

VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

June 15, 1999

JIM MILLER WINS USMS AWARD

Each year USMS selects one person as the recipient of the Ransom Arthur Award. This award is the most prestigious award given by Masters Swimming. In reality, it is the only award given by USMS. Other awards may be given by a committee in recognition of some specific accomplishment, but as the Rule Book states: "This award is given annually to the person who has done the most to further the objectives of Masters Swimming". It is truly an honor for Jim to receive this award. The award was presented during the Short Course National Championship in Santa Clara.

As most of the VMST members know, Jim has served at VMST President, LMSC Chairman, USMS Vice President, and USMS Committee Chairman. Nomination for this award is open to anyone connected to Masters Swimming. The LMSC (Local Masters Swim Committee) must endorse the nomination. Following is the letter of endorsement written by Linda McCowan, our LMSC Chairman, with the assistance of Jeanne Crouse.

On behalf of the LMSC for Virginia, I write to endorse the nomination of Jim Miller for the Ransom Arthur Award. I wish to emphasize two points that might not be readily gleaned from the black-and-white recitation on the Nomination Form.

First, Jim has been and continues to be dedicated to Masters swimming on the critical, local level. He first began coaching Masters in 1981 in Richmond, Virginia. His first team was comprised of 10 swimmers and the program offered three practices a week. He continues to coach that Masters team, which competes under the aegis of Virginia Masters, to this day. The program now

offers 12 practices a week to approximately 200 swimmers. The longevity and vitality of this local program is due in no small part to Jim's efforts.

Second, Jim's background in medicine, swimming and coaching has placed him in a unique position. A Fellow of the American Academy of Family Physicians with a sub-specialty in Sports Medicine, Jim has been certified as one of 8 team physicians for USA Swimming's international team for the next Quadrennium. As detailed in the Nomination Form, Jim also plays other critical roles with the Olympic and USA Swimming Teams. In these roles, he consistently works to educate those in the Olympic family about the abilities and great potential of Masters swimmers.

For these efforts and for the many actions reflected in the Nomination Form, we ask that Jim Miller receive the Ransom Arthur Award.

Upcoming VMST Events

July 10: 2-Mile Lake Swim, Charlottesville.
This is a USMS National Championship event.

July 17: LC meet in Roanoke

August 19-23: USMS LC Championship, Minneapolis

September 4-5: Fall Festival, Richmond

October 23-24: VA/NC Challenge, Roanoke Rapids, NC

November 6 (tentative): SC meet in Va Bch/Norfolk

See page 2 for a complete list of events and
how to get entries.

Meet Schedule

July 17: LC in Roanoke, VA.

This meet is part of the Commonwealth Games. Entry is in this newsletter.

July 25: UMBC, Catonsville, MD

This is the pool where the 2000 LC will be held. Send me a SASE if you want an entry.

August 1: DCM LC

New George Mason U pool in northern Virginia. I have copies of the entry. Send me a SASE.

August 19-23: USMS LC National Championship, U of Minnesota, Minneapolis. Entry is in SWIM.

October 23-24: Virginia/North Carolina Challenge Roanoke Rapids, NC. I will print this entry when I get a copy.

November 6 (tentative date): SC in Va Bch/Norfolk We will definitely have a SC meet this fall! Entry will be in the September newsletter.

Web Sites

Masters Swimming in VA

VASwim.org

(from this site you can link to others)

USMS

usms.org

(Results from Nationals, Links to Top 10, articles on training, etc)

Camps and Clinics

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. Two camps are scheduled in Newport News in July.

Premier Stroke Clinic Series.

Contact: Clay Britt, 301-231-9740.

Fall Festival

Fall Festival Mentor Clinic: Sept 3,4,5, Richmond.

Mentor Coaches: Clay Evans and Bonnie Adair from SCAQ (Southern California Aquatics). New this year: a coaches session on Friday evening. Clay and Bonnie want to spend more time with the coaches.

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

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

Entry is in this newsletter. Entry deadline is June 24.

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

If you want to host a VMST meet ...

1. Contact Patty Powis, VMST Vice President. She coordinates the dates so that meets do not compete.
2. After clearing the date with Patty, send a copy of the entry to Judy Martin (535 Biltmore Dr, Virginia Beach, VA 23454) for approval and to get a sanction.
3. After you have the entry approved and have a sanction number, send the entry to Betsy Durrant for the newsletter.

Technique, Flexibility, Endurance and Time (The Keys to Success)

by Doug Stern

Swimming swiftly, efficiently and effortlessly is a skill all swimmers aspire to. Reaching that state of proficiency takes knowledge of stroke technique, joint flexibility to execute that technique, endurance to continue that technique and time to allow all of it to sink in.

Technique. Swimming is a technical sport. There are many laws of physics that govern how you move through the water and you do not have to know any of them. My older brother was one of the fastest backstrokers on the East Coast when he was 15 years old. He did not have a clue as to why he swam so fast. The water just felt right to him and he flowed through it. Picture your body from the tips of your fingers to the end of your toes as the hull of a racing sail boat. The longer the hull length, the greater the potential speed. Your finger tips set up a flow of water that must be undisturbed until it passes your toes.

How To. Memorize the phrase, "stretch and roll" and use it every time the hand enters the water. Your hand enters the water in front of your shoulder and slightly past your head. It then glides and stretches forward along the surface (you are encountering the water and are starting the flow). Roll on to that arm as your other arm is driving deep into the water and all the way back past your thigh. Your body roll helps engage the large muscles of your back and hips into a powerful stroke while minimizing frontal resistance. Most of you are self coached. How can you monitor your technique? Use your senses. Every time your hands enter the water and move forward, acknowledge them: "Hello hands." Every time the heel of your hand passes your thigh, notice exactly where it finishes. You are only taking one stroke at a time - Make the most of it.

Flexibility. No matter how much you know about your sport, if you do not have the body to execute the skills, you will always be an "arm chair

quarterback." In swimming, this means flexibility - flexibility to raise and rotate your scapula (large triangular shaped bones on either side of your upper back) so that you can execute a high elbow recovery and super extend your shoulder after your hand enters the water (remember, stretch and roll); flexibility to lift your thighs to initiate your kick and ankle and toe flexibility to maintain an undisturbed flow of water past your feet.

How To. You can work on flexibility all day long. Stand in a doorway, raise your arms above your head and place them on either side of the door jamb. As you stand there, press your chest forward. Feel the gentle stretch on the upper chest and front of your shoulders. You can do this stretch one arm at a time whenever you are standing near any tall stationary object. Another easy stretch which will help body streamlining can be done without any equipment - Raise both arms overhead, cross your wrists, place your palms together and press your upper arms against your head just behind your ears. Last, and probably most important for the Masters swimmer without an extensive swimming background, is ankle and toe flexibility. I get more calls and E-Mail relating to kicking problems than any other swimming question. Your kick either propels you forward, or stops you dead in the water. Your hands start the flow of the water, your feet can continue it or destroy it. In my Swimming Clinics, one of the first items I check for is ankle and toe flexibility. The students with greater flexibility usually swim faster. Look at your feet. Do you have hammer toes (maybe your running shoes are a half size too small)? If you do, every time you kick, your toe will catch and stop the flow of water. Whenever possible, take your shoes off and start curling your toes under your feet. Initially, toe stretching will hurt, but as you continue you will get used to it. You can also place a towel or newspaper under your feet and curl it up using your toes. Last, grab the bottom of your foot with both hands just behind the toes and press up as you use your thumbs to press your toes down. Pressing up on your metatarsal bones allows you to increase toe flexibility. Of course you can do more but let us start here and build.

See Endurance on page 4.

Endurance and Time. Have you ever seen someone start a race and look great. They have super form and look so smooth. Then you see them later in the same race and they look all bedraggled. Vince Lombardi once said, "Fatigue makes cowards of us all". Practicing your stroke in long low quality sets helps groove in correct neuromuscular patterns. Build your yardage slowly so that you do not get sloppy during a set. If you are doing an interval set, take enough rest to partially recover before you start again. If you feel that your stroke is falling apart, or you are out of breath, slow down. You can not rush the conditioning process. Workouts are stressful and cause your muscles to breakdown. The rest between workouts allows muscles to repair and handle more stress. You need a balance of stress to build endurance and maintain skill.

Something Extra. Work on your kicking skills. Put on a pair of fins, roll over on your back and kick 800-1000 a few times a week. Dolphin kick off each wall and flip your turns. You will be helping your butterfly and backstroke and honing turns while increasing ankle, hip and toe flexibility. Notice how your overall swimming improves.

Editor's Note: I saw this article in THE LANE LINE, the Delaware Valley LMSC newsletter. It originally appeared in the Empire State Masters Newsletter in April, 1999.

VMST All-Americans!

Six VMST members were named 1998 pool All-Americans. To be recognized as an All-American, a swimmer must be ranked number one in the Top Ten listings for Short Course Meters, Long Course Meters, or Short Course Yards.

Congratulations to Lisa Bennett, Patty Powis, Johnnie Detrick, Marie Kelleher, Dan Summerlin, and Jack Schiltz.

Everyone is Free to Crosstrain *from Susan Boxley*

Editor's Note: Susan is the LMSC Fitness Chairman. Master Swimming is all about adult aquatic fitness and swimming for life. Competition is important to some us, but not to everyone. Being fit is the reason we swim.

If I could offer you only one tip for the future, crosstraining would be it! The long term benefits of crosstraining have been proved by scientists, whereas the rest of my advice has no basis more reliable than my own meandering experience. I will dispense that advice now.

1. Enjoy your body. Use it every way you can. As Nancy Miller wrote in a past article, dust off the inlines, pump up the tires of your bike, pull out the running shoes, and get moving. Dance, even if you have nowhere to do it but in your own living room.

2. The older you get, the more you need the benefits of crosstraining. Besides making us stronger, it lessens the possibilities of overuse injuries, relieves boredom; if only by changing the scenery, and allows us to meet new friends. Enjoy the power of your youth. You are not as slow as you think you are! Sometimes we are ahead, and sometimes we are behind, the race is long. In the end, it is only with yourself.

3. Stretch- it is an integral part of fitness. Take a yoga class or rent a yoga video. Be careful whose advice you buy, but be patient with those who supply it.

4. Be kind to your knees. You will miss them when they are gone.

5. Maybe you'll run, maybe you won't. Maybe you'll lift, maybe you won't. Maybe you will dance the funky chicken on the starting block on your 75th wedding anniversary.

6. But trust me on the crosstraining. Enjoy the summer! Listen to the song. Everyone is free to wear sunscreen. See you next fall!

2000 LONG COURSE ARE WE "GOING FOR IT" OR WHAT?

By Dick Cheadle

Like many other "State" teams we are somewhat disjointed, allied by a geographical delineation, separated by area codes. We need to do something to make us more of an entity, more of a unit, more of a "team" in the sense of the word "team", and lo and behold, the opportunity has presented itself in the form of the 2000 Long Course Championships, to be held in Catonsville, Maryland, a suburb (sort of) of Baltimore.

But first, let me digress and chat briefly about the recent Colonies Zone meet at the brand new University of Maryland swim center in College Park, Maryland.

It was a great meet, if you don't mind getting 41/2 hours of sleep between the Friday night events and the Saturday morning events. We came in 4th, and we were the number four team in terms of numbers of entries, and I think there's a correlation here. We had 36 entries, and two teams had more than 70. Thirty-six entries is slightly less than 10% of our membership, and therein lies the problem.

But before I get deeper into the problem, let me digress further about the Zone meet.

This was a fun meet. Stuff happened here that in all my 26+ years of Masters swimming I've never seen before. The young lady with the T-shirt that said "William and Mary" on the front and "Producing the fastest swimmers since 1693" on the back; Chuck Wilmore diving in for the 200 I. M. and having his goggles jerk down around his throat, fill up with water and jerk back up over his eyes. And Ed "Mr. Relay" Gaulrapp swimming one more relay than the max number of relays offered in the meet. "How could someone do that?", I heard one of our swimmers ask. Easy. You simply take an inordinate amount of time turning in your relay card, panic when you hear someone (me) yell "Wait!" when the (wrong) heat is about to start, then come running down the deck at warp speed and execute a "modified" track start and dive into the water and begin sprinting one heat early.

And why did Ed's startled relay teammates not interfere before 150 yards in the wrong relay

heat was already undertaken? You'll have to ask them; my thought is there was a consensus that it was just the Prozac kicking in and just let him go and get it out of his system before swimming the correct relay.

Obviously in awe, one of the younger swimmers on our team (Kurt Sprenger) said after the above "I want that man on my relays!!!!" "You deserve each other" Jim Miller said, and thus the meet went on.

As I said, this was a fun meet, and let me add, this is a fun team. And it was nice to see my old friend and multi-multi-multi national masters champion Sue Skiff join Virginia Masters. Sue is less than a year from aging up to 45, and should be a huge asset for many years to come.

And now we come to the meat of the article. 2000 Long Course Nationals. Catonsville, Maryland. And we are "Going For It!"

Q. Does "Going For It" mean we're going to try and win it?

A. No. "Going For It" means we are, for the first time, going to put a 100% effort into the meet and "Be as good as we can be", to quote the U.S. Army commercial. We are going to hype this meet as the ultimate team effort. Where that places us depends on a lot of things beyond our control. How good are the other people. How many swimmers do they have. We can't control that, but we can control how well we do, simply by having as many people there as we can. From that point on the chips will fall where they may.

In order to accomplish what we hope to do at Catonsville in 2000, we have to start this summer coming. What I mean is.....qualifying times. There won't be a lot of meets in the summer of 2000 (assuming we're not all incinerated or bankrupt) before entries are due; therefore, it is imperative that you look in the mirror, say to yourself "OK, I'm in", and think about qualifying times this coming summer. A good meet to make some of the qual times would be the D C Masters long course meet August 1st

See LC 2000 on page 6.

(Sunday) at the brand new state-of-the-art pool at George Mason University. (And you don't even have to drive on the (*&#*\$&*)# D. C. Beltway to get there). The meet is somewhat restrictive for qual times because there is no 400 free (there is an 800 for the 1st 16 entrants) and the 200s stroke are "choice", which means you can't make qual times for the 200 breast and 200 fly at the same meet (this just kills Mr. Relay), but none the less it should be a great meet to make at least a couple of your times.

To get this effort off on the right foot there will be an outing - VIRGINIA MASTERS FIRST AND LAST EVER ANNUAL OR PERHAPS BI-ANNUAL COOKOUT AND WHITE WATER CANOE TRIP - in Petersburg, West Virginia in late May of 2000. The theme will be 2000 Long Course, and it will be a good chance for those of us who are going to get together and get to know each other before the meet. It will not be restricted to only those people going to Catonsville, and certainly you can go to Catonsville without going to the "retreat". It will be for all Virginia Masters and friends of Virginia Masters.

The basic plan would be for people to travel on Saturday to Petersburg, participate in the evening cookout (and possibly campfire, terrain permitting), then meet for breakfast in downtown Petersburg Sunday morning - I can't tell you exactly where in Petersburg that will be at this point, but I can assure you it won't be far from the (one) traffic light in the town. Then, a day's canoe outing - there may be more than one run to choose from- depending on the water levels- and then home.

I will be the event coordinator for the outing. I will travel to Petersburg in the late fall to make the arrangements, then prepare a flyer to outline the details. There will be optional activities for those persons who are not canoe oriented.

We would hope that Catonsville will be a 100% effort, to include the walking wounded. We of course can't mandate perfect attendance, but we can certainly hope for it. Give it a try, and let's see what happens.

I will prepare two documents during the wait period, an informational flyer for anyone who might be even remotely interested in the outing, and a final

logistics sheet 30 days ahead of time for those people who are actually going. The first flyer should be in print by early January.

If you want to be on the mailing list for the informational flyer, just let me know. E-mail is Cheadle@Erols.com, home address is 8919 Prince Caspian Court, Burke, VA, 22015, home phone is (703) 425-1699, work phone is (202) 273-6020. Leave me your name, address and phone (I will probably make over 100 phone calls before this happens - no expense to the team).

And so you have it. 100% effort for Catonsville 2000, a fun outing to get in the right mood for it. Let's see those cards and letters start coming in.

Your teammate,
Dick Cheadle

Editor's Note: In addition to the DCM LC meet at the George Mason pool August 1, there is a LC meet at the UMBC pool in Catonsville where the 2000 LC Championship will be held. This meet is July 25 - a chance to try out the pool.

I will be reminding you of the 2000 LC Championship in each newsletter. However, don't forget the Zone Meet in Fort Lauderdale in April.

Give some thought to Dick's proposal for a weekend excursion to West Virginia. If you are interested, let him know.

Workout

800 Warm Up
200 Swim, 400 Drill/Swim, 200 Swim

1800 Main Set (18 x 100)
Repeat 2 times:
3 x 100 Pull
3 x 100 Kick
3 x 100 Swim, descend

Total: 2600

It is easy to increase the total yardage by adding a Pre-Set or by repeating the main set a third time (3500 yards).

USMS SC Nationals **Santa Clara, CA**

by Betsy Durrant

One of the many things I like about a relatively big team (and especially about our team) is that we have such a diverse group that at any major competition, you can be sure to have a teammates present. At any given event, the members present can vary immensely. I think of this championship meet as the "family meet". Many swimmers were accompanied by family members and spent touring in California. We had 16 swimmers and 9 family members as well as families of swimmers. Representing VMST were Kitten Braaten, Warner Brundage (accompanied by his wife Debbie), Dee and Harry DeLong, Betsy Durrant, Barger Jeutter (accompanied by her husband, 2 children, and her parents), Karen Kaufman (accompanied by her mother Dorothy), Linda McCowan, Jim, Nancy and Becky Miller, Patty Powis, Chris and Heather Stevenson (with their infant son), Roberta Sugden (accompanied by her son Sandy), and Laura Walker.

The Santa Clara Swim Club did a great job of handling over 2000 swimmers. The 50 meter pool was set up with two 25 yd courses (going across) of 10 lanes each. The end lanes at either end were not used, so no one had a wall lane. There was an empty lane between the two courses. The only bad thing was that the courses were east/west, so the sun made some turns difficult. There were two warm up pools; unfortunately the warm up area in the diving well did not have backstroke flags. All men's heats were run first then all women's heats. This made watching your friends and teammates swim much easier than flipping through the heat sheet to find the heat for men or women.

Speaking of watching people swim, Angel Martino and Jon Olson swam. When either of their heats were up, you could tell as the crowd stopped to watch.

Nancy Miller made reservations for the team at a hotel in San Jose. It was near the airport about a 15 minute drive from the pool. The hotel was very nice and the free breakfast was great (with good California fruit). It's nice to be at the same hotel so we could share rides to the pool. Most of us found that with the large number of swimmers, it was best to warm up early when the pool opened (6:45 am), go back to the hotel for breakfast, and then do a shorter warm up before your event. We were close to downtown San Jose so it was easy to find nice restaurants - always an important item for hungry swimmers.

Unfortunately, we had only a few relays. Our sixteen swimmers covered age groups from 19-24 to 80-84. This made it difficult to put together a competitive relay in any age group. Results for the meet can be found through the USMS web site (USMS.org) or from the Santa Clara site (SantaClaraSwim.org). I didn't ask everyone how their swims went, but I know some people were very excited about swimming their best times. Kitten Braaten was especially

happy with her times, but I also heard Dee DeLong, Karen Kaufman, and Laura Walker comment on their improved times.

The weather was beautiful, sunny the whole time, but windy in the afternoon. In the bleachers it was great in the morning, but when the sun moved behind the bleachers and the wind picked up, it was very chilly. Many of us had to move to the sun to stay warm. When I was in the bleachers, I wore warm up pants, a mock turtleneck (our team gift), my windbreaker and my parka.

Special thanks to Karen Kaufman and her mother, Dorothy. They arrived at the pool early each day, made sure the team had enough room to sit together, and watched every one swim right through to the last event. I think it is great to be part of our VMST extended family!

Note from the President

from Nancy Miller

Welcome to open water season! Many VMST swimmers are gearing up for at least one open water event this season, whether it's the Reston swim, the Chesapeake Bay swim, the Jack King one-mile swim, or the Chris Greene Lake swim - or some combination of them. It's also a wonderful change to be able to practice outside - either in a natural body of water or in an outdoor pool. So get out your dark goggles and enjoy the sunshine!

Because long-course season is so short, it's already time to start thinking about Nationals, which will be held in August in Minnesota. I have secured a small block of ten rooms for \$89/night at the Radisson Hotel Metrodome, which is adjacent to the pool. This is wonderfully convenient, since you literally walk out of the hotel and into the natatorium. The only hitch is that the hotel is completely sold out for Wednesday night, August 18th, the night before the start of the meet. We are first on the wait-list, but there is no guarantee. With this in mind, I opted to secure our block for Thursday night, August 19th, through Monday night, August 23rd (the meet runs for five days instead of the usual four). Therefore, anyone who wants one of our rooms but who plans to arrive earlier than Thursday will have to make their own arrangements for the first day(s) of their stay. Three additional hotels suggested by the Radisson are: Holiday Inn (612) 333-4646, Days Inn (612) 623-3999; and Sheraton Metrodome (612) 331-1900. As usual, I have an early deadline for our rooming list, so I will need to have all of your information by July 1st.

Thanks, as usual for your cooperation on this, and I look forward to seeing many of you at the beach over Father's Day weekend.

Virginia Commonwealth Long Course Masters Championship

Roanoke, Virginia – July 17, 1999

Warm-up @ 7:30AM Meet begins @ 9:00AM

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

Sponsored by: Virginia Amateur Sports, Inc.

Sanctioned by: LMSC for VA for USMS, Inc.

Sanction Number: 129-0006

Meet Referee: Debbie Johnson

Meet Director: Howard Butts

Facility: Fallon Park pool is 50 meter with 8 lanes for events, non-turbulent lane lines and has a diving well for continuous warm ups. Ample parking is available.

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 1½ miles through 2 traffic lights. Turn left into Fallon Park. The pool is on the right.

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: \$5.00 for each individual event and \$8.00 for each relay. There will also be a \$2.00 surcharge. Deck entries will be accepted from 7:30AM to 8:30AM the morning of the meet only. Fees must accompany entries and are non-refundable. Make checks to: "Virginia Amateur Sports, Inc.".

Deadline: Entry deadline to be seeded is July 2, 1999. Events and heats will be mixed gender and seeded by time only.

Awards: Gold, Silver and Bronze medals will be awarded for 1st, 2nd & 3rd places in each age group.

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

Name: _____ Team: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Sex: _____ USMS Reg. No.: _____ Age (as of 12/31/99): _____

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. 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 rules of USMS.

Date: _____ Signature: _____

Event Codes:

<u>Event</u>	<u>Women</u>	<u>Men</u>
200 M Medley Relay	SWM 01	SWM 02
200 M Freestyle	SWM 03	SWM 04
50 M Backstroke	SWM 05	SWM 06
100 M Breaststroke	SWM 07	SWM 08
200 M Butterfly	SWM 09	SWM 10
400 M Ind. Medley	SWM 11	SWM 12
200 M Backstroke	SWM 13	SWM 14
50 M Freestyle	SWM 15	SWM 16
200 M Mixed Free Relay	SWM 17	SWM 17
400 M Freestyle	SWM 19	SWM 19

10 Minute Break

200 M Mixed Medley Relay	SWM 20	SWM 20
200 M Ind. Medley	SWM 21	SWM 22
100 M Butterfly	SWM 23	SWM 24
50 M Breaststroke	SWM 25	SWM 26
100 M Backstroke	SWM 27	SWM 28
50 M Butterfly	SWM 29	SWM 30
200 M Breaststroke	SWM 31	SWM 32
100 M Freestyle	SWM 33	SWM 34
200 M Free Relay	SWM 35	SWM 36

Number of events _____ X \$5.00 = \$ _____ + \$2.00 = \$ _____

Make checks payable to: Virginia Amateur Sports, Inc.

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

USMS National Championship



2-MILE

Cable Swim - Quarter-mile Straightaway

**Chris Greene Lake-
Charlottesville, Virginia
Saturday, July 10, 1999**

Sponsored By:
Virginia Masters Swim Team
Sanction No. 129-0005

EVENT:

The first heat will be swum clockwise and will start at 9 am. Check in for the first heat will close promptly at 8:45. The second heat will be required to check in by 10:00 for an anticipated start 15 minutes after, but not before completion of the first heat. The second heat will be swum counter-clockwise.

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

INDIVIDUAL AGE GROUPS:

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

SEND ENTRIES TO:

Beth Waters
1301 Pritchard Ter
Richmond, VA 23235

Phone (804) 276-5229

Please no calls after 9:00 PM.

AWARDS:

Medals will be awarded to the top 3 places. Championship patches will be awarded to 1st place finishers. Awards will not be mailed. Awards will be given out at the social.

ENTRY FEES:

A \$25 entry fee per individual will include a tri-color 100% cotton t-shirt. Indicate the adult size on entry form. Make check or money order payable to Virginia Masters. (NO CASH PLEASE!); (LATE AND RACE DAY ENTRIES WILL NOT BE ACCEPTED) "No time" entries will be seeded last in appropriate heat. Official entry form and fees must be POST-MARKED no later than June 24, 1999.

REGISTRATION:

All swimmers must be registered with USMS. Entrants must include a photo copy of their 1999 USMS registration card with their entry form. Entries received without a copy of the 1999 card will be returned. For confirmation of entry receipt, enclose self addressed, stamped envelope or postcard.

ENTRANCE TO LAKE:

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

SOCIAL:

Fresh fruit, snacks, and beverages will be available immediately following the second heat at a cost of \$3 per person.

FOR FURTHER INFORMATION:

Beth Waters
1301 Pritchard Ter
Richmond, VA 23235

Phone (804) 276-5229

Please no calls after 9:00 PM.
or

Joyce Mullins
E-mail: mullpost@ix.netcom.com



DIRECTIONS TO CHRIS GREENE LAKE:

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

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

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

ACCOMODATIONS:

The Doubletree Charlottesville (pre-
viously Sheraton Inn) on Rt. 29 North
has reserved a limited number of
rooms and is offering a group rate of
\$79 to competitors for Friday & Sat-
urday, July 9 & 10. This is a substan-
tial discount from their regular rate,
and the Doubletree is conveniently
located to Chris Greene Lake. If you
are interested in taking advantage of
this opportunity, you must make your
reservation by Wednesday, June 9 un-
der the identity of Virginia Masters
Swim Team in order to be eligible for
the group rate. Rooms are available
on a first come-first served basis.

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

VIRGINIA CHAMPIONSHIP SERIES

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

Reston 2-Mile Lake Swim
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
PBBerger@aol.com

Virginia Beach 1-Mile,
Betsy Durrant,
2111 66th St.,
Virginia Beach, VA 23451,
(804) 422-6811
DURRANTB@aol.com

USMS NATIONAL CHAMPIONSHIPS 2-MILES ENTRY FORM

July 10, 1999 • Chris Greene Lake • Charlottesville, VA

ATTACH A COPY OF CURRENT USMS CARD HERE

Name _____
Street _____
City _____ State _____ Zip _____
Sex _____ Birth Date _____ Club Name _____
Age on 7/11/99 _____ USMS Number _____ LMSC _____

ENTRY CONFIRMATION

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



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

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

Heat 2: Starts 15 min after the first heat but not before 10:30/Check-In by 10:00 am

Entry Fees: (Includes T-Shirt) \$25

T-Shirt Size M _____ L _____ XL _____
For T-Shirts larger than XL add \$3.00 & indicate size

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

Total Payment Enclosed \$ _____

Mallito:
Beth Waters
1301 Pritchard Ter.
Richmond, VA 23235
Postmarked no later than
June 24, 1999
Payable to VMST

RELEASE BY PARTICIPANT FROM LIABILITY

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF 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 PARTICIPATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to take those risks."

Date _____ Signature _____

Home Phone _____ Work Phone _____

Virginia Masters Swim Team
Craig Campesi, Registrar
14134 Walton Drive
Manassas, VA 20112-3701

Bulk Rate
U.S. Postage
PAID
Permit No. 1630
Richmond, VA

HEATHER STEVENSON
15 BOSTWICK LN
RICHMOND VA 23226-3106

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