got first in my age group again for the 500, my favorite race ever since H.S. My time was 3 seconds slower than last year, but followed PRs in both the mile AND the 1000. The 500 was still a hefty 22 seconds slower than my swimming prime 20 years in the foggy past. John and Keith and I have had this on-going debate in the YMCA locker room: Could we equal our best times now if we worked out as hard as we did back then? John made a big push this year, and is happy with a 0.2 sec gain on his 100 free. But he doesn't expect any more than that because he feels he has peaked. I got

really worked up, because I refuse to believe that I'm "over the hill". But our discussion revolves around an untestable hypothesis. Who has time to swim 2 hours a day? -- We all have wives, kids, full-time jobs, homes to maintain, and community responsibilities. Oh, well, maybe it's better this way. At least I can believe that I could still be that fast.

I looked at the GRIN record holders, and it is obvious that we slow down as we age. But when I look at our senior members, it seems they enjoy Masters swimming the most. I guess they have matured past this silly middle-aged pride that makes me want to believe I can still swim as fast as my 18-year old ghost can. He was skinnier anyway, and a whole lot stupider. I swim for the sheer joy of it; the feel of water is a natural environment for me. Someday, I know, my times will taper off. So I'd better accept that before it becomes a mid-life crisis!

I would still swim Masters even if I didn't compete. The friends I have made during practices and swim team parties will last my lifetime. And swimmers are my kind of people! Crazy, smart, funny, and kind. My teammates come from all walks of life, which makes it much more interesting than work, where everyone is an engineer. These people care about me, and even when I did a terrible 200 free today, everybody still said: "Great Swim!" Wow, that's nice. My high school coach would have chewed my butt out, but good. I know how bad I did, but they don't seem to care. They each know we are all out there to have fun and stay fit. We all know the score - that each one of us has this same internal dialog about getting older and slower. But on this team (and all the others I have seen) we support each other no matter what. That is really precious, and very hard to find. Thanks, God, for this opportunity; I'm really grateful. I wish I could tell my friends how I feel without being embarrassed. I'll just go on telling them: "Great Swim!" no matter how they swam. I hope they understand.

Editors Note: This article was a finalist in a "Why I Like to Swim" contest sponsored by the Indiana GRIN) newsletter.

Questionable Stroke Counting

by Coach Emmett Hines

This article is reprinted from the Gulf Masters Newsletter.

Often I am asked why we spend time doing super-low stroke count swimming (which is often also super-slow swimming) since absolutely none of our racing is done in the super-low (or super-slow realm).

We do a fair amount of work at ever lower stroke counts where you are bordering on drilling as opposed to swimming. The idea is that, as you get better at doing the super-low counts, even for short distances, it makes doing your "normal" and just-under-normal stroke counts easier to do: primarily because you must get more streamlined and slippery to do the lower counts. Then the idea is to take this visceral knowledge of slipperiness back to your more "normal" counts. I don't expect nor suggest that you try to swim your races or do your high intensity sets at the super-low counts. Super-low stroke count work is primarily technique refinement; think of it as conditioning your nervous system for lower resistance swimming. Doing these swims will improve your ability to do your normal count swims at lower energy levels.

Another frequent question is where one should focus attention to achieve a lower stroke count at any given speed.

At slow speeds we can get a large portion of our desired stroke length as a result of front-quadrant timing (semi-catchup swimming) and excellent streamlining (longitudinal balance, swimming on your sides, keeping compact body lines). Good body roll power transfer (hand/hip connection and vertical forearm through the stroke) also plays a role at slow speeds but to a lesser degree.

As speed increases, however, low resistance and power transfer become greater factors in stroke length than catchup timing. You can see this in sprinters like Biondi, Popov and Hall whose strokes become less front-quadrant as they move into intermediate speeds yet they still maintain very

streamlined positions and vertical forearms (also known as "high elbows") to keep their strokes much longer than their competition.

In elite swimmers moving at the highest speeds the front quadrant aspect is gone altogether, but there is still impeccable streamlining and vertical forearms for excellent power transfer.

Of course, your "top" speed is probably equivalent to an elite swimmer's "intermediate" speed (or perhaps even his "slow" speed) so, even when going at your top speed you most likely need to focus on a combination of stroke length elements that elite swimmers use at their intermediate (or slow) speeds.

Another query often tossed around is "Coach, if swimming lower stroke counts is more efficient then how come I get so tired doing it?"

Whenever you change stroke counts you employ different muscles or muscle fibers. If one is making a large change, say going from 24 spl (strokes per length) to 15 spl or fewer, it means using perhaps 70 percent different and completely untrained muscles. This is the range where someone shifts from swimming primarily with their arms and legs to swimming primarily with their core body, changing the role of the arms to that of transmission rather than engine. From a muscular conditioning standpoint this is almost like starting over from scratch. There is a rather long conditioning curve just as you would expect from taking up a new sport that asks you to use previously untrained parts of your body.

On the one hand, this shifting of work to new muscles may seem like a major drawback of going to lower stroke counts. On the other hand, once we have conditioned the new muscles used in a long stroke, we can make this shifting of muscle involvement work for us.

Making small changes, say going from 16 spl to 14 spl is much less of a physiological shake-up then

See Questionable on page 7.

Questionable continued from page 6.

making large changes, but does still shift the muscular work load to some extent. Swimming a long event requires a certain amount of total work to be done. We use technique to try to minimize the work required to swim at any given speed. We do this through active streamlining. We further use technique to subtly shift the work around a bit during the swim so that the workload may be shared by a greater percentage of the muscle at your disposal. Doing part of the swim at 16 spl then part at 15 spl then part at 14 spl allows muscular fatigue to be spread out across more muscle mass and therefore delayed.

Judiciously and purposefully shifting through several stroke counts in your endurance swims or sets increases the conditioning levels of the muscles you might want to employ in competition. The more stroke counts you have in your "range" of well conditioned muscles the more stroke count vs. turnover rate options you have at your disposal in a competition.

A gray spot for many people is, "How many strokes is too few?"

How low you should go is easily determined by dividing your fully stretched palm-to-palm wingspan into the distance you swim. In a 25 yard pool you glide for about 5 yards and swim the remaining 60 feet. If your wingspan is 5 ft. 6 in., your long term goal should be the ability to swim (not drill) 11 spl with only a two-beat-kick, and be able to keep up with this very low stroke count for a long time at a slow, easy pace. Of course, at faster speeds you'll take more strokes, but the goal at every speed is to accomplish that speed with fewer strokes than you did, say six month or a year ago. Constant attention to and actively seeking lower stroke counts will yield the greatest number of options for you to work with when it comes down to finding the perfect stroke length and speed combinations for any given moment of a race.

Yes, stroke counting is questionable. But I hope I've provided some answers ... and perhaps they'll spark some more questions.

Editor's Note: Emmett Hines is a full time Masters coach in Houston. He also conducts clinics and writes articles for various publications. If you have an opportunity to go to a clinic with Emmett, don't pass it up! He can be reached at 713-748-SWIM.

Brief Convention Report

by Betsy Durrant

I returned from the USMS annual convention on October 4 and have not yet compiled my notes. I will have a complete report in the November newsletter which will go to the entire LMSC, not just VMST.

There were 185 voting delegates at the convention in addition to approximately 20-30 non-voting delegates. Virginia was represented by Betsy Durrant (USMS Secretary), Jeanne Crouse (USMS Legal Counsel), Nancy Miller (USMS Planning Committee Chair), Jim Miller (USMS Sports Medicine Committee Chair), Craig Campesi (delegate from our LMSC and member of the USMS On-Line Computer Committee), Terry Sue Gault (delegate from Virginia and attending her first convention), Linda McCowan (At Large delegate), Patty Powis and Harry DeLong (attending their first convention).

One surprising rule change: Age for SC meters and LC meters competition will be determined by the FINA rule. Everyone ages up on January 1. You swim all year at the age you will be on December 31 of that year (metric meets only). SC yards competition will remain with the age determined by the last day of the meet. This will be effective on January 1, 1999.

National Championship locations:

1999 (determined at last year's convention)
SC - Santa Clara, CA LC - Minneapolis, MN
2000 (determined at this year's convention)
SC - Phoenix, AZ LC - Baltimore, MD

With LC in 2000 at UMBC outside of Baltimore, you know we will have a large representation. Make plans now.

Masters Aquatic Coaches Association

Membership Application and Renewal

The Masters Aquatic Coaches Association (MACA) is a service organization based on a central theme of COMMUNICATION, EDUCATION, PROFESSIONALISM and PROMOTION. We provide leadership to Masters swim coaches at all levels. We are dedicated to creating and enhancing progressive and highly visible programs that are effective in strengthening and improving the profession of Masters coaching.

Member Benefits:

- Newsletter
- Access to a network of Masters swim coaches
- Schools and Clinics
- The opportunity to have a voice in the future of your profession!

Annual Dues \$20.00

PLEASE CHECK:

☐ NEW REGISTRATION

☐ RENEWAL

Register Today!

Name _____
Club name _____
Street Address _____
City _____ State _____ Zip _____
Country _____
Phone (day) _____ (eve) _____
FAX _____
e-mail _____

Please complete the registration form above and the membership survey on the reverse side. Send it, with a check payable to MACA, to:

Don Mehl
Membership Chairman
600 Willow Glen Dr.
El Paso, TX 79922-2209

Virginia - North Carolina Challenge Swim Meet
November 7-8 , 1998
Roanoke Rapids Aquatic Center
Roanoke Rapids, NC

- Host:** Roanoke Rapids Aquatic Center
Halifax County Tourism Development Authority
Sleep Inn
The Roanoke Valley Chamber of Commerce
The Littleton Observer
- Sanction:** NCLMSC for USMS
- Meet Directors:** Hal Sharpe, Cindi King
- Facility:** The Roanoke Rapids Aquatic Center is a six lane, 25 yard indoor pool, bottom striped, wall targeted with non-turbulent lane lines, ample deck space for chairs, and also bleacher seated. Voted #1 aquatics program in the State of North Carolina by the U.S. Water Fitness Association.
- Conduct of Meet:** Each swimmer will swim 50 yards of each stroke (fly, back, breast, and free) and a 100 IM on Saturday and Sunday will consist of several fun relays. Each swimmer will enter best 50 yd time for each stroke and the 100 IM (for seeding purpose only)
- Meet will be handicapped as follows: Entry for 25 year old will equal 1.00. Each year after 25 will add .01 to handicap. Time of actual swim will be divided by handicap.
(Example: John Doe age 61. $61 - 25 = 36$)
Final time would be actual time of swim divided by handicap or time. $\frac{\text{Time } 31.14}{1.36} = 22.90$
Sally Doe age 39, final time would be actual swim time divided by 1.14 ($39 - 25 = 14 \times .01 = 0.14$) or $\frac{29.45}{1.14} = 25.83$
Ages will also be used on relays. USMS rules will apply. Heat will be slow to fast. Women heats precede men's.
- Eligibility** Meet open to all USMS swimmers registered in 1998 in VA and NC. Please send copy of your USMS card with signed entry form. Age determined as of the last day of meet.
- Fees** \$15.00 for all events. (includes event T-shirt)
- Entries** Completed entry form, copy of USMS and check for \$15.00 made payable to Roanoke Rapids Aquatic Center to be sent to Cindi King, P O Box 38, Roanoke Rapids, NC 27870. Deadline: Oct 31, 1998. No Deck Entries
- Time of Meet** Saturday, November 7 Warm ups at 1:00 p.m.. Meet starts at 2:00 pm Sunday, November 8 warm-ups at 9:00 am. Meet starts at 10:00 am.

There will be a social by the pool on Saturday at the Sleep Inn. We need alot of swimmers to drink two kegs of beer!!!

For more information call Cindi King at 252-533-2850

ENTRY FORM

Virginia/North Carolina Challenge Swim Meet

Name _____ Sex _____ Age _____ DOB _____

Address _____

Day Phone _____ Night Phone _____

Team: Virginia/North Carolina USMS# _____

Saturday, November 7, 1998 (warm-up @ 1:00. Start @ 2:00)

Event	Time
50 Fly	_____
50 Back	_____
50 Breast	_____
50 Free	_____
100 IM	_____

(There should be 20 minutes or more between each event)

Sunday, November 8, 1998

Relays

Fees \$15.00

Social (pasta dinner) @\$6.00 per person _____

\$4.50 per child (12 and under) _____

Total _____

T-Shirt Size (S,M,L,XL) _____

Sleep Inn of Roanoke Rapids has agreed to be the host motel at a rate of \$48.00 for double occupancy. The Sleep Inn is located at 101 Sleep Inn Drive off I-95 at Exit 173, Roanoke Rapids, NC. Phone # is (252)537-3141.

HOLD HARMLESS- 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 OR 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 _____

Mail to: Cindi King, P O Box 38, Roanoke Rapids, North Carolina on or before Oct 31, 1998.

★ 1998 POSTAL PENTATHLON SWIM MEET ★

Sponsors: Minnesota Masters Swim Club and Minnesota LMSC.

Eligibility: Open to all registered masters swimmers for the 1998 or 1999 season.

Conduct of Meet: Participant swims the 5 events in a specific course (Sprint, Middle Distance, or Ironman - no mixed courses), preferably in a 25 yard pool, Butterfly, Backstroke, Breaststroke, Crawlstroke, and Individual Medley. All results will be based on a 25 yard course, swims performed in meter pools must indicate that their entries are from a meter pool so their times are converted to a yard equivalent. The meet results will compare each event of the pentathlon amongst the participants. It is recommended that the pentathlon legs be swum in the order Butterfly, Backstroke, Breaststroke, Crawlstroke, and then Individual Medley. The events must be swum during the same day and it is recommended that all 5 events be swum in a 2 to 3 hour period. Participants may swim the Sprint, Middle Distance, or Ironman courses. If you desire to swim more than one course you should swim each course on a separate day. All times must be recorded to the 1/100th of a second. Times not reporting tenths or hundredths will have 9's inserted for the missing digits. The pentathlon must be swum from September 15, 1998 to December 15, 1998 and the entries must be postmarked by December 24, 1998, include a copy of your USMS registration card or foreign equivalent. Incomplete entries will be returned and assessed a \$3.00 (US funds) administration fee. All fees are nonrefundable.

Age Groups: 19-24, 25-29, ... , 95-99, 100+. Age will be determined by the swimmers' age on December 15, 1998.

Awards: Winners of each age group will receive a special award. All participants may purchase a participation T-shirt for \$12.00 (US funds), XXL shirts add \$3.00(US). Certificates of completion are available for \$3.00(US) per course.

Entry Fee: \$7.50(US) per course. Make checks payable in US funds to: **Postal Pentathlon**. All fees nonrefundable.

Send entries to: **1998 Postal Pentathlon**
570 - 96th Lane
Blaine MN 55434 USA

Questions: Wayde Mulhern Phone-Day: (612) 635-5167 Evenings/Fax: (612) 783-1282 E-Mail: Wayde.Mulhern@Unisys.Com

PLEASE INDICATE SHIRT SIZE WHEN ORDERING A PARTICIPATION SHIRT.

Name: _____ USMS or foreign registration #: _____

Address: _____ Swim Club: _____

City: _____ State: _____ Zip/Postal Code: _____ Country: _____

Sex: M F Phone Days: _____ Evenings: _____

Shirt Size: S M L XL XXL Shirt Type: **Sprint Middle Distance Ironman** Birth Date: ____/____/____

Entry Fee: \$ _____ Shirt: \$ _____ Certificate: \$ _____ Total Fees: \$ _____ MON / DAY / YEAR

Enter your times for each individual event. Circle pool type: Yards / Meters.

Sprint course 50 Yards/Meters each stroke and 100 IM Date Swum ____/____/____

Fly _____ Back _____ Breast _____ Crawl _____ IM _____

Middle distance 100 Yards/Meters each stroke and 200 IM Date Swum ____/____/____

Fly _____ Back _____ Breast _____ Crawl _____ IM _____

Ironman course 200 Yards/Meters each stroke and 400 IM Date Swum ____/____/____

Fly _____ Back _____ Breast _____ Crawl _____ IM _____

I the undersigned have participated in the Postal Pentathlon having swum the designated events in the recommended time period.

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 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 THESE ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

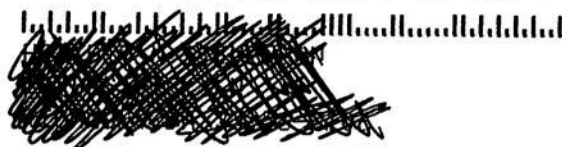
Signature: _____ Witness: _____

IRONMAN

200 FLY, BACK, BREAST, CRAWL, 400 I.M.

Virginia Masters Swim Team Newsletter
Craig Campesi, Registrar
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Places To Swim Across Virginia and WVA

** indicates coached workouts*

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

Charlottesville: *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.

Kilmarnok: *Oakwood Fitness Center, 804-435-2101, Kathryn Gregory

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; Seatack, 437-4858.

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