

# The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia  
April 15, 2014

## 400 Yard Kick for Time Corrections

In the March issue, I listed 7 VMST members, 1 STON swimmer, and 1 RCA member who participated in this postal event. I asked for you to let me know if I left anyone out. No surprise that I missed a few. Pieter deHart sent the following additions.

Hi Betsy,

I just wanted to point out one correction to the March Wet Gazette Newsletter- we had more than 1 member of STON participate in the 400 Kick for time. We also had:

**Ashley Swandby** (W 25-29, 7<sup>th</sup>, 9:22.11)

**Deanne Moosman** (W 35-39, 4<sup>th</sup>, 6:26.97)

**Jenny deHart** (W 35-39, 5<sup>th</sup>, 6:38.13)

**Patrick Bradley** (M45-49, 5<sup>th</sup>, 7:36.11)

You already noted Hank Mierzwa. If there's somewhere it can be corrected, or added to the next newsletter, that'd be great. I know we're not VMST, but we are Virginia! Thanks so much.

Congratulations to the STON team for getting such a good turnout.

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## Coaching Certification

LMSC Chair Patty Miller sent the following correspondence.

Good afternoon LMSC Chairs,

Many LMSC's offer information on their website about USMS Masters certification and we want to make sure you are offering the most current information available to your members.

In January of 2014, USMS brought the USMS Masters Certification process in-house and as a result, ASCA no longer processes the applications or issues the certificates for USMS coach certification. Following is updated information on the USMS Masters certification requirements.

See *Certification* on page 3.

## Relay All Americans

VMST President Elizabeth Cohen received the following message from Tracy Grilli in the USMS National Office.

“If you are receiving this message it is because one or more relays, made up of swimmers from your club, was the fastest relay in their event/age group in 2013 and have earned Relay All American honors!”

Elizabeth and I (Betsy) have a copy of the Relay All American Request form if anyone would like to purchase a Relay All American certificate and patch.

Joan Averette 77

Marianna Berkley 91

Betsy Durrant 71

Kate Hibbard 29

S Loftus-Charley 62

Jeanne H Meredith 85

Ken Novell 71

Beth Schreiner 72

Terry Sokolik 86

Marcia L Barry 65

Johnnie Detrick 78

Edward Gaulrapp 71

Ida M Hlavacek 71

Judy Martin 70

Danielle E Myers 29

Claire C Russo 30

Maura J Smith 32

Laura S Walker 75

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## FINA Top Ten Lists

From Chris Stevenson:

Here is the post for the world rankings:

<http://www.vaswim.org/2014/03/2013-world-rankings/>

I have attached some files too. I had to do these manually so there can always be mistakes.

But before I start getting emails about mistakes: one thing that people should realize is that **FINA does not recognize some swims that USMS recognizes, so some times that appear on the USMS Top 10 lists don't appear on the FINA lists even if they are fast enough.** Times from Recognized meets are a good example; all the

See *FINA* on page 3.



If you do not have internet access and need an entry, contact me (address and phone below) and I will send you a copy. *Betsy*

WAVA Postal Event, through August 31, 2014:  
*Butterfly is Not a Crime.*

May 1-4: USMS SC Nationals, Santa Clara, CA

June 7: LCM: Eastern North Carolina Spring Splash. Goldsboro NC

June 21: Commonwealth Games, Christiansburg  
Entry is in this newsletter.

Aug 3-10: FINA Worlds in Montreal

Aug 13-17: USMS LC Nationals in  
College Park, MD

*Let's have a big turnout of Virginia swimmers at LC in Maryland. Make plans now!*

### Newsletter Editor

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

#### Open Water Events:

°VB Life Saving Service Series (not USMS):

June 15, July 20, August 16, [vbbs.org](http://vbbs.org)

°Chris Greene Lake, July 12. Entry will be in next newsletter.

°Lake Moomaw, August (no info yet)

°Reston Masters May 24-25

°Peluso Open Water Swims (not USMS):

Apr 19, May 31, Aug 23. [pelusoopenwater.com](http://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)

ONLINE Registration for many meets:

[www.clubassistant.com](http://www.clubassistant.com)

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### LMSC Officers

Chair: Patty Miller

[pmillerswmr@gmail.com](mailto:pmillerswmr@gmail.com)

Vice Chair: Charlie Tupitza

[ctupitza@warrentonmasters.org](mailto:ctupitza@warrentonmasters.org)

Secretary: Pam Dameron

[cpdameron@comcast.net](mailto:cpdameron@comcast.net)

Treasurer: Charlie Cockrell

[Charles.Cockrell@alumni.virginia.edu](mailto:Charles.Cockrell@alumni.virginia.edu)

Registrar: Shirley Loftus-Charley

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Sanctions: Heather Stevenson

[hns@usms.org](mailto:hns@usms.org), 804-282-0124

Records and Top Ten: Chris Stevenson

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

*Certification continued from page 1.*

The USMS Coaches Committee and Club and Coach Services have developed and currently offer, three levels of Masters coach certification. The courses are taught in classroom settings throughout the country by USMS-certified instructors. At the conclusion of the courses, USMS issues certification to successful candidates.

If you're already an [American Swimming Coaches Association](#)-certified coach and have completed the ASCA Masters track prior to December 1, 2010, you'll continue to have your Masters certification recognized by USMS, regardless of your current ASCA membership status, as long as you maintain your USMS membership. However, you're invited to take these adult-specific courses, for which you'll earn credits toward ASCA's continuing education requirements.

To Become a USMS Certified Masters Coach, you must:

- Be a member of USMS
- Attend the Masters coach certification course
- Successfully complete the end-of-course tests

USMS values ASCA's service as an advocate for the swim coach profession and the sport of swimming and encourages all swim coaches to consider ASCA membership.

ASCA recognizes the USMS Masters coach certification course and will issue ASCA Masters coach certification to their members who:

- Attend the USMS Masters coach certification course
- Submit the required documents to ASCA:
  - ASCA Certified Masters Coach application
  - Completed tests from any USMS coach certification courses.
- Join ASCA - Membership fee is \$70 for one year. More information about ASCA may be found here: [www.swimmingcoach.org](http://www.swimmingcoach.org)

Certification Process:

- Upon successful completion of the classroom coursework, including all required applications and successfully completed tests, each person will be awarded USMS Level 1 or 2 Certified Masters Coach certification.

- Coaches desiring optional ASCA Masters coach certification must complete the classroom coursework and submit all required membership, applications and completed tests directly to ASCA.

If you have any questions about Coach Certification, please do not hesitate to contact me.

Marianne

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Marianne Groenings

Programs and Services Manager| U.S. Masters Swimming

[941-556-6283](tel:941-556-6283) | [mgroenings@usms.org](mailto:mgroenings@usms.org)

<http://usms.org> |

<http://facebook.com/usmastersswimmingfanpage>

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*FINA continued from page 1.*

swims from the LCM Commonwealth Games are not recognized by FINA, neither are swims at USA-S meets (we lost a few swims this way). FINA also does not recognize swimmers who are younger than 25 years old; that means the 18-24 age group doesn't count, and even relays that are old enough to fit into an age group are ineligible if they have one swimmer who is younger than 25 (we lost one relay this way).

Also, sometimes people confuse the FINA and USMS Top 10 lists. The FINA lists are for world rankings, the USMS is US only.

Editor's Notes:

1. Chris also pointed out to me that the lists I published last month were **draft** lists. There could be a few corrections for the final list. Check at [usms.org](http://usms.org). Select "Events and Results" and then "Top Ten."
2. This list is for SC and LC Meter meets. FINA does not recognize yard meets. Most of these times were achieved at the Zone LC meet in Richmond (LC) and Virginia Beach Meet (SC).
3. Most of the relays listed for our LMSC are for the longer relays (400 and 800).

See lists pages 6-7.

## **FINA Top Ten Performances in 2013 from LMSC Members**

Place	Name	Club	Gender	Age Group	Event	Course	Time
8	Adam Barley	VMST	Men	30-34	200 Fly	SCM	2:13.62
5	Adam Barley	VMST	Men	30-34	200 Fly	LCM	2:15.95
9	Adam Barley	VMST	Men	30-34	400 IM	LCM	5:00.34
8	Calvin Barnes	VMST	Men	85-89	800 Free	LCM	23:21.53
3	Calvin Barnes	VMST	Men	85-89	1500 Free	LCM	38:55.89
7	Marcia Barry	VMST	Women	65-69	200 Free	SCM	2:53.82
4	Marcia Barry	VMST	Women	65-69	400 Free	SCM	5:56.44
2	Marcia Barry	VMST	Women	65-69	800 Free	SCM	12:06.10
1	Marcia Barry	VMST	Women	65-69	1500 Free	SCM	22:58.42
1	Marcia Barry	VMST	Women	65-69	200 Back	SCM	3:13.92
9	Marcia Barry	VMST	Women	65-69	100 Free	LCM	1:19.18
5	Marcia Barry	VMST	Women	65-69	200 Free	LCM	2:52.42
2	Marcia Barry	VMST	Women	65-69	400 Free	LCM	6:04.97
10	Marcia Barry	VMST	Women	65-69	50 Back	LCM	42.77
6	Marcia Barry	VMST	Women	65-69	100 Back	LCM	1:34.07
8	Marcia Barry	VMST	Women	65-69	200 Back	LCM	3:27.49
10	Marianna Berkley	VMST	Women	90-94	50 Free	SCM	1:18.70
5	Marianna Berkley	VMST	Women	90-94	50 Back	SCM	1:25.39
8	Marianna Berkley	VMST	Women	90-94	50 Breast	SCM	2:05.91
6	Marianna Berkley	VMST	Women	90-94	100 Breast	SCM	4:22.65
3	Johnnie Detrick	VMST	Women	75-79	50 Free	SCM	39.21
2	Johnnie Detrick	VMST	Women	75-79	100 Free	SCM	1:30.21
8	Johnnie Detrick	VMST	Women	75-79	100 IM	SCM	1:50.40
6	Johnnie Detrick	VMST	Women	75-79	200 IM	SCM	4:08.06
2	Johnnie Detrick	VMST	Women	75-79	50 Free	LCM	38.06
6	Len Gushe	UC12	Men	50-54	200 Free	LCM	2:08.11
7	Len Gushe	UC12	Men	50-54	400 Free	LCM	4:33.11
5	Len Gushe	UC12	Men	50-54	800 Free	LCM	9:29.69
4	Len Gushe	UC12	Men	50-54	100 Back	LCM	1:05.54
3	Len Gushe	UC12	Men	50-54	100 Fly	LCM	1:02.05
5	Len Gushe	UC12	Men	50-54	200 Fly	LCM	2:27.35
5	Len Gushe	UC12	Men	50-54	200 IM	LCM	2:23.93
3	John Hogan	VMST	Men	25-29	1500 Free	LCM	17:46.06
3	Shirley Loftus-Charley	VMST	Women	60-64	200 Free	SCM	2:34.05
4	Shirley Loftus-Charley	VMST	Women	60-64	400 Free	SCM	5:27.85
2	Shirley Loftus-Charley	VMST	Women	60-64	800 Free	SCM	11:00.23
1	Shirley Loftus-Charley	VMST	Women	60-64	1500 Free	SCM	21:05.88
4	Shirley Loftus-Charley	VMST	Women	60-64	200 Back	SCM	3:04.30
8	Shirley Loftus-Charley	VMST	Women	60-64	200 Breast	SCM	3:24.52
8	Shirley Loftus-Charley	VMST	Women	60-64	100 Fly	SCM	1:28.03
1	Shirley Loftus-Charley	VMST	Women	60-64	200 Fly	SCM	3:08.31
8	Shirley Loftus-Charley	VMST	Women	60-64	100 IM	SCM	1:25.10
2	Shirley Loftus-Charley	VMST	Women	60-64	200 IM	SCM	3:00.75
1	Shirley Loftus-Charley	VMST	Women	60-64	400 IM	SCM	6:09.68
7	Shirley Loftus-Charley	VMST	Women	60-64	200 Free	LCM	2:40.80
3	Shirley Loftus-Charley	VMST	Women	60-64	400 Free	LCM	5:31.37

## **FINA Top Ten Performances in 2013 from LMSC Members**

Place	Name	Club	Gender	Age Group	Event	Course	Time
3	Shirley Loftus-Charley	VMST	Women	60-64	800 Free	LCM	11:14.64
<b>1</b>	<b>Shirley Loftus-Charley</b>	<b>VMST</b>	<b>Women</b>	<b>60-64</b>	<b>1500 Free</b>	<b>LCM</b>	<b>21:01.19</b>
8	Shirley Loftus-Charley	VMST	Women	60-64	200 Back	LCM	3:12.24
7	Shirley Loftus-Charley	VMST	Women	60-64	200 Breast	LCM	3:32.69
3	Shirley Loftus-Charley	VMST	Women	60-64	200 Fly	LCM	3:15.37
2	Shirley Loftus-Charley	VMST	Women	60-64	400 IM	LCM	6:26.86
9	Jeanne Meredith	VMST	Women	85-89	50 Free	SCM	1:01.31
7	Jeanne Meredith	VMST	Women	85-89	100 Free	SCM	2:17.95
5	Jeanne Meredith	VMST	Women	85-89	200 Free	SCM	5:03.93
9	Norman Rainer	VMST	Men	85-89	200 Breast	LCM	5:54.71
8	Beth Schreiner	VMST	Women	70-74	50 Free	LCM	36.63
8	Beth Schreiner	VMST	Women	70-74	400 Free	LCM	6:52.79
6	Chris Stevenson	VMST	Men	45-49	800 Free	LCM	9:25.10
2	Chris Stevenson	VMST	Men	45-49	1500 Free	LCM	17:49.63
2	Chris Stevenson	VMST	Men	45-49	100 Back	LCM	1:04.05
6	Chris Stevenson	VMST	Men	45-49	200 Back	LCM	2:22.25
4	Chris Stevenson	VMST	Men	45-49	100 Fly	LCM	1:00.90
9	Miriam Tuovila	VMST	Women	85-89	100 Breast	SCM	3:07.96
9	Miriam Tuovila	VMST	Women	85-89	100 IM	SCM	3:06.41
6	Barbara Zaremski	VMST	Women	75-79	200 Fly	SCM	5:37.00
5	Barbara Zaremski	VMST	Women	75-79	400 IM	SCM	10:04.63
<b>1</b>	<b>Loftus-Charley, Walker, Detrick, Barry</b>	<b>VMST</b>	<b>Women</b>	<b>280-319</b>	<b>200 Free Relay</b>	<b>SCM</b>	<b>2:34.24</b>
7	Averette, Berkley, Sokolik, Meredith	VMST	Women	320-359	200 Free Relay	SCM	4:33.41
<b>1</b>	<b>Detrick, Walker, Barry, Loftus-Charley</b>	<b>VMST</b>	<b>Women</b>	<b>280-319</b>	<b>400 Free Relay</b>	<b>SCM</b>	<b>5:38.90</b>
2	Barry, Detrick, Loftus-Charley, Walker	VMST	Women	280-319	400 Medley Relay	SCM	6:32.81
5	Scott, Broderick, Sikora, Miller	VMST	Mixed	280-319	800 Free Relay	SCM	18:59.17
<b>1</b>	<b>Barry, Walker, Detrick, Loftus-Charley</b>	<b>VMST</b>	<b>Women</b>	<b>280-319</b>	<b>800 Free Relay</b>	<b>SCM</b>	<b>12:53.99</b>
7	Richardson, Nelson, Miller, Brundage	VMST	Men	240-279	400 Free Relay	LCM	5:30.24
4	Gaulrapp, Schreiner, Durrant, Novell	VMST	Mixed	280-319	400 Free Relay	LCM	6:07.36
8	Feldmann, Jaeger, Speer, Boslego	VMST	Women	200-239	400 Free Relay	LCM	5:24.71
<b>1</b>	<b>Barry, Detrick, Walker, Loftus-Charley</b>	<b>VMST</b>	<b>Women</b>	<b>280-319</b>	<b>400 Free Relay</b>	<b>LCM</b>	<b>5:45.80</b>
2	Hibbard, Russo, Smith, Myers	VMST	Women	120-159	400 Medley Relay	LCM	4:55.20

Congratulations to all of the swimmers listed.

Special congratulations to those who finish FIRST in the WORLD rankings:

Marcia Barry - 2 events

Shirley Loftus-Charley - 4 events

4 relays composed of Marcia Barry, Shirley Loftus-Charley, Laura Walker, Johnnie Detrick

Please note that Norm Rainer, 85-89, placed in the 200 breaststroke. After several years of not being able to compete, Norm swam in the LC meet in Richmond. What a noteworthy performance!

**SUBWAY COMMONWEALTH GAMES OF VIRGINIA  
LONG COURSE STATE SWIM MEET FOR 18 AND UP**

Recognized by LMSC for VIRGINIA for USMS, INC., Recognition No. 124-R001

**DATE:** Saturday, June 21, 2014

**LOCATION:** Christiansburg Aquatic Center, 595 North Franklin Street, Christiansburg, VA

**FACILITY:** 8 Lane, 50 Meter Pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-ups and cool-downs. **Pool has been measured and certified for USMS records and Top Ten.**

**SPONSORED BY:** Virginia Amateur Sports, Inc. and Virginia Masters Swim Team

**MEET DIRECTORS:** Howard Butts (lvswimn@comcast.net) and John Pero ([jdpero@cox.net](mailto:jdpero@cox.net))

**MEET REFEREE:** Susan Munson

**ELIGIBILITY:** This is a USMS recognized meet for purposes of USMS Records and Top Ten times by USMS swimmers. Standard USMS age groups will be used (18-24, 25-29, 30-34, 35-39, etc). For meets held in 50 meter pools, your age as of December 31, 2014 is considered your swimming age for the meet. All USMS swimmers **must** include a copy of your registration card with your entry or submit it at the meet for times to be submitted for USMS Records and Top Ten consideration.

**ORDER OF EVENTS:** Warm-ups: 8:30 am to 9:30 am. Meet starts at 10:00 am. Swimmers will be able to enter the facility by 8:00 am.

<b>Evt #</b>	<b>Event</b>	<b>Evt #</b>	<b>Event</b>
1	800 meter freestyle	12	50 meter butterfly
2	200 meter medley relays (women/men/mixed)*	13	200 meter breaststroke
3	400 meter free relays (women/men/mixed)*	14	100 meter backstroke
4	50 meter breaststroke	15	400 meter freestyle
5	200 meter individual medley	16	400 meter medley relays (women/men/mixed)*
6	200 meter backstroke	17	200 meter butterfly
7	50 meter freestyle	18	50 meter backstroke
8	100 meter butterfly	19	100 meter freestyle
9	100 meter breaststroke	20	200 meter free relays (women/men/mixed)*
10	400 meter individual medley	21	1500 meter freestyle
11	200 meter freestyle	22	800 meter free relays (women/men/mixed)*

\*Relays: There will be one heat of each relay; Women, Men and Mixed relays will be swum in the same heat. All relays will be deck entered.

**ENTRIES:** \$13.00 per event; \$10.00 surcharge to help defray cost of equipment rentals, mailing, medals, etc. Relays will cost \$15.00 per each relay entered. Relays will be deck entered and deck seeded. Swimmers may enter up to five (5) individual events plus relays. If entering 5 events please mail in registration & payment in order to receive a \$15 discount (after mail in fee)! *With the discount 5 events is \$45 – discount NOT available through online registration.* **There will be an additional \$5.00 fee for all mail-in registrations.**

**ENTRY DEADLINES: ENTRIES ARE DUE BY JUNE 13, 2014.** Be sure to sign the liability waiver. If you are a registered USMS swimmer, you must provide a copy of your 2013 USMS card. Paper entries should be mailed to the address at the bottom of this page. **Online entries are available at [www.Commonwealthgames.org](http://www.Commonwealthgames.org).**

**RULES:** Current USMS rules on Masters swimming will apply. No one will swim alone in a heat. 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 marshal who will monitor warm-ups. No diving during warm-ups except in designated lanes.

**AWARDS:** Medals will be awarded for 1st through 3rd places in each event in each age group and also for relays.

**SUBWAY COMMONWEALTH GAMES OF VIRGINIA  
LONG COURSE STATE SWIM MEET FOR 18 AND UP**

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_ SEX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

AGE (12/31/2014): \_\_\_\_\_ PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

USMS#: \_\_\_\_\_ USMS TEAM: \_\_\_\_\_

(Attach copy of your registration card if you are a registered USMS swimmer. If you are not a registered USMS swimmer, you do not have to complete the USMS number and team information.)

**All participants must sign the following liability waiver:**

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 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.*

<b>Evt #</b>	<b>Seed Time</b>	<b>Event</b>	<b>Evt #</b>	<b>Seed Time</b>	<b>Event</b>
1		800 meter freestyle	12		50 meter butterfly
2		200 meter medley relays (womens/men/mixed)*	13		200 meter breaststroke
3		400 meter free relays (womens/men/mixed)*	14		100 meter backstroke
4		50 meter breaststroke	15		400 meter freestyle
5		200 meter individual medley	16		400 meter medley relays (w/m/mxd)*
6		200 meter backstroke	17		200 meter butterfly
7		50 meter freestyle	18		50 meter backstroke
8		100 meter butterfly	19		100 meter freestyle
9		100 meter breaststroke	20		200 meter free relays (w/m/mxd)*
10		400 meter individual medley	21		1500 meter freestyle
11		200 meter freestyle	22		800 meter free relays (w/m/mxd)*

Number of Events \_\_\_\_\_ x \$13.00= \_\_\_\_\_

\$10.00 surcharge per entry \_\_\_\_\_ \$10.00

\$15.00 relay fee per relay: \_\_\_\_\_ x \$15.00= \_\_\_\_\_

**Total amount included:** \_\_\_\_\_

**MAKE CHECKS PAYABLE TO:**  
VIRGINIA AMATEUR SPORTS, INC.  
711-C 5th Street, NE  
Roanoke, VA 24016

*Get additional waiver from [vaswim.org](http://vaswim.org) or from the Editor.*

*Local Masters Swim Committee Newsletter*  
*Betsy Durrant, Editor*  
*211 66<sup>th</sup> Street*  
*Virginia Beach, VA 23451-2040*

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*Permit #3022*

## ***Odds and Ends***

1. From the Swimming World Magazine website:

31 of The Most Exotic Pools on Earth ...Except #10 Which Is Horrifying. [www. Lifebuzz.com/pools](http://www.Lifebuzz.com/pools)

2. From Mike Dougherty, former VMST member, now living and swimming in Montana.

Hi Betsy,

Thought your Virginia swimmers might be interested in this cool new pace watch being marketed by one of our swimmers. <http://brilliantswim.com/>

Hope all is well on the coast. You going to Santa Clara? Hope to see you there.



Editor's Note: I'm not trying to sell these, I just thought it was a unique idea – a pace clock on your wrist.

3. Notice from the USMS National Office: USMS is pleased to announce a new partnership with **Life Time Fitness** that will provide USMS members access to swim in a Masters Swimming program at 76 Life Time Fitness locations across the U.S.