

# The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia  
January 15, 2013

## Long Course Zone Meet

By Betsy Durrant

VMST is hosting the Colonies Zone Long Course Championship in June. The meet will be June 22-23 in Richmond. We are fortunate to have access to the new Collegiate School Aquatics Center. While looking for information about the pool, I came across this description from the website of the architectural firm that designed the aquatic center

(<http://www.baskervill.com/portfolio/recreation/item/372-grap-aquatic-center> )

*Baskervill designed Central Virginia's first elite training and competition facility for the Greater Richmond Aquatics Partnership (GRAP).*

*The highlight of the new, 54,000-SF facility is the 50-meter competition pool from the 2008 USA Olympic Trials in Omaha. This historic pool, which saw nine World, 21 National, and 17 U.S. Open records broken during its tenure at the 2008 Olympic trials in Omaha, was completely deconstructed, relocated, and rebuilt in Richmond. The complex also includes a spacious, naturally-lit lobby, 25-yard multi-purpose training pool and a Hydroworx therapy pool, a grandstand capable of seating 700 spectators, as well as a grand lobby, community room, locker rooms, strength and conditioning room, and swim shop. Interior finishes take cues from the water itself in blue and green tones. Specialty materials and systems, among them load-bearing precast insulated panels, insulated concrete floors with a continuous vapor barrier, and energy recovery dehumidification systems, have been incorporated to protect the building from the potentially corrosive atmosphere inherent with indoor pool environments.*

*Built to inspire, the world-class Greater Richmond Aquatic Partnership Aquatic Center is the result of a collaboration of numerous Greater Richmond-area athletic organizations and educational institutions including Collegiate Schools, Trinity Episcopal School, Poseidon*

*Swimming, Richmond Kickers Youth Soccer Club, and Sports Backers. Committed to giving back to the community, GRAP will lend this facility to the Richmond Area elementary schools. It is the goal of GRAP to have every Richmond Area child swimming before they graduate from second grade.*

A lot of planning and work is involved to make this meet a success. Chris and Heather Stevenson are meet directors and are already hard at work. They will be requesting help from all of us who want to see a successful meet in this superior facility. Your first opportunity...

VMST is looking for sponsors for the LCM zones meet to be held in Richmond in June. We have the following sponsorship opportunities:

**BRONZE** Level Sponsorship: \$100 - advertisement in the meet program (1/4 page)

**SILVER** Level Sponsorship: \$200 - advertisement in the meet program (1/4 page) and logo on the meet website

**GOLD** Level Sponsorship: \$500 - advertisement in the meet program (1/4 page), logo on the meet website, and logo on the meet T-shirts

We also have a special opportunity for one company or individual to be the **social sponsor** (\$800).

Please contact Chris ([chrisl Stevenson@gmail.com](mailto:chrisl Stevenson@gmail.com)) or Heather Stevenson ([hns@usms.org](mailto:hns@usms.org)) if you are interested or have any further questions.





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

**Jan 19-20: Charlotte, NC,** [www.ncmasters.org](http://www.ncmasters.org)

**Feb 3: Tropical Splash, Alexandria, VA**  
[www.pvmasters.org](http://www.pvmasters.org)

► **Feb 9-10: VMST meet in Richmond**  
Entry is in this newsletter and at [www.vaswim.org](http://www.vaswim.org)

**Mar 16: Albatross Open, SCM**  
[www.pvmasters.org](http://www.pvmasters.org)

**April 19-21: Colonies Zone Championships**  
George Mason Univ

**May 9-12: USMS SC Nationals, Indianapolis**  
Make plans now! Online entry will be available.

**June 5-13: Pan American Meet, Sarasota, FL**

► **June 22-23: Colonies Zone LC Championship**  
Richmond, VA

### Newsletter Editor

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

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

**ONLINE Registration** for many meets:  
[www.clubassistant.com](http://www.clubassistant.com)

### LMSC Officers

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**Records and Top Ten: Chris Stevenson**  
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# Who are Chris and Heather?

**Chris and Heather Stevenson** are the meet directors for the LC Zone meet in June, but they both active in many other aspects of Masters Swimming. I asked each of them for a little background.

1. When and where did you start swimming competitively?

**Chris:** *I started swimming in a summer league in San Jose, CA; I think I was 6 or 7. I liked it immediately, especially butterfly; I started swimming year-round in an AAU club shortly thereafter. Even when we moved to Greece when I was 12 I kept at it, joining a local club team in Athens, swimming for them until I was almost 16 and we moved back to the states (Raleigh, NC).*

**Heather:** *Well, I failed beginner swimming lessons for several years because I didn't like to put my face in the water. I think I finally passed when I was around 8. I started swimming summer league the summer after 4<sup>th</sup> grade at Arlington Forest Club in Arlington, VA. I didn't swim year-round until high school (junior and senior year), but we did have junior high and high school swim teams back then and I swam on those teams.*

2. Did you swim in college?

**Chris:** *I swam at UNC-CH. Go Heels!*

**Heather:** *I was a walk-on at William and Mary.*

3. Noteworthy swimming achievements?

**Chris:** Chris declined to comment. See end of article.

**Heather:** *I swam 50M fly (LCM) once without being DQ'ed. I think that's a great achievement!!*

4. What is your education background?

**Chris:** *BS in Chemistry (UNC), PhD in Analytical Chemistry (U of Florida).*

**Heather:** *BS in Biology from William and Mary, Master of Environmental Management from Duke University, and, finally, JD from University of Richmond.*

5. When and where did you start participating in Masters Swimming?

**Chris:** *I started swimming Masters almost immediately after college, I was in Gainesville, FL, in my first year of graduate school. I didn't expect*

*to continue to swim competitively, I thought NCAAAs my senior year was my last meet. But I wanted to stay in shape so I joined a gym. They had a pool and I was doing some easy laps after my "real" workout, and I met Eney Jones, a UF swimming alum and (now) long time Masters swimmer. She told me about this fun group that met on weekday evenings at a local club to swim for a bit. It was a fun group, pretty many people roughly my age (and some older too) and we would sometimes go out Fridays after swim practice.*

**Heather:** *I had just moved to Tallahassee, FL in 1983 and didn't know anyone. One of the biologists at the agency I worked for was the coach of the local Masters team and I decided to see what that was all about. We swam at the outdoor pool at Florida A&M University. The FAMU marching dance band used to practice on the field next to the pool so I spent most of the practices kicking with a kickboard so I could listen and watch. I have been a Masters swimmer ever since (but none of the other pools I have worked out in had entertainment to equal that of the FAMU pool!).*

6. When and where did you two meet?

**Chris:** *Heather had been a member of that same Masters group (FAST Masters), although she had moved to Jacksonville by then. We met at a swim meet; I think we were on the same relay. We became friends pretty quickly and would sometimes travel to meets together, but we didn't start dating until 3-4 years later.*

**Heather:** *See Chris' answer!*

7. Tell me about your careers.

**Chris:** *I teach chemistry and environmental studies at the University of Richmond.*

**Heather:** *I was an environmental specialist (wetlands ecologist) for many years. After Chris and I got married and we moved to Virginia, I went to law school. I graduated from law school in 2000 and I became an environmental lawyer (and that's what I do now).*

8. Tell me about your volunteer involvement with Masters swimming, locally and nationally.

**Chris:** *Let's see...waaay back in the 90s (I think) Heather and I were co-editors of the newsletter, though we didn't last long, maybe 1-2 years. Too much work! We were busy with job and family for a long time, but I started getting involved with the*



LMSC around 2006. Terry Sue asked if I was interested in running for Vice Chair (she was running for Chair since Charlie Cockrell was stepping down). The idea of "giving back" to the sport I had been doing for most of my life appealed to me, so I said yes.

Alice Phillips was stepping down as Top 10 Recorder and I picked up that job too. Top 10 Recorder suits my personality, you have to be good with computers and numbers and pay attention to details. I got involved in the USMS Records & Tabulation Committee -- most of them are current or former Top 10 Recorders -- a year or two later, and have been chair of the committee since 2009. After Terry Sue stepped down I was LMSC Chair for a term, and I picked up the webmaster position when the previous one quit and we had some trouble finding a replacement.

**Heather:** Let's see -- Chris and I were newsletter co-editors a long time ago for VMST. I was the VMST President for a couple of years and now I am the LMSC Sanctions Chair and Review Chair. This is my first year volunteering at the National level and I am on the Open Water and Legislation Committees.

This next part is from an interview **Dave Holland** did for a "Masters Spotlight" article for the NOVA group.

Q: How often do you swim?

Chris: I like to swim 5 times a week but whether I get to that depends on work and family duties. I would prefer 6 times per week if I could.

Q: What motivates you to wake up and swim at 5:45am?

Chris: Actually when I finished college I swore up and down that I had done my very last AM swim practice. I stuck to that for a decade and swam in the evenings. But then I tried morning practices again and love it. Staying fit is my #1 reason for swimming and I like getting it "over with" early before I get tired or work/family distractions happen.

Q: Some people might be surprised to know that...

Chris: I was a very minor celebrity in Greece for a short period of time; swimming is significantly more popular there than here, and strangers would recognize me by sight. But back then my hair was chlorine-bleach white and I'm not exactly what one might consider olive-skinned: I stood out just a little

bit. I gave TV interviews, signed autographs, one of my relative even said I was the answer to a game-show question. My 15 minutes of fame.

**Editor's note:** Chris didn't bring this up, but I think it should be mentioned that he represented Greece in the 1984 Olympic games. He swam the 100 and 200 back and the 100 and 200 fly. His best finish was 12<sup>th</sup> in the 100 fly! Pretty impressive. In his present swimming career, Chris has set numerous national and world records.



**Heather and Chris cheering at Richmond meet.**

# 2012 USMS Top Ten LCM for Virginia LMSC

Place	Age Group	Event	Name	Age	Club	Time
1	W18-24	200 Fly	Elizabeth N Shaw	24	VMST	2:14.50M
1		200 IM	Elizabeth N Shaw	24	VMST	2:20.00M
7	W30-34	1500 Free	Deanne L Moosman	34	STON	21:33.71M
10		100 Back	Deanne L Moosman	34	STON	1:18.57M
9		200 Back	Deanne L Moosman	34	STON	2:48.60M
8	W40-44	400 IM	Alison B Moore	42	VMST	6:17.39M
2	W45-49	50 Free	Annette W Patterson	47	VMST	28.72M
4		50 Back	Annette W Patterson	47	VMST	34.03M
5		100 Back	Annette W Patterson	47	VMST	1:14.21M
8	W50-54	50 Breast	Patricia M Miller	50	VMST	40.33M
7		100 Breast	Patricia M Miller	50	VMST	1:30.63M
2		200 Breast	Patricia M Miller	50	VMST	3:17.62M
2	W55-59	200 Free	Susan K Skiff	58	VMST	2:31.44M
1		400 Free	Susan K Skiff	58	VMST	5:17.91M
1		800 Free	Susan K Skiff	58	VMST	10:55.15M
10		50 Fly	Susan Skiff	58	VMST	35.07M
4		100 Fly	Susan K Skiff	58	VMST	1:18.16M
1		200 Fly	Susan K Skiff	58	VMST	2:56.09M
6	W60-64	100 Free	Shirley A Loftus-Charley	61	VMST	1:15.53M
3		200 Free	Shirley A Loftus-Charley	61	VMST	2:41.19M
3		400 Free	Shirley A Loftus-Charley	61	VMST	5:26.83M
1		800 Free	Shirley A Loftus-Charley	61	VMST	11:09.58M
8		800 Free	Marcia L Barry	64	VMST	12:32.98M
1		1500 Free	Shirley A Loftus-Charley	61	VMST	20:57.33M
9		50 Back	Marcia L Barry	64	VMST	43.75M
3		100 Fly	Shirley A Loftus-Charley	61	VMST	1:28.18M
3		200 IM	Shirley A Loftus-Charley	61	VMST	3:02.99M
2		400 IM	Shirley A Loftus-Charley	61	VMST	6:21.20M
1	W70-74	50 Free	Beth Schreiner	71	VMST	35.65M
2		100 Free	Beth Schreiner	71	VMST	1:24.10M
1		200 Free	Beth Schreiner	71	VMST	3:13.78M
6		200 Free	Betsy Durrant	71	VMST	3:29.20M
3		400 Free	Betsy Durrant	71	VMST	7:07.46M
5		800 Free	Betsy Durrant	71	VMST	15:03.73M
6		1500 Free	Betsy Durrant	71	VMST	28:46.50M
10		1500 Free	Ida M Hlavacek	70	VMST	31:07.15M
4		50 Back	Beth Schreiner	71	VMST	46.11M
7		50 Back	Betsy Durrant	71	VMST	50.85M
8		50 Back	Ida M Hlavacek	70	VMST	51.61M
4		100 Back	Beth Schreiner	71	VMST	1:46.26M
7		100 Back	Betsy Durrant	71	VMST	1:53.63M
8		100 Back	Ida M Hlavacek	70	VMST	1:54.28M
6		200 Back	Ida M Hlavacek	70	VMST	4:11.65M
8		200 Back	Lucille Griffin	74	VMST	4:18.82M

9		50 Breast	Judy Martin	70	VMST	56.58M		
9		100 Breast	Susan E Marens	70	VMST	2:06.38M		
5		50 Fly	Lucille Griffin	74	VMST	52.30M		
7		50 Fly	Ida M Hlavacek	70	VMST	55.60M		
4		100 Fly	Lucille Griffin	74	VMST	1:58.82M		
5		100 Fly	Ida M Hlavacek	70	VMST	2:04.84M		
9		100 Fly	Susan E Marens	70	VMST	2:12.04M		
4		200 Fly	Ida M Hlavacek	70	VMST	5:01.19M		
5		200 IM	Ida M Hlavacek	70	VMST	4:17.21M		
7		200 IM	Susan E Marens	70	VMST	4:23.34M		
6		400 IM	Ida M Hlavacek	70	VMST	9:09.84M		
2	W75-79	50 Free	Johnnie Detrick	77	VMST	39.45M		
5		50 Free	Barbara M Zaremski	75	VMST	43.40M		
6		50 Free	Laura S Walker	75	VMST	43.73M		
2		100 Free	Johnnie Detrick	77	VMST	1:40.34M		
3		100 Free	Laura S Walker	75	VMST	1:40.67M		
4		100 Back	Laura S Walker	75	VMST	1:58.70M		
2		50 Breast	Johnnie Detrick	77	VMST	55.21M		
5		50 Breast	Laura S Walker	75	VMST	1:06.72M		
2		100 Breast	Johnnie Detrick	77	VMST	2:04.53M		
5		100 Fly	Barbara M Zaremski	75	VMST	2:39.08M		
1	M30-34	200 Fly	Barbara M Zaremski	75	VMST	5:49.70M		
2		400 IM	Barbara M Zaremski	75	VMST	10:00.73M		
6		400 Free	Adam S Barley	31	VMST	4:35.19M		
4		800 Free	Adam S Barley	31	VMST	9:11.27M		
9		800 Free	Pieter A de Hart	34	STON	10:23.11M		
8		1500 Free	Pieter A de Hart	34	STON	20:29.31M		
8		100 Back	Adam S Barley	31	VMST	1:07.17M		
7		200 Back	Pieter A de Hart	34	STON	2:36.77M		
9		100 Fly	Adam S Barley	31	VMST	1:01.99M		
5		200 Fly	Adam S Barley	31	VMST	2:20.39M		
2		200 IM	Adam S Barley	31	VMST	2:21.26M		
2		400 IM	Adam S Barley	31	VMST	5:04.36M		
10	M45-49	400 IM	Pieter A de Hart	34	STON	5:34.72M		
8		800 Free	Dave Holland	45	VMST	9:54.84M		
5		1500 Free	Dave Holland	45	VMST	18:37.38M		
4		200 Fly	Dave Holland	45	VMST	2:22.01M		
7		400 IM	Dave Holland	45	VMST	5:16.19M		
5	M70-74	400 Free	Sandy Galletly	70	VMST	6:08.31M		
4		800 Free	Sandy Galletly	70	VMST	12:51.37M		
4		1500 Free	Sandy Galletly	70	VMST	24:12.65M		
7		200 Back	Sandy Galletly	70	VMST	3:21.95M		
10	W240+	200 Free	VMST	2:41.11M	Braaten	Durrant	Hlavacek	Schreiner
5	X240+	400 Medley	VMST	7:32.18M	Walker	Butts	Swiger	Loftus-Charley
7	X280+	200 Free	VMST	2:38.89M	Schreiner	Durrant	Woods	Galletly
8	X280+	200 Medley	VMST	3:18.13M	Durrant	Galletly	Hlavacek	Woods

Relays
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## RELEASE

The following release must be dated, signed, and in possession of the Meet Director before the swimmer may compete. I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING UNITED STATES MASTERS SWIMMING, INC, THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

### Fill in the following information:

Date:		Signature:	
Name:		Sex:	USMS Reg. No.:
Address:			
City:		State:	Zip Code:
E-Mail Address:			
Age as of 2/10/2013:		Birthdate (Mo/Day/Yr):	
LMSC:	Club:	Phone (Day):	Phone (Night):

### SATURDAY, February 9

#### Warmups: 1-2 PM; Meets Starts: 2 PM

Women	Time	Event	Men	Time
1		200 IM	2	
3		200 Fly	4	
5		200 Breast	6	
7		200 Back	8	
9		1000 Free	10	
11		1650 Free	12	
13		400 IM	14	
15		500 Free	16	

#### ENTRY FEES

Total Events (both days) _____ x \$4.00:	
Surcharge:	\$7.00
Social (\$10.00/person):	
(number attending social: _____)	
<b>TOTAL AMOUNT ENCLOSED:</b>	

Make checks payable to:  
Virginia Masters Swim Team

### SUNDAY, February 10

#### Warmups: 7-8 AM; Meet Starts: 8 AM

Women	Time	Event	Men	Time
1		200 IM	2	
3		200 Fly	4	
5		200 Breast	6	
7		200 Back	8	
17		100 Free	18	
19		Novice 50 Fly	20	
21		50 Fly	22	
23		100 Breast	24	
25		Novice 50 Free	26	
27		50 Free	28	
29		100 IM	30	

#### BREAK

31		200 Free	32	
33		100 Back	34	
35		Novice 50 Breast	36	
37		50 Breast	38	
39		100 Fly	40	
41		Novice 50 Back	42	
43		50 Back	44	

#### RELAYS RELAYS RELAYS RELAYS

45		200 Medley Relay	46	
47		200 Free Relay	48	
49		200 Mixed Medley Relay	50	
51		200 Mixed Free Relay	52	

Questions? Contact Nancy Miller – (804) 338-1540 or [nancymillr@aol.com](mailto:nancymillr@aol.com) or James Wolfle – (804) 272-2485 or [wolfle@aol.com](mailto:wolfle@aol.com)

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**A COPY OF YOUR USMS REGISTRATION CARD MUST BE  
ENCLOSED FOR YOUR ENTRY TO BE ACCEPTED**



*Local Masters Swim Committee Newsletter*  
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*Note: The entry page for the Richmond Meet is in this newsletter. The information sheet can be found in last month's newsletter, at [www.vaswim.org](http://www.vaswim.org), or by calling your editor (757-422-6811). There is a new LMSC policy to reduce the number of pages in the newsletter.*



*Chris Stevenson?*

*VMST at Ft Lauderdale, 1995*