

# The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia  
February 15, 2016

## *Regional vs Local Clubs*

### *Part 2*

*By Betsy Durrant*

Last month I wrote about the proposal for a Regional Club.

**Pro:** This would allow swimmers to represent their workout group or some other subgroup at local meets. At out-of-state meets, zone meets, or national championship meets, however, the workout groups or subgroups would all swim under one umbrella group (the Regional Club).

**Con:** Would smaller teams be willing to give up their club identity at nationals, zones and for LMSC records? Officially, there would only be the umbrella team, so LMSC records, Top Ten, and scoring at nationals would all be listed as the umbrella team.

Also, how would we administer this Regional Group?

It is important that this is discussed thoroughly so we make a wise, educated decision. Should we change or should we maintain the status quo?

Last month I asked for comments that I will publish. So far, not many responses. However, we did have one response. It is from Barbara Boslego who lives and swims in Norfolk.

*“As someone who swims mostly by myself, I really enjoy going to meets being a part of VMST. It doesn’t matter where I go, usually there will be other VMST swimmers who are part of “MY” team. If swimmers more identify as these smaller groups, for me, that will be sad.*

*“I am not really in favor, but if this passes, I am glad there is a good model of New England Masters. Hopefully VMST can keep the commitment to the larger team at least at the larger meets.”*

See *Local* on page 3.

## *Who is Kirk Clear?*

*An Interview by Betsy Durrant*



How did you come to swim with VMST?

I began swimming Masters in 1991, when I was living in California and in the Air Force. I swam for the Air Force Aquatic Masters (AFAM), a team based out of Colorado, but with swimmers all around the world. I moved to Virginia in 1998 and continued swimming for AFAM, although, training by myself. In 2001, I took a break from swimming. When I returned in 2009, AFAM had dissolved, and I was swimming Unattached. But I really enjoyed swimming relays and the camaraderie of teammates, so I joined VMST in 2011 and it's been great!

Where do you live and where do you swim?

I live in Ashburn, VA, and swim at the Ashburn Village Sports Pavilion, a facility included in my HOA.

See *Kirk* on page 3.



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

Mar 19: Club Tribe Classic, Williamsburg  
Info sheet is in this newsletter. Full entry was in January's newsletter. Access online.

Mar 20: Dive Into Spring, Lexington, VA  
Info sheet is in this newsletter. Full entry was in January's newsletter. Access online.

Apr 8-10: Colonies Zone SCY Championships  
George Mason University, Fairfax, VA

Apr 28-May1: USMS SCY Nationals in  
Greensboro.

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



**LMSC for Virginia Website:**  
[www.vaswim.org](http://www.vaswim.org)

**USMS Website:** [www.usms.org](http://www.usms.org)

**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)

**Dixie Zone:** [www.DixieZone.org](http://www.DixieZone.org)

**ONLINE Meet Registrations:**

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

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*←Kirk Clear with relay at Tropical Splash in Alexandria.*

*Local continued from page 1.*

Would someone from a workout group or smaller team who favors the Regional concept write a paragraph or two about why this is a good idea? Get it to me by the end of February for the March newsletter.

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*Kirk continued from page 1.*

How often do you go to meets?

While I dislike working out and practices, I thrive on competition. I try to go to every swim meet within a 2-3 hour drive in Virginia, D.C., and Maryland.

I know you served in the military? Elaborate a little on the military and what you do now.

I spent 22 years in the Air Force. For most of my career, I was a military historian and public affairs practitioner. I retired in 2007 and began working as a consultant for Whitney, Bradley, & Brown. I've been on several contracts with the Dept. of Homeland Security. Currently, I'm a program manager at the U.S. Secret Service.

How long did you swim competitively in your youth? Where? Did you swim in college?

I only started swimming competitively during my freshman year in high school (I was moved up to varsity after only a month of swimming on the JV squad). I did not swim in college; after high school, I chose to enlist in the military and later earned my college degrees through night school. In 1990, the base where I was stationed hosted an intramural sports day, and I dominated the swimming events. Someone who used to swim for the Air Force Academy approached me about joining Masters, and the rest is history.

Do you swim with a coach or a group?

I mostly swim by myself; however, at least once a week, I train with the Blue Wave Swim Team, a local US Swimming club. During the last couple months, I've gained a swimming partner, a young lady who swam in college—of course, I recruited her to VMST, and she recently swam in her first Masters meet!

How often do you practice? What is a typical or favorite workout?

I try to swim 3 or 4 days a week for 60-75 minutes each. When it's nice outside, I have been trying to incorporate 2 days a week of bike riding. I hate working out, but I realize I cannot show up to a meet without a little conditioning. I'm a sprinter, so I like workouts with 25s or 50s. A set of 100s is agony for me, and if I get sucked into doing any 200s, there better be someone counting for me.

What about your personal life – family, etc.? I know your daughters are very active in sports. I saw a super photo of them on Facebook. You have a good looking family. I think you have lots of fun with them. Tell a little about your family.

I am married and have 3 daughters, all active in sports, although none of them are swimmers. My oldest is a professional figure skater, who travels, performing with various shows. My middle daughter is a sophomore in college, majoring in education and dance. My youngest is a high school senior and a competitive gymnast. My wife used to swim Masters, and even posted a couple Top-10 times in the early 90s. It was before we had kids—I was gone swimming all the time, so she just decided to join us rather than sit home by herself. When I'm not swimming, I play on 2 ice hockey teams, and I play a lot of golf.

See *Interview* on page 4.

*Interview continued from page 3.*

Anything else that you want to tell? My first impression of you was someone who loves relays, especially ones that will be close and challenge you. As I mentioned, I love competition, and there is nothing like relays to bring it out. It's all about the team—you don't want to let your teammates down. Relays are the main reason I joined VMST; friendship is why I stay.

Not sure if you are aware, but I have had 3 national records, one individual (50m Back) and 2 relays, all from 1991. I also have earned 9 All-American honors (1 individual.,

8 relay) and 47 Top10 times. Several of these #1 relays were in the mid-1990s, and USMS didn't have electronic records then (I know they are working at uploading all these from paper copies, especially relay data). Unfortunately, for the last several years, I haven't made Top-10 times as frequent as I used to when I was younger. I don't like to make excuses, but I think a lot of it is that my body hasn't held up like many of my peers. I've had 14 operations, 9 orthopedic sports-related, including 4 knee surgeries as well as both shoulders operated on.



Kirk and daughters  
←

## ***Long Course Meet in Roanoke Saturday, June 18***

There are very few long course meets in Virginia, and very few opportunities to swim in a 50 meter pool. The Commonwealth Games will again be in Christiansburg. The Aquatic Center has a very good pool. Take advantage of the opportunities.

On page 8, there are four relay teams listed in the national Top10 for last year. I am pretty sure

that they are from this meet.

The information page for this meet is on page 7. The complete entry will be in next month's newsletter.

There are also information sheets for the Club Tribe meet in Williamsburg and the meet in Lexington. The complete entries for these two meets were in the last newsletter and are available online.

## ***Inaugural Club Tribe Masters Classic March 19, 2016***

**College of William & Mary Rec Center Pool**

**400 Brooks Street (at Compton Drive)**

**Williamsburg, VA 23186**

**(757) 221-3310**



Welcome to the Inaugural Club Tribe Masters Classic! Prep for Colonies Zones and bid farewell to Winter at the College of William & Mary's sneaky-fast 8-lane pool. Test your team's sprinting prowess in the most thrilling relay of them all: the 100 (4 x 25) Medley Relay. Be a part of a new tradition of Masters Swimming on the Peninsula, graciously hosted by this historic institution's stellar varsity swimming teams and staff.

**Sponsored By:** Club Tribe Alumni (1693)

**Sanctioned By:** LMSC for Va. for USMS, Inc. #126-S002

**Meet Director :** Kyle Ahlgren (clubtribealumni@gmail.com) **Meet Referee:** Janet Law

**Location:** College of William & Mary Student Recreation Center Pool. Address: 400 Brooks Street (at Compton Drive), Williamsburg, VA 23186. Telephone number: (757) 221-3310. This is an 8-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.

**Parking:** Ample parking is available in the William & Mary Hall parking lot, which is also located at the corner of Brooks Street and Compton Drive. Please adhere to all posted parking regulations on campus.

**Eligibility:** The standard Masters age groups will be used. All swimmers must be registered with US Masters Swimming and must include a copy of their LMSC card if using paper entry.

**Awards:** All four swimmers on the fastest overall relay teams in each of the Women's, Men's and Mixed 100 Medley Relay will receive pewter Jefferson cups commemorating victory.

**Entries:** \$8.00 per individual event plus a \$15.00 facility fee. Relays will be deck-entered and deck-seeded at no cost. Deck entries for individual events will be accepted at the discretion of the Meet Director at a cost of \$10.00 per deck entry.

**Entry Deadline:** The deadline for on-line entries is **Tuesday, March 15, 2016**. In order to be seeded, paper entries must be received by **Wednesday, March 9, 2016**. Entries received after the applicable dates will be considered deck entries and will be accepted at the discretion of the Meet Director at a cost of \$10.00 per deck entry.

**Relay Entry Deadlines and Seed Times:** Relay cards for the 200 Free Relay are due at 2:50 PM. Relay cards for the 200 Medley Relay are due before the conclusion of the 100 Breaststroke. Relay cards for the 100 Medley Relay are due before the conclusion of the 400 IM. In the interests of fostering good competition, please seed your relays using your very best estimates of likely meet-day performances.

**1,000 Freestyle Entry Limit, Check-In and Wait List:** The 1,000 Free will be limited to the first twelve (12) entries received, whether on-line or by paper entry. **Positive in-person check-in for the 1,000 Free is required by 2:45 PM** on the day of the meet.

**Rules:** Current USMS rules for Masters swimming will apply. No one will swim alone in a heat.

**Saturday Evening Swimmers' Social:** Swimmers, friends and family members are encouraged to gather informally immediately following the conclusion of the meet for repast and revelry at the Green Leafé Café, 765 Scotland Street, Williamsburg, VA 23185.

**On-line entries strongly encouraged! Online entries close *March 15!***

**Enter online at: [www.ClubAssistant.com](http://www.ClubAssistant.com) (search for the meet by date on the left of the home page).**

Paper entries are due by **March 9th** for seeding. Note that your paper entry must contain the next two (2) pages: the entry page with the Payment Information and the waiver page. Your paper entry must also enclose a copy of your USMS registration card, which can be retrieved at [www.usms.org/reg/getcard.php](http://www.usms.org/reg/getcard.php).



**U.S. MASTERS  
SWIMMING**

**RCA's Dive Into Spring Meet  
The Community Pool  
194 Wallace Street Lexington VA, 24450  
Sunday, March 20, 2016**

**Sponsored By:** Rockbridge County Aquatics

**Sanctioned By:** LMSC for Va. for USMS, Inc.: #125-S003

**Meet Director:** Craig Charley [ccharley9@hotmail.com](mailto:ccharley9@hotmail.com)

**Meet Referee:** Gordon Hair [grhair919@aol.com](mailto:grhair919@aol.com)

**Location:** The Community Pool Address: 194 Wallace Street, Lexington, VA 24450. Telephone number: (540) 463-5441. This is a 6-lane, 25-yard Indoor pool with a semi-automatic electronic timing system including 6 lane scoreboard. 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 not be available at the meet. **Entries:** \$5.00 per individual event plus a \$6.00 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 at a cost of \$8.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays. Events will be swum slowest to fastest.

**Entry Deadline:** Entries must be received no later than **Monday, March 15, 2016**, or they will be considered deck entries. The 500 and 1,650 yd freestyle events are limited to the first 20 registered athletes.

**Rules:** Current USMS rules for Masters swimming will apply. No one will swim alone. Sexes and age groups will be combined where necessary. Event 38 is intentionally omitted. "NT" will be seeded arbitrarily. Heats will be swum slowest to fastest. A 4-person unofficial March Madness relay will be announced (must be a different stroke other than Butterfly, Backstroke, Breaststroke, or Freestyle and can change the style from swimmer to swimmer).

**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. Instructions given by the designated Safety Marshall shall be obeyed at all times. Lane 6 will be maintained as continuous warm-up/warm-down lane during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THIS LANE ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times. A swimmer may be disqualified at the discretion of the meet director or Meet Officials for failure to comply with these rules.

**Awards:** Awards *will* be given for first, second, and third place in each individual event by the standard Masters age groups. Awards will be given for relays.

**Results:** Results will be posted on our website at [www.rockbridgeswims.org](http://www.rockbridgeswims.org). If you would like to have an individual set of results mailed to you, please make arrangements with the meet director.

**Hospitality:** We will offer a wide variety of refreshments for swimmers and officials throughout the meet.

**Nearby Lodging:** Holiday Inn Express (540) 463-7351; Comfort Inn (540) 463-7311; Wingate Inn (540) 464-8100

**Directions to THE COMMUNITY POOL:**

- Take 81 south to exit 191 (64 west) • Take 1st exit 55 • At end of ramp, turn left on Route 11 South
- Stay on Route 11 for approximately 1 mile • Cross bridge • Stay left on Route 11 bypass
- Follow Route 11 bypass for approximately 2 miles to the 1st stop light • Turn Right on Main (route 11)
- Take 1st right turn on Waddell street at the Farmers' Coop • Go straight through Maury River Middle School Parking lot. • Turn left into Pool parking lot

If anyone is taking route 60 west into Lexington, it will bring you all the way into town. Take a left off of Route 60 onto Walker Street (at the KFC). Take a right on Houston Street when Walker dead ends after a block or two. Take a left on Taylor street. Take a left on Wallace. Take a left at the Maury River Middle School parking lot and come up hill and turn left again into the Pool parking lot.

**VIRGINIA COMMONWEALTH GAMES AT LIBERTY UNIVERSITY**  
**STATE ADULT SWIM MEET FOR 18 AND UP**  
Recognized by LMSC for VIRGINIA for USMS, INC.

**DATE:** Saturday, June 18, 2016

**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:** Mary Ferrari

**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, 2016 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: 10 am to 11 am. Meet starts at 11:00 am. Swimmers will be able to enter the facility by 9:00 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, 2016.** Be sure to sign the liability waiver. If you are a registered USMS swimmer, you must provide a copy of your 2016 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.

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

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**2015 USMS Top 10 LCM Relays for Virginia LMSC**

Place	Age Grp	Event	Club	Time	Swimmers (Age)	
8	M240-279	400 Medley	VMST	8:11.21M	Bryan Stone (59) Ralph B Swiger (59)	Howard U Butts (74) James W Slaughter (70)
6	M240-279	800 Free	VMST	16:56.73M	Bryan Stone (59) Ralph B Swiger (59)	Howard U Butts (74) Chris S Frogley (72)
3	X120-159	400 Free	1693	4:15.41M	Rich Williams (40) Katie Grier (37)	Courtney N Hurtubise (35) Michael Lovett (37)
2	X160-199	400 Medley	VMST	5:26.23M	Kirk W Clear (48) Denise M Letendre (27)	Claire C Russo (32) Chris S Frogley (72)