

# The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia  
March 15, 2012

## *The Art of the Possible: Staying motivated as times slow with age.*

by Terry Laughlin

Posted on February 16th, 2012

<http://www.swimwellblog.com/archives/1569>

Editor: Printed with permission of the author.

I've recently acknowledged, in several blogs and TI Discussion Forum posts, that I'm finding it far more difficult to swim 'fast' since I began experiencing frequent bouts of Rheumatoid Arthritis 2007. A positive result is that this experience has caused me to examine how I think about speed in personal terms.

I wrote the blog **Why I'm Grateful for Swimming My Slowest Time Ever** (Editor: January edition of Wet Gazette) describing my reaction to swimming 1000 yards in 13:29 in a Masters meet last December, one commenter said he would be delighted to swim it that fast. That made me realize it was only 'slow' in relation to my lifetime best of 10:45 which came 42 years earlier, and in relation to a time of 11:51 I'd swum five years earlier. Unless your time is a world record 'fast' is relative, not absolute.

That comment made me take a harder look at various instances in recent years where my disappointment at my time or placing took away the pleasure of simply being there, seeing friends, being vigorous and active, and doing my best in challenging circumstances. After some reflection I felt more disappointment in my reaction than my swimming.

It seems this coupling of ego and minutes/seconds is most likely among a relatively small subset of swimmers—present and former competitive swimmers. It can be healthy if it

See *Art of the Impossible* on page 3.

## *From Pregnant Swimming to a very special swim team*

I have been swimming with the Northern Neck Masters workout (part of VMST) for the last three years with our beloved coach, Kathryn Gregory. I found out that I was pregnant with our second child in May and I was fortunate enough to continue swimming with the team during my pregnancy.

When doing research, there was little information on "competitive pregnant swimming" if there even is such a thing. I come from a competitive, intense, athletic background as most of us swimming Masters do. ▼ **Andrea at 8 1/2 mos.** I

grew up on a swim team, played tennis and soccer, taught aerobics, ran marathons, then started competing in triathlons trying all distances from sprints, Olympics, half-Ironmans and one Iron Man. I currently participate in the Richmond Multisport series of triathlons. I decided to join Masters swimming to help with my training, better my swim technique and allow me to participate in meets throughout the non-triathlon months.

During my first pregnancy, which was six years ago, I ran, cycled and swam but mostly by myself. I didn't have the camaraderie and support

See *Pregnant Swimming* on page 4.





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

**March 25: Rockbridge County (Lexington)**

**April 13-15: Zone Meet, George Mason U.**  
Entry is in this newsletter.

**April 25-29: USMS SCY Nationals in Greensboro, NC.**

**May 25-27: Reston Lake Swims**

**June 10-16: FINA World Championship in Riccione, Italy.**

**July 5-8: USMS LC Nationals in Omaha, NE.**

**July 14: Chris Greene Lake**

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## ***Peluso Open Water Series*** (not USMS sanctioned)

Held in Richmond on the James River.  
April 29, June 17, and Sept 30  
1500 meters

For details and registration, go to:  
<http://www.pelusoopenwater.com/>



**Virginia LMSC Website**

[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](mailto:www.maryland@usms.org)

Potomac Valley: [www.PVMasters.org](http://www.PVMasters.org)

**Colonies Zone**

[www.ColoniesZone.org](http://www.ColoniesZone.org)

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prompts efforts to know and reach your full potential, to pursue challenges — but decidedly unhealthy if it causes you to avoid challenges because you fear the impact on self-image.

Several months ago I spoke with a woman, now about 70, who was an avid Masters swimmer in her 40s and 50s, but who I'd not seen at events in 10 or more years. When I asked why she no longer swam Masters, she replied "I can't stand getting slower." Yet it's inevitable we will all do that as we age, and a shame if it causes us to walk away from an activity that's so healthful. Or even to enjoy it somewhat less.

Since then I've become more mindful about adopting a values system consistent with aging gracefully and healthfully. These attitude adjustments — based on the *art of the possible* — have proven helpful:

**Swim with as much artfulness and grace as possible.** Grace has an inherently—and universally—inspiring quality. Strangers at the pool are far more likely to compliment a display of grace, than of speed. And when seeing a person older than me who moves with grace—I've seen examples in yoga, tai chi and swimming—I always think "I want to be just like you when I *grow up*."

Nowadays I try to swim races as a 'work of art' and commit to seeking satisfaction based more on my success in doing so than based on time or place. Admittedly the former is a subjective judgment, while the latter is objective, but that just means I have to be more creative and flexible in my assessment.

**When measuring swimming by time, choose a *current* time as your benchmark.**

Measuring *empirically* is unquestionably good. A common characteristic of those who excel—in many disciplines—is setting up meaningful feedback loops so they can objectively and accurately evaluate the link between efforts and outcomes. After swimming

that 'slow' time in December, I immediately made it the benchmark by which I would measure improvement in the 3 to 5 months (Masters short course season) to follow, and began making constructive plans for improving it.

And I begin most practice sessions by doing an assessment swim or set. The *data points* I use to measure it always include SPL and/or Tempo in addition to Time. The practice then becomes an exercise in achieving measurable—and smart—improvement. And when I do achieve improvement, I leave the pool with a feeling of accomplishment that provides the motivation to do it again and again and again.

**Focus on the *quality* of time, not the amount.** A corollary of the fact that any *race* is highly likely to last longer at 60 than it did at 40, is the possibility that the aging process may reduce the duration of practice (or workout) sessions. In either case, we should strive to make those minutes or hours the best they can be. I last broke 19 minutes for 1650 yards (equivalent of 1500m) in 1992. I last broke 20 minutes in 2006. But these days it's a challenge to break 23 minutes, a pretty rapid decline for only six years, compared to previously. So my goal now is to make a 23-minute mile feel better and more satisfying than a 19-minute mile did 20 years ago.

Conversely, as I've aged, I've been unable to swim as long in pool practices. As a result of arthritic narrowing in my lower spine, my calves and feet experience 'terminal cramping' after a diminishing number of pushoffs. Where I was able to swim a 10,000-yard practice (while training for the Manhattan Island Marathon) at age 51, I could manage only 5000 yards at age 55. At 60, I can often barely make it to 3000 yards before I simply can't push off any more. Rather than be discouraged I've embraced the challenge of *making every lap count*, starting with the very first. This has given practice a stronger sense of purpose than ever before.

*Pregnant Swimming continued from page 1.*

that I now have through my team. My teammates were amazing and very encouraging and positive.

When I initially found out that I was pregnant, it was right at the start of triathlon season. I had also just splurged on a new time trial bike. It was difficult for me, but I decided that I would defer all of my triathlon race entries and opt out of swim meets and road races as well while I was pregnant. However, I fully intended to keep up all training for the duration, which I had luckily been able to do.

I would like to share what worked for me and what did not specific to swimming Masters. During the first trimester, I basically continued exactly what I was doing and alerted my coach to my new condition. I wanted to move over from the “animal lane” of Charlotte and Carolyn with whom I can barely keep up non- pregnant but still found myself in another “animal lane” with Esther and Sue. We are all distance swimmers and love open water, so overall an internally intense lane, yet supportive of one another which is what is so great about Masters swimming. I also noticed that swimming during our morning practices really helped to alleviate the morning sickness that I was experiencing as well as curb unhealthy carbohydrate cravings.

As I entered the second trimester, I got to make the big announcement. I’m slightly introverted and tried to get out of this announcement by asking coach to email the team and tell them. She replied with an absolutely not, it is too good of news to share by email. So I got to tell everyone after our warm-up during our skill set. Needless to say, we are a close group and everyone was thrilled. We have a team with many grandparents, who all love babies. The team has never had a pregnant swimmer. During this trimester, the morning sickness went away and I had more energy. Kathryn is such a good coach and gears our workouts by levels of advanced, advanced 2, intermediate and level one. I continued on with my advanced workouts and kept my yardage at around four thousand. However, my intervals definitely got slower. My one hundred and two hundred free intervals slowed down the most out of all strokes by about fifteen seconds. Also, my

speedo endurance suits that I love so much started to not even remotely fit. I used some of my older, stretched out suits and five team mates donated stretched out suits that were otherwise going to swimsuit heaven. I did not find a maternity competition swimsuit anywhere.

Lastly, the most difficult trimester came. I slowed down significantly with all intervals and distances. I still did fly, which is my favorite, and could still do a 200 but very, very slowly. My flip-turns took on a new format. I had to hold both arms out to balance myself as I flipped. Kathryn was encouraging open turns. I liked doing backstroke more than I did in the past because I could breathe better. Breaststroke was nice too, because it took the strain off of my lower back. Fins and pregnancy do not agree. I experienced cramping more and if I threw on a pair of fins for a long kick set, I would most likely have some cramping in my calves. Pregnancy and pull buoys don’t really mix. It seemed impossible to do a flip turn with a giant belly and a pull buoy. Also, I drank at least two bottles of water during our ninety minute practices which seemed vital.

Toward the end of my last trimester, my teammates joked that I might have the baby in the pool. One of our lifeguards seemed scared and alarmed when we asked him if he has training in delivering a baby. One of my teammates, Will, is a doctor but he mentioned several times, that he is not that kind of a doctor.

So, now the final surprise. I was due on February 7<sup>th</sup>. The baby was breech and had flipped into the correct position ,maybe due to so much swimming. I was thirty five weeks along and feeling great. New Year’s Eve I went to practice in the morning, did some errands during the day, went for a sail with my husband and son, and went to dinner and a party that evening. I went to bed at eleven o’clock and woke up at one o’clock in the morning to my water breaking. My husband rushed me to the hospital and I had an emergency cesarean. Luckily, we found a sober doctor somewhere on New Year’s! Nevertheless, Henry Anthony Latell was born on January 1, 2012 at five weeks early. He was the first New Year’s baby. After a few initial days in the NICU he was pronounced healthy and progressing very well, so we all went home.

There are several theories from the team as to why he came early. One teammate’s theory is that Henry did not like a front seat on my flip turns

so decided to jump ship. My theory is that Henry did not like 200 free intervals, the fist drill and also could never get in the right frame of mind to do a broken 1650. The most positive theory was that he wanted to come out and do his own flip turns.

I have had an amazing experience swimming pregnant with my team. They had planned on throwing me a baby shower. It was planned for January 2, but I had to call and cancel obviously. Esther has lined up dinners every other night for a month from teammates. So far on the menu we have had lasagna, beef stroganoff, Caesar salad, pork tenderloin, squash, homemade wheat bread, spaghetti, chicken, pot roast, chili, jasmine rice with stuffed peppers, cranberry bran muffins, butterscotch bars and brownies. Each teammate has come to our house to deliver a meal and see Henry. Also, my team splurged and gave me a gift certificate for a much needed massage. This truly denotes how close, special and supportive our team is.

Swimming definitely kept me in reasonable shape and made me feel so much better mentally and physically. I gained the recommended amount of weight and bounced back pretty quickly. I was back in the pool nine days after Henry was born. I have been bringing Henry with me and putting him in a nice corner spot and taking an end lane near him. I have been able to swim for about an hour between feedings. He sleeps and seems totally content with familiar pool noises around him. I'm back to my pre-pregnancy intervals and pre-pregnancy weight which I attribute to being so healthy from swimming all along. I had decided to dismiss the dreaded hour postal swim this year because I would have still been pregnant. My later excuse was that I was too sleep deprived and also couldn't fit it in between feedings every two hours.

Overall, swimming and being a part of such a great team has given me true bliss along with a new beautiful bundle of joy. I think being active can really help with post-partum blues as well and having such supportive, positive people around you. Also, I had my OB care by Dr. Thomas Mead with Dominion Women's Health in Richmond. He was well aware of my fitness regimen and very supportive and knowledgeable regarding what I should and should not do while training pregnant. The general consensus is that Henry will certainly be a swimmer, but a sprinter for sure.



*Henry with Mom at 2 weeks.*

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## ***VMST NEWS***

► A brief team meeting was held at the end of Saturday's events at the Richmond meet. The main order of business was the election of officers. The new team President is Elizabeth Cohen. The other three officers were re-elected: Vice President - Bud Swiger, Secretary - Debbie Jaeger, Treasurer - Betsy Durrant.



*Elizabeth Cohen at a meet in Virginia Beach.*



## VMST News Continued

### ► A Little About Our New President

As a kid I was a year round nationally competitive synchronized swimmer and also participated in local summer swim team from ages 8 to 17.

I swam casually off and on through college (spending 1 year on the JMU club team), but got back into swimming more regularly about 6 years ago when I dabbled in triathlons. The best thing I got out of triathlons was discovering open water swimming. Over the last few years I have decided to focus primary on swimming, mostly training for open water swims and a few pool meets.

I joined USMS about 4 years ago and have been swimming for VMST (training at NOVA) for the last year. Since joining USMS, I have competed in pool swim meets in Richmond and Virginia Beach, USMS sanctioned open water events such as Chris Greene Lake and Jack King, and a few postal swims. I am planning to go to nationals this year in NC to swim “just for fun” since I don’t have any actual qualifying times.

I volunteered at Chris Green Lake for the last 2 years, assisting with everything from ordering t-shirts, securing sponsors, helping set up the course, taking a few unofficial photos, and manning the food table. I am looking forward to the opportunity to hopefully get more involved with VMST and would like to continue to make sure it is a place where swimmers of all abilities and interests feel welcome.

*Elizabeth Cohen*



### ► Relays, Relays, Relays

1. **Zones are April 13-15** at George Mason. The entry form is in this newsletter. If you are going and would like to swim relays, please let me (Betsy) know. As usual, I will get various team members to work on different age groups. Remember, there are 200, 400, and 800 relays.
2. **SC Nationals are April 25-29 in Greensboro.** Entries are due by March 23. Again, let me know what relays you can swim. All relays are 200 yards.
3. **World Championship in Italy in June.** Please let me know by April 1 if you are going. Entry deadline is April 23. I have to include relays with my individual entry.

### ► Meet in Richmond, February 11-12

**Nancy Miller** did a great job in organizing the meet, as usual. Nancy’s comment is that it is easy if you have the right people to help. Some of her experienced assistants: **Diane Cayce**, coach at NOVA, helps with pool arrangements and provides the wonderfully enthusiastic timers. **James Wolfle** receives entries, prepares and prints the heat sheets and does the results at the meet. **Molly Bittner** was in charge of the refreshments for the swimmers. **Paula Jones** was helping at the registration/awards table. Paula and **Heather Stevenson** were involved in getting lunch for the timers. **Randy Raggio** and his wife were the hosts for the super social – great food and a wonderful location. James gives a copy of the meet results to **Chris Stevenson** who gets them posted online so promptly. I am sure there are others involved who will mention next month. All in all, it is a great crew!!!

One of the highlights of the meet was seeing **Maria Kelleher** swim. She is a beautiful swimmer and who would guess that she is 99.

**Charlene Magee** swam in the meet. She has been so tied up with triathlons that I haven’t seen her at a meet in a long time.

### ◀ Part of the workout group from NOVA:

*Front – John Bristow, Cliff Parker, Elizabeth Cohen (our new President), Mike Wren*

*Back – Betsy Turner, Dave Holland, Coach Mark Kutz, Claire Russo, Bill Winters*

# Virginia LMSC SCM Top Ten 2011

Place	Event	Grp	Name	Age	Club	Time
10	1500 Free	18-24	Maria T Martinez	21	QMST	24:16.62M
7	200 Back		Christina Thoresen	24	UNAT	2:41.92M
10	100 IM		Kimberly N Thoresen	22	SUNF	1:13.90M
4	800 Free	25-29	Danielle E Myers	27	VMST	9:51.62M
6	50 Breast		Claire C Russo	28	VMST	37.34M
7	50 Breast		Danielle E Myers	27	VMST	37.70M
5	100 Breast		Claire C Russo	28	VMST	1:20.54M
6	200 Breast		Claire C Russo	28	VMST	2:58.24M
8	200 Fly		Amy C Charley	26	VMST	2:50.52M
4	400 IM		Danielle E Myers	27	VMST	5:32.11M
5	400 IM		Amy C Charley	26	VMST	5:32.86M
7	400 Free	30-34	Maura J Bolger	30	VMST	4:54.54M
4	800 Free		Maura J Bolger	30	VMST	9:57.80M
3	1500 Free		Maura J Bolger	30	VMST	18:38.38M
<b>1</b>	<b>200 Fly</b>		<b>Maura J Bolger</b>	<b>30</b>	<b>VMST</b>	<b>2:29.28M</b>
2	400 IM		Maura J Bolger	30	VMST	5:18.55M
6	100 Free	40-44	Ana Paula Grilo	42	UNAT	1:03.01M
6	200 Free		Ana Paula Grilo	42	UNAT	2:17.69M
4	400 Free		Ana Paula Grilo	42	UNAT	4:52.93M
7	100 Fly		Ana Paula Grilo	42	UNAT	1:12.18M
6	200 IM		Ana Paula Grilo	42	UNAT	2:38.83M
2	400 IM		Ana Paula Grilo	42	UNAT	5:24.17M
8	400 IM		Alison B Moore	41	VMST	5:52.56M
5	100 Free	50-54	Kelly Parker Palace	50	VMST	1:04.97M
2	200 Free		Kelly Parker Palace	50	VMST	2:19.73M
8	100 IM		Suzanne P Newell	53	VMST	1:18.10M
5	50 Free	55-59	Lisa A Bennett	55	VMST	31.28M
8	200 Free		Lisa A Bennett	55	VMST	2:38.08M
5	400 Free		Lisa A Bennett	55	VMST	5:24.64M
4	50 Breast		Lisa A Bennett	55	VMST	40.49M
3	100 Breast		Lisa A Bennett	55	VMST	1:28.43M
2	200 Breast		Lisa A Bennett	55	VMST	3:13.57M
8	50 Free	60-64	Shirley A Loftus-Charley	60	VMST	34.28M
2	100 Free		Shirley A Loftus-Charley	60	VMST	1:09.97M
2	200 Free		Shirley A Loftus-Charley	60	VMST	2:32.22M
2	400 Free		Shirley A Loftus-Charley	60	VMST	5:17.88M
<b>1</b>	<b>800 Free</b>		<b>Shirley A Loftus-Charley</b>	<b>60</b>	<b>VMST</b>	<b>10:39.12M</b>
2	1500 Free		Shirley A Loftus-Charley	60	VMST	19:59.92M
4	50 Back		Shirley A Loftus-Charley	60	VMST	41.18M
2	100 Back		Shirley A Loftus-Charley	60	VMST	1:27.00M
2	200 Back		Shirley A Loftus-Charley	60	VMST	3:00.89M
5	50 Breast		Shirley A Loftus-Charley	60	VMST	45.99M
4	100 Breast		Shirley A Loftus-Charley	60	VMST	1:35.83M
2	200 Breast		Shirley A Loftus-Charley	60	VMST	3:17.73M
7	50 Fly		Shirley A Loftus-Charley	60	VMST	38.27M

3	100 Fly		Shirley A Loftus-Charley	60	VMST	1:20.77M
2	200 Fly		Shirley A Loftus-Charley	60	VMST	3:08.25M
2	100 IM		Shirley A Loftus-Charley	60	VMST	1:24.67M
3	200 IM		Shirley A Loftus-Charley	60	VMST	2:52.64M
3	400 IM		Shirley A Loftus-Charley	60	VMST	6:03.26M
10	50 Free	65-69	Pam D Dameron	66	QMST	38.83M
9	100 Free		Pam D Dameron	66	QMST	1:28.31M
8	400 Free		Pam D Dameron	66	QMST	6:46.61M
3	800 Free		Pam D Dameron	66	QMST	13:29.82M
8	800 Free		Ida M Hlavacek	69	VMST	15:22.86M
10	800 Free		Susan E Marens	69	VMST	16:25.14M
2	1500 Free		Pam D Dameron	66	QMST	27:09.88M
7	1500 Free		Ida M Hlavacek	69	VMST	30:40.83M
10	50 Breast		Pam D Dameron	66	QMST	50.35M
7	100 Breast		Pam D Dameron	66	QMST	1:51.14M
4	200 Breast		Pam D Dameron	66	QMST	3:50.22M
10	200 Breast		Susan E Marens	69	VMST	4:24.80M
10	50 Fly		Ida M Hlavacek	69	VMST	54.37M
9	100 Fly		Ida M Hlavacek	69	VMST	2:00.79M
10	100 Fly		Susan E Marens	69	VMST	2:08.38M
7	200 Fly		Kathryn S Gregory	65	VMST	4:44.60M
8	200 Fly		Ida M Hlavacek	69	VMST	4:51.20M
7	400 IM		Ida M Hlavacek	69	VMST	9:04.24M
<b>1</b>	<b>50 Free</b>	70-74	<b>Beth Schreiner</b>	<b>70</b>	<b>VMST</b>	<b>35.66M</b>
<b>1</b>	<b>100 Free</b>		<b>Beth Schreiner</b>	<b>70</b>	<b>VMST</b>	<b>1:22.71M</b>
4	100 Free		Betsy Durrant	70	VMST	1:34.39M
<b>1</b>	<b>200 Free</b>		<b>Beth Schreiner</b>	<b>70</b>	<b>VMST</b>	<b>3:08.87M</b>
4	200 Free		Betsy Durrant	70	VMST	3:21.92M
7	200 Free		Laura S Walker	74	VMST	3:43.91M
<b>1</b>	<b>400 Free</b>		<b>Beth Schreiner</b>	<b>70</b>	<b>VMST</b>	<b>6:34.56M</b>
3	400 Free		Betsy Durrant	70	VMST	7:00.82M
4	800 Free		Betsy Durrant	70	VMST	14:43.00M
2	1500 Free		Betsy Durrant	70	VMST	28:08.35M
<b>1</b>	<b>50 Back</b>		<b>Beth Schreiner</b>	<b>70</b>	<b>VMST</b>	<b>46.29M</b>
4	50 Back		Betsy Durrant	70	VMST	49.47M
<b>1</b>	<b>100 Back</b>		<b>Beth Schreiner</b>	<b>70</b>	<b>VMST</b>	<b>1:41.96M</b>
3	100 Back		Betsy Durrant	70	VMST	1:49.80M
8	100 Back		Laura S Walker	74	VMST	1:58.79M
4	200 Back		Laura S Walker	74	VMST	4:11.23M
3	50 Breast		Betsy Durrant	70	VMST	52.36M
5	100 IM		Betsy Durrant	70	VMST	1:49.52M
<b>1</b>	<b>50 Free</b>	75-59	<b>Johnnie Detrick</b>	<b>76</b>	<b>VMST</b>	<b>37.33M</b>
<b>1</b>	<b>100 Free</b>		<b>Johnnie Detrick</b>	<b>76</b>	<b>VMST</b>	<b>1:29.25M</b>
2	50 Back		Johnnie Detrick	76	VMST	55.62M
<b>1</b>	<b>50 Breast</b>		<b>Johnnie Detrick</b>	<b>76</b>	<b>VMST</b>	<b>51.86M</b>
<b>1</b>	<b>100 Breast</b>		<b>Johnnie Detrick</b>	<b>76</b>	<b>VMST</b>	<b>1:57.94M</b>
2	200 Breast		Johnnie Detrick	76	VMST	4:21.43M



7	50 Fly		Johnnie Detrick	76	VMST	1:01.26M
<b>1</b>	<b>100 IM</b>		<b>Johnnie Detrick</b>	<b>76</b>	<b>VMST</b>	<b>1:48.05M</b>
<b>1</b>	<b>200 IM</b>		<b>Johnnie Detrick</b>	<b>76</b>	<b>VMST</b>	<b>4:07.63M</b>
8	50 Free	80-84	Jeanne H Meredith	83	VMST	58.78M
6	100 Free		Jeanne H Meredith	83	VMST	2:11.06M
6	200 Free		Jeanne H Meredith	83	VMST	4:37.28M
5	400 Free		Jeanne H Meredith	83	VMST	9:49.43M
10	50 Breast		Terry Sokolik	84	VMST	1:28.25M
2	50 Free	85-89	Marianna Berkley	89	VMST	1:05.80M
3	50 Free		Miriam K Tuovila	86	VMST	1:15.21M
2	50 Breast		Miriam K Tuovila	86	VMST	1:18.72M
<b>1</b>	<b>100 Breast</b>		<b>Miriam K Tuovila</b>	<b>86</b>	<b>VMST</b>	<b>2:52.81M</b>
<b>1</b>	<b>200 Breast</b>		<b>Miriam K Tuovila</b>	<b>86</b>	<b>VMST</b>	<b>6:11.83M</b>
2	200 Breast		Marianna Berkley	89	VMST	7:13.56M
2	100 IM		Miriam K Tuovila	86	VMST	2:58.82M
3	100 IM		Marianna Berkley	89	VMST	3:13.06M
5	100 Free	18-24	Lee J Robertson	23	UNAT	55.45M
5	400 Free		Jonas Steiert	22	UNAT	4:41.35M
3	50 Fly		Lee J Robertson	23	UNAT	26.28M
2	100 Fly		Lee J Robertson	23	UNAT	59.22M
6	1500 Free	25-29	Craig R Charley	28	RCA	19:25.76M
4	50 Back		Kevin S Mukri	26	UNAT	27.49M
4	100 Back		Kevin S Mukri	26	UNAT	59.38M
7	200 Free	30-34	Pieter A De Hart	33	STON	2:08.20M
3	400 Free		Adam S Barley	30	VMST	4:25.29M
<b>1</b>	<b>1500 Free</b>		<b>Adam S Barley</b>	<b>30</b>	<b>VMST</b>	<b>17:29.10M</b>
8	50 Back		Adam S Barley	30	VMST	30.45M
6	100 Back		Adam S Barley	30	VMST	1:03.19M
4	200 Back		Adam S Barley	30	VMST	2:20.29M
2	200 Breast		Adam S Barley	30	VMST	2:38.31M
3	100 Fly		Adam S Barley	30	VMST	59.54M
3	200 Fly		Adam S Barley	30	VMST	2:16.12M
9	200 IM		Adam S Barley	30	VMST	2:20.70M
2	400 IM		Adam S Barley	30	VMST	4:48.30M
<b>1</b>	<b>50 Back</b>	45-49	<b>Chris L Stevenson</b>	<b>47</b>	<b>VMST</b>	<b>27.23M</b>
<b>1</b>	<b>100 Back</b>		<b>Chris L Stevenson</b>	<b>47</b>	<b>VMST</b>	<b>58.20M</b>
<b>1</b>	<b>200 Back</b>		<b>Chris L Stevenson</b>	<b>47</b>	<b>VMST</b>	<b>2:09.04M</b>
8	100 Free	75-79	Owen C Maher	76	VMST	1:31.44M
7	800 Free		Carl Russ	76	VMST	17:20.96M
7	1500 Free		Richard A Scott	76	VMST	37:15.10M
10	200 Back		Carl Russ	76	VMST	4:18.30M
9	200 Breast		Richard A Scott	76	VMST	4:34.46M
8	50 Fly		Owen C Maher	76	VMST	49.49M
3	100 Fly		Owen C Maher	76	VMST	2:11.71M
4	200 Fly		Richard A Scott	76	VMST	6:04.76M
7	200 IM		Richard A Scott	76	VMST	4:28.02M
4	400 IM		Richard A Scott	76	VMST	9:51.83M

# Colonies Zone Short Course Yards Championship

**April 13 – 15, 2012**

Hosted by: George Mason University Swimming & Diving  
George Mason University Aquatic and Fitness Center, Fairfax, Virginia  
Sanctioned by Potomac Valley LMSC for USMS, INC. # 102-03

Welcome to the 2012 Colonies Zone Short Course Yards Championship meet. The swimming facility will be configured as two separate 8-lane competition courses, women in one course and men in the other, with both courses displayed on the scoreboard. The all deep-water lanes, overflow gutters and non-turbulent lane lines should allow for some very *fast* swimming! A separate 6-lane 25-yard pool will be available for continuous warm-up/cool-down throughout the meet.

**ENTRIES:** Online entries are preferred. **Online entry deadline is Friday April 6.** Paper entries must be postmarked by Friday March 30. Competitors may enter up to 5 individual events per day, plus relays. The meet is open to all Masters Swimmers holding a valid 2012 USMS registration card. **A COPY OF THIS CARD MUST ACCOMPANY YOUR MAILED ENTRY!** Age is determined by a swimmer's age on April 15, 2012. 2012 USMS rules and regulations apply.

**SEEDING:** Events will be seeded slowest to fastest. Women will swim in the shallow end on Saturday and the deep end on Sunday. Men will swim in the deep end on Saturday and the shallow end on Sunday. The 1000 and 1650 free will be seeded fastest to slowest, men and women combined.

**RELAYS:** Relay Deck Entries will be accepted **BEFORE 10am** Saturday and Sunday, or Friday night, or they may be mailed in with your meet entry. Relay Entry Forms are available at [www.patriotmasters.org](http://www.patriotmasters.org).

**DISTANCE EVENTS:** You must check in Friday night **BEFORE 5:30pm** for the 1000/1650 or you will be scratched. *Choose either the 1000 free or the 1650, not both.* The 1000 is limited to the first 80 entries received and will be swum in the shallow end. The 1650 is limited to the first 48 entries received and will be swum in the deep end. Please ask a friend to count for you in the distance freestyle races.

**PSYCH SHEETS:** Psych sheets and rosters will be available on our website [www.patriotmasters.org](http://www.patriotmasters.org) before the meet.

**AWARDS:** Medals will be awarded to the first three places in each age group, and to each member of a winning relay. Special Championship awards to the highest scoring team in three divisions: Large, Medium and Small Team. Individual events are scored 9-7-6-5-4-3-2-1, relays 18-14-12-10-8-6-4-2.

**RESULTS:** Available on-line at [www.patriotmasters.org](http://www.patriotmasters.org) and [www.colonieszone.org](http://www.colonieszone.org). Results will be submitted for Top-Ten recognition. Swimmers who are registered with USA-Swimming and want their times entered into the USA-Swimming SWIMS database should contact the meet director before the meet.

**DIRECTIONS:**

- **From the West:** Take I66 east to Route 123 (exit 60), south on Route 123 for 2.7 miles to Braddock Rd, left on Braddock, left on Sideburn, park in Lot C.
- **From the South:** Take I95 north to exit 160, north on Route 123 for 14.5 miles to Braddock Rd, right on Braddock, left on Sideburn, park in Lot C.
- **From the North:** Take I95 south to the Capitol Beltway (495), 495 west to Braddock Rd (exit 54), Braddock Rd west 5 miles to Sideburn, right on Sideburn, park in Lot C.

**HOTELS:** Mason Inn - 703-865-5705 (on campus)  
Courtyard Fairfax Fair Oaks - 703-273-6161 (3 miles from the pool)  
Holiday Inn Express - 703-359-2888 (2 miles from the pool)  
Fairfax Marriott at Fair Oaks - 703-352-2525 (4 miles from the pool)  
Springhill Suites Fairfax Fair Oaks - 703-691-7880 (3 miles from the pool)

**QUESTIONS:** Meet Director: Cheryl Ward (703) 425-1609 e-mail [cherylaward@yahoo.com](mailto:cherylaward@yahoo.com)

<b>Place Copy of USMS Card Here (Trimmed and Taped)</b>			<b>Please supply the following information also:</b>
USMS Number	Team		Daytime Phone Number:
Name:			Evening Phone Number:
Birth Date:	Age:	Sex:	E-mail:

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 the rules of USMS. (Rule Book Article 203.1)

**SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_

<b>WOMEN</b>			<b>MEN</b>		
Event #	Seed Time	Event Name	Seed Time	Event #	
<b><i>Friday April 13, 2012 (Warm-up at 5 pm – Meet Start at 6 pm)</i></b>					
1	_____	1000 Free	_____	1	
3	_____	1650 Free	_____	3	
<b><i>Saturday April 14, 2012 (Warm-up at 9 am – Meet Start at 10 am)</i></b>					
5	_____	100 Free	_____	6	
7	_____	200 Fly	_____	8	
9	(use relay form)	400 Mixed Free Relay	(use relay form)	9	
11	(use relay form)	200 Mixed Medley Relay	(use relay form)	11	
13	_____	50 Breast	_____	14	
15	_____	200 IM	_____	16	
17	_____	500 Free	_____	18	
19	_____	100 Back	_____	20	
21	_____	200 Breast	_____	22	
23	_____	50 Fly	_____	24	
25	(use relay form)	800 Free Relay	(use relay form)	26	
27	(use relay form)	400 Medley Relay	(use relay form)	28	
29	(use relay form)	200 Free Relay	(use relay form)	30	
<b><i>Sunday April 15, 2012 (Warm-up at 9 am – Meet Start at 10 am)</i></b>					
31	_____	200 Free	_____	32	
33	_____	100 IM	_____	34	
35	(use relay form)	800 Mixed Free Relay	(use relay form)	35	
37	(use relay form)	400 Mixed Medley Relay	(use relay form)	37	
39	(use relay form)	200 Mixed Free Relay	(use relay form)	39	
41	_____	50 Back	_____	42	
43	_____	100 Breast	_____	44	
45	_____	400 IM	_____	46	
47	_____	50 Free	_____	48	
49	_____	200 Back	_____	50	
51	_____	100 Fly	_____	52	
53	(use relay form)	400 Free Relay	(use relay form)	54	
55	(use relay form)	200 Medley Relay	(use relay form)	56	

**SURCHARGE (required)** \$ 20.00  
**Events @ \$5 each:** \$ \_\_\_\_\_  
**TOTAL FEE ENCLOSED:** \$ \_\_\_\_\_  
**CHECK PAYABLE TO:** PATRIOT MASTERS

**MAIL TO:** Cheryl Ward, Entries Chair  
 9821 Laurel St.  
 Fairfax, VA 22032  
**ENTRIES POSTMARKED:** March 30, 2012

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

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### *SCM Top Ten Times for 2011*



**BACKSTROKE**

**BREASTSTROKE**

**BUTTERFLY**

**FREESTYLE**

**IND MEDLEY**

**RELAY**

*A list of Top Ten times for our LMSC are on pages 7-9. This is the preliminary list and there could be a few changes. I went ahead and included it because I had room this month. I will include the Top Ten Relays next month.*

*There are a total of 37 swimmers, representing QMST, SUNF, VMST, RCA, STON, and Unattached (UNAT).*

*The first place finishers are denoted in bold type. Our LMSC is pretty good!!!*

*Patches are available through the USMS website.*