

The Wet Gazette

The LMSC for Virginia - Serving Swimmers in Virginia And West Virginia
July 15, 2010

Open Water Swims

Our swimmers have been busy participating in local open water swims. I have to state right here, that it is extremely likely that I have missed someone in my listings below. I went through the results and picked out the Virginia teams. As always, please let me know if I missed someone.

Reston One and Two Mile Swims: Eight of our swimmers completed both the 1-mile and 2-mile swims: Shirley Loftus Charley, Jim McFarland, Howard Craddock, John Shrum, Eileen Span, Robert Ackerman, Michael Warwick, and Bill Knorr. See results on page 3.

Great Chesapeake Bay Swim (4.4 Miles): Because this event does not require USMS membership, it was harder for me to pick out Virginia swimmers and to identify their team. Please let me know of those I missed if they are USMS members. I counted fourteen of our swimmers who completed the 4.4 mile swim and four who did the 1-mile swim. See the results on page 3.

Jack King One-Mile Ocean Swim: Race directors June and Ray McDaniels are doing a great job with the ocean swim. Entries have increased each year, reaching 156 this year.

The top five finishers were only separated by 5 seconds – quite a finish. Chris Ross (34) of Virginia Beach led the way at 20:20, followed by Stephen Clendenin (21) 20:21, Pieter Dehart (32) 20:22, Andrew Garafolo (19) 20:23, and Adam Barley (29) 20:25. The first female finisher was Meagan Madden (20) 21:30 at 12th overall. Becky Franklin (42) 22:06 at 16th overall was the 2nd female, followed by Deanne Mossman (32) at 17th overall and 22:21,

Complete results are posted on the Virginia website: www.vaswim.org.

Colonies Zone LC Meet

The LC Zone Championship Meet will be held August 21-22 at the University of Maryland in College Park, MD. The entry can be found on our website, the Potomac Valley website, and the Colonies Zone website. The entry information states that the meet director is accepting **online entries only**. However, I was told by the Colonies Zone Chair that if you absolutely cannot get access to a computer, you should call the meet director and he will help you out. Hopefully, we can help each other get signed up for the meet.

I have included the meet information on pages 10-11. Note that the longer relays (400, 800) are included.

LMSC Registration Numbers

USMS is divided into 52 LMSCs and 8 Zones. There is a map on page 9. The 18 largest LMSC are listed below with membership numbers.

LMSC	2009	June	30, 2010
Pacific	10,775	9,748	
So Pacific	4,597	4,006	
Potomac Valley	2,578		2,472
Illinois	2,164	1,912	
Colorado	2,134	1,968	
Metropolitan	2,105	2,083	
New England	2,074	2,123*	
Florida	1,757	1,655	
Pacific NW	1,548	1,408	
Arizona	1,105	979	
Gulf	1,093	894	
N.C.	1,070	1,039	
Florida Gold Coast	1,059		966
Virginia	1,010	1,015*	
Oregon	915	969	
Georgia	839	935*	
Maryland	811	772	
San Diego Imperial	801		588

See **Membership** on page 4.



If you do not have internet access, contact me (Editor's information below), and I will send you an entry.

July 25: DCRP LC at Hains Point.
No entry available on July 2.

August 9-12: USMS LC Nationals
San Juan, Puerto Rico

August 21-22: LC Zone Meet
U of MD, College Park. See pages 10-11.

Nov 8: VMST SCM Meet, Virginia Beach
Entry will be in the September newsletter.

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Graphics from www.swimgraphics.com

News from WAVA

By Kami Whitney

The Open water season is highly anticipated for the Warrenton Masters Swim and Tri Team, and it has started out to be a great one! Coach Charlie Tupitza traveled to Gar Creek in Huntersville NC for the Open Water/Long Distance National Championship and placed third with a time of 26:06.5 in the one mile swim.

See *Warrenton Masters* on page 6.



Virginia LMSC Website
www.vaswim.org

USMS Website
www.usms.org

Latest info on all levels of swimming
www.SwimmingWorldMagazine.com

Nearby LMSCs
North Carolina: www.ncmasters.org
Maryland: www.maryland@usms.org
Potomac Valley: www.PVMasters.org

Colonies Zone
www.ColoniesZone.org

LMSC Officers

Chair: Chris Stevenson
chrisstevenson@usms.org, 804-282-0124

Vice Chair: Alison Moore
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Secretary: Dave Holland
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Treasurer: Charlie Cockrell
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Registrar: Lisa Bennett
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Sanctions: Judy Martin
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Records and Top Ten: Chris Stevenson
chrisstevenson@usms.org, 804-282-0124

Reston 1-Mile and 2-Mile Swims						
Name	AG	Team	1-mile	2-mile	Wet Suit 1-mile	Wet Suit 2-mile
Heather Williams	W25-29	VMST		8th 58:46		
Kami Whitney	W30-34	WAVA		5th 56:44		
Keiko Kuykendall	W40-44	VMST	7th 40:29			
Shirley Loftus Charley	W55-59	VMST	1st 24:12	1st 48:45		
Nathan Tupitza	M18-24	WAVA	3rd 31:47			
Craig Charley	M25-29	RCA	1st 23:44			
Dan Oldakowski	M25-29	WAVA	5th 32:04			
Mike King	M35-39	WAVA		14th 1:12.33		
Robbie Allen	M40-44	UNAT		1st 41:38		
Jeremy Worst	M45-49	WAVA	3rd 25:17			
Chris Branigan	M45-49	VMST	13th 40:43			
Jim McFarland	M50-54	VMST	3rd 26:29	5th 55:05		
Charlie Tupitza	M55-59	WAVA	1st 25:34			
Howard Craddock	M55-59	VMST	2nd 30:04	5th 1:02.02		
John Shrum	M60-64	VMST	1st 26:56	1st 52:11		
John Post	M60-64	VMST	2nd 29:09			
Lexa Laing	W35-39				9th 36:02	
Kathleen Nevill	W40-44	WAVA			9th 36:05	
Eileen Span	W45-49	WMS			2nd 26:10	1st 53:55
Sam Remson	W45-49	WMS			4th 28:48	
Christine Worrell	W50-54	VMST				11th 1:25.42
Robert Ackerman	M40-44	WMS			8th 27:44	11th 56:07
Todd Goins	M45-49	WAVA			5th 25:07	
Michael Warwick	M45-49	VMST			11th 28:43	16th 1:03.16
Kevin Yungk	M50-54	VMST			2nd 26:46	
Bill Knorr	M60-64	VMST			3rd 29:11	5th 1:00.38
Great Chesapeake Bay Swim						
Name	AG	Team	4.4 mile	1-mile	Note	
Travis Deckert	M25-29	UNAT	4th 1:36:54		No wetsuit	
Craig Charley	M25-29	LMS	1:48:38			
Chris Ross	M30-34		2nd 1:38:12			
Robert Ackerman	M40-44	WMS	2:22:52			
Dave Black	M45-49	WMS	2:16:17			
Frank Fallon	M50-54	WAVA	1:54:50			
Kevin Yungk	M55-59	VMST	2:31:49			
Alvin Richardson	M55-59	VMST	2:29:58			
John Shrum	M60-64	VMST	3rd 1:56:50		No wetsuit	
Jim Miller	M60-64	VMST	2:35:21			
Elizabeth Cohen	W25-29	URMS	2:48:51		No wetsuit	
Maggie Baker	W25-29	LAMS	2:50:05		No wetsuit	
Courtney Paulk	W40-44	UNAT	2:29:45		No wetsuit	
Eileen Span	W45-49	WMS	2:12:05			
Andrea Randle	W45-49	URMS	2:19:27			
Shirley Loftus-Charley	W55-59	VMST	1st 1:52:57		No wetsuit	
Marcia Barry	W60-64	VMST	1st 2:08:33			
Brian Larkin	M35-39	WAVA		23:44		
James Buchner	M45-49	WAVA		25:57		
Robert St Ledger	M45-49	WAVA		26:28		
Kami Whitney	W30-34	WAVA		26:02		

Membership continued from page 1.

Note that New England, Georgia, and Virginia have more members on June 30, 2010, than for all of 2009!

There are four LMSCs with fewer than 100 members: North Dakota 20, Border 49, South Dakota 84, Snake River 87. The map on page 9 will help you locate these.

One last item to consider, even though Virginia has already surpassed the total for 2009, we have 381 swimmers who were registered in 2009 who have not renewed for 2010.

Scott Celebrates With Record Swims

From Coach Kathryn Gregory

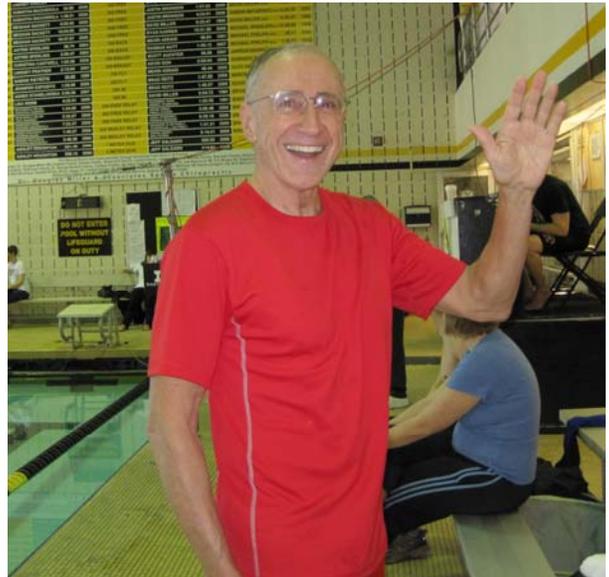
Richard (Dick) Scott from the Northern Neck Family YMCA branch of Virginia Masters, the Stripers, really knows how to celebrate a 75th birthday! He and wife, Rita, recently headed south for a trip combining vacation, visit of friends, and three long course meters swim meets.

At the June 12-13 Sarasota, Florida “Bumpy Jones” Invitational, Dick swam the 50-meter, 100-meter, and 200-meter breaststroke; the 100-meter and 200-meter butterfly; and the 400-meter individual medley. All six swims resulted in Virginia masters state records in his new 75-79 age group. He already holds two state records in the 70-74 age group.

He competed in the June 19-20 Swimming Hall of Fame Summer Splash Meet in Ft. Lauderdale, Florida, bettering his record 400-meter Individual Medley time by 20 seconds.

In the final leg of his “Tour de Long Course Meters,” Dick swam at the Team Greenville Masters Invitational in South Carolina on June 26 and 27. He accomplished a personal record time in the 50-meter butterfly, and lowered his Virginia state record by more than 35 seconds in the 100-meter butterfly, lowered his state record by more than one minute and ten seconds in the 200-meter butterfly, and lowered his state record by more than 36 seconds in the 400-meter individual medley!

A University of Virginia alumni professor of Commerce, he joined the Northern Neck Family YMCA masters team in 2006. His drive,



Dick Scott

determination, and focus were apparent immediately. Dick has achieved five individual national top ten times and swum in eight national top ten relays. He is also a super team member, generous and supportive.

Colonies Zone 1-Mile Open Water Championship

When: Sunday, September 12, 9:00 am
Registration is from 7:30-8:30 am

Where: Lake Hopatcong, NJ
Lake Hopatcong is in northern New Jersey, north of Morristown

Details: Course is one mile long. Chip timing.
\$25 until August 13. \$30 from Aug 14-31.
September 1 through race day \$50.

Entry: Entry is posted on our website.
www.vaswim.org.



The Meek and Mighty Triathlon

By Margie Hutinger

Editor's Note: This article was in the Maverick Masters June newsletter. Margie is always smiling and always has a funny story, even if it is about her. She is married to Paul Hutinger who is the coach of the Maverick Masters and a Hall of Fame swimmer.

At my 50th high school reunion, two years ago, I added to my bucket list, "Do a triathlon when I age up to 70." That would be 2010, this year! The Meek and Mighty, in April, in St Pete, FL, sounded perfect. The swim would be a piece of cake, at 200 yds, in my training pool. Riding 5.4 mile on familiar streets shouldn't be a problem. A one mile run could be my nemesis, as a non-runner.

With our extra cold winter, I didn't do much running or biking, until March, two months to go. My ten speed sat in the garage, gathering dust for over five years. Paul took it to the bike shop and it was ready to roll with new tubes and pads. The gears, shifters, and brakes were back in working order. Paul rode with me the first time. He pushed off while I was still trying to figure out how to put my leg over the bar. I used to swing it over with ease. Now, it was easier to step over the frame. Cautiously, slowly, I pushed off. I had to stop and remount at two intersections to look for traffic. Now, I was back to familiar territory, a one mile straightaway, next to Tampa Bay. Lucky for me, not much traffic. Down and back for two nerve-racking miles. During the months before my race, I was able to swing my leg over the bar to mount, check for traffic without stopping and shift through the gears into and out of the wind, without thinking and was riding over five miles, at 15+ MPH. My goal was 20 min.

Running was a challenge. It took me several weeks before I was able to survive a whole mile, adding 10 to 20 running steps occasionally. I finished my first mile in 21 min. My goal was 15. By the last week, my time was 16 min. I knew my goal was doable.

Swimming preparation? Just my usual training for Masters meets, except for turns. The 200 yd swim was zigzagging down the pool, with every other lane line removed. I worked on turns beside the lane line, both directions, by dropping

under the water, pushing off into the next lane and swimming to the middle.

The day before the race, I was as physically ready as I could be. I registered downtown and picked up my number (263), timing chip (worn on my ankle), navy blue swim cap (15+ waves) and last minute details for the race. At home, I packed my bag for the race with my swim suit, cap, packets of GU, water and towel to sit on. I rehearsed every step of each transition.

April 24 arrived. Race day! I rose with the alarm at 4:30, way before any roosters started crowing. I dressed and ate my breakfast of peanut butter and jelly toast, topped off with a banana. At 5:30, I grabbed my packed bag and put it in the car. Paul did a final check on my bike. My pre-race warm-up was the 3 ½ mile slow bike ride to the pool, in the dark. Paul followed behind, in the car.

At check-in, a volunteer marked me with my race number, 263, on my arms, and age, the big 7-0, on the back of my calf for the whole world to see. It was still dark. I tripped over a parking bumper but stayed upright. I found the rack with my #263, more than halfway down the transition area with room for 800+ competitors (ages 7-87). I hung up my bike and looked for Paul. After pacing back and forth through the entry way, several times I couldn't see him in the dark. My hands are sweating, as he had my bag of goodies. I had the announcer call his name. I found him by my bike (He sneaked into the transition area.). WHEW! This wasn't part of my game plan.

Laid out my distinctive green towel under the narrow allotted space, judiciously added my water bottles and GU and walked to the locker room. Changed into my smiley-faced swim suit. Paul and I sat on a bench, by a 9-yr old and his mom. This was his third time, and his calmness reflected that of a kid, in contrast to the nervous 70 yr old. We gave each other a high five and wished each other a good race.

It was time to join the throng of swimmers eagerly waiting to jump in the water and get this show on the road. We were lined up by age, with the youngest, a mere 15 year old, wearing #1, leading the way. The oldest in my wave was an 87 yr old man from Texas, #270. The first swimmer jumped in, and every 5-10 seconds, the next one was added to the mix. The youngsters zipped through the water, with very few gasping for breath
*See **Triathlon** on page 6.*

Triathlon continued from page 5.

in an unfamiliar setting. Most swam straight through, with very few “hanging the wall.” Not so as the numbers got higher. When I jumped in, there were still five or six swimmers in my lane or on the opposite wall. My plan was to swim fast in the open spaces, sneak in a fast turn and beat the slower swimmers to the next wall. It was a challenge, but I finished the swim in 5 min and 30 sec, ahead of my 6 min goal. Felt good.

Now, follow the path to transition, and get ready for the bike leg. This is where I knew I could make up time on my competitors, with one other in my age group. I put on my bike shorts, shoes, socks and grabbed a GU and a couple of swigs of water. With my bike helmet secured, I took my bike off the rack and I was ready to roll!

Rode out of the parking lot and into the street. Pushed on my pedals as hard as I could. It was windy, but so what? I practiced in the wind and knew when to shift. Something was wrong. In practice, I rode at 15-18 MPH. Today, I couldn't get my speed over 11 MPH, no matter how hard my legs pushed. My competitor raced onward. I dragged farther and farther behind. Finished in 30 min, 10 min slower than my goal. Hung up my bike, took off my helmet and put on my lucky frog cap. Took some quick swallows of water and off I ran.

Well, walked. After that hard bike ride, my legs were pooped! I wasn't able to run as much as I had hoped for, but I trudged forward through the palm arboretum, and walked as fast as my legs allowed. When I reached Tampa Bay, I knew the end was near. I pushed a little harder. At last, I saw the finish banner ahead. I dug a little deeper when the announcer called out “Margie Hutinger.” I crossed the finish line. I achieved my goal of a 15 min run/walk.

I achieved my goal and completed a triathlon at age 70, in 2nd place, with a time of 59:39. * * *

And now, for the rest of the story....., part I. I didn't have much time to savor the moment, for as

soon as I crossed the line, I tripped over my own feet and landed smack, hard on my left side. The embarrassment was short lived. The severely bruised ribs were extremely painful, for weeks, as I winced with every deep breath, cough and stretch. It's been two months. I'm still waiting for them to heal completely.

The rest of the story.....part II. When Paul

helped me retrieve my bike from the rack to head home, he said, “You've got a flat tire!” Flat as a pancake! That explained why I felt like I was pulling a load of bricks, through molasses. No wonder I couldn't ride faster than 11 MPH.

Even though I didn't come in first, I felt satisfied that I persisted and accomplished what I had started! There's one

less item on my “bucket list.”



Warrenton Masters continued from page 2.

The team had a great turnout at the Jim McDonnell Lake Swims. A total of 8 swimmers competed in the 1 mile event and 2 in the 2 mile, one of which, Mike King swam both races and brought home a second place in the 2 mile. Several swimmers made their debut open water swims, including Kathleen Nevill, Dan Oldakowski. Nathan Tupitza and Jeremy Worst both placed third in their one mile non-wetsuit divisions. Nathan's father and Coach, Charlie, fresh from the National Championship, also brought home a one mile win with a time of 25:34.

Heather Finch and Kami Whitney took on the Chesapeake Bay 1 mile Challenge on June 13th. The warm water and low chop made their first Bay swim an enjoyable one and hope that more teammates will join them at next year's race. The Culpeper Sprint Triathlon, held August 1st at Mountain Run Lake, is the height of WAVA's open water/tri season. Each year has seen more and more members of the team participating in this event. This year some of the crazier members are adding a twist to their relays, the 750 yard open water swim will be done in.... FLY!

Some Words Of Wisdom From Coach John Wooden

Editor's Note: The following was sent out from the USA Swimming office to the USA Swimming BOD. Ted Haartz, USMS Liaison to USA Swimming, passed it on.

"Never mistake activity for achievement"

"Be more concerned with your character than with your reputation, because your character is what you really are, while your reputation is merely what others think of you".

"Be Prepared and Be Honest".

"You can't let praise or criticism get to you. It's a weakness to get caught up in either one."

"You can't live a perfect day without doing something for someone who will never be able to repay you."

"A Coach is someone who can give correction without causing resentment."

"If you don't have time to do it right, when will you have time to do it over?"

"If you're not making mistakes, then you're not doing anything. I'm positive a doer makes mistakes."

"Failure is not fatal, but failure to change might be."

"Things turn out the best for the people who make the best of the way things turn out."

"Consider the rights of others before your own feelings and the feelings of others before your own rights"

"Do not let what you cannot do interfere with what you can do."

"Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability."

"It's not so important who gets to start the game, but who finishes it."

"It's the little details that are vital. Little things make big things happen."

"Talent is god-given. Be Humble. Fame is man-given. Be grateful. Conceit is self-given. Be Careful."

"The main ingredient of stardom is the rest of the team."

The Basics of a Good Swimming Start

Below are excerpts from an article by G. John Mullen that appeared in the June 2010 issue of *SwimmingWorld Magazine*. Information on subscribing to *SwimmingWorld* can be found at: www.SwimmingWorldMagazine.com.

The swimming start is the most explosive point of a race and is estimated to be 30 percent of a sprint 50 race. There are many different components of a start. For example, at every major meet, reaction time is calculated and displayed. However, contrary to popular belief, a fast reaction time does not necessarily correspond to a fast 15 meter time.

START STYLES

At one time, all swimmers used one swimming start: the two-footed leaner start. This start was taught by every coach and used by every swimmer from the late 1960s through the 1980s. Nowadays, most athletes use a track start, but as with every sport and every aspect of a sport, there are multiple variations of the same type of start.

As described by French researchers, J. Vantorre et al., in the article "Different Profiles of the Aerial Start Phase in Front Crawl" (*Journal of Strength and Conditioning Research*, February 2010), most swimmers utilize one of four start cycles:

- Pike:** provides a long flight time that allows for a delay before the body needs to overcome water resistance, enabling the body to "slice" through the water, resulting in a "pike" aerial trajectory. The pike start leads to minimal splash and a longer underwater phase, but a longer block phase.
- Flat:** provides a short block phase and higher aquatic resistance, resulting in a "flat" aerial trajectory. Typically, this start has a larger splash and a shorter underwater phase.
- Flight:** optimizes a short block phase and long flight phase, with high force generated by leg extensors (hamstrings and gluteal muscles) in

relation to an arm swing, resulting in a “flight” style.

▪**Lift:** initiates with the shoulder instead of an arm swing at takeoff, which lifts the shoulders during the flight time. This start is the least common of the four start styles.

The differences between the styles are vast, but there is no correlation between any of these starts and a faster time to 15 meters by elite swimmers. However, one common factor was found: all elite swimmers enter the water at one point with their hands, and the rest of their body (shoulders, hips, feet) follows through the same “hole.”

This is essential for a great start, and can be calculated by the hand, hip and ankle angles.

ON THE BLOCKS

Elite swimmers grab, stand and pull in a variety of ways once they are on the blocks.

▪**Hands:** The athletes’ hands should grip the front of the blocks with all of their fingers and both thumbs. This gives them a larger surface area on the blocks, enabling them to generate more force. The thumb position varies greatly, but elite swimmers have their thumbs wrapped in the front – not on top – of the block.

▪**Arms:** Arms should remain completely straight and tensed – not flexed, but tensed and ready to react. Allowing the muscles to be tensed – as opposed to being relaxed – decreases the swimmers’ time on the blocks.

...The elbows should face backward, and the athletes should pull backward on the block with straight arms to move forward.

Anyone who has taken physics knows that “every action has an equal and opposite reaction.” If the elbows are facing backward, the action is backward, making the equal and opposite reaction forward, with the same force applied.

▪**Legs:** The legs are the most variable aspect of the start. Comfort and steadiness are essential on the blocks. Swimmers who have great starts know how to distribute their weight evenly between both legs, with their feet facing forward. If their feet face sideways, they will go sideways – remember equal and opposite reactions!

UNDERWATER KICKING

The aforementioned information is the “meat-and-potatoes” of the aerial profile of a start, but all great swimmers utilize underwater kicking.

How does this play a role in the start equation? Dominating underwater begins with the streamline. The glide time during the start is the fastest part of a swimming race.

Swimmers use a short-glide style or long-glide style during the start. A short-glide style is associated with a low takeoff angle (flat start) and minimal time underwater. The long-glide style typically has a high takeoff angle (pike start) and longer underwater time.

Both of these styles can be effective, but if using the long-glide style, proper hydrodynamics are crucial to maintaining maximal velocity for as long as possible.

Determining the best time to start kicking is important to maintain speed throughout the start and breakout. Starting the kick too soon creates drag, which offsets velocity.

...Therefore, a good rule of thumb for elite swimmers is they should not kick until their velocity is below their average swimming velocity (roughly two meters per second).

When deciding which starting style to use, it is important to remember that comfort and stability are the most important considerations.

With this in mind, here are some generalities – not absolutes – that can help swimmers determine which style suits them best.

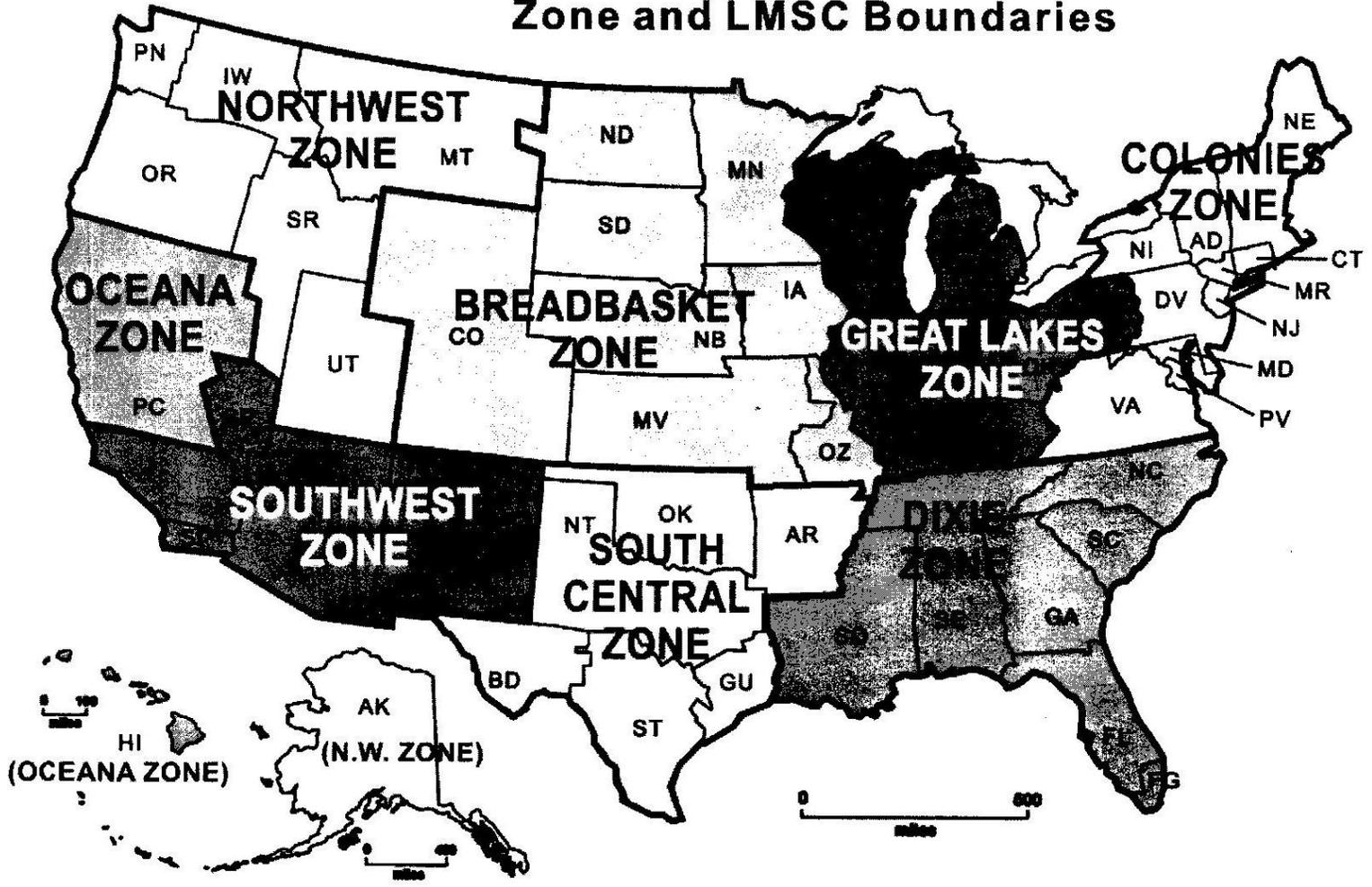
▪Athletes with a stronger vertical leap and quicker reaction time typically benefit from a flat- or flight-start style. These swimmers usually have superior hand-and-foot coordination, but also may be poor underwater kickers.

▪Athletes with more leg power and superb underwater kicking typically use a pike start in combination with long-glide durations.

▪Lift starts are atypical and are done by extraordinary athletes who typically were self-taught. These swimmers are explosive and generally have a strong vertical leap.

G. John Mullen is a certified strength and conditioning specialist who is pursuing a doctoral degree in physical therapy at the University of Southern California.

Zone and LMSC Boundaries



University of Maryland Eppley Recreation Center Natatorium • College Park, MD
August 21 & 22, 2010
Sanctioned by Potomac Valley LMSC for USMS Inc. Sanction Number 100-05.

Hosted by:
Terrapin Masters Swim Club & Campus Recreation Services

Saturday Warm-ups: 12:00 pm • Meet Start: 1:00 pm
Sunday Warm-ups: 7:30 am • Meet Start: 8:30 am

Meet Director: Jeff Strahota
Hy-Tek, Scoreboard: CRS Aquatics Director Carrie Tupper

Facilities

The meet will be swum at the University of Maryland Eppley Recreation Center Natatorium (indoor facility) using automatic timing. One 8-lane course will be used for competition. A separate 25-yard pool will have lanes available for continuous warm-up/cool-down throughout the meet.

Meet Rules

Current US Masters Swimming rules apply. No "Tech Suits" allowed. All swimmers must be registered with USMS at time of entry. Swimmers must provide their own counter (person) to operate lap counter cards, which will be provided for use during the distance events. Age is as of 12/31/2010.

Entries & Fees

Entries must be submitted online. Entry form will be open through Sunday, August 15 at 11:59pm EST. No deck entries will be accepted. Competitors may enter up to 5 individual events per day, plus relays. Meet Surcharge is \$15, each event is \$5, relays are \$10 and split requests are \$5. Fees from Relays and Split Requests will directly support the University of Maryland Swimming & Diving and Water Polo programs.

Relays & Splits

Relay Entries will be deck-entry only, and must be submitted before 12:30 pm for Saturday and before 8:00 am for Sunday. Relay swimmers must be entered in the meet. Relay entry forms will be available at www.terrapinmasters.org and will cost \$10 per relay. 800 Initial Distance splits will be made available for all swimmers of the 1500 free at no charge. All other Initial Distance and Relay Leadoff split requests will be honored at \$5 per request. Fees from Relays and Split Requests will directly support the University of Maryland Swimming & Diving and Water Polo programs.

Awards

Custom Colonies Zone Medals will be awarded to the first, second, and third place finisher in each event for each age group. Special Team Championship awards to the high-point team in Large, Medium, and Small team categories. Individual events are scored 9-7-6-5-4-3-2-1, relays 18-14-12-10-8-6-4-2. Teams will be assigned Categories to be defined at the start of the meet.

Records

If a National/World Record is possible, please notify meet officials. It is the swimmer's responsibility to provide additional back-up timers.

Seeding

No Time (NT) entries are discouraged, and will be seeded in the slowest heat. All events, except for the 1500 free, will be seeded slowest to fastest, with men and women combined. The 1500 free will have the fastest heat of swimmers swimming first. The 800 free relay will be swum with all heats combined (men, women, mixed). Men's and Women's relays may also be combined at the end of each session if the timeline warrants.

Positive Check-in

Positive Check-in will assist in the efficiency of the meet timeline and will be required for all events 200 meters and longer. Swimmers must check in for each day's 200m and 400m events by the start of the session (Sat: 1:00pm; Sun: 8:30). Check in for Saturday's 1500 Free must be prior to Event #9 (400 IM). Lane assignments will be posted at least 30 minutes prior to each event.

Results

Results will be posted on the Terrapin Masters website (www.terrapinmasters.org) and submitted for top-ten recognition.

T-Shirts

Colonies Zone Meet T-shirts may be pre-ordered for \$12. To guarantee your shirt, please enter the meet by August 1. A limited number of t-shirts will be available for purchase at the meet for \$15.

Directions

From I-495 (The Beltway), take Route 1 South towards College Park. From Route 1, take Route 193 (Greenbelt Rd.) West. Drive 1.3 miles on Route 193, past Metzert Drive to Stadium Drive. Make a U-turn at Stadium Drive back onto Route 193 going East. Take the first right at Terrapin Trail, drive through the wooded area and park in the Comcast Center parking garage. Walk across the pedestrian bridge below the garage to the ERC (the building on the right). Enter the building below the covered walkway, take elevator to the first floor and enter at front desk.

Hotels

UMUC Inn & Conference Center (Marriott): www.umucmarriott.com

3501 University Blvd E., Adelphi, MD 20783. Phone: 301.985.7300 For additional recommended hotel listings, please visit: <http://www.uga.umd.edu/admissions/visit/accommodations.asp>

Questions

For questions, please contact Meet Director Jeff Strahota (240) 472.1481 or jstrahota@usms.org

Sanctioned by Potomac Valley LMSC for USMS Inc. Sanction Number 100-05.

Saturday, August 21, 2010

Warm-ups start at 12:00 PM
Meet starts at 1:00 PM

Gender Event

1	Female	800 M	F Relay
2	Male	800 M	F Relay
3	Mixed	800 M	F Relay
4	Mixed	200 M	M Relay
5	Mixed	400 M	F Relay
6	Mixed	100 M	Breast
7	Mixed	200 M	Free
8	Mixed	50 M	Fly
9	Mixed	400 M	IM
10	Mixed	100 M	Back
11	Mixed	200 M	Fly
12	Mixed	50 M	Free
13	Female	400 M	M Relay
14	Male	400 M	M Relay
15	Female	200 M	F Relay
16	Male	200 M	F Relay
17	Mixed	1500 M	Free

Sunday, August 22, 2010

Warm-ups start at 7:30 AM
Meet starts at 8:30 AM

#	Gender	Event
18	Mixed	400 M Medley Relay
19	Mixed	200 M Free Relay
20	Mixed	100 M Fly
21	Mixed	200 M Back
22	Mixed	50 M Breast
23	Mixed	400 M Free
24	Mixed	200 M IM
25	Mixed	100 M Free
26	Mixed	200 M Breast
27	Mixed	50 M Back
28	Female	400 M Free Relay
29	Male	400 M Free Relay
30	Female	200 M Medley Relay
31	Male	200 M Medley Relay

Local Masters Swim Committee Newsletter
Lisa Bennett, LMSC Registrar
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