
LMSC FOR VIRGINIA

Serving Masters Swimmers in Virginia and West Virginia - February 15, 1999

The Secret to a Powerful Freestyle

by Dr. David Costill

Editor's Note: I downloaded this from the USMS website. There is one place where the text is missing. I used the article anyway because I found it interesting and useful.

It has been estimated that more than half of one's success in sprint swimming is dependent upon upper body strength. At distances from 50 to 500 yards freestyle, the individual who has the greatest strength during the pull is able to overcome more of the drag created by his/her body.

In 1982 and '83 we tested the arm strength of 40 college and 60 Masters swimmers and found that we could accurately predict how fast they could swim the 50 to 500 yard freestyle events.

We have two ways to test the upper body strength, the first being performed out of the water using a Biokinetic Swim Bench, which allows the swimmer to simulate the pulling phase of the arm stroke. Though this test measures the strength of the muscles used during swimming, it fails to reflect the forces that can b [text missing here].

For that reason we developed a second testing system that enabled us to record the swimmers' power in the water. Masters swimmers who have the highest swimming power also have the fastest time for a 25 yard sprint. To put it another way, if you are slow in a sprint, you probably have little arm strength and power.

What factors determine one's strength? The ability to exert force against the water appears to be dictated by (1) the size of your muscles, and (2) your ability to use that strength effectively. The number and size of the muscle cells in your upper arm and shoulders determine, to a large degree, the amount of force you can apply to the water with

your hand and forearm. Unfortunately, as we grow older the body tends to reduce (1) the muscle cell size and to discard those muscle fibers that are not used regularly, and (2) your ability to use that strength effectively.

Having big muscles does not guarantee that you will be a good freestyle swimmer. If you are unable to use your strength effectively, then no amount of training will you faster. We see this most often, when we test triathletes who are strong and highly-trained, but lack the skills of a competitive swimmer. Their time and attention would better be spent on improving their swimming mechanics than on strength training.

Who benefits from strength training? Individuals who are subpar in upper body strength will certainly benefit from training that is geared toward maximal contractions (i.e., weight lifting and sprint swimming). The only way to know for certain if you are "subpar in strength" is to be tested, but that may be unnecessary. Whether you are strong or weak, you still need to contract the muscle with maximal effort during training in order to maintain or improve your swimming strength.

But is lifting weights the only way to improve strength? Probably not! There are three rules to follow when it comes to optimizing swimming strength and power.

First, the muscle must repeatedly contract with maximal force.

Second, the actions performed during these contractions should mimic the motions used in swimming. Our studies with college swimmers has clearly shown that swimming strength can best be

See Freestyle on page 3.

Meet Schedule

February 20-21: UMBC, Catonsville, MD

Contact: Barb Protzman, 7919 Falls Circle, Catonsville, MD
21228-2421, 410-788-2964, swimbarb@erols.com

March 20: Ft Eustis, VA

Virginia State SC Championships
Entry is in this newsletter.

March 27: Bethesda, MD

Albatross Open, SCM. Contact: Julie Andrews
13104 Lake Geneva Way, Germantown, MD 20874
301-540-3958

April 10: Roanoke, VA

Entry is in this newsletter.

April 17-18: Raleigh, NC

Contact: Steve Weatherman, PO Box 19845, Raleigh, NC
27619, 919-844-3673

April 30-May 2: Colonies Zone Championship

U. of Md., College Park, MD
Entry is in this newsletter.

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

Entry was in *SWIM Magazine*.

Open Water Events

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 will be in newsletter.

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

USMS National Championship. Entry will be in newsletter.

The three races listed above make up the **Virginia Long Distance Series**, a joint effort of Reston Masters of Potomac Valley LMSC and Virginia Masters Swim Team. Swim all three and receive a special award. This year the awards will be presented immediately following the completion of the third event. Awards will be available at the Charlottesville event.

Not USMS Sanctioned Events

May 22: 12-Mile Eastern Shore Marathon Swim

June 5: 7.5 Mile Potomac River Swim

June 19 and July 10: 1.5-4 Mile Events

Contact: Joe Stewart, 3212 Avon Ave, Baltimore, MD 21218,
410-243-4418

Newsletter Editor

Betsy Durrant

211 66th Street, Virginia Beach, VA 23451
757-422-6811 (fax or phone before 9:30 pm)
DurrantB@aol.com

Web Sites

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

USMS
usms.org
(Information, Discussions, Links to Top Ten and other sites)

NEW!!!
VaSwim.org
All about Masters Swimming in Virginia
Links to other sites.

LMSC Officers

Chairman: Linda McCowan, 757-518-0311
limccowan@aol.com

Secretary: Joyce Mullins, 804-323-0483
mullpost@is.netcom.com

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sforrest@erols.com

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Records/Top Ten: James Wolfle, 540-867-5869
Wolfle@aol.com

Sanctions: Judy Martin, 757-340-7475
JMartin6@erols.com

In and Out of the Water

News about Masters Swimmers

The article on page 4 about Nancy Hunyady and Kelly Parker was sent to me by Calvin Barnes. Nancy is a long time VMST member and a regular at the Jack King and the 2-Mile Lake Swim. Kelly has been a VMST member about three years. She was the first woman finisher at the Jack King last year.

My apologies to Jeanne Meredith of Virginia Beach. Her name was left off the list of participants at the NC/VA Challenge Meet.

Brinkman is back in town. The weekend workout group in Virginia Beach is happy to have Jim Brinkman back in the area. Jim has been working in DC, but should be in our area for a few years. He is scheduled to become the CO of a ship in June (is that just a little scary?).

New Year's Day workouts. I asked several people if their workout group had a special routine for New Year's Day.

Harry DeLong reports that they swam 99 x 50 on a minute. There were two different groups that swam that day.

Forrest Sullivan, Mike Duignan, Betsy Durrant, Ed McCowan, Judy Martin, Francis Hall, Dave Malsbury, and Jim Brinkman don't work as hard as Harry's group. We swam about 2000 yards and then had Champagne with fresh strawberries.

Carl Russ came up from Florida for the Briarwood meet.

Jim Miller had to miss the Briarwood meet and the social at his house. He was in Colorado at the Olympic Training Center working with the Masters Training Camp.

Jeanne Crouse and Betsy Durrant were in Phoenix in January for a USMS Executive Committee meeting. They practiced two days with the Masters group at the Phoenix Swim Club. The interesting thing was that there were the "same people" in that workout as in the workouts at our usual pools. One guy in our lane knew everyone, talked throughout the workout, and made us feel at home. One person always swam on the feet of the

person ahead, never looking at the clock. The funniest was when Betsy switched lanes and assured the swimmers in that lane that she would follow and not get in anyone's way. One man announced, "I always go last in this lane." Just like any workout - some people insist on being last. When you travel, try to go to a workout. It is great fun to swim with a new coach and a different team.

Freestyle from page 1.

achieved by doing power training in the pool. When you do a sprint workout, the muscles contract with maximal force and in a manner that is specific to the skill you are trying to develop.

The third rule relates to the number of sprints performed in each set and how many times each week you need to do this type of training. Though this point seems to vary from person to person, it is my impression that performing a set (5 to 10) of 25 to 50 yard sprints, with relatively long rest, two to three times per week, is sufficient to optimize freestyle sprinting strength. As with any strength training program, maximal muscle contractions are required to do this type of training.

Suggested sets:

10-20 times (25 yard sprints with 30 sec. rest), or
5-10 times (50 yard sprint with 1 to 2 min. rest).

Though we recognize that arm strength is only one of the determinants of success in swimming, it is one with factors that can be improved with a well-designed training program.

Dr. David Costill is the director of Ball State University's Human Performance Laboratory and is a former chairman of the USMS Sports Medicine Committee.

Triathletes share their dream with kids

Training regimen becomes fund-raiser

By Ed Richards
Daily Press

A mileage chart on a bulletin board at the Hampton YMCA reads 1,200 miles down and 2,400 to go for Kelly Parker and Nancy Hunyady.

It's mileage the two inspired Peninsula women are trying to pile up because they're on a dual mission: To train for a shot at the 1999 World Triathlon Championship, and to raise as much money as they can at the same time for Achievable Dream of Hampton.

For Parker, 37, and Hunyady, who will be 40 in March, it's a special training mission. Every mile they can muster either by swimming, running or biking, means another penny, dime or maybe a dollar for Achievable Dream.

This is a unique program that inspires children with promise to believe in themselves and their

dreams, and gives them the tools, the discipline and the help to make those dreams come true.

Parker and Hunyady officially launched their fund-raising campaign last week at the new Hampton YMCA indoor pool. Their goal is to grind out a combined 3,500 or more miles and raise at least \$10,000 by June 5. That's when they'll be competing in the World Triathlon Championships Qualifier in Clermont, Fla.

Both are eager to go an extra mile for any pledges. Parker said she'd be happy receiving a penny-a-mile or a maximum pledge of \$35 if they go a combined 3,500 miles or beyond.

Parker is a board member of AD-Hampton, and Hunyady works with children as a psychologist in the Newport News school system.

"We both love kids and want to help Achievable Dream continue their good works and add to their program," Hunyady said.

There are some big challenges ahead for the training partners, who

struck up a friendship at the Riverside Wellness and Fitness Center two years ago.

While both had tried their luck with the triathlon in their younger days, neither had attempted one in about 10 years until this past September. Then the two got bold and entered the Sandman Triathlon in Virginia Beach.

Parker had a successful venture, finishing second overall among women. Hunyady had a disaster. She swallowed water on the 1-mile swim, got dehydrated on the 24.6-mile bike ride, and battled nausea during the 6.2-mile run.

The experience renewed Parker's interest in the triathlon because she had done so well without training that much. For Hunyady, it sparked her motivation to train and do better in the sport.

They made their decision in late October to begin training for the World Triathlon Qualifier. The top 12 in each age group will earn berths on the U.S. team that will compete at the World Championships in

Munich, Germany, July 31.

"In looking at last year's results at the National Age-Group Championships, I'd say we have a good shot at making the team," Parker said.

Parker will be competing in the 35-39 age group, Hunyady in 40-44.

"Kelly is my inspiration. She's a great athlete and a motivator," Hunyady said.

Parker was an All-American swimmer at N.C. State, qualified for the Olympic Trials in 1983, and has won state and national age-group titles in masters meets.

Hunyady made an impressive showing in the Chesapeake Bay 4.4-mile Open Water Swimming Race from Annapolis, Md., to the Eastern Shore this past summer. She finished eighth out of 31 women in her class in 2 hours, 3 minutes.

The big key for Parker and Hunyady in the triathlon will be the bike ride — their weakest event. But they're working on it with more intensive training.

Conte's Bicycle & Fitness also has helped their cause by providing



Kelly Parker, left, and Nancy Hunyady are training for the World Triathlon Championships Qualifier on June 5 in Clermont, Fla. Courtesy of Peter Baratti

them with custom-made tri-sport bikes and racing outfits.

For those wishing to help their fund-raising efforts, contact Achievable Dream at 826-6018.

Ed Richards can be reached at 247-4645 or by e-mail at erichards@dailypress.com

Daily Press

Tuesday, Jan. 26, 1999

Mystery!

Editors Note: The following e-mail was sent to me. I do not know what city or what workout group this is from. It came through an e-mail service that makes the sender anonymous. Can you identify who this is? I hope the author or the subject will let me know so that I can share that in the next newsletter.

Subj: Info for newsletter
Date: 99-01-28 19:32:37 EST
From: nobody@replay.com (Anonymous)
To: durrantb@aol.com

I don't know if you accept unsolicited contributions to the newsletter, but here goes anyway. I wrote this poem for and about my swimming training partner. I composed it entirely while swimming (of all things- intervals), so anoxia may account for the quality or lack thereof. I'll blame it on that anyway. I know she reads the newsletter and so if you see fit to put it in, I wonder if she'll know it is about her. There are clues in it that may help her recognize herself (and thus identify the anonymous author).

Intervals

In the interval
Between night and light,
You appear to me
Nymph, water-sprite.

I see you there
Lithe, winsome, whole
With balming spirit
And burning soul.

At the border
Of cloth and skin
We shed our worlds
And enter in,
Into a place of airless flight.

And there we fly
In our interlude
Not quite clothed
Yet not quite nude.

We soar and swoop
'Til the need subsides
Then float to the sun
On rising, rising tides.

At the boundary
Of pleasure and pain
We dissolve ourselves
One part life-force
Two parts river-rain.

Then swirled together
By a seiche's surge
Blend timeless thoughts
And ageless urge.

In the instant
Of breathing out, then in
My heartbeat stops
As I drop within

Your deepening pools
Of pelagic green
Where I have no need
To breathe again.

Then, as night yields to dawn
Our precious interval ends
My nymph once more becomes
Woman, daughter, beloved, friend.

And so we part
For a day
Or for this lifetime
If that's God's way.

But keep this thought
In your secret place
As you ride life's currents
Through joy, grief, grace.

On winter mornings
When the hoarfrost forms,
Upon awakening to summer storms,
On damp dark days when November calls,
I'll wait for you
In the intervals.

REGISTRAR'S UPDATE

from Craig Campesi

IS THIS YOUR LAST NEWSLETTER?

Registrations have been coming in at a fast rate this year, and at this time we have over 500 swimmers registered in the LMSC for Virginia. We welcome over 90 first time USMS registrations.

These figures, however, mean that there are over 250 swimmers that have not re-registered - 250 who will not get a copy of Betsy's excellent newsletter, who will not receive the next SWIM Magazine, or who are jeopardizing our swim program by swimming without registering.

It is critical for everyone swimming with the Masters program to register. In order for USMS to offer programs from fitness to competition, there must be insurance coverage. The policy has one simple rule - all swimmers must be USMS members in order for the event or practice to be covered.

Also, USMS, our LMSC, and the local clubs need your support (a portion of your dues goes to each) to maintain the many activities and special events, newsletters, coaches clinics, rule books, swim meets, open water swims, fitness events, etc.. So why not mail your registration form today, and avoid the rush.

Lastly, I can NOT register you the night before the deadline for a swim meet. Plan ahead and complete that form today. A form is in this newsletter on page 8. If you are already registered, give it to a friend in your workout. For more information or another registration form, see our web site "www.vaswim.org". INVITE A FRIEND TO SWIM - it gives you someone to talk to while you are hanging on the edge.

You can contact me (Craig Campesi) at Campesi@USMS.org or at 703-447-6618. Please send me any change of address information.

LMSC FOR VA TEAMS

VMST - Virginia Masters Swim Team
VBSC - Valley Blues Swim Club
AVMS - Academical Village Masters Swimming
CCLM - Concord C-Lion Masters
BMS - Blacksburg Masters
ODMS - Old Dominion Masters Swimming
MMAC - Mountaineer Masters
RCA - Rockbridge County Aquatics (NEW!)

Note from the VMST President *by Nancy Miller*

Many, many thanks to all of you who helped make our annual Briarwood short course meet a success! It is absolutely impossible to host or run a meet without the support and assistance of many team members, and I am very grateful to all of you.

As I mentioned last month, I have secured a block of sixteen rooms for VMST at the Hanford Hotel at 1755 N. First Street in San Jose, CA. The hotel is only four months old and is run by the mother of a Masters swimmer - hence the great room rate they have promised: \$79 plus tax per night with free parking! It is approximately ten minutes by car from the pool. I have reserved eight king room (each has a king-sized bed and a pull-out sofa) and eight double rooms (each has 2 queen-sized beds). The block of rooms officially begins Wednesday night, May 12th, and runs through Sunday night, May 16th, for those who wish to depart Monday, May 17th. Tuesday night, May 11th, has also been OK'd as an arrival date at the same rate of \$79 if anyone wishes to come in early. I will have to turn in a final rooming list to the Hanford by the first of April, so please finalize your plans and let me know your dates or arrival and departure, the names of your roommates, and a credit card to apply to each room no later than March 15th. I look forward to hearing from you soon!

Assume the Position!

by Coach Emmett Hines

Editor's note: I also downloaded this article from the USMS website. There is one place where the text is missing, but the rest of the article is well worth reading and heeding.

"Hand over hand, wrist over wrist, head squeezed firmly between your upper arms, pinch your butt together and point your toes!"

You've heard this a million times. Yet you still push off the wall with your arms more or less in front of you, hands separated, head up so you can see where you are going, toes pointed at the bottom of the pool. We call this the "Superman" position.

"Wait just a minute!" you say, "I have my hands together - I don't do that Superman thing!" OK, maybe you do have your hands together, barely - "fingers over fingers" maybe. But your wrists are floating out to the sides, your elbows are bent at 60 degrees or more, you're still looking out over the top of your hands and there is enough daylight between your arms and your ears to give a grouper fish a wide berth. We affectionately refer to this as a "Scud" position.

I know that each and every one of you knows how to get your body into a full streamline position. Without exception every one of you has been able to demonstrate a good streamline position while standing in one place.

So what's so hard about demonstrating it every single time you push off from a wall? Two things:

First of all, it takes physical effort. If you are not flexible you will find that you really have to stretch to assume The Position. But, as with all stretching exercises, the more time you spend in The Position the easier it becomes. Ideally if you spend enough time in The Position, it will eventually become a relaxed poststretch to assume The Position.

Second, it takes concentration. Until your autonomic system is conditioned to snap the body

into The Position instantly as the legs are driving you off the wall, you must apply a bit of brain power every 25 yards to satisfy your coach's fantasies.

You know, an excellent opportunity to get in some "streamline time" is when you are doing kicking drills without a kickboard. Use this work as a streamline stretching drill as well as a kicking drill. You will go faster during the kick drill and make significant strides toward improving your streamline position flexibility. (Hint: If you have a hard time breathing properly while kicking in The Position, this is an indication [text missing here].

"What do I get out of all this Coach?" you ask, still looking for a way out.

Let's see, you will glide further when you push off the wall. This will allow you to take fewer strokes per length (which, I hope, we already conditioned you to perceive as a worthwhile goal).

How about energy savings? Gliding a long distance from a pushoff takes less energy than gliding a short distance and swimming the rest of the way.

And greater speed. You will move faster through the water after your pushoff which translates to faster times.

But, most importantly, you will look more like a "swimmer" in the elitist, highly accomplished, truly professional sense of the word. After all, isn't this the real reason for trying to do most things correctly in the pool? In my book, it's as good a reason as any.

This article first appeared in Schwimmvergnügen, the monthly newsletter of H2Ouston Swims. Coach Emmett Hines has coached competitive Masters swimming since 1982 and was selected as USMS Coach of the Year in 1993. He can be reached for questions or comments at 713-748-7346 or through the Internet at emmett@csi.com. Regular readers of this newsletter have enjoyed and learned from several previous articles by Coach Hines.



1999 / 2000 USMS, INC and LMSC for Virginia Registration

☐ NEW ☐ RENEWAL - Current USMS Number _____

Last name _____, First name _____, Initial _____

Important: Register with the name that you will use when you enter meets.

Street address _____

City _____, State _____, Zip _____

Telephone (____) _____ Date of Birth _____ Age _____ Sex ☐ FEMALE ☐ MALE

E-mail Address _____ Coach ☐ USMS ☐ USS Official ☐ USMS ☐ USS

Team:

- ☐ UNATTACHED
☐ VMST (Virginia Masters)
☐ VBSC (Valley Blues)
☐ AVMS (Academical Village)
☐ CCLM (Concord C-Lion)
☐ BMS (Blacksburg Masters)
☐ ODMS (Old Dominion Masters)
☐ MMAC (Mountaineer Masters)
☐ RCA (Rockbridge Co. Aquatics)

☐ Other: _____

Area Where You Swim:

- ☐ Northern VA (Prince William)
☐ Stafford / Fredericksburg
☐ Richmond
☐ Petersburg
☐ Charlottesville
☐ Roanoke / Salem
☐ Lynchburg
☐ Blacksburg / Radford
☐ Norfolk / VA Beach
☐ Hampton / Newport News
☐ Williamsburg
☐ Winchester / Front Royal
☐ Leesburg
☐ Lexington / Rockbridge
☐ Harrisonburg / Staunton
☐ Warrenton / Culpeper
☐ Kilmarnock / Oakwood
☐ West Virginia
☐ Other: _____

For Registrations:

Make check payable to:

LMSC for VIRGINIA

Mail this form and check to:

Craig Campesi
14134 Walton Drive
Manassas, VA 20112-3701

703-447-6618

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 MASTER 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 and regulations of USMS.

Signature _____ Date _____

Fees:	VMST	<input type="checkbox"/> 1 yr. = \$36	<input type="checkbox"/> 2 yr. = \$72	Other Fees:	<input type="checkbox"/> Laminated Card Wallet Size \$0.50
	All Others	<input type="checkbox"/> 1 yr. = \$21	<input type="checkbox"/> 2 yr. = \$42		<input type="checkbox"/> Laminated Card Luggage Tag \$1.00
	Overseas Mailing	<input type="checkbox"/> 1 yr. = \$10		<input type="checkbox"/> I wish to contribute \$1.00 (or \$____) to the International Swimming Hall of Fame Foundation. I have added this amount to my 1999 registration fees	
				<input type="checkbox"/> I wish to contribute \$1.00 (or \$____) to the United States Master Swimming Foundation. I have added this amount to my 1999 registration fees	
TOTAL FEE	_____				

All registrations are valid through December 31, 1999 (1yr.) or December 31, 2000 (2yr.)
Note: All registration fees are reduced by \$8 for the last 4 months of 1999
(September and October, 1999) VMST \$28/\$64(99&00) All Others \$13/\$34(99&00)

Benefits of Membership include: A subscription to SWIM Magazine during the length of the membership year (\$7.00 of the annual dues is designated for a Swim Magazine subscription), and periodic mailings from the Local Masters Swimming Committee. VMST members also receive additional VMST newsletters. USMS Registered swimmers are covered with secondary accident insurance.
1) In practices supervised by a USMS member or a USS certified coach where all swimmers are USMS registered.
2) In USMS sanctioned meets where all competitors are USMS registered.

4th ANNUAL STAR CITY VIRGINIA MASTERS MEET

Roanoke, Virginia - April 10, 1999

Warm-up @ 9:15AM Meet begins @ 10:00AM

For information Call: Howard Butts 540-992-1736, Bill Pharis 540-890-2867 or E-mail
SwimmerJane@usms.org

Sponsored by: Virginia Masters Swim Team

Sanctioned by: LMSC for VA for USMS, Inc.

Sanction Number: 129-0003

Meet Referee: Debbie Johnson

Meet Director: Howard Butts

Facility: Lancerlot Fitness Center, 1110 Vinyard Rd., Vinton, VA

The pool is 25 yards with 8 lanes for events, non-turbulent lane lines, ample parking, seating for 50, and a sun deck attached to the pool.

Directions: From I-81 take I-581 to Roanoke, take exit 6 (Elm Ave. Rt. 24), turn left at the end of the exit ramp, go 2½ miles through 6 traffic lights. Turn right on Vinyard Rd., which is between McDonalds and "Lake Drive Plaza". Lancerlot is 1/8 mile on left.

Rules: Swimmers must be registered in US Masters Swimming (USMS). A photocopy of your current (1999) registration must be attached to your entry. Registration will not be available at the meet. The 1999 USMS rules shall prevail. Each swimmer will be limited to five (5) individual events, plus relays.

Warm-up/down:

1. Swimmers must enter the pool feet first in a cautious manner.
2. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up.
3. There will be continuous warm-up/down areas.
4. ABSOLUTELY NO DIVING will be permitted in the warm/down area.
5. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Fees: Entry fees are: \$3.00 for each individual event and \$5.00 for each relay. There will also be a \$1.00 surcharge for computer results. Deck entry fees will be \$5.00. Deck entries will be accepted from 8:00AM to 9:00AM the morning of the meet only. Fees must accompany entries and are non-refundable. Make checks to: "Virginia Master's Swim Team".

Deadline: Entry deadline to be seeded is April 3, 1999. Events and heats will be mixed gender and seeded by time only.

Awards: 1st place medals through 3rd places in each age group. Ribbons for fourth through sixth places.

Social: An on deck social will be going on during the swimming meet for all to enjoy.

Name: _____ Team: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Sex: _____ USMS Reg. No.: _____ Age (as of April 10, 1999): _____

RELEASE

The following release must be dated, signed and in the possession of the Meet Director before the swimmer may compete.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. 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 rules of USMS.

Date: _____ Signature: _____

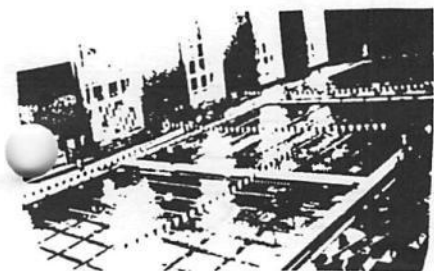
	Time	Event
1.	_____	200 Medley Relay
2.	_____	200 Freestyle
3.	_____	100 Backstroke
4.	_____	50 Breaststroke
5.	_____	100 IM
6.	_____	100 Butterfly
7.	_____	50 Freestyle
15 Minute Break		
8.	_____	200 Choice (no freestyle)
9.	_____	100 Freestyle
10.	_____	50 Backstroke
11.	_____	200 IM
12.	_____	50 Butterfly
13.	_____	100 Breaststroke
14.	_____	200 Freestyle Relay
15.	_____	500 Freestyle

Number of events _____ X \$3.00 (\$5.00 for late or deck entries) = \$ _____ + \$1.00 (surcharge for computer operation) = \$ _____

Make checks payable to: Virginia Masters Swim Team

Mail to: Howard Butts, c/o Lancerlot Fitness Center, 1110 Vinyard Rd, Vinton, VA 24179

A COPY OF YOUR USMS REGISTRATION CARD AND THE SIGNED WAIVER MUST BE ENCLOSED WITH YOUR ENTRY.



Colonies Zone Short Course Yards Championship - April 30, May 1 & 2, 1999

Sponsored by Terrapin Masters &
University of Maryland Campus Recreation Services
Don't miss the opportunity to compete in one of the finest
new natatoriums in the country at the UNIVERSITY OF MARYLAND.

POOL: WE WILL BE USING TWO SEPARATE 8 LANE COURSES

- 9 ft wide lanes, all deep water on both courses (minimum 8 ft deep)
- Colorado timing on both courses with all 16 lanes displayed
- Separate 25 yd x 25 yd warm-up/warm-down pool

SANCTIONED: by Potomac Valley LMSC for USMS, Inc. (Sanction Number 109-001)

RULES: 1999 USMS Rules and Regulations will apply. *NO DIVING DURING WARM-UP and COOL DOWN* (USMS Rule 102.4.2 will be enforced).

ENTRIES: All swimmers must be registered with USMS and must send a copy of their USMS card with their entry. ENTRY DEADLINE IS 4/19/99. NO DECK ENTRIES. Competitors may enter up to a maximum of four (4) events per day, plus relays. Positive check in for the 1000/1650 and 400IM will be no later than 6:45pm, Friday evening.

RELAYS: *Relay Deck Entries will be accepted prior to 8:00am each day and positive check in for pre-entered relays will be required by 8:00am on the day of the relay.* Use the Relay Entry Form for all relays.

SEEDING: The meet will be seeded slow to fast. "No time" entries will be seeded in slowest heat. All EVENTS 400 YARDS AND GREATER AND RELAYS REQUIRE POSITIVE CHECK IN AND WILL BE DECK SEEDED.

SCORING: All individual events will be scored 9-7-6-5-4-3-2-1, relays 18-14-12-10-8-6-4-2

AWARDS: *Terrapin Masters Medals* will be given to the first three places in each age group and sex. Ribbons awarded for 4th through 8th. Ribbons for 1st through 8th for all relays. Special Championship awards to the top two (2) highest scoring teams.

ENTRY FEE: \$3 per event. Pre-entered relays are \$8.00; deck entered relays are \$12.00

HOST HOTELS: Best Western Maryland Inn, College Park (\$85 S/D): 301-474-2800; Comfort Suites (\$89 S/D) Laurel: 301-206-2600; Holiday Inn, Greenbelt (\$69): 301-982-0863; Inn & Conference Center, College Park (\$99S, \$114D): 301-985-7300.

DIRECTIONS: From the Beltway (I95/495):

- Take Rte. 1 South toward College Park;
 - From Rte. 1, take 193 (University Blvd) going West;
 - From Rte. 193, turn left at Stadium Drive (toward Football Stadium);
 - Go past high rise dorm to the circle, go $\frac{3}{4}$ way around the circle then turn right;
 - Follow that road to the entrance of the parking garage (next to stadium);
 - Walk past high rise dorms across from garage entrance to Recreation Center entrance.
- (OR)
- Take first left after the circle and proceed to the stop sign (Recreation Center is on right);
 - Turn right and park at one of the meters or;
 - Continue down the hill and park in the metered lot on your right;
 - Walk up the steps next to the Center or past the outdoor pool to front of building;
 - Use front entrance across from large grassy area.



PARKING RULES: Parking in the Stadium Garage (2 blocks from Recreation Center) is free after 4pm on Friday and all day Saturday/Sunday. Parking at the meters behind the Recreation Building is free on Saturday/Sunday but not on Friday. Parking in Lot 2 is controlled at all times. Handicap parking is available in front of the Recreation Center.

*******OFFICIAL ENTRY FORM*******

A C C USMS # _____ CLUB _____
 T O A NAME _____
 T P R ADDRESS _____
 A Y D CITY/STATE/ZIP _____
 C O PHONE _____ DATE OF BIRTH _____ AGE _____ SEX _____
 H F

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 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.

DATE _____ SIGNATURE _____

MAKE CHECKS PAYABLE TO - TERRAPIN MASTERS

MAIL TO - David Diehl, 12511 Littleton St., Silver Spring, MD 20906

Call 301-946-0649 (H) before 9pm please or 301-314-5372 (W) if you have questions

Friday, April 30, 1999 (Warm-up at 6:30pm - Starts at 7:00pm)

<u>WOMEN</u>		<u>MEN</u>	
Event #	Seed Time	Event	Seed Time
1	_____	400 IM	_____
3	_____	1000 Free > (choose	_____
5	_____	OR 1650 Free > one)	_____
			6

Saturday, May 1, 1999 (Warm-up at 7:00am - Starts at 8:00am)

7	_____	400 Mixed Free Relay	_____	7
9	_____	200 Medley Relay	_____	10
11	_____	200 Breast	_____	12
13	_____	50 Back	_____	14
15	_____	200 IM	_____	16
17	_____	100 Free	_____	18
19	_____	200 Back	_____	20
21	_____	50 Breast	_____	22
23	_____	100 Fly	_____	24
25	_____	800 Free Relay	_____	25
27	_____	200 Mixed Free Relay	_____	27
29	_____	400 Medley Relay	_____	30

Sunday, May 2, 1999 (Warm-up at 7:00am - Starts at 8:00am)

31	_____	500 Free	_____	32
33	_____	400 Mixed Med Rel	_____	33
35	_____	200 Free Relay	_____	36
37	_____	100 Back	_____	38
39	_____	50 Free	_____	40
41	_____	50 Fly	_____	42
43	_____	200 Free	_____	44
45	_____	100 Breast	_____	46
47	_____	200 Fly	_____	48
49	_____	100 IM	_____	50
51	_____	400 Free Relay	_____	52
53	_____	200 Mixed Free Relay	_____	53
55	_____	800 Mixed Free Relay	_____	55

.....
 Meet Fee (required of all swimmers).....\$10.00

Event Charge \$3.00x _____ Events.....

Relays (Pre-entered) \$8.00x _____ Relays.....

Results Mailed (\$5.00).....

Meet T-Shirt: Circle S-M-L-XL - _____ x\$15.00.....

TOTAL ENTRY FEE:\$ _____

Make check payable to:
TERRAPIN MASTERS



Virginia Masters Short Course Championship Meet

Saturday, March 20, 1999

Fort Eustis Aquatic Center, Newport News, Virginia

Sponsors: Virginia Masters Swim Team, Fort Eustis Masters and the Fort Eustis Aquatic Center.

Sanction: Sanctioned by United States Masters Swimming (USMS) through the LMSC for Virginia. Sanction Number 129-003.

Location: Fort Eustis Aquatic Center, Building 641, Tyler Ave., Fort Eustis, Virginia. Pool Phone number: 757-878-1090. From I-64 East or West in Newport News, take Exit 250A (Route 105 West – Fort Eustis Blvd.) Proceed through Fort Eustis main gate. Take a right after the traffic circle on Tyler Ave. The Aquatic Center is on the left (Building 641). Plenty of parking is available at the Aquatic Center and next door at Anderson Field House.

Facility: 11-lane, 25-yard indoor pool with non-turbulent lane markers and overflow gutters. 8-10 lanes will be used for competition (up to 10 lanes for distance events) with remaining lanes open for continuous warm-ups. Colorado Electronic Timing System with 10-line scoreboard will be used. Minimum water depth throughout the course is 7 feet. The pool also features a snack bar, spectator seating and access to locker/shower facilities. The Aquatic Center also features an "Adventure Pool" adjacent to the competition pool with water slides and play areas that will be open for a nominal fee during the meet.

Eligibility: All swimmers must be registered with USMS for 1999. Include a copy of your USMS card with entry form. Virginia registration will be available at the meet or contact LMSC Registrar Craig Campesi (703-447-6618, campesic@usms.org) for information. The standard masters age groups (19-24, 25-29, 30-34, etc.) will be used.

Entries: \$3.00 per individual event for pre-entries plus a \$6.00 surcharge per swimmer to cover meet expenses. Late entries and deck entries will be accepted up to the start of each session at a cost of \$5.00 per event. A swimmer may enter a maximum of 5 individual events plus relays. Relays may be deck-entered at no cost. Entries must be received by Friday, March 12, 1999 or they will be considered late. Entries will not be accepted via electronic mail. All entries must be submitted on the entry form enclosed with a copy of USMS card attached and the liability waiver signed. Entry fees must accompany entries. Make checks payable to Virginia Masters Swim Team. Mail all entries and fees to: Mary Rebarchak, Fort Eustis Aquatic Center, Building 641, Tyler Ave., Fort Eustis, VA 23604-5105.

Format: AM Session: Warm-Ups at 8:00 a.m., Meet Starts at 8:45 a.m. PM Session: Warm-Ups at 11:30 a.m., Meet Starts at 12:30 p.m.

Seeding: All individual events 200 yards or less will be pre-seeded and heats swum slowest to fastest. Late or deck entries will not appear in the heat sheet and will be seeded on a space available basis. Individual events 400 yards or greater will be deck seeded and are considered positive check-in events. Swimmers must check in for the AM session events by 8:30 a.m. and for the 500 Free by 1:00 p.m. Telephone check-in will be accepted on the day of the meet by calling the pool phone number listed above. All relay events will be deck seeded. Events and Heats may be combined where necessary at the discretion of the Meet Director or Referee – no one will swim alone.

Rules: Current USMS Rules and Regulations will apply. The meet will be officiated by USS National-Championship level officials from Virginia Swimming. No diving will be allowed during warm-up except in designated lanes 20 minutes before the end of warm-up. No diving will be permitted in the general warm-up lanes during competition. Swimmers must enter the pool feet first in a cautious manner. Instructions by the designated safety marshal must be obeyed at all times.

Awards: Medals for 1st through 3rd place and ribbons for 4th through 6th place in each event in each age group.

Social: Join us for our masters social at the Aquatic Center after the meet. \$5.00 per person covers food and beverages. All swimmers, officials and their families and friends are welcome.

Information: Contact Mary Rebarchak (757-766-3554) or Charles Cockrell (757-865-6250 or e-mail at cockrell@usms.org).

Schedule of Events

AM Session: Saturday, March 20, 1999		
Warm-Ups: 8:00 a.m., Meet Starts: 8:45 a.m.		
Womens #	Event	Mens #
1	1000 Y Freestyle	2
3	400 Y Individual Medley	4
5	1650 Y Freestyle	6

*** Check-in for AM Session Events by 8:30 a.m.**

PM Session: Saturday, March 20, 1999					
Warm-Ups: 11:30 a.m., Meet Starts: 12:30 p.m.					
Womens #	Event	Mens #	Womens #	Event	Mens #
7	200 Y Medley Relay	8	27	200 Y Backstroke	28
9	200 Y Mixed Medley Relay	9	29	200 Y Breaststroke	30
11	100 Y Butterfly	12	31	50 Y Butterfly	32
13	200 Y Freestyle	14	33	100 Y Freestyle	34
15	100 Y Individual Medley	16	35	50 Y Backstroke	36
17	100 Y Backstroke	18	37	200 Y Individual Medley	38
19	50 Y Freestyle	20	39	50 Y Breaststroke	40
21	100 Y Breaststroke	22	41	200 Y Free Relay	42
23	200 Y Butterfly	24	43	200 Y Mixed Free Relay	43
25	500 Y Freestyle	26			
	20 Minute Break				

*** Check-in for 500 Free by 1:00 p.m.**

Virginia Masters Short Course Championship – Entry Form

Name _____

Address _____

City _____ State _____ Zip _____

USMS # _____ Team _____ Team Abbreviation _____

Age (on 3/20/99) _____ Birthdate ____/____/____

Circle Event #		Event	Seed Time (SCY)	Circle Event #		Event	Seed Time (SCY)
W	M			W	M		
1	2	1000 Freestyle		23	24	200 Butterfly	
3	4	400 IM		25	26	500 Freestyle	
5	6	1650 Freestyle		27	28	200 Backstroke	
7	8	200 Medley Relay		29	30	200 Breaststroke	
9	9	200 Mixed Med. Relay		31	32	50 Butterfly	
11	12	100 Butterfly		33	34	100 Freestyle	
13	14	200 Freestyle		35	36	50 backstroke	
15	16	100 IM		37	38	200 IM	
17	18	100 Backstroke		39	40	50 Breaststroke	
19	20	50 Freestyle		41	42	200 Freestyle Relay	
21	22	100 Breaststroke		43	43	200 Mixed Free Relay	

Summary of Entry Fees

Swimmer Surcharge		\$6.00	\$6.00
Number of Individual Events Entered		\$3.00 Each (pre entries)	
Number of persons attending Social		\$5.00 Each	
Total Amount			

Liability Release: 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 disability and 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 _____

Checklist

- ✓ Check made payable to Virginia Masters Swim Team.
- ✓ Liability release signed and dated.
- ✓ Copy of USMS Card attached.
- ✓ Photocopy completed entry form for records.
- ✓ Completed entry form, fees and copy of USMS card sent to: Mary Rebarchak, Fort Eustis Aquatic Center, Building 641, Tyler Ave., Fort Eustis, VA 23604-5105. Deadline for pre-entries is **Friday, March 12, 1999**.

Local Masters Swim Committee (LMSC)
Craig Campesi, Registrar
14134 Walton Drive
Manassas, VA 20112-3701

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.

Kilmarnock: *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; 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