

LMSC FOR VIRGINIA

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

Jack King Ocean Swim and Open Water Clinic

On June 19 and June 20, you have the opportunity to participate in the first Open Water Clinic and the 16th Jack King One Mile Ocean Swim. VMST is the recipient of one of two USMS grants from the Coaches Committee for an Open Water Clinic. The other clinic will be on the west coast.

Our presenter at the clinic is Austin Ramirez, a student at the University of Virginia. Austin was the 1997 5K National Champion and the 1998 runner-up at the National Championship. He was a member of the United States gold medal 5K team at the 1998 World Championship in Perth, Australia. Austin was named to the USA Swimming Open Water All American Team and is member of the 1999 Open Water National Team.

In pool swimming, he is a 7 time ACC Champion, a 3 time NCAA 1st Team All American, and a member of the 1997 World University Team and the 1999 Pan American Games Team.

The clinic is scheduled from 2:30-5:30 on Saturday at the Hilltop YMCA. Austin has entered the Jack King Swim on Sunday morning and will be available to talk to clinic participants before the race on Sunday.

***Please note that the time for the clinic is:
2:30 - 5:30 pm***

The cost is \$30 for the Swim and the Clinic.

***There were mistakes on
the original information.***

Beth O'Connor Baker UVA Swimming Hall of Fame Honoree

On April 24, Beth O'Connor Baker, a member of VMST, was inducted into the University of Virginia Swimming and Diving Hall of Fame. Beth was a member of the 1983 class at UVA.

Beth continues her outstanding swimming career as a multiple USMS National Champion. In addition, she is an enthusiastic recruiter for USMS and a great team motivator.

Congratulations, Beth!

Editor's Note: Thanks to Nancy Miller for this information. Nancy and Jim attended the induction ceremony.

Jewell Grigsby Martin Tops the February Fitness Challenge Again!

See page 3 for details on the February Fitness Challenge (FFC).

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Newsletter Editor

Betsy Durrant

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

Summer Meet Schedule

July 17: LC, Roanoke

Entry is in this newsletter.

July 25: UMBC, Catonsville, MD

This is the pool where the 2000 LC will be held.
I do not have an entry yet.

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

Web Sites

USMS

usms.org

(Information, Discussions, Links to Top Ten and other sites)

Virginia

VaSwim.org

All about Masters Swimming in Virginia
Links to other sites.

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 9 of this newsletter..

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.

June 12-13: Richmond

July 10-11 and July 17-18: Virginia Beach

Premier Stroke Clinic Series.

Contact: Clay Britt, 301-231-9740.

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 is in this newsletter.

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

USMS National Championship. Entry is in this 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.

June 19: Open Water Clinic in Virginia Beach

Information and registration is in this newsletter.

LMSC Officers

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

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

Treasurer: Forrest Sullivan, 757-481-1998
sforrest@erols.com

Registrar: Craig Campesi, 703-791-5567
craig_campesi@email.msn.com

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

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

New Chairman of Fitness:

Susie Boxley of Roanoke, 540-342-9932
boxwirth@aol.com

1999 February Fitness Challenge

The February Fitness Challenge is an annual postal event to encourage swimmers to record their yardage for the month. In keeping track of yardage, many swimmers are motivated to swim more often and extend their yardage.

Jewell Grigsby-Martin, a 67 year old VMST member from Stafford, makes this event her personal challenge. Jewell's yardage for the last 5 years:

1995	154,300	Age Group Winner
1996	262,600	Age Group Winner
1997	359,200	Age Group Winner
1998	426,100	Overall Winner
1999	473,700	Overall Winner

Her yardage this year converts to 269.15 miles for the month.

Jewell's comment to the event director:

"Thanks to Coach Harry DeLong for allowing me to do it 'my way'. Looking forward to Leap Year next February with that extra day to swim."

Gennard Lanzara, a VMST member from Roanoke, was the leader in his age group (40-44) with 249,600 yards or 141.82 miles.

Raleigh Meet, April 17-18

Thirteen swimmers from our LMSC participated in the NC and Dixie Zone Championship in Raleigh, NC. It was held at Pullen Park Pool, a 50 meter pool operated by the city of Raleigh. The pool was divided into a 25 yard competition course and ample warm-up space.

The social was held at a local restaurant, with everyone ordering off the menu. It was a good chance to talk with swimmers from other areas.

Dominic Scotty from Old Dominion Masters was there, although they had the team wrong on the heat sheet (which we got corrected for the results, I hope). Swimmers listed on the heat sheet from VMST were Calvin Barnes, Warner Brundage, Betsy Durrant, Jann Brown, Helen Newbold, Roberta Sugden, Vera Suit, Betty Schefer, Mary Wright, Dorothy Niles, Ellen Nygaard, Rosemary

Dawson, and Lynn Green. I know there were some deck entries because there were at least eleven from the Lynchburg workout group that traveled to Raleigh together.

This is an annual meet and one that VMST usually supports. It is a good pool and a well run meet.

Zone Championship Meet

by Betsy Durrant

The Colonies Zone Championship Meet was held at the fantastic new pool at the University of Maryland in College Park on April 30, May 1 and May 2. I will have more about this next month when the results have been published.

This was a well attended meet with over 500 entries; it was efficiently run and held in a great facility. Old Dominion Masters had two swimmers participating, Rick Stringer and Dominic Scotty. VMST had 35 swimmers entered:

Mark Armstrong, Beth Baker, Susan Bleistein, Charlotte Boxley, Kitten Braaten, Caycee Buscaglia, Sean Callender, Richard Cheadle, Dee DeLong, Harry DeLong, Betsy Durrant, John Facciola, Kelly Facciola, Don Farmer, Edward Gaulrapp, Terry Gault, Lauren Hasselquist, Dave Holland, Angela Howsmon, Gennard Lanzara, Lang Meem, Eric Miller, Jim Miller, Nancy Miller, Alice Phillips, Todd Russell, Rosalyn Schanzer, Jack Schiltz, Kurt Sprenger, Alec Thomson, Sheri Baughn, Laura Walker, Wendy Weil, Victoria Wells, and Chuck Wilmore.

What made this meet different was that all relays were offered - 200 Medley, 200 Free, 400 Medley, 400 Free, and 800 Free - Men's, Women's, and Mixed. VMST members swam every relay (not necessarily in every age group). With 35 swimmers, it was possible to have pretty good relays in a number of age groups. The last three events of the meet were 400 Men's and Women's Free Relay, 200 Men's and Women's Free Relay, and the 800 Mixed Free Relay. You got out of one and lined up for the next one.

Next month I'll have a report on the results and will tell you about Ed Gaulrapp's heroic effort in the 800 Mixed Free Relay at the end of the meet.

Northwestern University

Humor

Submitted by Jim Tierney Wntten by Krista M. Puttler

Taken From ASCA (American Swim Coaches Association) Newsletter, Volume #98, Issue #6, page 13. This was sent to the editor by Harry DeLong.

FREESTYLE

Oh yes, let us begin with the aquatic F- word, freestyle. Truly a dull and unimaginative stroke. Left arm, right arm, left kick, right kick. We detect a pattern here. What kind of person finds intellectual stimulation in this sort of repetition? Clomp, clomp, clomp. Freestyle is an elephant's stroke, all apologies to elephants. It is a stroke for people who stop at yellow lights and excel at algebra. Informal polling has led us to conclude that, to a person, freestylers prefer windows to Macintosh, Kenny G to Miles Davis and day to night. Coaches wanting to see eyes literally bug out of sockets need only move a freestyler to the breaststroke lane. Yes, Virginia, there is more to life than catch-up drills and flutter kick.

Breaststroker's recommendation: Use this stroke for warm-ups only.

BACKSTROKE

We have many questions to ask of the world's backstrokers. First, what is the matter with you? That's right, you heard us. What is your problem? Do you not realize that you are upside down? Does light not shine in your sinister eyes? Are you reptiles with a second pair of eyelids, opaque in nature, that protect you from the sun's rays? Speaking of eyes, what about the ones in the backs of your heads, allowing you to spot the wall? Is it true that you can see through Speedo's? And what of your start. Crouched in front of the blocks as if praying to your "god." Who sent you to Earth? What have you done with Elvis? And why, when you grab at our private parts in practice, do you pretend that it is an accident?

Breaststroker's recommendation: Skip this one altogether; it is wholly unnatural.

BUTTERFLY

Good Lord. When will this most violent of strokes be committed to an insane asylum? With a recovery that emphasizes arms out-stretched and hurling dangerously through the air, we wonder how many more breaststrokers have to be smacked across the face by an errant flier's paw before this experiment gone awry is canceled. Butterfly is a bad seed, borne out of breaststroke and mistakenly given its own place in the medley relay. The loud uncle of swimming, butterfly boorishly hogs the remote control, making all the other strokes watch football on Thanksgiving Day. We cannot help but think that witnessing butterfly is like babysitting a spoiled child who constantly screams, "look at me!"

Enough, butterflies, enough. It's time to grow up. You are making a scene. You are hereby grounded to your room, where you shall consume copious amounts of Ritalin and think about the turbulent waves your savage dolphin kicking has caused decent, hard-working breaststrokers.

Breaststroker's recommendation: Swim only if you want to scare little kids out of your lane.

BREASTSTROKE

Breaststroke is all that is noble and good in this cruel world. Many deities, including God, Allah, and John F Kennedy Jr., enjoy the solitude of this most subtle of strokes. Unlike its Neanderthal brethren, breaststroke has refined tastes. It reads the New Yorker and paints abstracts with oil. It hates both Demi Moore movies and the first half and last fourth of the IM. Breaststroke, we suspect, enjoys a martini now and again. (Contrast this with the alcoholic butterfly, which pounds Budweisers from cans, shoplifted from a 7-11). It soothes the inner beast and acts as a gentle tonic on a troubled heart. In fact, whenever we use our upgrade coupons to fly first class, just thinking about breaststroke drowns out the moaning of the rabble back in coach.

Breaststroke, you see, is in harmony with the universe; its pull and kick chase one another in playful symmetry. And if that weren't enough, breaststroke also boasts the crown jewel of competitive swimming, the pull-down. Comprised of a long, sinewy pull followed by a spry frog kick, the pull-down is a holy moment of shrouded watery silence. Breaststrokers go to chapel during the pull-down, (often giving thanks that they are not backstrokers), and break to the surface only when their brave lungs nearly burst. We have yet to see the fishkick or streamline that invokes such spiritual repose. Breaststroke is Yin and Yang, Rum and Coke, and the Captain and. Tennille. Man does not go to breaststroke, man waits for breaststroke to come to him. Amen, brothers and sisters.

Breaststroker's recommendation: Join us.

Message from the VMST President

by Nancy Miller

By the time you receive this newsletter, our short course season will be rapidly coming to an end. The Zone meet, which was held the first weekend of May at the beautiful new University of Maryland pool in College Park, hosted approximately 500 swimmers. Kudos to Dave Diehl and his crew for a great meet and to VMST for a terrific turnout. A small but enthusiastic group of VMST swimmers also traveled to Santa Clara, California, two weeks later for Short Course nationals. That meet was one of the largest ever held, with over 2100 entrants. Look for VMST results in a later edition of this newsletter.

With the close of short course season, the long course and open water seasons are hard upon us. Make plans now to attend the Jack King Ocean Swim on Father's Day and/or Chris Greene Lake Swim in the middle of July, both hosted by Virginia Masters. So, break out the sunscreen, dust off those dark goggles, and take your swimming outside! See you at the beach!

Warding Off Overuse Injuries

Editor's Note: This article was in the Nov/Dec 1998 issue of the Water Power Gazette (Niagara District LMSC). It stated that it was reprinted from the NY Times.

Overuse injuries happen to the very best of athletes but all too often they are the consequence of poor technique or misalignment of body parts.

A recent issue of the Penn State Sports Medicine Newsletter points out: "An injury caused by moving the body the wrong way over a period of time presents athletes with two problems. First, they have to recover from the injury. Then they have to retrain themselves so that it will not happen again."

But there is a better approach to minimize the risk of injuries, learn how to perform your chosen activity correctly from the beginning and have your technique monitored by an expert to be sure that you haven't lapses in body-damaging form.

Among swimmers, the shoulders are most likely to take a beating. Many swimmers use strokes that put their shoulders at risk of tendinitis. The usual victims fail to keep their elbows high, in relation to their hands and, instead of rotating the shoulder to get "over the stroke", they press downward too soon, which puts excess pressure on the shoulder. Swimming the crawl, the elbow should be bent 90 degrees as the hand passes the face and, as if reaching over a barrel, the shoulder remains high while the hand is driven deep into the water.

In weight training, "cheat curls" use back muscles to lift the weight instead of only using the muscles of their arms. To do it properly, the head is up and facing forward, the torso erect, upper arms still and elbows close to the body. In doing leg presses, a common error is to quickly extend the legs and lock the knees. With correct technique, the leg is extended slowly and the motion is stopped before the knee is straight.

Workout

*one of a group of workouts
from Diane Cayce*

900 150 FR - 150 BK KDS
150 FR - 150 BR KDS
150 FR - 150 FL KDS

900 200 FR - 100 IM Kick
200 FR - 100 IM Drill
200 FR - 100 IM Swim

900 fins 100 Kick Choice
100 Brst Pull) x 3
100 Free Build

900 fins and paddles
150 FR-BK-FR (10 Kick/1 Pull) on 2:30
100 BACK (Kick/Swim) on 1:40
50 FREE Swim on :50

Repeat 3 times

900 18 x 50 (on :55, 1:00, 1:05)

Fly	Back/Breast	Free
3	2	1
2	1	3
1	3	2

Total: 4500

**SEE HOW YOUR TEAM,
YOUR FRIENDS, OR
YOUR COMPETITION
DID AT NATIONALS!**

Results of Nationals will be posted at the USMS site
(www.usms.org) or at the Santa Clara site
(www.SantaClaraSwim.org).

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 Vandevanter 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 Campeal (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

USMS Open Water Clinic

Saturday, June 19, 1999

Virginia Beach, Virginia

2:30-5:30 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 three 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 to be discussed are navigation, training, technique, pacing, swimming in crowds, wet suits, safety and nutrition. Clinic participants who are also entered in the Jack King Swim will have the opportunity to meet with Austin prior to the race at the starting area.

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 Piccadilly 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 Piccadilly 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 following options):

Open Water Clinic only:	\$20 _____
Open Water Clinic and the Jack King One Mile Ocean Swim (you must complete the entry form for the swim):	\$30 _____

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

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,
VA. 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 8 & 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
PB Berger@aol.com

Virginia Beach 1-Mile,
Betsy Durrant,
211 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 \$ _____

Mail to:
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 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 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 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

4th Annual Star City Virginia Masters Meet

Meet Results for Timed Finals-Yards

--- Ages 19 Through 24 ---				
PL	Name	Age	Team	Finals
Women 50 Free				
1	KRISTA PAULEY	20	CCLM	31.81
Women 100 Free				
1	KRISTA PAULEY	20	CCLM	1:11.38
Women 100 Back				
1	KRISTA PAULEY	20	CCLM	1:20.44
Women 200 IM				
1	KRISTA PAULEY	20	CCLM	2:53.63
Women 200 IM				
-	KRISTA PAULEY	20	CCLM	DQ
--- Ages 25 Through 29 ---				
PL	Name	Age	Team	Finals
Women 50 Breast				
1	S. SUMMERLIN	26	VMST	34.19
Women 50 Fly				
1	S. SUMMERLIN	26	VMST	28.89
Women 100 IM				
1	S. SUMMERLIN	26	VMST	1:05.46
--- Ages 30 Through 34 ---				
PL	Name	Age	Team	Finals
Women 500 Free				
1	P. BETTIS	34	VMST	6:19.50
2	M. PORPAS	34	CCLM	8:02.29
Women 50 Back				
1	P. BETTIS	34	VMST	37.35
Women 50 Breast				
1	P. BETTIS	34	VMST	38.53
-	RITA FERINI	31	VMST	DQ
Women 100 Fly				
1	M. PORPAS	34	CCLM	1:35.57
Women 200 IM				
1	M. PORPAS	34	CCLM	3:14.35
--- Ages 35 Through 39 ---				
PL	Name	Age	Team	Finals
Women 50 Free				
1	C. BOXLEY	37	VMST	27.85
2	J. KELLINGER	36	VMST	29.09
3	TERI MAERKI	36	VMST	29.39
4	LORI PEARSON	37	VMST	33.49
5	CARMEN MARTIN	35	VMST	35.63
6	L. CHILDRESS	38	VMST	36.62
7	JILL WOOLWINE	37	VMST	41.91

4th Annual Star City Virginia Masters Meet

Meet Results for Timed Finals-Yards

--- Ages 40 Through 44 ---				
PL	Name	Age	Team	Finals
Women 100 Free				
1	TERI MAERKI	36	VMST	1:05.00
2	CARMEN MARTIN	35	VMST	1:21.90
Women 200 Free				
1	SHERI VAUGHN	35	VMST	2:20.84
2	E. GATHRIGHT	36	VMST	2:29.03
3	CARMEN MARTIN	35	VMST	3:04.95
Women 500 Free				
1	E. GATHRIGHT	36	VMST	6:36.27
Women 50 Back				
1	C. BOXLEY	37	VMST	33.24
2	L. CHILDRESS	38	VMST	42.16
3	LORI PEARSON	37	VMST	46.97
4	CARMEN MARTIN	35	VMST	50.12
Women 100 Back				
1	C. BOXLEY	37	VMST	1:11.34
Women 50 Breast				
1	LORI PEARSON	37	VMST	39.49
2	TERI MAERKI	36	VMST	40.83
3	K. KELBE	37	RCA	41.75
4	JILL WOOLWINE	37	VMST	46.80
Women 100 Breast				
1	SHERI VAUGHN	35	VMST	1:24.10
2	LORI PEARSON	37	VMST	1:24.94
3	TERI MAERKI	36	VMST	1:28.58
4	K. KELBE	37	RCA	1:29.98
5	E. GATHRIGHT	36	VMST	1:30.17
6	JILL WOOLWINE	37	VMST	1:51.70
Women 50 Fly				
1	C. BOXLEY	37	VMST	30.65
2	J. KELLINGER	36	VMST	32.64
3	L. CHILDRESS	38	VMST	43.65
4	CARMEN MARTIN	35	VMST	44.62
Women 100 Fly				
1	SHERI VAUGHN	35	VMST	1:07.98
Women 100 IM				
1	J. KELLINGER	36	VMST	1:14.46
2	LORI PEARSON	37	VMST	1:21.24
3	L. CHILDRESS	38	VMST	1:32.24
Women 200 IM				
1	SHERI VAUGHN	35	VMST	2:37.21
Women 200 IM				
1	K. KELBE	37	RCA	3:15.90
--- Ages 45 Through 49 ---				
PL	Name	Age	Team	Finals
Women 50 Free				
1	M. EGGLESTON	45	VMST	32.19
Women 100 Free				
1	ELLEN NYGAARD	46	VMST	1:17.94
Women 200 Free				
1	ELLEN NYGAARD	46	VMST	2:54.43
Women 100 Back				
1	M. EGGLESTON	45	VMST	1:29.70
Women 100 Breast				
1	M. EGGLESTON	45	VMST	1:29.24
Women 50 Fly				
1	ELLEN NYGAARD	46	VMST	41.80

Meet Results for Timed Finals-Yards

--- Ages 50 Through 54 ---				
PL	Name	Age	Team	Finals
Women 100 IM				
1	M. EGGLESTON	45	VMST	1:21.46
2	ELLEN NYGAARD	46	VMST	1:31.25
Women 200 IM				
1	M. EGGLESTON	45	VMST	3:04.71
Women 50 Free				
1	CAROL SEASE	51	VMST	37.08
2	M. SANDERS	50	VMST	37.95
3	R. DAWSON	53	VMST	41.77
Women 100 Free				
1	CAROL SEASE	51	VMST	1:27.70
Women 200 Free				
1	MARCIA BARRY	50	GOLD	2:20.16
2	CAROL SEASE	51	VMST	3:16.02
3	R. DAWSON	53	VMST	3:33.65
Women 500 Free				
1	CAROL SEASE	51	VMST	9:01.20
Women 50 Back				
1	MARCIA BARRY	50	GOLD	37.47
2	CAROL SEASE	51	VMST	46.11
3	M. SANDERS	50	VMST	47.53
Women 50 Breast				
1	R. DAWSON	53	VMST	51.13
Women 100 Breast				
1	R. DAWSON	53	VMST	1:53.10
Women 50 Fly				
1	MARCIA BARRY	50	GOLD	36.61
2	M. SANDERS	50	VMST	46.16
Women 100 IM				
1	MARCIA BARRY	50	GOLD	1:12.42
Women 200 IM				
1	R. DAWSON	53	VMST	3:53.80
Women 200 IM				
1	MARCIA BARRY	50	GOLD	2:52.65
--- Ages 55 Through 59 ---				
PL	Name	Age	Team	Finals
Women 50 Free				
1	M. MARSHALL	58	VMST	50.10
Women 100 Free				
1	M. MARSHALL	58	VMST	2:02.22
Women 200 Free				
1	M. MARSHALL	58	VMST	4:13.03

4th Annual Star City Virginia Masters Meet

Women 500 Free

1 M. MARSHALL 58 VMST 11:02.16

--- Ages 60 Through 64 ---
PL Name Age Team Finals

Women 50 Free

1 MARY J WRIGHT 64 VMST 1:41.65

Women 50 Back

1 MARY J WRIGHT 64 VMST 1:53.76

Women 100 Back

1 MARY J WRIGHT 64 VMST 3:57.16

--- Ages 65 Through 69 ---
PL Name Age Team Finals

Women 200 Free

1 VERA SUIT 66 VMST 4:00.93

Women 50 Back

1 VERA SUIT 66 VMST 58.39

Women 50 Fly

1 VERA SUIT 66 VMST 1:02.30

Women 100 IM

1 VERA SUIT 66 VMST 2:11.69

--- Ages 75 Through 79 ---
PL Name Age Team Finals

Women 50 Free

1 HELEN NEWBOLD 75 VMST 1:00.00

Women 50 Back

1 HELEN NEWBOLD 75 VMST 1:08.53

--- Ages 80 Through 84 ---
PL Name Age Team Finals

Women 200 Free

1 R. SUGDEN 82 VMST 5:22.78

Women 50 Fly

1 R. SUGDEN 82 VMST 1:26.49

Women 100 IM

1 R. SUGDEN 82 VMST 2:51.63

Meet Results for Times Finals-Yards

--- Ages 25 Through 29 ---
PL Name Age Team Finals

Men 50 Free

1 DAN SUMMERLIN 26 VMST 22.20

2 KURT SPRENGER 28 VMST 23.46

Men 50 Back

1 KURT SPRENGER 28 VMST 27.35

Men 100 Back

1 KURT SPRENGER 28 VMST 57.70

Men 50 Fly

1 DAN SUMMERLIN 26 VMST 24.03

2 KURT SPRENGER 28 VMST 26.47

Men 100 Fly

1 DAN SUMMERLIN 26 VMST 56.13

Men 100 IM

1 DAN SUMMERLIN 26 VMST 57.80

Men 200 IM

1 KURT SPRENGER 28 VMST 2:05.82

--- Ages 35 Through 39 ---
PL Name Age Team Finals

Men 50 Free

1 J. REYNOLDS 39 VMST 27.40

2 D. CHILDRESS 35 VMST 35.90

Men 100 Free

1 J. REYNOLDS 39 VMST 1:01.09

Men 200 Free

1 J. REYNOLDS 39 VMST 2:17.87

Men 50 Back

1 D. CHILDRESS 35 VMST 53.48

Men 50 Breast

1 D. CHILDRESS 35 VMST 39.64

Men 100 Breast

1 J. REYNOLDS 39 VMST 1:18.23

--- Ages 40 Through 44 ---
PL Name Age Team Finals

Men 50 Free

1 LOUIS TUDOR 43 VMST 23.04

2 JOHN DYER 44 VMST 38.17

Men 100 Free

1 LOUIS TUDOR 43 VMST 51.07

2 G. LANZARA 40 VMST 59.14

3 J. THOMPSON 40 VMST 1:19.46

4 JOHN DYER 44 VMST 1:28.93

Men 500 Free

1 CY HARBOURT 42 VMST 6:33.89

Men 50 Breast

1 J. THOMPSON 40 VMST 41.11

2 JOHN DYER 44 VMST 50.32

Men 100 Breast

1 J. THOMPSON 40 VMST 1:36.07

Men 50 Fly

1 LOUIS TUDOR 43 VMST 25.42

2 JOHN DYER 44 VMST 44.85

Men 100 Fly

1 G. LANZARA 40 VMST 1:04.81

Men 100 IM

1 CY HARBOURT 42 VMST 1:09.53

Men 200 IM

1 CY HARBOURT 42 VMST 2:52.13

--- Ages 45 Through 49 ---
PL Name Age Team Finals

Men 50 Free

1 GARY SCAGGS 46 VMST 29.22

2 A. CALLAHAN 47 VMST 38.57

Men 100 Free

1 A. CALLAHAN 47 VMST 1:27.93

Men 500 Free

1 TIM MAINLAND 49 CCLM 7:47.54

Men 50 Back

1 JIM REYNOLDS 46 VMST 35.66

Men 50 Breast

1 JIM REYNOLDS 46 VMST 37.21

Men 100 Breast

1 JIM REYNOLDS 46 VMST 1:26.97

2 TIM MAINLAND 49 CCLM 1:37.07

Men 50 Fly

1 GARY SCAGGS 46 VMST 32.30

2 A. CALLAHAN 47 VMST 50.32

Men 100 Fly

1 TIM MAINLAND 49 CCLM 1:35.76

Men 100 IM

1 GARY SCAGGS 46 VMST 1:13.51

2 JIM REYNOLDS 46 VMST 1:16.53

3 A. CALLAHAN 47 VMST 1:59.51

Men 200 IM

1 TIM MAINLAND 49 CCLM 3:12.92

--- Ages 50 Through 54 ---
PL Name Age Team Finals

Men 50 Free

1 ERIC MILLER 51 VMST 27.46

Men 50 Back

1 ERIC MILLER 51 VMST 32.77

Men 100 Back

1 ERIC MILLER 51 VMST 1:13.47

Men 50 Fly

1 ERIC MILLER 51 VMST 29.80

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

Men 50 Free

1 HOWARD BUTTS 57 VMST 32.85

Men 100 Free

1 HOWARD BUTTS 57 VMST 1:19.26

Men 200 Free

1 JACK SCHILTZ 56 VMST 2:23.33

Men 50 Breast

1 JACK SCHILTZ 56 VMST 31.11

2 HOWARD BUTTS 57 VMST 39.89

Men 100 Breast

1 JACK SCHILTZ 56 VMST 1:10.88

2 HOWARD BUTTS 57 VMST 1:35.44

Men 200 IM

1 JACK SCHILTZ 56 VMST 2:37.88

--- Ages 60 Through 64 ---
PL Name Age Team Finals

Men 50 Free

1 JOHN VENTO 62 VMST 47.44

Men 50 Back

1 JOHN VENTO 62 VMST 57.56

Men 100 Back

1 JOHN VENTO 62 VMST 2:17.47

--- Ages 65 Through 69 ---
PL Name Age Team Finals

Men 50 Free

1 PAUL SNEAL 66 VMST 43.74

Men 200 Free

1 PAUL SNEAL 66 VMST 3:54.68

Men 50 Back

1 PAUL SNEAL 66 VMST 1:06.45

Men 50 Fly

1 PAUL SNEAL 66 VMST 1:05.70

Men 100 IM

1 PAUL SNEAL 66 VMST 2:13.78

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

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Richmond, VA

CHRIS L 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