

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
January 15, 2015

Register for 2015 NOW

If you have not renewed for 2015, do so immediately. Don't wait until you need it, get it done now. Go to www.usms.org. If you need a paper form, go to www.vaswim.org or contact your editor (see page 2).

The One Hour Swim National Championship Postal Event

By Betsy Durrant

Make arrangements with your pool to swim this event. I confess that I counted for others for many years, but refused to do it. My first time was around age 65. Don't wait until you are that old. I can't say I enjoy the swim, but I have a wonderful feeling of accomplishment when I finish. It is a good test of your training as you compare times from year to year.

By the time this issue goes out, we will have held our swim in Virginia Beach (January 11). We use 3 lanes for about 3 ½ hours. It takes about 10 minutes between heats. We swim two to a lane (no circle swimming). Everyone swims one heat and times for another. Because the timers record splits for each 50, you can really tell how well you hold your pace. We try to arrange additional swims right after workout for those who can't make it on the assigned day.

As one swimmer pointed out, it doesn't matter how slow you are; no one has to wait for slower swimmers to finish. Everyone starts together and finishes together. Different strategies are used. A few of the regulars stop for about 10 seconds every 500. Others keep swimming, but break up the hour mentally into warm-up, some 200s, 100s and 50s. It's a mental game. Come up with your own strategy and give it a try.



Results

Colonies Zone Smackdown

By Betsy Durrant

With information from Chris Stevenson

We tried a new idea this year for the Colonies Zone SCM Championship. We had two meets: Boston and Manassas. The ten LMSCs in the zone were divided into North and South. Both meets were held the same weekend. After the results of both meets were published, Chris Stevenson rescored the meet by LMSC and combined scores for North and South. The final score was: North 8992 and South 2033. Results are posted at www.vaswim.org.

Why was there such a big difference? Participation is probably the reason. The Boston meet is an well-established meet and had 466 entries. The South meet was new this year. The meet had only 121 entries. I hope this idea can be repeated. We know we are good swimmers, but we have to show up to prove it. With more time for publicity, we can do it.

Team scores for the South meet were: VMST 443, Terrapin Masters 252, Lane 4 Swimming 167. VMST had only 14 swimmers; it is evident that none of our teams were able to get a big turnout. Individual High Point Awards were given. I am not sure how many places received awards. Greg Harris, VMST, was first for the men. Shirley Loftus-Charley was first for the women. See additional photos on pages 2 and 3.

Shirley and Greg with high point awards. Denise (middle) with team award.





If you need an entry and do not have access to email, call me and I will sent you an entry. Betsy

January 31 and February 1. 41st Annual Sunbelt Championships SCY Meet, Charlotte, NC

February 7-8: VMST meet in Richmond
Entry is in this newsletter.

February 20-21: North Myrtle Beach, SC

March 1: Greensboro, NC

March 28-29: NC Champs, Cary, NC

April 10-12: Zone Champs, George Mason U.

April 23-26: USMS Nationals, San Antonio

Newsletter Editor

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Denise Letendre and Mariah Dudley at Zone



LMSC for Virginia Website:

www.vaswim.org

USMS Website: www.usms.org

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland: www.maryland@usms.org

Potomac Valley: www.PVMasters.org

Colonies Zone: www.ColoniesZone.org

Dixie Zone: www.DixieZone.org

ONLINE Meet Registrations:

www.clubassistant.com

LMSC Officers

Chair: Dave Holland

henrydafif@aol.com

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dml2jd@virginia.edu

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alicephillips@trinityes.org

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Charles.Cockrell@alumni.virginia.edu

Registrar: Shirley Loftus-Charley

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hns@usms.org, 804-282-0124

Records and Top Ten: Chris Stevenson

chrisl Stevenson@usms.org, 804-282-0124

Graphics from www.swimgraphics.com

3000/6000 Yard National Championship Postal Event

Results for the postal event are as follows:

UC12 (Unattached)

Peter Lilehei, 41, 2nd 3000, 37:34:46

Patricia Wells, 60, 17th 3000

Jauntianne Saleigh, 32, 7th 3000, 1:06:53.35

QMST

Opal Brink, 19, 8th 3000, 40:02.64

Kristen Conner, 47, 9th 3000, 47:58.87,
4th 6000, 1:33.39.62

Alicia Dalton, 44, 8th 3000, 44:46.34

Pam Dameron, 69, 6th 3000, 53:23.34
3rd 6000, 1:49:59.79

Amy Howard, 50, 22nd 3000

Cleary May, 44, 20th 3000; 7th 6000, 1:59.34.33

3000 Relays:

18+ Women, 5th, Howard, Brink, Dalton

35+ Women, 4th, Dameron, Connor, Maly

6000 Relay:

18+ Women, 1st, Dameron, Connor, Brink

VMST

Jorge Cortina, 55, 6th 3000, 39:52.78

Betsy Durrant, 73, 3rd 3000, 59:07.99

Stacy Hartman, 36, 12th 3000

**Shirley Loftus-Charley, 62, 1st 3000, 38:40.12;
1st 6000, 1:18:47.31**

Mary Ann Peterson, 54, 25th 3000

Mitch Saks, 56, 3rd 6000, 1:22:47.99

Nancy Speer, 51, 9th 6000, 1:31:25.99

Ralph Swiger, 58, 8th 6000, 1:49:54.32

6000 Relay:

45+ Mixed, 3rd, Loftus-Charley, Swiger, Speer,
Saks

RCA

Ellen Mayock, 49, 19th 3000

Craig Charley, 31, 3000, 12th



LCM 2014 Season Wrap-Up

By Chris Stevenson, December 2014

The final Top 10 lists for the 2014 long-course season (LCM14) have been published. The season ran from Oct 1, 2013 thru Sept 30, 2014. Swimmers from our LMSC figured prominently in these lists as usual: 119 ranked individual swims and 18 ranked relays. There were 32 swimmers who had at least one Top 10 swim; **Denise Letendre** led the pack with nine ranked swims, followed closely by a trio of swimmers with eight rankings: **Marcia Barry, Ida Hlavacek,** and **Chris Stevenson**. There were five individuals who had at least one top-ranked swim in an event: **Beth Schreiner (2), Johnnie Detrick, Lucille Griffin, John Hogan,** and **Chris (3).**

There were also four relays that were ranked tops in the country, all in the Women's 280-319 age group. The most impressive Top 10 result had to be in the 200 Free Relay in this age group, where VMST posted not just the #1 but also the #2 time with four *completely different swimmers*. **Wow!** But VMST was not the only game in town this season, with two POWM relays achieving ranked swims.

As usual, more details on these and other recent Top 10 achievements are available on our website. Anyone making a Top 10 list can order Top 10 patches to commemorate the achievement. Nicely-formatted booklets are also available for download or order.

The LMSC record book was also re-written in the past season: 49 new LCM records were set, led by **Greg Harris** with seven records, while Denise and Chris each set six new standards. Lucille and Chris also set five zone records between them. But even these fine swims were overshadowed by the four national records and one world record set by the powerhouse 280-319 women relays from VMST! Congratulations to everyone on a great season!

Greg Harris and Kirk Clear at Zone Smackdown

←

Top Ten LCM Relays

5	Men	200-239	200 Free Relay	Stevenson, Holland, Harris, Deppe	VMST	1:49.32
5	Women	120-159	200 Free Relay	Strobl, Andres, Phillips, Joslin	POWM	2:03.13
6	Women	160-199	200 Free Relay	Van Horn Pate, Jaeger, Russo, Letendre	VMST	2:04.01
1	Women	280-319	200 Free Relay	Detrick, Schreiner, Gault, Barry	VMST	2:29.97
2	Women	280-319	200 Free Relay	Walker, Hlavacek, Boslego, Durrant	VMST	2:53.97
5	Mixed	100-119	200 Free Relay	Letendre, Dudley, Ericson, Hogan	VMST	1:53.72
10	Mixed	280-319	200 Free Relay	Barry, Schreiner, Frogley, Galletly	VMST	2:39.40
7	Men	240-279	800 Free Relay	Butts, Swiger, Stone, Frogley	VMST	16:30.89
1	Women	280-319	800 Free Relay	Loftus-Charley, Walker, Detrick, Barry	VMST	13:30.52
3	Men	160-199	200 Medley Relay	Ericson, Cockrell, Stevenson, Harris	VMST	1:59.45
4	Women	120-159	200 Medley Relay	Strobl, Glasgow, Gregory, Cattoni	POWM	2:23.23
7	Women	160-199	200 Medley Relay	Jaeger, Russo, Letendre, Miller	VMST	2:24.80
1	Women	280-319	200 Medley Relay	Barry, Detrick, Gault, Schreiner	VMST	2:58.66
3	Women	280-319	200 Medley Relay	Martin, Boslego, Hlavacek, Durrant	VMST	3:36.09
9	Mixed	160-199	200 Medley Relay	Stevenson, Russo, Letendre, Romo	VMST	2:11.75
8	Mixed	280-319	200 Medley Relay	Schreiner, Frogley, Gault, Galletly	VMST	3:06.69
10	Men	240-279	400 Medley Relay	Stone, Butts, Swiger, Frogley	VMST	8:02.71
1	Women	280-319	400 Medley Relay	Barry, Detrick, Loftus-Charley, Walker	VMST	6:54.11

The LCM Top Ten Individual Listing will be in the February newsletter.



VMST David Gregg III Memorial Meet

**NOVA of Virginia Aquatic Center
12207 Gayton Rd, Richmond, VA 23233
(804) 754-3401**

February 7 and 8, 2015

Sponsored By: Virginia Masters Swim Team

Sanctioned By: LMSC for Va. for USMS, Inc. - Sanction # 125-S001.

Meet Director: Nancy Miller (nancymillr@aol.com) **Meet Referee:** Bill Geiszler

Location: NOVA of Virginia Aquatic Center. Address: 12207 Gayton Road, Richmond, VA 23233. Telephone number: (804) 754-3401. This is a 10-lane, 25-yard indoor pool with a fully electronic timing system. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered and must include a copy of their LMSC card. Virginia registration will be available at the meet. A novice swimmer is defined as anyone who has not placed in the top three for that stroke in Masters competition.

Entries: \$4.00 per individual event plus a \$7.00 surcharge to help defray the costs of data entry, automatic timing, and printing. Relays will be deck-entered and deck-seeded at no cost. Deck entries will be accepted up until 30 minutes prior to meet starting time each day at a cost of \$8.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays. **NOTE:** The 200-yard event entered on Saturday by the swimmer may not be repeated on Sunday. The results of heats swum on Saturday and Sunday in each of these events will be combined, and results will be published on Sunday.

Entry Deadline: Entries must be received no later than **January 30, 2015**, or they will be considered deck entries.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily.

Warm-up/Warm-down Procedures: Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. There will be continuous warm-up/warm-down lanes available during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THESE LANES ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times.

Awards: Awards will be given for first, second, and third place in each individual event. No awards for relays.

Results: Results will be posted on our website at www.vaswim.org. If you would like to have an individual set of results mailed to you, please make arrangements with the meet director.

Social: Join us for our Masters potluck after the meet on Saturday, February 7th. \$10.00 per person covers food and drink. Please enclose payment with your entry and indicate the number of people who will be attending on your entry form.

Lodging: Courtyard by Marriott Richmond Northwest; 3950 Westerre Parkway, Henrico, VA 23233. (804) 346-5427. Twelve queen/queen rooms are being held for Saturday night at a rate of \$84.00 plus tax. Either call the local number or (800) 321-2211 to reserve a room, and reference the **VA Masters Swimming Room Block**. In order to get the group rate, reservations must be made prior to January 17, 2015.

RELEASE

The release on the following page must be dated, signed, and in the possession of the Meet Director before the swimmer may compete. Be sure to include 2 pages when you send in your entry;.

Fill in the following information:

Date:		Signature:	
Name:		Sex:	USMS Reg. No.:
Address:			
City:		State:	Zip Code:
E-Mail Address:			
Age as of 2/08/2015:		Birthdate (Mo/Day/Yr):	
LMSC:	Club:	Phone (Day):	Phone (Night):

SATURDAY, February 7

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	_____

SUNDAY, February 8

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	_____

ENTRY FEES

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

**Make checks payable to:
Virginia Masters Swim Team**

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

**Mail Entry To: James Wolfle
3109 Williamswood Road
Richmond, Virginia 23235**

**A COPY OF YOUR USMS REGISTRATION CARD AND THE
RELEASE ON THE NEXT PAGE MUST BE ENCLOSED FOR
YOUR ENTRY TO BE ACCEPTED.**



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

- I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
- I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
- I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
- I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
- I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
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Virginia Beach, VA 23451-2040

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Photos from Lake Moomaw

