

# The Wet Gazette

The LMSC for Virginia - Serving Swimmers in Virginia and West Virginia

## Reduced Registration Fee for 18-24 Age Group

In an effort to attract younger swimmers to the joys and benefits of Masters Swimming, the Board of Directors for the LMSC for Virginia recently voted to offer a reduced registration fee for 18-24 year olds. The standard registration fee for 2010 is \$35. This does not include any club fees or coaching fees. The Board of Directors voted to reduce the registration cost to just \$20 for anyone who is 18 to 24 at the time that they register. This is an experiment to see if the number of younger swimmers increases. It will be evaluated next summer to determine whether it was successful or not.

Unfortunately, online registration cannot handle the change in the fee structure. In order to take advantage of this offer, swimmers in this age group must use paper registration. Forms will be available on the Virginia website ([www.vaswim.org](http://www.vaswim.org)) or from Lisa Bennett ([swimlab56@msn.com](mailto:swimlab56@msn.com), 804-379-5324). New registrations will be processed starting on November 1.

It is up to each club (team) to decide whether or not to make any changes in club dues. VMST has a meeting on October 4 and will discuss it at that time.

---

## USMS LC Nationals

*Indianapolis, August 5-10*

Fifteen VMST members, one Warrenton member, and one unattached swimmer from Virginia participated in the 2009 Long Course Nationals in Indianapolis. Jeremy Worst (47) represented Warrenton (WAVA). Our old friend Linda McCowan (60), who lives in St. Louis, is registered in Virginia as Unattached. VMST swimmers who competed: Robin Blakney (27), Kitten Braaten (54), Judy Martin (67), Beth Schreiner (68), Betsy Durrant (68), Barbara Zaremski (72), Laura Walker (72), Jeanne Meredith (81), Terry Sokolik (82), Marianna Berkley (87), Chris Stevenson (45), Bud Swiger (53), Tom Woods (66), and Sandy Galletly (67).

**See Nationals on page 3.**

## Additions to Previous Articles

I am so happy when people actually read the newsletter and respond to my questions!!

**From John Bullard** – “Hey Betsy, Just wanted to let you know that I was a finisher in this year's 4.4 mile bay swim and was not on the list in the newsletter. Also, **Bob Mizelle** was not on the list. I am from Manakin-Sabot, Va and Bob is from Rockville, Va. I finished in 2:32 and Bob in 1:58.”

**Johnnie Detrick's husband, Dick**, wrote in response to my question about age group records. In the July newsletter, I published the list of LMSC records from the Women's 50-54 age group. Lisa Bennett has them all. I thought Johnnie had attempted the same feat, but I couldn't remember if she had succeeded. Dick, of course, let me know. “Hi Betsy -- As Johnnie's official record keeper, I thought that you'd want to see the enclosed attachment. This was taken from the May 19, 1999, LMSC for Virginia SCY Swimming Records (60 - 64 Age Group). My child bride had them all ! And, believe it or not, today is our 52<sup>nd</sup> wedding anniversary !”

**See page 7 for the list of Johnnie's records.**

---

## Masters Pan American Championships!

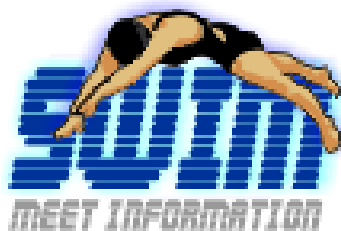
**Join in the Fun!**

**Jim Miller, MD**

The Third Masters Pan American Championships will be held the end of October this year in Veracruz Port, Mexico. The first two Pan American Championships were long course meters, whereas this time the Championship will be contested in short course meters. So, this is a new record book for these championships.

**See Pan Ams on page 3.**

**September 15, 2009**



**If you do not have internet access, call or write to me (Editor information below), and I will send you an entry.**

**Sept 26-27:** Smith Mountain Lake (not USMS Sanctioned). Information can be found at: [www.lakeswim.net](http://www.lakeswim.net) or by calling 540-397-0505.

**Sept 26:** DCAC at Wilson HS  
Washington, DC

**October 25:** GMUP Sprint Classic  
Fairfax, VA

**November 7:** Fall Meet in Virginia Beach (SCM)  
Entry is in this newsletter. Online entries are available also.

**November 28-29:** Possible SCM in Manassas at the Freedom Aquatic Center.

**December 5-6:** Possible SCM Zone meet in NY (Long Island)

### **Newsletter Editor**

Betsy Durrant  
211 66<sup>th</sup> Street  
Virginia Beach, VA 23451  
757-422-6811 (fax or phone, before 9:30 pm)  
[durrant6@cox.net](mailto:durrant6@cox.net)

**See page 4 for  
information on the  
3000/6000 Postal  
Swim and a Clinic for  
Masters Swimmers.**



**Masters Swimming in Virginia**  
[www.vaswim.org](http://www.vaswim.org)

**USMS Website**  
[www.usms.org](http://www.usms.org)

**Latest info on all levels of swimming**  
[www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com)

**Nearby LMSCs**  
North Carolina: [www.ncmasters.org](http://www.ncmasters.org)  
Maryland: [www.maryland@usms.org](http://www.maryland@usms.org)  
Potomac Valley: [www.PVMasters.org](http://www.PVMasters.org)

**Colonies Zone**  
[www.ColoniesZone.org](http://www.ColoniesZone.org)

### **LMSC Officers**

Chair: Chris Stevenson  
[chrisstevenson@usms.org](mailto:chrisstevenson@usms.org), 804-282-0124

Vice Chair: Alison Moore  
[swimbot@comcast.net](mailto:swimbot@comcast.net)

Secretary: Dave Holland  
[HenryDaFif@aol.com](mailto:HenryDaFif@aol.com)

Treasurer: Mike Duignan  
[mikeduignan@cox.net](mailto:mikeduignan@cox.net)

Registrar: Lisa Bennett  
[Swimlab56@msn.com](mailto:Swimlab56@msn.com), 804-379-5324

Sanctions: Judy Martin  
[Jmartin240@cox.net](mailto:Jmartin240@cox.net), 757-721-0890

Records and Top Ten: Chris Stevenson  
[chrisstevenson@usms.org](mailto:chrisstevenson@usms.org), 804-282-0124

Graphics from [www.swimgraphics.com](http://www.swimgraphics.com)

## Pan Ams continued from page 1

As you would guess, these Championships are much more laid back then USMS National Championships. You have the international flavor as well as time to enjoy the competition. You will have the opportunity to compete with athletes from South and Central America, the U.S., Canada and the Caribbean. Typically, days conclude by mid-afternoon, allowing sightseeing or just relaxing after a day of competition with your friends. There are relays, pool and open water events to enjoy. The open water competition is a 3K race which is being held at Mocambo beach. Mocambo beach is a mere 2.5 miles from the competition pools. The schedule of events is as follows:

Evento/Event	Primer Día / First Day / October 28
1A - 2A	3 k / Open Waters competition
Evento/Event	Segundo Día/ Second Day / October 29
1 - 2	200 m combinado individual / individual medley
3 - 4	50 m dorso / backstroke
5 - 6	200 m pecho / breaststroke
7 - 8	100 m mariposa / butterfly
9	4 x 50 m relevo libre mixto / mixed free relay
Evento/Event	Tercer Día/ Third Day / October 30
11 - 12	400 m combinado individual / individual medley
13 - 14	200 m libre / freestyle
15 - 16	50 m mariposa / butterfly
17 - 18	100 m pecho / breaststroke
19 - 20	4 x 50 m relevo combinado / medley relay
Evento/Event	Cuarto Día/ Fourth Day / October 31
21 - 22	400 m libres / freestyle
23 - 24	200 m dorso / backstroke
25 - 26	100 m libres/ freestyle
27 - 28	50 m pecho / breaststroke
29	4 x 50 m relevo combinado mixto / mixed medley relay
Evento/Event	Quinto Día/ Fifth Day / November 1
31 - 32	800 m libre/freestyle
33 - 34	200 m mariposa/butterfly
35 - 36	100 m dorso / backstroke
37 - 38	50 m libre/freestyle
39 - 40	4 x 50 relevo libre/free relay

Entries are due no later than October 14 on line. The website for the event is [www.uana-aquatics.org](http://www.uana-aquatics.org). Please let me know if you are going to join us so I can put together some relay entries. Just like long course, these relays are cumulative ages and your age is as of December 31, 2009.

I look forward to having you join us!

**280+ Record breaking relay team ►**

**Betsy Durrant, Laura Walker,  
Barb Zaremski, Beth Schreiner**

## Nationals continued from page 1.

Dave Holland also swam in the meet representing DOC's team. DOC is a team made up of University of Indiana swimmers who formed a team for this meet to honor Doc Councilman. Forty-two swimmers were on the team this year.

Individual results for Virginia swimmers can be found on page 4.

Highlights of the meet were three national records in the relay events! Barb Zaremski, Marianna Berkley, Terry Sokolik, and Jeanne Meredith sent a new USMS record in the Women's 320+ 200 meter Freestyle Relay. Age groups for Long Course are determined by the sum of the ages of the swimmers. The Women's 280+ relay team of Laura Walker, Beth Schreiner, Betsy Durrant, and Barb Zaremski set new USMS records in the 400 meter and 800 meter Freestyle Relays.

Beth Schreiner had an outstanding meet – she won all four events that she swam (50, 100, 200 free and 50 back). Beth had to scratch the 800 free in order to make her plane home. Jeanne Meredith won three events (200, 400, 800 free). Barb Zaremski also won three events (50, 100 free and 50 back). Chris Stevenson finished first in the 100 fly and the 100 back. Finishing first in one event were Laura Walker (200 back), Betsy Durrant (1500 free), and Marianna Berkley (200 breast).

Chris Stevenson also finished first in the 200 back, smashing the existing record, but was disqualified for not surfacing at the 15 meter mark on the start.

From Chris' comments on the USMS Discussion Forum:

"Yes, past the 15m mark on the start (I took the same # of kicks as always but was slightly deeper than usual). I went 2:12.2 and was happy with the swim...other than that small little thing. 😊 First time I've been called on that; in fact, first time I've been DQ'd in over 20 years.

Actual words from the official afterward: 'That was a great swim, congratulations! But I'm going to have to DQ you.'"



## **Masters Swim Clinic**

### **October 4 in Virginia Beach**

The Virginia Beach Parks and Recreation Department and the LMSC for Virginia are sponsoring a clinic for Masters swimmers on Sunday, October 4. The clinic will be at Seatack Recreation Center from 11:00 am - 2:00 pm. Lunch will be served at the Rec Center immediately following the clinic.

The sign-up information is in this newsletter on page 15.

## **3000/6000 Postal Event**

### **October 3 in Virginia Beach**

The Virginia Beach Parks and Recreation is providing pool space for the 3000 Yard or 6000 Yard postal events. Swimmers chose which event they want to enter. Counters and timers will be provided to record splits for each 50 yards and the final time. The swims will start at 2:30 pm and be finished by 4:45.

The sign-up information for this event is in this newsletter on page 14.

## **VMST Meeting and Election**

### **October 4 in Virginia Beach**

**By Betsy Durrant**

Over the last few years it has been difficult to get attendance at team meetings. The two events described above are intended to benefit **all** Masters swimmers in our LMSC. However, I hope a good representation of VMST members will take advantage of these events and attend the team meeting after the clinic. The Clinic will conclude at 2:00 pm. Lunch will be served at 2:15 pm. **The team meeting will begin at 3 pm.** The primary business to be conducted is the election of officers. However, the meeting is not limited to just the election. Other topics are open for discussion.

The nominating committee consists of Dave Holland (Richmond), Judy Martin (Virginia Beach) and two others. I am trying to get someone from Chinn and from the Northern Neck to help develop a slate of officers. If you would like to be an officer or would like to nominate someone, please contact Dave ([HenryDaFif@aol.com](mailto:HenryDaFif@aol.com)) or Judy ([jmartin240@cox.net](mailto:jmartin240@cox.net)).

## **GRANDES DAMES MAKE A SPLASH!**

**By Bob Schreiner**

The organizers of the USMS Long Course Championships (August 6–10) called the event “The Big Splash,” and it was. Over four days of competition, more than 1,100 USMS swimmers from 150 Masters teams gathered in Indianapolis, Indiana, to vie for national recognition and personal achievement in one of the country’s most renowned swim venues—the Indiana University Natatorium. Actually, the university’s full title is Indiana University-Purdue University Indianapolis, but the fear of carpal tunnel syndrome prevents me from typing that many characters at one sitting. I must not be alone, because even the university avoids using its full name and, instead, calls itself IUPUI, which is phonetically rendered OOEY POOEY. (Can’t you envision a job interview of a IUPUI graduate? QUESTION: “And, young lady, where did you go to school?” ANSWER: “Ooey poeey.” QUESTION: “I see. Um, who’s next in line?”)

Shepherded as usual by team leader, coach, and modern day *châtelaine* Betsy Durrant, fourteen members of the Virginia Masters Swim Team (VMST) were among those who flew or drove into the capital of the Hoosier state for the meet. Things were popping in Indianapolis. In addition to the USMS championships, Governor Mitch Daniels had deliberately and simultaneously scheduled for that week the Indiana State Fair, the opening of summer camp by the Indianapolis Colts, and the King Tut exhibit at the city’s Children’s Museum—all for one reason, I’m told: to get the Michael Jackson story off the front page of the *Indianapolis Star*.

Undeterred by all the Hoosier hoopla, VMST started strong on Thursday, with superior performances particularly by the team’s veteran (what a safe word!) women members. Before the first adult beverages were consumed that evening, teammates Jeanne Meredith and Beth Schreiner had garnered 1<sup>st</sup> place medals in the 200 freestyle and Laura Walker took 1<sup>st</sup> place in the 200 back, while Betsy and Marianna Berkley (both 100 breaststroke), Barbara Zeremski (200 freestyle), and Terry Sokolik (50 butterfly) took silver medals. Bronze medals that first day went to Betsy (200 backstroke) and Terry (100 breaststroke). Chris Stevenson, one of only four VMST male swimmers at the meet, came in a strong second in the men’s 200 freestyle.

Rumor has it that the majority of the VMST team that Thursday evening wiped out the pasta supplies at Papa Joe’s. “It was one of the finest



meals I've had," exclaimed food critic Barbara Zeremski. (Beth and I chose to "speak beef" that evening, and where better than the renowned St. Elmo's Steakhouse in downtown Indianapolis where more protein is consumed per day than in all of Lithuania?) Ten VMST members stayed outside the city at a Comfort Inn (which may jeopardize future stays at all Comfort Inns by anyone associated with Virginia swimming.) Beth and I chose to stay at the university's hotel, which was close to the Natatorium and had a well-stocked wine cellar.

When I was a lad in western Kansas, the terms "swimming" and "skinny-dipping" were interchangeable. Isolated ponds and shallow creeks substituted for pools and beaches. After President D. Franklin Roosevelt's clever Works Project Administration brought parks and swimming pools to small and large cities throughout the country (and even to Kansas), "swimming" became a more acceptable public activity, which meant one had to wear something, like "bathing suits" or "trunks." That modest swimwear of WWII years then evolved (or shrunk) into bikinis, monokinis, men's Speedos, and other bare necessities. And then, whammo! People now began swimming to compete against one another, and swimwear became test grounds for mad scientists dedicated to prove that man could be fish. Yes, now swimmers wear suits that are second skins made of all sorts of materials and designed to propel even the aquatically challenged (enough about myself!) through water like a ski through powder. The suits are so all covering and compressing that it is hard for landlubbers like me to distinguish the men events from the women's. At least with skinny-dipping, there was no confusion about gender identity. (One more point about swimming history: I wonder what my mother would have said had I told her I was going to meet friends at the "natatorium.")

The average sports fan would think that only young people swimming for world and Olympic fame wear these high-tech suits. Wrong! "Competitive edge" is something that all athletes look for, including swimmers of all ages at USMS events. Thus, the "Ooey pooey" pool and pool deck were filled with bodies compressed into pliable armor with names like "Blueseventy" and "Jaked." Many, many records were broken at Indianapolis, but no one that I saw was keeping track of who was wearing what while winning. Every suit was legal, so "swim to win" was the theme. With that carefree attitude, several soon-to-be-named VMST ladies acted out a plot that might remind some of the literati among us of the novel, *Sisterhood of the*

*Traveling Pants*—except in this case it was "traveling suits." I bore witness to none of this swimsuit merry-go-round, but I heard that one of Betsy's suits ended up on Laura's body, and, after sharing experiences, new VMST member Robin Blakney ended up wearing one of Judy Martin's suits. In my macho athletic background, such "teamwork" or "sharing experience" never existed (thank you, God), but who can argue after Robin reported that she knocked sixteen seconds off her breaststroke seed time with Judy's suit? (I'm still trying to figure out who among the four ladies ended up "dressed" for skinny-dipping.)

I am told by one very reliable source—my permanent roommate—that getting into one of the high-tech suits is quite a challenge. She hasn't tried one on but has witnessed many other women tucking themselves into the suits with great effort. As she described the process, it brought to mind my father and I stuffing sausage into very fragile casings on the farm in Kansas in 1947. On the other hand, I have to admit that, once safely contained, some bodies actually look better. VMSTer Sandy Galletly agrees with me. In Indianapolis, in fact, he said not so shyly, "I like seeing women in rubber!" (Twenty-five years ago, a public statement like that in Perth, Scotland, would have landed Sandy in his local gaol.)

Speaking of the lone Scottish member of VMST, Sandy took an interesting route to the nationals in Indianapolis. Whether inspired by Marco Polo or not, within five days prior to his arrival he flew from Scotland to Madrid, Spain, for a swim meet, then east to the Greek island of Rhodes for a wedding, then back to Scotland. A business meeting took him to another Scottish city before he flew across the Atlantic to the Ooey pooey campus. I guess his planned stops in Svalbard and Liechtenstein were cancelled owing to bad weather in Europe. When queried about jet lag, Sandy blithely said, "Nae. A juss love ta travel." (I've never understood people like that.)

I take great pride in being my wife's beverage manager and social secretary, and there is sufficient evidence out there that my skills have proven beneficial. In fact, some of my theories have proven useful to other VMST swimmers over the years—but Betsy would do me serious harm if I broke my vow of secrecy. Anyway, the wine-stoked evenings in Indianapolis proved to be harbingers of good fortune the following days in the pool. On Friday, for example, Jeanne (400 freestyle), Laura, (100 backstroke), plus Barbara and Beth (both 100 freestyle) swam away with 1<sup>st</sup> place medals. Again, not to be outdone by the ladies, Chris Stevenson

won the 100-meter backstroke that afternoon. Second place winners from VMST included Jeanne (100 freestyle), Terry (50 breaststroke), and Marianna, who took the silver in both the 50 breaststroke and the 100 freestyle. Third place finishers on Friday were Betsy (in both the 100 backstroke and 50 breaststroke), Barbara (100 backstroke), and Laura (100 freestyle).

On a happy, personal note, Friday was Beth's and my wedding anniversary. Having been alerted to the milestone by Betsy, meet announcer par excellence Mark Gill noted that "Grandma Evinrude's" 100-meter freestyle victory came on her forty-fourth anniversary and congratulated her with a "happy anniversary." That evening following a celebratory dinner with great friends and Woodlands (Texas) Masters swimmers, Bob and Joann Leilich, we returned to our hotel for (what else) a nightcap at the bar. As we departed, we noticed Mark in the lounge with friends (no doubt, having Oreos and warm milk). After greetings were exchanged, Beth thanked Mark for his warm acknowledgement that afternoon. Mark's witty reply was quick: "If I hadn't, I would have heard about it in Bob's *VMST Newsletter* article."

Saturday was relay day, which meant that most swimmers spent more hours at the pool than away from it. Showing the wisdom and humor of venerable New York Yankee manager Casey Stengel, Betsy planned her teams carefully, making last minute adjustments as necessary as any team manager would. Prior to the meet, she had strategized to put together several relay teams to challenge world and national records. Drawing on some of Casey's most famous managerial proverbs—such as "The secret of managing is to keep the guys who hate you away from the guys who are undecided."—she put together two women's teams that gave remarkable performances. First, the team's *grandes dames*—Marianna, Terry, Jeanne, and Barbara—set a nrecord in the 200-meter freestyle relay for the 320+ age group! Another team of *grandes dames* formed by Betsy—hopefully not as Casey put it, "Line up alphabetically by height."—set two U.S. national records in the 400-meter freestyle and 800-meter-freestyle relays. That team, performing in the 280+ age group, consisted of Betsy, Barbara, Laura, and Beth.

Saturday night was team dinner night, which is always interesting because it's the only time during a swim meet where everyone is fully clothed (thus necessitating introductions for some or nametags). Everyone was starved by the time the kitchen turned out the meals, except for Tom

Woods, who always prefers to talk St. Louis Cardinal baseball than to eat. Betsy even reported that she kissed Tom on his head but got no response. Now, had she been Albert Pujols.... When I inquired why some of the ladies were not drinking wine, we heard a variety of credible medical excuses. Marianna, however, had the best comeback as she sipped her Cabernet Sauvignon: "I'm on medication, too, but I want to die happy!" Her buddy Jeanne, the other member of the "Cabernet couple," will probably go first, however, if only because she puts ice cubes in her red wine! (In some religions, that is a mortal sin.)

Sunday was another medal-winning day for VMST. Giving testimony to recent findings of the many medical benefits from drinking red wine, Marianna got things rolling by winning the 200 breaststroke. Later, both Barbara and Beth won their 50-freestyle events. It was during this event that Mark exclaimed from his announcer's booth, "These Virginia Masters have some real sprinters." When I asked Betsy later if she heard what Mark had announced, she said, "I think I heard him say that Virginia Masters has a lot of fast women." (True or not, neither Mark nor I have the guts to confirm it.) Several hours after their 50-meter freestyle victories, Barbara and Beth reprised themselves in the 50-meter backstroke. Chris got his second first place victory in the 100-meter butterfly.

Second place winners on Sunday were Mariana in the 200 IM and Laura in both the 50 freestyle and 50 backstroke. Third place winners among the ladies were Judy Martin (50 backstroke) and Jeanne (50 freestyle). For the men, Chris came in third in the 400 freestyle, while the "Flying Scot" did the same in his age group. In mentioning Laura and Judy, I am obligated to report they both recently came off the disabled list for this meet and swam extremely well.

The two "killer" events, the 800-meter and 1,500-meter freestyle, were held on Monday, and VMST did more than show up. Jeanne, for example, won the 800 in her age group and Betsy followed suit with a victory in the 1,500. (They must have had some great wine, with or without ice, the previous evening.) Tom, who was ecstatic early in the meet with a 6<sup>th</sup> place finish in the 50-meter butterfly, had plenty to crow about with a second-place finish in the 800. Not to be outdone, Sandy took second in his 1,500.

A number of the VMST members had dispersed by Monday evening, but enough remained to throw a celebratory bash at a local Mexican restaurant. They shared drinks,

appetizers, and desserts, I'm told, but why not? After all, "sharing" had become second nature by this time for the ladies, after swapping and borrowing swimsuits during the competition. While Beth and I were winging our way back to northern Virginia (and Sandy was probably en route to Scotland via Cairo) Monday afternoon, several VMST non-freestylers visited the famous Indianapolis Zoo. My sources tell me that VMST's youngest swimmer, Robin Blakney, was caught on camera kissing (through a glass pane) a member of the walrus family. (What, wasn't Tom Woods' head available?)

Speaking of Robin, who was participating in her first USMS nationals and had obviously taken note of the sterling performances by the VMST *grandes dames*, several of us heard her boldly proclaim, "Next year, I'm kicking butt." If she is true to her words, VMST will make a bigger splash than the collective cannonball they performed in the Ooey poeey Natatorium.

**Newsletter  
Corres-  
pondent  
Bob  
Schreiner  
and  
Johnnies'  
Official  
record  
keeper  
Dick  
Detrick**



### **Virginia LMSC Results from 2009 U.S. Masters Swimming LC Nationals**

#### **UNAT Unattached**

McCowan, Linda B F60 ; 400 Free 8:15.05 9  
50 Breast 56.61 9; 100 Free 1:46.12 6

#### **VMST Virginia Masters Swim Team**

Berkley, Marianna F87 ; 100 Breast 2:52.71 2  
50 Breast 1:15.40 2; 100 Free 2:22.38 2  
200 Breast 6:16.17 1; 200 IM 6:20.13 2

Blakney, Robin N F28; 50 Fly 42.38 16  
100 Breast 1:35.19 7; 50 Breast 43.78 14  
200 Breast 3:20.87 4; 200 IM 3:04.92 14

Braaten, Kitten F54 ; 1500 Free 23:48.54 5  
200 Back 3:27.50 9; 400 Free 6:05.79 15  
200 Fly 3:34.34 6; 100 Fly 1:35.95 6

Durrant, Betsy F68 ; 1500 Free 27:08.62 1  
200 Back 3:46.76 3; 100 Breast 1:52.70 2  
50 Breast 47.73 3; 100 Back 1:45.66 3

Galletly, Sandy M67 ; 400 Free 5:48.18 3  
1500 Free 22:49.41 2

### **LMSC Records, May 1999 60-64 Age Group**

Event	Time	Name
50 free	30.69	Johnnie Detrick
100 free	1:09.63	Johnnie Detrick
200 free	2:49.42	Johnnie Detrick
500 free	8:02.67	Johnnie Detrick
1000 free	16:18.34	Johnnie Detrick
1650 free	28:07.79	Johnnie Detrick
50 back	46.66	Johnnie Detrick
100 back	1:47.94	Johnnie Detrick
200 back	3:51.18	Johnnie Detrick
50 breast	40.08	Johnnie Detrick
100 breast	1:28.26	Johnnie Detrick
200 breast	3:19.94	Johnnie Detrick
50 fly	42.71	Johnnie Detrick
100 fly	1:36.54	Johnnie Detrick
200 fly	3:36.98	Johnnie Detrick
100 IM	1:29.62	Johnnie Detrick
200 IM	3:13.01	Johnnie Detrick
400 IM	7:08.31	Johnnie Detrick

Martin, Judy F67 ; 200 Back 4:00.09 4  
100 Back 1:51.05 4; 50 Back 50.10 3

Meredith, Jeanne H F81 ; 800 Free 19:04.31 1  
200 Free 4:32.02 1; 400 Free 9:21.13 1  
100 Free 2:03.71 2  
50 Free 53.72 3

Schreiner, Beth F68 ; 200 Free 2:59.26 1  
100 Free 1:19.86 1; 50 Free 34.54 1  
50 Back 45.94 1

Sokolik, Terry F82 ; 50 Fly 1:24.75 2  
100 Breast 3:40.48 3; 50 Breast 1:25.70 2  
50 Free 1:00.13 4

Stevenson, Chris L M45 ; 200 Free 2:01.76 2  
100 Back 1:00.55 1; 400 Free 4:21.26 3  
100 Fly 59.10 1

Swiger, Ralph B M53 ; 400 IM 7:25.56 11  
200 Back 3:36.83 12; 200 Fly 3:59.35 10

Walker, Laura S F72 ; 200 Back 3:53.13 1  
Woods, Tom M M66 ; 50 Fly 55.57 6  
200 Free 3:04.02 9; 400 Free 6:48.11 7  
800 Free 13:38.38 2

WAVA Warrenton Masters Swim Team

Worst, Jeremy A M47 ; 50 Fly 28.97 16  
200 Free 2:21.12 15; 100 Free 1:03.23 25  
100 Fly 1:06.66 11; 200 IM 2:42.53 9

100 Back 1:48.67 2; 100 Free 1:32.29 3  
50 Free 40.49 2; 50 Back 50.52 2

Zaremski, Barbara M F72 ; 200 Free 3:20.07 2  
100 Back 1:49.65 3; 100 Free 1:26.25 1  
50 Free 36.96 1; 50 Back 48.26 1

Relay results will be in the October VMST newsletter.

## LMSC for Virginia 2009 SCY Top Ten

Each year USMS compiles all times for all meets and produces the USMS Top Ten list. These are the 10 fastest times in all events for all age groups. Virginia has an impressive showing!

Place	Age Grp	Event	Name	Age	Club	Time
5	W18-24	200 Free	Anne C Muir	24	UNAT	1:59.73Y
8	W18-24	500 Free	Anne C Muir	24	UNAT	5:17.94Y
<b>1</b>	W18-24	1000 Free	<b>Anne C Muir</b>	<b>24</b>	<b>UNAT</b>	<b>10:56.04Y</b>
7	W18-24	200 IM	Anne C Muir	24	UNAT	2:15.75Y
7	W18-24	400 IM	Anne C Muir	24	UNAT	4:48.20Y
7	W50-54	200 Free	Lisa A Bennett	53	SQST	2:08.58Y
9	W50-54	500 Free	Lisa A Bennett	52	SQST	5:49.53Y
2	W50-54	50 Breast	Lisa A Bennett	53	SQST	33.49Y
<b>1</b>	W50-54	100 Breast	<b>Lisa A Bennett</b>	53	SQST	1:12.85Y
5	W50-54	100 Fly	Lisa A Bennett	53	SQST	1:07.42Y
5	W50-54	200 Fly	Lisa A Bennett	52	SQST	2:38.76Y
4	W50-54	100 IM	Lisa A Bennett	53	SQST	1:06.81Y
4	W50-54	200 IM	Lisa A Bennett	52	SQST	2:32.02Y
8	W50-54	400 IM	Lisa A Bennett	52	SQST	5:26.50Y
10	W55-59	500 Free	Shirley A Loftus-Charley	57	SMAM	6:20.59Y
5	W55-59	1650 Free	Shirley A Loftus-Charley	57	SMAM	21:07.34Y
9	W55-59	200 Breast	Shirley A Loftus-Charley	57	SMAM	3:06.85Y
6	W55-59	400 IM	Shirley A Loftus-Charley	57	SMAM	5:43.96Y
8	W60-64	200 Free	Marcia Barry	60	VMST	2:32.97Y
4	W60-64	500 Free	Marcia Barry	60	VMST	6:35.07Y
3	W60-64	1650 Free	Marcia Barry	60	VMST	22:36.59Y
5	W60-64	50 Back	Marcia Barry	60	VMST	38.27Y
4	W60-64	100 Back	Marcia Barry	60	VMST	1:21.32Y
3	W60-64	200 Back	Marcia Barry	60	VMST	2:57.55Y
5	W60-64	100 Breast	Pam D Dameron	63	SQST	1:29.52Y
4	W60-64	200 Breast	Pam D Dameron	63	SQST	3:14.87Y
<b>1</b>	W65-69	50 Free	<b>Beth Schreiner</b>	68	VMST	31.08Y
2	W65-69	100 Free	Beth Schreiner	68	VMST	1:12.08Y



7	W65-69	100 Free	Betsy Durrant	67	VMST	1:16.36Y
3	W65-69	200 Free	Beth Schreiner	68	VMST	2:43.71Y
8	W65-69	200 Free	Betsy Durrant	67	VMST	2:58.10Y
4	W65-69	500 Free	Beth Schreiner	68	VMST	7:21.03Y
5	W65-69	500 Free	Betsy Durrant	67	VMST	7:30.56Y
2	W65-69	1000 Free	Betsy Durrant	67	VMST	15:08.80Y
8	W65-69	1000 Free	Ida Hlavacek	66	VMST	17:01.56Y
3	W65-69	1650 Free	Betsy Durrant	67	VMST	25:53.15Y
6	W65-69	50 Back	Beth Schreiner	68	VMST	41.00Y
7	W65-69	50 Back	Betsy Durrant	67	VMST	41.91Y
5	W65-69	100 Back	Betsy Durrant	67	VMST	1:29.71Y
5	W65-69	200 Back	Betsy Durrant	67	VMST	3:14.58Y
6	W65-69	200 Back	Judy Martin	66	VMST	3:20.01Y
3	W65-69	50 Breast	Betsy Durrant	67	VMST	43.27Y
3	W65-69	100 Breast	Betsy Durrant	67	VMST	1:35.22Y
6	W65-69	200 Breast	Betsy Durrant	67	VMST	3:33.92Y
7	W65-69	200 Fly	Ida Hlavacek	66	VMST	4:04.05Y
2	W70-74	50 Free	Barbara M Zaremski	71	VMST	33.33Y
3	W70-74	50 Free	Johnnie Detrick	73	VMST	33.80Y
3	W70-74	100 Free	Johnnie Detrick	73	VMST	1:17.89Y
4	W70-74	100 Free	Barbara Zaremski	71	VMST	1:19.00Y
8	W70-74	200 Free	Johnnie Detrick	73	VMST	3:00.96Y
5	W70-74	1000 Free	Barbara M Zaremski	71	VMST	17:42.92Y
7	W70-74	50 Back	Barbara Zaremski	71	VMST	45.07Y
9	W70-74	50 Back	Lucille Griffin	70	VMST	45.48Y
7	W70-74	100 Back	Lucille Griffin	70	VMST	1:39.42Y
8	W70-74	100 Back	Barbara Zaremski	71	VMST	1:39.55Y
8	W70-74	200 Back	Lucille Griffin	70	VMST	3:35.51Y
5	W70-74	50 Breast	Johnnie Detrick	73	VMST	46.22Y
5	W70-74	100 Breast	Johnnie Detrick	73	VMST	1:44.11Y
6	W70-74	200 Breast	Johnnie Detrick	73	VMST	3:45.95Y
7	W70-74	50 Fly	Lucille Griffin	70	VMST	43.76Y
1	W70-74	100 Fly	<b>Lucille Griffin</b>	70	VMST	1:39.43Y
1	W70-74	200 Fly	<b>Lucille Griffin</b>	70	VMST	3:38.62Y
9	W70-74	100 IM	Johnnie Detrick	73	VMST	1:36.97Y
7	W70-74	200 IM	Johnnie Detrick	73	VMST	3:36.23Y
6	W70-74	400 IM	Barbara M Zaremski	71	VMST	8:03.68Y
10	W75-79	100 Free	Lesley L Francis	77	VMST	1:40.66Y
9	W75-79	200 Free	Lesley L Francis	77	VMST	3:37.85Y
8	W75-79	500 Free	Lesley L Francis	77	VMST	9:39.50Y
6	W80-84	50 Free	Jeanne H Meredith	80	VMST	48.90Y
6	W80-84	100 Free	Jeanne H Meredith	80	VMST	1:53.17Y
9	W80-84	100 Free	Terry Sokolik	81	VMST	2:02.68Y
7	W80-84	200 Free	Jeanne H Meredith	80	VMST	4:11.22Y
9	W80-84	500 Free	Terry Sokolik	81	VMST	11:59.55Y
10	W80-84	50 Breast	Terry Sokolik	81	VMST	1:11.09Y
6	W80-84	200 Breast	Mathilde A Huber	81	VMST	5:43.31Y
5	W80-84	50 Fly	Terry Sokolik	81	VMST	1:07.14Y
7	W80-84	50 Fly	Jeanne H Meredith	80	VMST	1:19.90Y

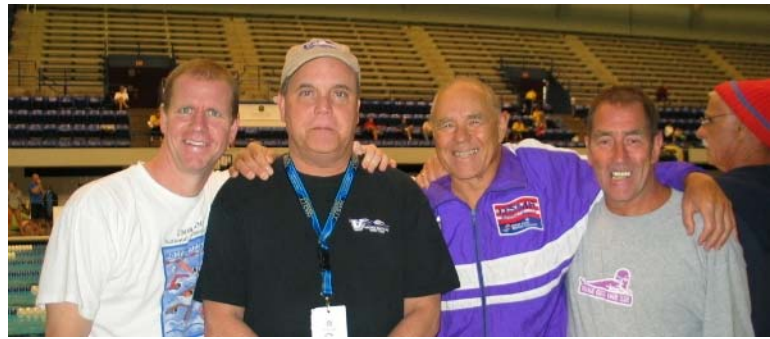
6	W80-84	100 IM	Terry Sokolik	81	VMST	2:19.98Y
4	W85-89	50 Free	Marianna Berkley	86	VMST	52.91Y
3	W85-89	50 Back	Marianna Berkley	86	VMST	1:07.06Y
2	W85-89	50 Breast	Marianna Berkley	86	VMST	1:03.98Y
4	W85-89	100 Breast	Marianna Berkley	86	VMST	2:40.58Y
2	W85-89	200 Breast	Marianna Berkley	86	VMST	5:23.36Y
2	W85-89	50 Fly	Marianna Berkley	86	VMST	1:23.58Y
3	W85-89	100 IM	Marianna Berkley	86	VMST	2:19.84Y
1	W85-89	200 IM	<b>Marianna Berkley</b>	86	VMST	5:10.74Y
1	W95-99	50 Free	<b>Marie K Kelleher</b>	96	VMST	1:26.17Y
1	W95-99	100 Free	<b>Marie K Kelleher</b>	96	VMST	3:08.79Y
1	W95-99	50 Back	<b>Marie K Kelleher</b>	96	VMST	1:35.39Y
1	W95-99	50 Breast	<b>Marie K Kelleher</b>	96	VMST	1:55.41Y
1	W95-99	100 IM	<b>Marie K Kelleher</b>	96	VMST	3:38.19Y
10	M18-24	50 Breast	Heath F Hauldren	19	UNAT	28.10Y
9	M25-29	100 Free	Scott M Rhodes	25	VMST	47.12Y
3	M25-29	200 Free	Scott M Rhodes	25	VMST	1:42.11Y
6	M25-29	500 Free	Scott M Rhodes	25	VMST	4:49.32Y
7	M30-34	100 Back	William L Jewell	30	VMST	54.97Y
7	M30-34	200 Back	William L Jewell	30	VMST	2:02.33Y
2	M40-44	200 Free	Chris L Stevenson	44	VMST	1:44.37Y
3	M40-44	500 Free	Chris L Stevenson	44	VMST	4:42.67Y
3	M40-44	1000 Free	Chris Stevenson	44	VMST	9:50.25Y
8	M40-44	1650 Free	Dave Holland	41	VMST	17:49.53Y
5	M40-44	50 Back	Chris L Stevenson	44	VMST	25.16Y
2	M40-44	100 Back	Chris L Stevenson	44	VMST	50.67Y
1	M40-44	200 Back	<b>Chris L Stevenson</b>	44	VMST	1:51.10Y
2	M40-44	100 Fly	Chris L Stevenson	44	VMST	50.81Y
2	M40-44	200 Fly	Chris L Stevenson	44	VMST	1:54.85Y
9	M45-49	50 Back	David R Malsbury	47	VMST	26.87Y
6	M55-59	200 Fly	Dave R Oates	58	VMST	2:32.11Y
9	M60-64	50 Breast	David J Frisch	60	SQST	32.60Y
10	M60-64	100 IM	David J Frisch	60	SQST	1:04.53Y
7	M65-69	1650 Free	Sandy Galletly	66	VMST	22:36.37Y
7	M65-69	200 Breast	Warner Brundage	65	VMST	2:52.59Y
8	M65-69	200 IM	Warner Brundage	65	VMST	2:40.46Y

## Pictures from Indianapolis



◀ Record breaking 320+ Relay  
Jeanne Meredith, Terry Sokolik,  
Marianna Berkley, Barb Zaremski

Chris Stevenson, Bud Swiger,  
Tom Woods, Sandy Galletly ▼



▲ Why does Bud look happier posing with the ladies?



▲ Betsy Durrant, Laura Walker, Marianna Berkley, Robin Blakney, Jeanne Meredith,  
Judy Martin, Sandy Galletly

# **Sign-Up Form for 3000/6000 Yard Swim**

## **Saturday, October 3, 2:30 pm**

### **Seatack Recreation Center, Virginia Beach**

This is a USMS Postal Event. Swimmers from all over the United States can swim either the 3000 yard or 6000 yard event in any 25 yard pool. A timer/counter will record 50 yard splits for each swimmer. The Splits Sheet and Total Time can be submitted to USMS for entry in this national event.

Cost (to be paid when you arrive):

\$3 if you have a Virginia Beach Rec Center membership.

\$8 if you need a guest pass

Lockers require a quarter.

No bags or glass bottles  
on deck.

Directions to Seatack Rec Center: From I-64, take I-264 East (to Virginia Beach). Take Exit 22 (Birdneck Rd). Stay to the right on the exit ramp. Take a right onto Birdneck Road (heading south). You will cross 19<sup>th</sup> St, 17<sup>th</sup> St (Virginia Beach Blvd), and Norfolk Ave. The Rec Center is on your right. The address is 141 South Birdneck Rd. Be there by 2:00 pm to pay and get ready. The first heat will start at 2:30. The Rec Center closes at 5:00 pm, so we have to be finished by 4:45.

**Send this form to: Betsy Durrant, 211 66<sup>th</sup> Street, Virginia Beach, VA 23451**  
**757-422-6811 (home), 757-615-1661 (cell), [durrant6@usms.org](mailto:durrant6@usms.org).**

Send in the registration form below. Space is limited so send in this form as soon as possible. Deadline is Wednesday, September 30. If you want to enter late, call Betsy to check on available space.

-----  
Check one:

☐ 3000 yard Swim

☐ 6000 yard Swim

For seeding purposes, please

include your approximate time for

1000 yards \_\_\_\_\_ or 1650 yards \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

USMS Registration #: \_\_\_\_\_

If you are not a USMS member, but plan to join for 2010, contact Betsy Durrant about entering this event. Contact information above.



# Sign-Up Form for Masters Swim Clinic

Sunday, October 4, 11:00 am - 2:00 pm

Seatack Recreation Center, Virginia Beach

Cost (mail check with sign-up form):

\$20 if you have a Virginia Beach Rec Center membership; \$25 if you need a guest pass

General Information: **Sponsored by the LMSC for Virginia**

Bring a towel or sweatshirt for use on deck in case you get chilled.

Lockers require a quarter. No bags or glass bottles on deck.

Schedule: Warm-up #1, Session 1, Warm-up #2, Session 2

Lunch will be served at the Rec Center at 2:15. A VMST meeting will start at 3:00 pm.

Deadline is Wednesday, September 30. If you want to enter late, call or email Betsy Durrant to check for available space. See below for contact information.

Directions to Seatack Rec Center: From I-64, take I-264 East (to Virginia Beach). Take Exit 22 (Birdneck Rd). Stay to the right on the exit ramp. Turn right onto Birdneck Road (heading south). You will cross 19<sup>th</sup> St, 17<sup>th</sup> St (Virginia Beach Blvd), and Norfolk Ave. The Rec Center is on your right. The address is 141 South Birdneck Rd.

Questions? Contact Betsy Durrant, {757-422-6811 (home), 757-615-1661 (cell), [durrant6@cox.net](mailto:durrant6@cox.net) }

Mail this form and your check to:

Aquatics, Seatack Rec Center  
141 S. Birdneck Road  
Virginia Beach, VA 23451

Make check payable to:  
Virginia Beach Treasurer

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

USMS Registration #: \_\_\_\_\_

If you are not a USMS member, but plan to join for 2010, contact Betsy Durrant about signing up for the clinic. Contact information above.

Please number the sessions below in order of your preference (1 is your first choice):

\_\_\_ freestyle

\_\_\_ advanced open water technique and training

\_\_\_ backstroke

\_\_\_ breaststroke

\_\_\_ butterfly

**VIRGINIA MASTERS SWIM TEAM**  
**29<sup>th</sup> ANNUAL FALL SWIM MEET**  
**SATURDAY, NOVEMBER 7, 2009**



**Short Course Meters**

**Location:** Bayside Recreation Center, 4500 First Court Road, Virginia Beach.

**Facility:** Eight lane, 25 meter pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-up and cool down. **Pool has been measured and certified for USMS records and Top Ten.**

**Important Notes:** Lockers require a quarter (25 cents). No glass containers in the pool area.

**Directions:** **From I-64**, take the Northampton Blvd. exit. Go approximately 3.5 miles (route 13 north) to the stoplight at Pleasure House Rd. Turn right on Pleasure House and take a left at the first stoplight onto First Court. The Rec Center is approximately .8 mile on the left. **From the oceanfront area**, take Shore Drive to First Court Rd. There is a stoplight at the intersection and a water tower nearby. The Rec Center will be on your right (about .8 mile), just past Bayville Park.

**Meet Director:** Betsy Durrant

**Sanctioned by:** LMSC for VIRGINIA for USMS, INC. Sanction #129-007.

**Eligibility:** The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **For meets held in metric pools, your age is your age on December 31, 2009. All swimmers must be registered with USMS.** If you are currently registered, include a copy of your registration card with your entry. **If you are not currently registered, you may include your registration form and a separate check (to LMSC for VA) with your entry, register online at [www.usms.org](http://www.usms.org) or be prepared to register with LMSC for Virginia on the day of the meet.** USMS registration (through LMSC for VA) is \$35. Forms are available at [www.vaswim.org](http://www.vaswim.org) and will also be available at the pool for new swimmers. **All new registrations after November 1 will be valid through December 2010.**

**ORDER OF EVENTS.** Pool opens at 9:00 am. Warm-up starts at 9:15 am. First heat begins at 10:00 am.

**Men and Women will swim together. Back-to-back events are not a good idea.**

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| (1) 800 m Freestyle                | (12) 50 m Butterfly                 |
| (2) 200 Medley Relays (W/M/Mixed)* | (13) 200 m Breaststroke             |
| (3) 400 Free Relays (W/M/Mixed)*   | (14) 100 m Backstroke               |
| (4) 50 m Breaststroke              | (15) 400 m Freestyle                |
| (5) 200 m Individual Medley        | (16) 400 Medley Relays (W/M/Mixed)* |
| (6) 200 m Backstroke               | (17) 200 m Butterfly                |
| (7) 50 m Freestyle                 | (18) 100 m Individual Medley        |
| (8) 100 m Butterfly                | (19) 50 m Backstroke                |
| (9) 100 m Breaststroke             | (20) 100 m Freestyle                |
| (10) 400 m Individual Medley       | (21) 200 Free Relays (W/M/Mixed)*   |
| (11) 200 m Freestyle               | (22) 1500 m Freestyle               |
|                                    | (23) 800 Free Relays (W/M/Mixed)*   |

**\* Relays**

There will be one heat of each relay. Women, Men, and Mixed Relays will be in the same heat. No charge for relays.

**Entries:** \$5.00 per event for pre-entries. \$10.00 surcharge for pool and equipment. **Late entries and deck entries will be accepted to fill heats at \$7 per event.** Swimmers may enter a total of 5 individual events and 4 relays.

**Entry Deadline:** In order to be seeded, pre-entries must be received by **Saturday, October 31.**

Online entries now available at [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1212&smid=1763](https://www.ClubAssistant.com/club/meet_information.cfm?c=1212&smid=1763)

**Rules:** Current USMS rules for Masters Swimming will apply. No one will swim alone. Swimmers will be seeded according to times; heats will run slowest to fastest; men and women will swim together. **Swimmers will be expected to cooperate with the Safety Marshall who will monitor warm-up. No diving during warm-up except in designated lanes.**

**Awards:** Medals for 1st through 3rd places in each event for each age group. Ribbons for 4<sup>th</sup> through 6<sup>th</sup> places.

**Social:** There will be a social immediately following the meet. Directions will be provided at check-in.

**Hotel Information:** Check hotel rates online. Most of the oceanfront hotels have very good rates in November.

**Relays!** In an effort to provide an opportunity for swimmers to compete in SCM relays, we have scheduled relays – events 2,3,16,21,23. There will be only one heat of each event. You must choose whether you are going to do a Women's, Men's, or Mixed Relay – they will be swum at the same time.

ENTER ONLINE AT [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1212&smid=1763](https://www.ClubAssistant.com/club/meet_information.cfm?c=1212&smid=1763)

Age (on Dec 31, 2009): \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Attach copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but **be sure to sign the waiver**. If you are not registered with USMS, you may include your registration form and a separate check with your entry, or you may register at the meet. You must be registered to participate.

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

USMS #: \_\_\_\_\_ Team: \_\_\_\_\_ Sex: \_\_\_\_\_

I, the undersigned participant, intending to be legally bound, do 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.

Swimmer's signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Please enter seed times for meters. If you do not have any times for meters, add 10% to your yard times.*

*Relays may be entered on the day of the meet. Relay forms will be available at check-in.*

Evt #	Seed Time	Event	Evt#	Seed Time	Event
(1)	_____	800 m Free	(12)	_____	50 m Fly
(4)	_____	50 m Breast	(13)	_____	200 m Breast
(5)	_____	200 m IM	(14)	_____	100 m Back
(6)	_____	200 m Back	(15)	_____	400 m Free
(7)	_____	50 m Free	(17)	_____	200 m Fly
(8)	_____	100 m Fly	(18)	_____	100 m IM
(9)	_____	100 m Breast	(19)	_____	50 m Back
(10)	_____	400 m IM	(20)	_____	100 m Free
(11)	_____	200 m Free	(22)	_____	1500 m Free

*Please note that there is no break in the meet program. Think carefully before entering back-to-back events.*

*Relays (events 2,3,16,21,23) will be deck entered. There will be no entry fee for relays.*

Number of Events \_\_\_\_\_ x \$5 = \$ \_\_\_\_\_  
 \$10 Surcharge = \$ 10  
 Number of people for social \_\_\_\_\_ x \$5 = \$ \_\_\_\_\_  
 Results Mailed (\$1) = \$ \_\_\_\_\_  
 Total Amount Enclosed = \$ \_\_\_\_\_

*Results will be posted at  
[www.vaswim.org](http://www.vaswim.org).  
 If you want results mailed  
 to you, fill in blank to the left.*

*Make checks payable to: VMST. Attach a copy of your registration card. Be sure you have signed the waiver.  
 Mail to: Betsy Durrant, 211 66<sup>th</sup> Street, Virginia Beach, VA 23451. For questions, e-mail Betsy at  
[durrant6@cox.net](mailto:durrant6@cox.net) or phone Betsy at 757-422-6811. No calls after 9:30 pm, please!*

*Local Masters Swim Committee  
Lisa Bennett, Registrar  
11812 Winfore Drive  
Midlothian, VA 23113-2455*

*Prstd Std  
U. S. Postage  
**PAID**  
Richmond, VA  
Permit #3022*



**Kitten Braaten, Robin Blakney, Marianne Berkley, Sandy Galletly, Jeanne Meredith in Indianapolis**