

VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

April 15, 1999

USMS Altitude Training Camp - 1999

by James W. Miller, M.D.

This camp was a joint effort of USMS, USA Swimming, and the Olympic Training Center (OTC). The camp featured two coaches, Michael Collins and myself, under the direction of the Chairman of the USMS Coaches Committee, Scott Rabalais. Mark Stroker was the personal trainer who analyzed each person's flexibility, strengths and weaknesses. Nancy Ridout, USMS President, and Leslie Cooper provided the support required to keep all systems on track simultaneously. Ten U.S. athletes attended as well as one swimmer from Switzerland.

My role in this camp was not only to serve as a coach, directing stroke technique and workouts, but also to conduct the medical surveys and to put into effect some of the work of the USMS Sports Medicine Committee. Hopefully, this small start will lead to ongoing research with regard to both our sport as a whole and to the process of aging of our athletes. Only by studying the Masters athlete can we really understand more about our own physiology and thus the most advantageous methods of training for maximum benefit. Such concepts as the process of aging, and the long-term effects of decades (decades - not years) of exposure to the aquatic medium can only be studied in such a setting. The effects of swimming not only on us physically but from the standpoint of longevity and social interaction remain a unique aspect of our sport.

The camp began on February 4th at 11 am. The swimmers were first tested in the flume in all four strokes and were videotaped in one stroke. Their VO2 max was also measured in the flume that day,

and the first of the workouts was held in the 50 meter pool. All athletes were filmed doing a 200 IM in the long course pool with the camera tracking alongside the pool following the athlete at the direction of a control room video system. Everyone was aware, of course, that the altitude in Colorado Springs is 6000 feet, but I'm not sure anyone was quite ready for long course at 6000 feet!

Lectures were from 7 pm to 9 pm with sports psychology profile testing and a presentation of maximization of performance by the Olympic Training Center's sports psychologist, Susie Tuffey. Four different surveys were completed during the course of the two hour session.

Friday morning, February 5th, began early with a fasting blood count performed on all athletes at 6 am, followed by a workout from 7 am to 9 am, and then flexibility testing. Completion of the VO2 max testing and filming also occurred that morning.

See OTC on page 3.

NEW THIS YEAR!!!

OPEN WATER CLINIC

SATURDAY, JUNE 19

Jack King Mile Swim is June 20

SEE DETAILS ON PAGE 8

Meet Schedule

April 10: Roanoke, VA.

Entry was in the February and March newsletters.

April 17-18: Raleigh, NC.

A copy made be downloaded from the NC website.
<http://www.NCmasters.org>

April 30-May 2: Zone Championship at U. of MD.

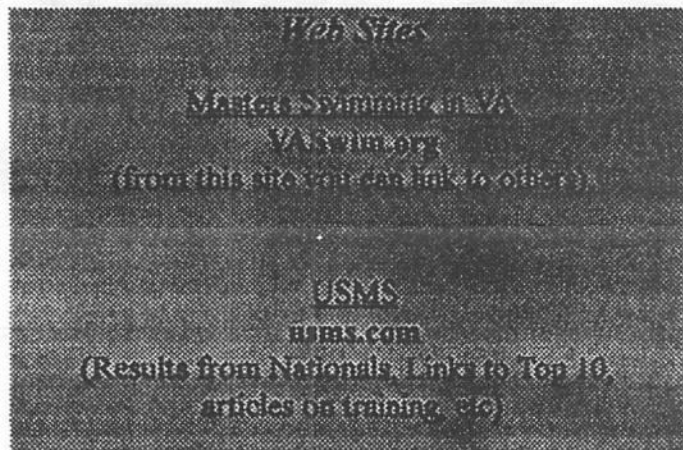
Entry was in the February newsletter.

May 13-16: USMS Nationals in Santa Clara, CA.

Entry deadline was April 1.

July 17: LC in Roanoke, VA.

This meet is part of the Commonwealth Games. Entry will be in the April and May newsletters.



Camps and Clinics

Open Water Clinic - June 19 - Virginia Beach

Open water clinic to be held on Saturday, the day before the Jack King Ocean Swim. See page 8.

Total Immersion Adult Swim Camps.

Contact: Terry Laughlin (914) 256-0658 (fax). For calendar of camps 800-609-SWIM. www.totalimmersion.net or e-mail: terry@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

Open Water Events

May 15: Wrightsville Beach, NC (1.6 mile and 5K)

910-799-2845 or DFORRES238@AOL.COM

*****June 6:** Reston 2-Mile Lake Swim

Contact Lynn Hazlewood, 11714 Decade Ct, Reston, VA

20191-2942, 703-845-SWIM, lynhzlwd@usms.org

*****June 20:** 1-Mile Ocean Swim, Virginia Beach

Entry is in this newsletter.

*****July 10:** 2-Mile Lake Swim, Charlottesville, VA

Entry will be in the May newsletter.

***** These three events make up the Virginia Distance Series**

A special award is presented to swimmers who complete all three.

VMST OFFICERS

President: Nancy Miller

NancyMillr@aol.com

Vice President: Patty Powis

PPowis@aol.com

Secretary: Harry DeLong

hdelong@ix.netcom.com

Treasurer: Mike Duignan

gr82swim2@email.msn.com

A starving group of swimmers and staff went to breakfast from 9 to 10 am. We then attended lectures from 10 am to 1 pm on biomechanics, physiology, and seasonal training scheduling presented by the various physiologists and coaches at the Olympic Training Center.

A workout was once again conducted in the afternoon for two hours followed by a weight training session. After a brief dinner, the two USMS coaches gave presentations. Michael Collins addressed some issues of program building and personal goal-setting. I lectured on the prevention and treatment of swimming injuries.

Saturday morning began with a coached workout followed by breakfast and then a round table of stations at which time the swimmers were given feedback on their dietary analysis, their biomechanics, their psychology session, their flexibility range of motion analysis, and their video taping. A coached workout once again took place after lunch, followed by a motivational speech by Shelia Taormina, an Olympian from the 1996 team.

Sunday morning began with another coached workout, breakfast, and then a wrap-up evaluation of camp and a tour of the OTC. Note that the tour was at the end of the sessions on Sunday because that was the first opportunity anyone had to see anything outside of the camp experience.

Participants took home tapes, diets, training programs and a true understanding of where they are in their sport and what it will take to go to the next level.

From my perspective, I hope this is a groundbreaking attempt at quantifying what it is to be a Masters athlete, both the long-term benefits and the potential physical cost of our sport. The survey that I conducted was very lengthy, mostly because we are unaware of what questions should be asked of Masters athletes. We truly do not understand the impact of our sport on us as a group although many of us have great memories and feel healthier and

certainly more fit because of our involvement with it. Long-term outlooks can only be guessed at this point.

Our dream (USMS) is to be able to offer several of these camps each year so that more people can take advantage of the dynamic opportunities awaiting them at Colorado Springs. You come away not only having walked the paths frequented by the most elite athletes the United States had to offer, but also feeling like on them yourself. Truly these are treasured moments for me, and I have indeed been fortunate to be able to share in so many.

Message from the President by Nancy Miller

Spring greetings to all of you! The longer days and warmer temperatures are a definite boost to the spirits, as was the recent opening of your outdoor pool - with its heater on, of course! - at Briarwood here in Richmond.

Congratulations to Charlie Cockrell and Mary Rebarchak for an excellent meet at Fort Eustis and to Howard Butts for hosting the recent Roanoke meet.

It appears that quite a few VMST members will be in attendance at the Colonies Zone Meet at the College Park pool the end of this month, and about a dozen of us will be making the trip to Santa Clara for Short Course Nationals in May. **PLEASE send Jim your split times for relay purposes for both of these meets as soon as possible.** Remember, the Zone Meet will have 200, 400, and 800 relay offerings.

I look forward to seeing many of you on deck at one or another of these meets. In the meantime, dust off your rollerblades, bikes, tennis racquets, running shoes, or whatever, and indulge in some outdoor cross-training. It will be a welcome change to your winter regimen.

Tricks of Mother Nature

by Coach Emmett Hines

Editor's Note: When I began reading this, I thought it sounded somewhat like an advertisement. But at the same time, it made sense. Then I remembered it was an article by Coach Hines that first got me interested in training with Zoomers, and I believe I have definitely benefited from using them. So ... I may have to try these ...

Early in your swimming career Mother Nature played a cruel trick on you. She imbued you with the false notion that your hands are the things that you "grip" the water with and thus propel yourself with. You have labored through most of your aquatic mileage under this heavy yoke. You have built most of your technique around pulling harder and faster with those puny little hands.

Now Coach plays his own trick. He tosses a pair of what appear to be rubber mittens down by your lane and says "Put 'em on, shut up and swim." You obediently jam your hands into them only to find that you have to make a fist to get them all the way on. Is that a smirk on Coach's face? As you drop down to push off from the wall, you're sure you hear Coach starting to laugh. Your once streamlined glide feels very "blunt". You take your first few strokes, but whoa, what's this? No traction! you seem to go nowhere! You're sure that Coach is by now rolling around on the deck laughing at your pathetic efforts to go somewhere!

Refusing to satisfy his sadistic appetites, you push on. Quickly, you figure out that doing more of that which comes naturally - pulling harder and faster - just flat doesn't do any good with Fistgloves. You must think "outside the box" of your current technique, exploring other options and possibilities - ones that Mother Nature would prefer to keep secret.

Fistgloves, as it turns out, entice you to seek an arm position where the forearm, rather than your hand, becomes the "paddle" that holds the water. You find that getting your forearm more vertical to the pool bottom, further out in front of the body just seems more "right." You find that the longer you

keep the forearm vertical the more propulsive your stroke.

A treacherous mistress, "Mom" nature also gave your hands bazillions of nerve endings so you'd focus on them constantly while swimming. But Fistgloves dramatically and frustratingly decrease the sensory impulses your brain perceives from the appendage. At first, this sensory deprivation seems a depressing occurrence. But as you use the Fistgloves more you become much more aware of what your forearm is experiencing in terms of pressure and flow. As your forearm sensitivity increases you can better position it and more accurately move it to where it is most effective in holding onto the water.

Fistgloves often show swimmers that they were relying on their hands for more than just pulling. Again we see "Ma" at work. Instinct tells you that when your face is in the water you must push down on the water with your hands and lift your head. you do this without thinking and are likely unaware of it (or at least the extent of it). If you habitually press down on the water in front to lift your head, the Fistgloves render this motion wholly ineffective, forcing you to find another way. If you can resist the impulse to just press down harder the only remaining option is to not lift the head.

Of course, the goal of wearing any piece of equipment in training is, ostensibly, to swim better when "nekked." So, what really matters is what happens once the confining latex is peeled unceremoniously from the flesh and cast aside. Almost universally, swimmers report the first few "nekked" lengths they swim after wearing Fistgloves are at significantly lower stroke counts than normal. They also seem to get their lowest seem to get their swim golf scores. And SEI scores on the Stroke Monitors go up. The longer and more often the Fistgloves are worn, the longer this hyper-efficiency period seems to last. The awareness, sensitivity and technique that Fistgloves foster lingers as unfettered hands act as an extension of the newly discovered

See Tricks on page 5.

and sensitized forearms. In short, you swim farther with every stroke which, of course, is the primary ingredient of faster swimming (not to mention of simply looking more like an accomplished swimmer.)

But soon Mother Nature says habit must prevail and it seems you are doomed to slowly revert to the old motions that are habitual for you. "But wait," you say with a trick of your own in mind, "what if I put those things on again and wear them long enough for the new technique to become my habit?" (It's to think about.)

This article is from the January, 1999, Gulf Masters Newsletter. Coach Hines can be reached at 713-748-SWIM or emmett@csi.com.

In and Out of the Water

I always find it interesting that "real life" may get in the way of our swimming at times, but those who love the sport return. Some may continue to train, but not compete. Whatever the circumstances, it's good to see old friends again.

At the Richmond meet, **Don Farmer** was competing again. I'm not sure how many years since he competed, but he must be hooked again as he was at Ft. Eustis also.

Alec Thomson was also at the Ft. Eustis meet. Alec lives in Wilmington, Delaware, but still swims with VMST.

Heather and Chris Stevenson were the newsletter editors for several years. They gave up doing the newsletter when Heather enrolled in law school. They have achieved a lot since their newsletter days. Heather has completed law school, Chris was granted tenure at the University of Richmond, and their son was born February 2!

Fort Eustis Meet

by Betsy Durrant

I have been to only one other meet at Fort Eustis (SCM in the summer a year or so ago). This year I made a special effort to attend the March meet and am very glad I did!

Things I enjoyed about this meet:

1. The location. Even with a marathon in progress on Atlantic Avenue in Virginia Beach, it was only 1 hour 15 minutes from my house to the pool. The return trip was only an hour. It was about the same from Midlothian to the pool. Convenient for a lot of people!
2. The pool. I have had some good swims in this pool. Good water depth and good warm-up space.
3. The way the meet is run. Mary Rebarchek and Charlie Cockrell do a great job. Mary's age group swimmers were timing and were always encouraging and complimentary to the swimmers. Charlie takes care of the computer work and the results.
4. The social. Good food available right on the pool deck after the meet.

I look forward to many more meets and lots of good races at Fort Eustis.

Additional note: See the results of this meet starting on page 11. Charlie Cockrell reports that he has a longer version of the results with complete splits as recorded by the timing system. He will e-mail these to you upon request. Contact him at: cockrell@vabch.com

All American Relay!!

VMST had one relay place **NUMBER ONE** in the final Long Course results. This relay was a 200 meter Medley Relay for the 100+ age group. It was composed of **Shannon Summerlin, Paula Jones, Patty Powis, and Becky Miller.**

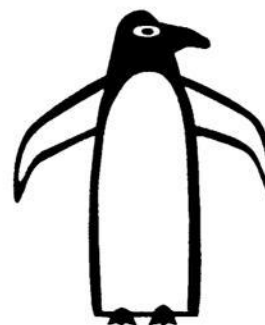
Great job ladies!

We should also thank **Jim and Nancy Miller** for putting together the relays at nationals in Fort Lauderdale. This was definitely a great combination.

Question: Is it important to know my heart rate during training?

Answer: Yes, it is the most important and practical physiological measurement that you can analyze. Blood lactates have been popular with many elite programs. For the Master swimmer, heart rate monitoring can easily be included, without expensive equipment. Unfortunately, many swimmers, and coaches, think only in terms of the quantity of yardage done in a training session.

Heart rate can be taken at the carotid artery (neck, slight pressure) or wrist, immediately upon completion of the required swim or sets of swims. Take HR for 6 seconds, and add a 0 for your minute rate. Monitoring your training swims can give you information and identify which aspects of your



Ask the "Swimming" Doctor

by Dr. Paul Hutinger

program you are achieving. You can apply this scientific approach to the energy systems needed to train for your events and plan ahead to when your meets are scheduled. The following table gives information on HR's to elicit training of the three energy systems.

3 primary energy systems Classification	HR age 20-30	HR age 50-60	% of training for endurance phase
A1 ---low intensity aerobic	110-120	90-100	50%
A2 ---aerobic	120-130	100-110	
AT---anaerobic threshold	160-170	140-150	30%
V02---above threshold	170-180	150-160	15%
LT---lactic acid	180-200	160-170	5%

Max HR=220 your age

Example for a 50 yr old--220-50=170.

Swimming elicits a lower HR by approximately 10%, compared to running. Recovery HR should be taken 1 min. after the previous HR. In this time, a highly trained swimmer will recover from a max of 170 > 100. By taking your recovery HR each week, you can measure your fitness improvement. Straight sets with the same average time each week, should show you a lower HR as your conditioning improves.

The 50% of your training at aerobic levels includes your warm up, cool down and usually, any short rest swims, such as with 5-10 second intervals. Your AT and V02 levels, are usually at your race

pace intensities. If you swim 5000 yards per session, you would need 8 x 25's or 4 x 50's each workout at close to all out swims. Follow these guidelines to maximize your training for performance. If you specialize in only distance, like 500 yards and up, or sprint 200 yards and under, modify the percent of energy systems. The early season training, however, needs all systems.

Anyone wanting additional information, or having personal questions, please send a large SASE to: Dr. Paul Hutinger; 1755 Georgia Ave. NE; St. Petersburg, FL 33703. You can e-mail me at: phut@usms.org

E-Mail Directory, April 1, 1999

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Bartlett, Jennifer
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Brinkman, Jim
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Cayce, Diane
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Cockrell, Suzanne
Conlin, Cheryl
Crouse, Jeanne
Dean, Molly
DeLong, Harry
Detrick, Johnnie
Duignan, Mike
Durrant, Betsy
Dymond, Stacy
Fitzhugh, Will
Gault, Terry Sue
Gill, Mark
Hanifer, Mary Beth
Johnson, Andrew
Lowe, John
Magee, Ron & Charlene
Malsbury, David
Marcum, Charlie
Martin, Bill
Martin, Judy
McCowan, Linda
McLaughlin, Jay
Miller, Jim
Miller, Nancy
Mullen, Julie
Mullins, Joyce
Pharis, Bill & Jane
Phillips, Alice
Pope, Meredith
Powis, Patty
Rose, Scott
Ross, Jocelyn
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CEMarcum@usms.org
I have Bill's new e-mail somewhere, but I can't find it. Help!
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LiMcCowan@aol.com
jaymac@richmond.infi.net
jwmswimmd@aol.com
nancymillr@aol.com
Mulleneji@aol.com
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*This listing is for
personal correspondence.*

Please do not use

it for mass mailings.

USMS Open Water Clinic

Saturday, June 19, 1999

Virginia Beach, Virginia

1:30-5:30 pm

The United States Masters Swimming Coaches Committee awarded host status to the Virginia Masters Swim Team and the LMSC of Virginia for one of two sponsored open water clinics. This clinic will be held in conjunction with the USMS sanctioned Jack King One Mile Ocean Swim which is on Sunday, June 20.

The clinic will feature Austin Ramirez, 5K Open Water National Champion and a member of the gold medal USA team at the World Championship in Perth, Australia. Austin is also a three time NCAA All American. The clinic will consist of four hours of open water instruction during which time the coach will dispense information that will be helpful to swimmers in completing open water swims. Among the topics discussed at an open water clinic are navigation, training, technique, pacing, swimming in crowds, wet suits, safety and nutrition. Additional information will be in the May newsletter.

Location/Directions: The clinic will be held at the Hilltop YMCA in Virginia Beach. From the beach, go out Laskin Road (31st Street) for approximately 2.4 miles. Turn right into the Hilltop East shopping center. There is a stop light and a Picadilly Cafeteria on the corner. The Y is behind the cafeteria. From Hwy 44 (Va Bch/Norfolk Expressway) exit at the First Colonial Exit, heading North. At Laskin Road (the third stop light, a busy intersection), turn right. Turn left at the 2nd light, into the Hilltop East Shopping Center. There is a Picadilly Cafeteria on the corner. The Y is behind the cafeteria.

Fees: The cost will be \$20 for the open water clinic and \$30 to participate in both the clinic and Jack King One Mile Ocean Swim (entry for the swim is normally \$15, but a \$5 reduction is offered for those who participate in both.) Please note that the ocean swim is for USMS registered Masters swimmers and proof of USMS registration will be required with your entry form. For those not yet registered with USMS who wish to participate in the ocean swim, the cost for the clinic, the swim and USMS registration fee combined will be \$50.

For Further Information: Contact Linda McCowan at 757-518-0311 or LiMcCowan@aol.com

Name _____ Home Phone _____ Work Phone _____

Address _____ City _____ State _____ Zip _____

Fees (Choose from one of the three following options):

Open Water Clinic only:	\$20 _____
Clinic/Jack King One Mile Ocean Swim (you must complete the entry form for the swim):	\$35 _____
Clinic/Swim/USMS Registration (you must complete the entry form for the swim and the USMS registration form):	\$50 _____

Make Checks Payable to: Virginia Masters Swim Team (VMST)

Entry deadline: Thursday, June 17, 1999

Mail To: Betsy Durrant, 211 66th Street, Virginia Beach, VA 23451

**16TH Annual
JACK KING 1-MILE OCEAN SWIM
SUNDAY, JUNE 20, 1999
VIRGINIA BEACH, VA**



**OPEN WATER
CLINIC
SATURDAY, JUNE 19
See attached flyer!**

HOST: Virginia Masters Swim Team, Inc.

SANCTIONED BY: Local Masters Swim Committee for Virginia (LMSC for VA) for USMS, Inc. #129-0007.

SPONSOR: This event is sponsored by the law firm Vandeventer Black LLP 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: Linda McCowan 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. Lots open at 8:00 am. There is also a lot on 31st and oceanfront (1/2 point of race) which is \$7 for the day.

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 20, 1999. Check-in will be from 8:45-9:30 am. A safety briefing will be held at 9:50 am. The event will begin at approximately 10:00 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 Campegi (Registrar), 14134 Walton Dr, Manassas, VA 22111. Registration for 1998 is \$21.

ENTRY FEE: \$15.00 for entries received by June 12, 1999 (includes a t-shirt). \$20.00 for late entries (may 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 12, 1999, for pre-entries (\$15 including t-shirt). Hand delivered late entries (\$20 with no t-shirt) will be accepted until 9:00 pm Thursday, June 17. 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 Thursday, June 17.

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 have a block of rooms at Howard Johnson's. 20 rooms have been reserved at \$75 per night (2 night minimum). Call 428-7220 and identify yourself as involved in the Virginia Masters Swim Team event. Make reservations by June 7. We also have a block of 15 rooms at the Royal Clipper (36th and west side of Atlantic), 800-676-9258. These rooms are \$95 and have a refrigerator. Colonial Inn (28th and Atlantic) 800-344-3342 has rooms at \$88, but there is no block reserved.

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. Finally, I 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 6/20/99): _____ 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 12, 1999. Mail RELEASE, copy of your USMS CARD, and CHECK to:

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

VIRGINIA CHAMPIONSHIP SERIES

Swim the Three Virginia Open Water Swims
Special Award for All Finishers to be Presented After the Charlottesville Race

Reston 2-Mile Lake Swim - June 6
Virginia Beach 1-Mile Ocean Swim - June 20
Charlottesville 2-Mile Cable Swim - July 10

For Information Contact:

Reston 2-Mile - Phyllis Sickenberger, 1807 Post Oak Tr, Reston, VA 20191, 703-845-SWIM
Charlottesville 2-Mile Cable - Joyce Mullins, 3104 Waterton Dr., Midlothian, VA 23113, 804-323-0483

Virginia Masters Short Course Championship Meet

Saturday, March 20, 1998

Meet Results for Timed Finals Yards

--- Ages 19 Through 24 ---				:	Women 100 IM				:	Women 200 Free			
PL	Name	Age Team	Finals	:	1	SUZANNE COCKRELL	27 VMST	1:16.79	:	1	BETH BAKER	38 VMST	2:06.36
-----				:	Women 200 IM				:	2 TERI MAERKI 36 VMST 2:24.30			
Women 50 Free				:	1 KAREN HOLLOWAY 26 VMST 2:25.83				:	Women 1000 Free			
1	SAM REBARCHAK	20 VMST	28.52	:	-----				:	1 BETH BAKER 38 VMST 11:43.79			
2	REBECCA MILLER	19 VMST	30.76	:	--- Ages 30 Through 34 ---				:	Women 1650 Free			
Women 100 Free				:	PL	Name	Age Team	Finals	:	1 E. GATHRIGHT 36 VMST 22:14.01			
1	SAM REBARCHAK	20 VMST	1:03.10	:	-----				:	Women 50 Back			
Women 500 Free				:	Women 50 Free				:	1 SANDRA JONES 38 VMST 33.95			
1	SAM REBARCHAK	20 VMST	6:44.41	:	1	LESLIE CALLENDER	30 VMST	27.89	:	Women 100 Back			
Women 50 Back				:	2	PRISCILLA BETTIS	34 VMST	28.92	:	1 ANGELA HOWSMON 38 VMST 1:14.48			
1	REBECCA MILLER	19 VMST	36.74	:	3	LORI CROSS	31 VMST	30.77	:	2 SANDRA JONES 38 VMST 1:16.20			
Women 100 Breast				:	4	M. CREELMAN	32 VMST	31.32	:	Women 200 Back			
1	MELISSA MALPEDE	24 VMST	1:19.00	:	Women 100 Free				:	1 BETH BAKER 38 VMST 2:19.52			
Women 50 Fly				:	1	LESLIE CALLENDER	30 VMST	1:00.19	:	Women 50 Breast			
1	MELISSA MALPEDE	24 VMST	29.59	:	2	M. CREELMAN	32 VMST	1:09.27	:	1 PATRICIA POWIS 38 VMST 33.98			
2	REBECCA MILLER	19 VMST	34.75	:	Women 50 Back				:	2 TERI MAERKI 36 VMST 40.46			
Women 100 IM				:	1	LORI CROSS	31 VMST	36.41	:	3 CATHERYN BRUNO 36 VMST 41.03			
1	MELISSA MALPEDE	24 VMST	1:07.04	:	Women 50 Breast				:	4 BONNIE BAFFER 39 VMST 43.62			
2	REBECCA MILLER	19 VMST	1:17.20	:	1	LORI CROSS	31 VMST	39.07	:	Women 100 Breast			
Women 200 IM				:	2	M. CREELMAN	32 VMST	41.56	:	1 PATRICIA POWIS 38 VMST 1:14.94			
1	REBECCA MILLER	19 VMST	3:11.87	:	Women 100 Breast				:	2 CHARLOTTE BOXLEY 37 VMST 1:15.83			
-----				:	1	CJ HALL	34 ANCM	1:15.85	:	3 TERI MAERKI 36 VMST 1:29.13			
--- Ages 25 Through 29 ---				:	Women 200 Breast				:	4 BONNIE BAFFER 39 VMST 1:34.00			
PL	Name	Age Team	Finals	:	1	CJ HALL	34 ANCM	2:47.52	:	Women 200 Breast			
-----				:	Women 50 Fly				:	1 PATRICIA POWIS 38 VMST 2:43.33			
Women 50 Free				:	1	PRISCILLA BETTIS	34 VMST	30.65	:	Women 50 Fly			
1	KAREN HOLLOWAY	26 VMST	26.64	:	Women 100 Fly				:	1 CHARLOTTE BOXLEY 37 VMST 30.44			
2	MARY LINDSAY	26 VMST	28.10	:	1	PRISCILLA BETTIS	34 VMST	1:08.51	:	2 ANGELA HOWSMON 38 VMST 31.37			
3	V. SCHLESINGER	29 UNAT	28.96	:	Women 200 Fly				:	3 BONNIE BAFFER 39 VMST 38.20			
4	M. HANIFER	28 VMST	32.52	:	1	PRISCILLA BETTIS	34 VMST	2:39.25	:	Women 100 Fly			
Women 100 Free				:	Women 100 IM				:	1 ANGELA HOWSMON 38 VMST 1:11.46			
1	V. SCHLESINGER	29 UNAT	1:02.64	:	1	LESLIE CALLENDER	30 VMST	1:08.40	:	Women 100 IM			
2	M. HANIFER	28 VMST	1:09.72	:	2	LORI CROSS	31 VMST	1:16.19	:	1 CHARLOTTE BOXLEY 37 VMST 1:09.38			
Women 500 Free				:	3	M. CREELMAN	32 VMST	1:19.22	:	2 PATRICIA POWIS 38 VMST 1:11.56			
1	SUZANNE COCKRELL	27 VMST	7:11.36	:	Women 200 IM				:	3 BONNIE BAFFER 39 VMST 1:24.17			
Women 1650 Free				:	1	PRISCILLA BETTIS	34 VMST	2:37.48	:	Women 400 IM			
1	KAREN HOLLOWAY	26 VMST	20:10.51	:	-----				:	1 CHARLOTTE BOXLEY 37 VMST 5:23.06			
Women 100 Back				:	--- Ages 35 Through 39 ---				:	-----			
1	MARY LINDSAY	26 VMST	1:10.50	:	PL	Name	Age Team	Finals	:	--- Ages 40 Through 44 ---			
Women 50 Breast				:	-----				:	PL	Name	Age Team	Finals
1	V. SCHLESINGER	29 UNAT	33.98	:	Women 50 Free				:	-----			
2	M. HANIFER	28 VMST	42.36	:	1	BETH BAKER	38 VMST	25.68	:	Women 50 Free			
Women 100 Breast				:	2	TERI MAERKI	36 VMST	29.21	:	1 BARGER JEUTTER 40 VMST 30.19			
1	V. SCHLESINGER	29 UNAT	1:12.07	:	3	SANDRA JONES	38 VMST	30.38	:	2 DONNA WALSH 43 UNAT 33.56			
Women 100 Fly				:	4	CATHERYN BRUNO	36 VMST	34.41	:	Women 100 Free			
1	KAREN HOLLOWAY	26 VMST	1:02.69	:	Women 100 Free				:	1 BARGER JEUTTER 40 VMST 1:08.39			
				:	1	BETH BAKER	38 VMST	56.85	:	2 DONNA WALSH 43 UNAT 1:12.27			
				:	* 3	TERI MAERKI	36 VMST	1:04.37	:				
				:	4	BONNIE BAFFER	39 VMST	1:14.70	:				
				:	5	CATHERYN BRUNO	36 VMST	1:18.64	:				

* 2. Angela Howsmon 1:03.12

* 2. Angela Howsmon 1:03.12

Virginia Masters Short Course Championship Meet

Saturday, March 20, 1999

Meet Results for Timed Finals - Yards

Women 200 Free				Women 500 Free			
1 L. HASSELQUIST	41 VMST	2:11.00	:	1 TERRY GAULT	48 VMST	6:09.82	:
2 BARGER JEUTTER	40 VMST	2:30.19	:	2 DEE DELONG	49 VMST	8:10.95	:
3 JEAN BENSON	42 VMST	2:38.97	:	Women 1000 Free			
Women 500 Free				1 TERRY GAULT	48 VMST	12:22.21	:
1 KITTEN BRAATEN	43 VMST	6:20.40	:	Women 50 Back			
2 DONNA WALSH	43 UNAT	7:19.47	:	1 KATHY WHEELER	47 VMST	38.18	:
3 SUSAN KELLY	43 VMST	7:45.34	:	Women 100 Back			
Women 1000 Free				1 JOANN LOFTUS	45 VMST	1:17.44	:
1 KITTEN BRAATEN	43 VMST	12:47.91	:	Women 50 Breast			
Women 50 Back				1 LINDA MCCOWAN	49 VMST	44.67	:
1 L. HASSELQUIST	41 VMST	31.24	:	Women 100 Breast			
Women 100 Back				1 JOANN LOFTUS	45 VMST	1:28.96	:
1 L. HASSELQUIST	41 VMST	1:06.73	:	2 LINDA MCCOWAN	49 VMST	1:37.67	:
2 JEAN BENSON	42 VMST	1:19.75	:	3 DEE DELONG	49 VMST	1:40.01	:
Women 200 Back				4 MICHELE FAULKNER	45 VMST	1:42.66	:
1 L. HASSELQUIST	41 VMST	2:24.12	:	Women 50 Fly			
2 BARGER JEUTTER	40 VMST	2:42.44	:	1 TERRY GAULT	48 VMST	32.44	:
3 JEAN BENSON	42 VMST	2:48.28	:	2 KATHY WHEELER	47 VMST	32.86	:
4 KITTEN BRAATEN	43 VMST	2:54.15	:	3 JOANN LOFTUS	45 VMST	33.16	:
Women 50 Breast				Women 100 Fly			
1 SUSAN KELLY	43 VMST	43.35	:	1 TERRY GAULT	48 VMST	1:12.18	:
2 DONNA WALSH	43 UNAT	44.04	:	Women 200 Fly			
Women 100 Breast				1 TERRY GAULT	48 VMST	2:41.45	:
1 LOCELYN ROSS	43 VMST	1:35.58	:	Women 100 IM			
Women 50 Fly				1 DEE DELONG	49 VMST	1:33.57	:
1 L. HASSELQUIST	41 VMST	31.01	:	2 MICHELE FAULKNER	45 VMST	1:34.23	:
2 KITTEN BRAATEN	43 VMST	34.28	:	Women 200 IM			
3 SUSAN KELLY	43 VMST	41.74	:	1 JOANN LOFTUS	45 VMST	2:45.92	:
Women 100 Fly				2 DEE DELONG	49 VMST	3:27.41	:
1 KITTEN BRAATEN	43 VMST	1:18.10	:	-----			
Women 100 IM				: --- Ages 50 Through 54 ---			
1 SUSAN KELLY	43 VMST	1:24.14	:	PL	Name	Age Team	Finals
Women 200 IM				: -----			
1 JEAN BENSON	42 VMST	2:53.92	:	Women 100 Free			
-----				1 KATHRYN GREGORY	53 VMST	1:21.48	:
: --- Ages 45 Through 49 ---				Women 100 Back			
PL	Name	Age Team	Finals	1 KATHRYN GREGORY	53 VMST	1:33.06	:
-----				Women 100 Breast			
Women 50 Free				1 KATHRYN GREGORY	53 VMST	1:43.68	:
1 KATHY WHEELER	47 VMST	29.16	:	Women 100 Fly			
2 MICHELE FAULKNER	45 VMST	38.03	:	1 KATHRYN GREGORY	53 VMST	1:54.84	:
3 JOYCE MULLINS	49 VMST	40.17	:	Women 200 IM			
Women 100 Free				1 KATHRYN GREGORY	53 VMST	3:31.65	:
1 LINDA MCCOWAN	49 VMST	1:26.67	:	-----			
2 JOYCE MULLINS	49 VMST	1:26.80	:	: --- Ages 65 Through 69 ---			
Women 200 Free				PL	Name	Age Team	Finals
1 KATHY WHEELER	47 VMST	2:26.82	:	: -----			
2 LINDA MCCOWAN	49 VMST	3:17.62	:	Women 200 Breast			
3 JOYCE MULLINS	49 VMST	3:17.63	:	1 MATHILDE HUBER	69 VMST	5:04.66	:

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

Women 50 Free				
1	MARTY NELSON	59	VMST	44.87
Women 500 Free				
1	BETSY DURRANT	57	VMST	7:17.71
Women 50 Breast				
1	MARTY NELSON	59	VMST	56.85
Women 100 Breast				
1	BETSY DURRANT	57	VMST	1:30.26
Women 200 IM				
1	BETSY DURRANT	57	VMST	3:04.97
=====				
--- Ages 60 Through 64 ---				
PL	Name	Age	Team	Finals

Women 50 Free				
1	CAROLYN CLARK	64	VMST	46.16
2	PAULI DILLARD	62	VMST	57.27
Women 100 Free				
1 CAROLYN CLARK				
2	PAULI DILLARD	62	VMST	2:33.82
Women 500 Free				
1	GAIL DYER	61	VMST	13:48.20
Women 100 IM				
1	PAULI DILLARD	62	VMST	3:12.60
=====				
--- Ages 65 Through 69 ---				
PL	Name	Age	Team	Finals

Women 200 Breast				
1	MATHILDE HUBER	69	VMST	5:04.66
Women 100 IM				
1	MATHILDE HUBER	69	VMST	2:25.99
=====				
--- Ages 70 Through 74 ---				
PL	Name	Age	Team	Finals

Women 1650 Free				
1	JEANNE MEREDITH	70	VMST	32:45.06
Women 200 Back				
1	MIRIAM TUOVILA	73	VMST	5:04.46
Women 50 Breast				
1	MIRIAM TUOVILA	73	VMST	55.25
2	JEANNE MEREDITH	70	VMST	1:10.94

Meet Results for Timed Finals - Yards

--- Ages 40 Through 44 ---				: --- Ages 45 Through 49 ---				: --- Ages 50 Through 54 ---			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
Men 50 Free				Men 50 Free				Men 50 Free			
1	JIM MCFARLAND	40 VMST	23.79	1	DODGE HAVENS	46 VMST	23.80	1	ERIC MILLER	51 VMST	28.24
2	JONATHAN MOORE	41 PMAC	24.39	2	JIM MILLER	48 VMST	27.03	Men 100 Free			
3	JIM WISHMYER	43 UNAT	27.30	3	HOWARD CRADDOCK	45 VMST	29.92	1	ROBERT SIGMUND	51 VMST	1:23.93
4	JOHN BURNS	40 VMST	27.51	4	WILLIAM OUZTS	47 VMST	34.30	Men 200 Free			
5	BERNARD EVERETT	40 ODMS	28.77	Men 200 Free				1	WAYNE HARTKE	50 UNAT	2:16.53
Men 100 Free				1	DOUGLAS JESSUP	48 VMST	2:16.65	2	ROBERT SIGMUND	51 VMST	3:04.68
1	JIM MCFARLAND	40 VMST	53.42	Men 500 Free				3	S. FARNHAM	51 VMST	3:06.57
2	JOHN BURNS	40 VMST	1:00.74	1	DON FARMER	49 VMST	5:48.49	Men 500 Free			
3	BERNARD EVERETT	40 ODMS	1:04.75	2	DAVID OAKES	48 UNAT	6:05.66	1	WAYNE HARTKE	50 UNAT	6:22.14
Men 200 Free				3	DOUGLAS JESSUP	48 VMST	6:28.47	Men 1650 Free			
1	JIM MCFARLAND	40 VMST	1:56.84	4	HOWARD CRADDOCK	45 VMST	6:57.95	1	JACK GROSS	53 UNAT	24:31.47
2	BERNARD EVERETT	40 ODMS	2:32.10	Men 1000 Free				Men 50 Back			
Men 500 Free				1	DON FARMER	49 VMST	12:10.15	1	MICHAEL DUIGNAN	52 VMST	32.76
1	BERNARD EVERETT	40 ODMS	7:12.24	Men 50 Back				2	ERIC MILLER	51 VMST	33.75
-	JIM MCFARLAND	40 VMST	DQ	1	DODGE HAVENS	46 VMST	29.99	Men 100 Back			
Men 1000 Free				2	JIM MILLER	48 VMST	33.27	1	MICHAEL DUIGNAN	52 VMST	1:13.63
1	BERNARD EVERETT	40 ODMS	14:16.82	Men 100 Back				2	ERIC MILLER	51 VMST	1:17.28
Men 50 Back				1	RICK STRINGER	49 ODMS	1:02.28	Men 200 Back			
1	JOHN BURNS	40 VMST	32.45	2	DON FARMER	49 VMST	1:04.90	1	MICHAEL DUIGNAN	52 VMST	2:39.33
2	JIM WISHMYER	43 UNAT	32.75	3	JIM MILLER	48 VMST	1:11.58	Men 100 Breast			
Men 100 Back				Men 200 Back				1	WAYNE HARTKE	50 UNAT	1:24.31
1	JOHN BURNS	40 VMST	1:08.76	1	RICK STRINGER	49 ODMS	2:15.73	2	ROBERT SIGMUND	51 VMST	1:51.27
Men 200 Back				2	DON FARMER	49 VMST	2:25.36	Men 200 Breast			
1	JIM WISHMYER	43 UNAT	2:34.52	3	JIM MILLER	48 VMST	2:37.34	1	ROBERT SIGMUND	51 VMST	4:02.01
Men 50 Breast				Men 50 Breast				Men 50 Fly			
1	TODD RUSSELL	41 VMST	31.26	1	HOWARD CRADDOCK	45 VMST	38.55	1	ERIC MILLER	51 VMST	29.73
2	JIM MCFARLAND	40 VMST	32.85	Men 100 Breast				Men 100 Fly			
Men 100 Breast				1	WILLIAM OUZTS	47 VMST	1:32.59	1	ERIC MILLER	51 VMST	1:12.34
1	TODD RUSSELL	41 VMST	1:08.84	Men 200 Breast				Men 100 IM			
Men 200 Breast				1	WILLIAM OUZTS	47 VMST	3:23.93	1	WAYNE HARTKE	50 UNAT	1:13.08
1	TODD RUSSELL	41 VMST	2:29.89	Men 50 Fly				Men 200 IM			
Men 50 Fly				1	DODGE HAVENS	46 VMST	26.87	1	WAYNE HARTKE	50 UNAT	2:37.06
1	JONATHAN MOORE	41 PMAC	27.69	2	DAVID OAKES	48 UNAT	29.34	--- Ages 55 Through 59 ---			
2	MATTHEW LIVSEY	42 ODMS	27.99	3	DOUGLAS JESSUP	48 VMST	31.06	PL	Name	Age Team	Finals
3	JOHN BURNS	40 VMST	29.92	Men 100 Fly				Men 50 Free			
Men 100 Fly				1	DODGE HAVENS	46 VMST	1:01.10	1	HOWARD BUTTS	57 VMST	31.99
1	MATTHEW LIVSEY	42 ODMS	1:01.78	Men 200 IM				2	RAY ABELL	58 VMST	35.94
Men 100 IM				1	RICK STRINGER	49 ODMS	2:18.28	Men 100 Free			
1	JIM WISHMYER	43 UNAT	1:12.29	Men 400 IM				1	HOWARD BUTTS	57 VMST	1:21.80
Men 200 IM				1	RICK STRINGER	49 ODMS	5:04.09	Men 200 Free			
1	MATTHEW LIVSEY	42 ODMS	2:21.68					1	RAY ABELL	58 VMST	3:16.51
2	JIM WISHMYER	43 UNAT	2:46.35								
Men 400 IM											
1	MATTHEW LIVSEY	42 ODMS	5:01.30								

Virginia Masters Short Course Championship Meet

Saturday, March 20, 1999

Meet Results for Timed Finals - Yards

Women 100 Breast					Men 100 Free					Men 200 IM				
1 MIRIAM TUOVILA	73	VMST	1:57.36	:	1 SEAN CALLENDER	29	VMST	51.71	:	1 CHARLES COCKRELL	30	VMST	2:24.41	
Women 200 IM					Men 200 Free					-----				
1 MIRIAM TUOVILA	73	VMST	4:25.95	:	1 SEAN CALLENDER	29	VMST	1:56.53	:	--- Ages 35 Through 39 ---				
-----					Men 50 Breast					: PL Name Age Team Finals				
--- Ages 80 Through 84 ---					: 1 DARREN GORMAN 27 UNAT 28.62					: -----				
PL Name	Age	Team	Finals	:	2 HUNTER MARTIN	29	VMST	32.67	:	Men 50 Free				
-----					: 3 DOMINIC SCOTTY 28 ODMS 36.02					: 1 THOMAS BRYANT 37 VMST 25.66				
Women 50 Free					: Men 100 Breast					: 2 DAVID BROWN 37 UNAT 27.86				
1 ROBERTA SUGDEN	81	VMST	1:11.93	:	1 DARREN GORMAN	27	UNAT	1:02.12	:	3 MICHAEL WRIGHT	35	VMST	31.90	
Women 50 Breast					: Men 50 Fly					: - BUD BROMLEY 39 UNAT DQ				
1 ROBERTA SUGDEN	81	VMST	1:40.99	:	1 DARREN GORMAN	27	UNAT	25.64	:	Men 100 Free				
Women 50 Fly					: 2 HUNTER MARTIN 29 VMST 27.77					: 1 BILL BENDER 37 UNAT 53.50				
1 ROBERTA SUGDEN	81	VMST	1:30.64	:	3 DOMINIC SCOTTY	28	ODMS	29.92	:	2 MATTHEW BICKLEY	37	VMST	55.57	
Women 100 IM					: Men 100 IM					: 3 BILL HAAS 36 UNAT 58.00				
1 ROBERTA SUGDEN	81	VMST	3:03.83	:	1 DARREN GORMAN	27	UNAT	58.66	:	4 THOMAS BRYANT	37	VMST	1:00.05	
-----					: 2 SEAN CALLENDER 29 VMST 1:02.10					: 5 KURT MACHA 37 VMST 1:00.48				
--- Ages 19 Through 24 ---					: 3 HUNTER MARTIN 29 VMST 1:04.48					: 6 DAVID BROWN 37 UNAT 1:01.45				
PL Name	Age	Team	Finals	:	4 DOMINIC SCOTTY	28	ODMS	1:13.58	:	Men 500 Free				
-----					: Men 200 IM					: 1 MATTHEW BICKLEY 37 VMST 5:42.83				
Men 50 Free					: 1 SEAN CALLENDER 29 VMST 2:15.49					: 2 DAVID BROWN 37 UNAT 6:06.86				
1 J SPELLMAN	20	UNAT	25.35	:	-----					: 3 BUD BROMLEY 39 UNAT 6:11.15				
Men 100 Free					: --- Ages 30 Through 34 ---					: 4 KURT MACHA 37 VMST 6:16.80				
1 H. HARDCASTLE	21	ODMS	52.48	:	: PL Name Age Team Finals					: Men 100 Back				
2 WILLIAM POYNTER	22	UNAT	57.50	:	-----					: 1 BILL BENDER 37 UNAT 1:02.93				
Men 200 Free					: Men 50 Free					: 2 BILL HAAS 36 UNAT 1:10.42				
1 H. HARDCASTLE	21	ODMS	1:55.12	:	1 DAVID WITTE	33	VMST	26.02	:	Men 200 Back				
Men 500 Free					: Men 100 Free					: 1 BILL BENDER 37 UNAT 2:14.60				
1 H. HARDCASTLE	21	ODMS	5:13.98	:	1 DAVID WITTE	33	VMST	59.70	:	Men 50 Breast				
Men 1000 Free					: Men 200 Free					: 1 TONY SMITH 39 VMST 36.87				
1 H. HARDCASTLE	21	ODMS	11:06.22	:	1 DAVE HOLLAND	31	VMST	2:02.07	:	Men 100 Breast				
Men 100 Back					: 2 DAVID WITTE 33 VMST 2:14.67					: 1 MATTHEW BICKLEY 37 VMST 1:14.92				
1 WILLIAM POYNTER	22	UNAT	1:08.32	:	: Men 500 Free					: 2 KURT MACHA 37 VMST 1:15.35				
Men 100 Breast					: 1 DAVE HOLLAND 31 VMST 5:22.29					: 3 TONY SMITH 39 VMST 1:20.70				
1 WILLIAM POYNTER	22	UNAT	1:10.78	:	2 MICHAEL HALL	31	ANCM	5:23.48	:	Men 50 Fly				
2 J SPELLMAN	20	UNAT	1:13.67	:	: Men 50 Breast					: 1 TONY SMITH 39 VMST 29.85				
Men 50 Fly					: 1 DAVID WITTE 33 VMST 33.30					: 1 BUD BROMLEY 39 UNAT 29.85				
1 WILLIAM POYNTER	22	UNAT	27.56	:	: Men 100 Breast					: Men 100 Fly				
2 J SPELLMAN	20	UNAT	30.30	:	1 CHARLES COCKRELL	30	VMST	1:08.25	:	1 BILL HAAS	36	UNAT	1:05.13	
Men 200 IM					: Men 200 Breast					: 2 TONY SMITH 39 VMST 1:07.67				
1 H. HARDCASTLE	21	ODMS	2:12.07	:	1 CHARLES COCKRELL	30	VMST	2:30.41	:	Men 100 IM				
2 J SPELLMAN	20	UNAT	2:34.19	:	: Men 50 Fly					: 1 BILL BENDER 37 UNAT 1:01.33				
-----					: 1 MATT CREELMAN 34 VMST 25.89					: 2 MATTHEW BICKLEY 37 VMST 1:04.29				
--- Ages 25 Through 29 ---					: Men 100 Fly					: 3 BUD BROMLEY 39 UNAT 1:11.00				
PL Name	Age	Team	Finals	:	1 MATT CREELMAN	34	VMST	56.99	:	4 TONY SMITH	39	VMST	1:13.59	
-----					: 2 DAVE HOLLAND 31 VMST 58.05					: Men 200 IM				
Men 50 Free					: 3 MICHAEL HALL 31 ANCM 58.97					: 1 BILL BENDER 37 UNAT 2:22.87				
1 HUNTER MARTIN	29	VMST	25.85	:	: Men 100 IM					: 2 MATTHEW BICKLEY 37 VMST 2:23.47				
2 DOMINIC SCOTTY	28	ODMS	27.29	:	1 MATT CREELMAN	34	VMST	1:01.40	:	3 KURT MACHA	37	VMST	2:34.63	

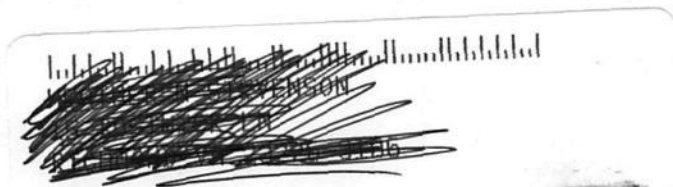
Virginia Masters Short Course Championship Meet
Saturday, March 20, 1999

Meet Results for Timed Finals - Yards

Men 1000 Free					--- Ages 80 Through 84 ---					--- Ages 25 Through 34 ---						
1	WARNER BRUNDAGE	55	VMST	12:36.89	:	PL	Name	Age	Team	Finals	:	PL	Name	Team	Finals	
Men 50 Breast					:						:					
1	JACK SCHILTZ	56	VMST	31.19	:	Men 50 Back					:	Mixed 200 R-Medley				
2	HOWARD BUTTS	57	VMST	40.13	:	1	HARRY HOWELL	81	VMST	47.48	:	1	VMST B X-25	VMST	1:59.03	
Men 100 Breast					:	Men 50 Breast					:	L. HASSELQUIST-41W SEAN CALLENDER-29M				
1	JACK SCHILTZ	56	VMST	1:09.91	:	1	HARRY HOWELL	81	VMST	55.40	:	L. CALLENDER-30W MATTHEW BICKLEY-37M				
2	ALEC THOMSON	55	VMST	1:21.36	:	Men 100 Breast					:					
3	HOWARD BUTTS	57	VMST	1:39.38	:	1	HARRY HOWELL	81	VMST	2:02.19	:	--- Ages 35 Through 44 ---				
Men 200 Breast					:	Men 100 IM					:	PL	Name	Team	Finals	
1	ALEC THOMSON	55	VMST	2:58.48	:	-	HARRY HOWELL	81	VMST	DQ	:					
Men 100 IM					:						:	Mixed 200 R-Medley				
1	JACK SCHILTZ	56	VMST	1:02.95	:	--- Ages 35 Through 44 ---					:	1	VMST D X-35	VMST	2:21.16	
2	ALEC THOMSON	55	VMST	1:13.74	:	PL	Name		Team	Finals	:	JOANN LOFTUS-45W DONNA WALSH-43W				
Men 200 IM					:						:	BUD BROMLEY-39M WILLIAM OUZTS-47M				
1	ALEC THOMSON	55	VMST	2:43.73	:	Women 200 R-Medley					:					
--- Ages 65 Through 69 ---					:	1	VMST A W-35		VMST	2:15.75	:					
PL	Name	Age	Team	Finals	:	BETH BAKER-38		PATRICIA POWIS-38		:						
					:	C. BOXLEY-37		CATHERYN BRUNO-36		:						
Men 50 Breast					:	--- Ages 45 Through 54 ---					:					
1	ALFRED NEWBURY	65	VMST	53.90	:	PL	Name		Team	Finals	:					
Men 50 Fly					:						:					
1	ALFRED NEWBURY	65	VMST	46.77	:	Women 200 R-Medley					:					
Men 200 Fly					:	1	VMST C W-45		VMST	3:23.90	:					
1	ALFRED NEWBURY	65	VMST	4:46.85	:	M. FAULKNER-45		MARTY NELSON-59		:						
--- Ages 75 Through 79 ---					:	KATHRYN GREGORY-53		PAULI DILLARD-62		:						
PL	Name	Age	Team	Finals	:	--- Ages 19 Through 24 ---					:					
					:	PL	Name		Team	Finals	:					
Men 50 Free					:	Men 200 R-Free					:					
1	RUSSELL DAVIS	79	VMST	49.18	:	1	ODMS A M-19		ODMS	1:42.71	:					
Men 500 Free					:	H. HARDCASTLE-21		RICK STRINGER-49		:						
1	RUSSELL DAVIS	79	VMST	12:20.47	:	MATTHEW LIVSEY-42		DOMINIC SCOTTY-28		:						
Men 1000 Free					:	Men 200 R-Medley					:					
1	CALVIN BARNES	75	VMST	16:38.58	:	1	ODMS A M-19		ODMS	1:56.22	:					
Men 50 Back					:	RICK STRINGER-49		H. HARDCASTLE-21		:						
1	CALVIN BARNES	75	VMST	44.16	:	MATTHEW LIVSEY-42		BERNARD EVERETT-40		:						
Men 100 Back					:	--- Ages 19 Through 24 ---					:					
1	CALVIN BARNES	75	VMST	1:36.97	:	PL	Name		Team	Finals	:					
Men 200 Back					:						:					
1	CALVIN BARNES	75	VMST	3:30.03	:	Mixed 200 R-Free					:					
Men 50 Fly					:	1	VMST B X-19		VMST	1:48.47	:					
1	CALVIN BARNES	75	VMST	44.50	:	WILLIAM POYNTER-22M		LORI CROSS-31W		:						
					:	KAREN HOLLOWAY-26W		HUNTER MARTIN-29M		:						
					:	2	VMST A X-19		VMST	1:54.48	:					
					:	THOMAS BRYANT-37M		M. CREELMAN-32W		:						
					:	SAM REBARCHAK-20W		DAVID WITTE-33M		:						

Virginia Masters Swim Team
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.

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

Lexington: * W&L University Twombly pool, Rockbridge County Aquatics, Andrew Pulsifer, 540-463-8693 (M,W,F 7:15pm)

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; Navy Pool, Donna Farney, 757-482-9154

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 (540) 992-1736 (H) or 981-0205 (W);

Gator Aquatic Center, 1130 Overland Rd, Roanoke, Kathy Shober (540) 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