

# The Wet Gazette

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

## *It's Time for Open Water!*

### **Sanctioned Open Water Events**

July 9: John Shrum Lake Swims at Chris Greene Lake in Charlottesville. 1 & 2 mile. Entries due July 1 for paper entries; July 6 for online entries.

July 25: USA Masters Games, Greensboro  
1 & 2 km

August 6: Lake Moomaw. Complete entry is in this newsletter.

Aug 12-13: Lake Lure, NC. National championship for 1 mile and 5K.

### **Unsanctioned Open Water Events**

A. **Richmond**. Information on the three events listed here can be found at [www.PelusoOpenWater.com](http://www.PelusoOpenWater.com).

June 19: The RVA Miles. 2 or 1 miles

August 20: Down River Dip. 4.4 miles and 2.5 miles.

Oct 1: To The Bridge and Back. 10 mi, 5 mi, 2.4 mi. and Relays.

B. **Virginia Beach** Lifeguard Series

June 26: Jack King 1 mi Swim

July 24: 3 K Swim (1 mi also offered.)

Aug 21: 5K Swim (1 mi also offered)

Online registration for VA Beach swims.:  
[www.raceit.com/search/event.aspx?id=35942](http://www.raceit.com/search/event.aspx?id=35942)

**See Calendar on page 2 for more information.**

## *Virginia Senior Games*

The swimming events for the Virginia Senior Games were held in Newport News at the Midtown Aquatic Center on May 19-20. The staff at the Aquatic Center does a good job of running the meet.

There were swimmers who are registered with USMS and some who were not. On the back page is a photo of swimmers who practice at the Great Neck Rec Center in Virginia Beach. If anyone has more pictures, please email them to me.

One unfortunate problem with Senior Games: the times for USMS swimmers will not be included in the national Top Ten. The times can, however, be used for LMSC records.

Due to misunderstanding or miscommunication, the pool was not measured. I have included below some information from the USMS Guide to Operations.

"The conduct of a recognized event shall conform to relevant USMS swimming rules and administrative regulations. See [article 202.2.1](#) for a list of relevant rules.

- For events swum in a pool using a moveable bulkhead:
- Before the meet begins, initial measurements of all lanes must be taken (if not on file with USMS), or of the two outside lanes and a center lane (if a full set of measurements is on file with USMS), and
- The pool's length must be verified for bulkhead placement after each session. "Pool Length Certification Forms" from each session must be submitted, after the meet, to the LMSC Top 10 Recorder. They should also be included with any USMS record applications ([article 105.1.7](#)).

If you have any questions, contact Chris Stevenson, our LMSC Records and Top Ten chair.



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

**July 11: Chris Greene Lake, Charlottesville.** One and two mile swim. Entry was in last newsletter. Information at [www.VaSwim.org](http://www.VaSwim.org).

**July 10-12: LC at U of MD.** Entry will be on Potomac Valley website. Deadlines: June 17 for paper entries, July 2 for online entries, July 6 for Relays

**July 21-24: Masters Games, Greensboro.** Swimming is SCM. Open water on July 25: 1K and 2K, Lake Townsend in Bryant Park

**Aug 6: Lake Moomaw.** Full entry is in this newsletter

**Aug 6-7: Dixie Zone LC, Goldsboro, NC**

**August 12-13: One Mile and 5K OW Championship, Lake Lure, NC**

**August 18-21: Mt Hood, Oregon, USMS LC Nationals**

### **Websites**

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

*Website for USMS:* [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)

### **Newsletter Editor**

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### **LMSC Officers**

**Chair: Dave Holland**

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**Records and Top Ten: Chris Stevenson**

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

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

# Tracy Caulkins

*April 8th, 2016*

**Tracy Anne Caulkins is the most underrated swimmer ever.**

Born in Winona, Minnesota, January 11, 1963, as the youngest of Thomas and Martha's three children, the family moved to Nashville when Tracy was six. At seven, she joined her older siblings, Amy and Tim, on the Seven Hills Swim and Tennis Club team, focusing on the backstroke because she did not like getting her face wet. Caulkins—who hated cold water and did not like to practice—joined the Nashville Athletic Club team at ten, where she was taught by Paul Bergen, who later coached at the University of Texas. Caulkins had big feet, long arms and was built for swimming. She qualified for senior nationals at 12 and competed in the 1976 Olympic Trials at 13. After failing to qualify for the Olympic team, Caulkins won four AAU titles in 1977, including a win over 1976 Olympic gold medalist Andrea Pollack in the 200 meter butterfly. The following year, Tracy qualified for the 1978 World Championships in five events, while sister Amy earned a spot as a member of the U.S. Water Polo team.

To pay for her two daughters' trip to Berlin, Martha Caulkins, who was a middle school art teacher, worked nights at a liquor store. In the 1970s, East German women dominated world swimming, having won eleven gold medals at the 1976 Montreal Olympics. At the 1978 World Championships, 15-year-old Tracy Caulkins won five gold and one silver medal, leading the U.S. women to victory in nine of 12 swimming events. She was named UPI International Swimmer of the Year and became the youngest winner of the Sullivan Award as America's best amateur athlete.

In 1979, Caulkins won six gold and two

silver medals in the Pan Am Games and three golds at the World University Games. She qualified for the 1980 Olympic team in five individual and two team events, putting her in a position to fulfill a lifelong dream of becoming an Olympic champion. Those dreams were dashed when the U.S. announced it would boycott the 1980 Moscow Games. Miss Caulkins turned down college offers from Texas and Stanford, deciding to join Amy at the University of Florida. As a freshman, she won five NCAA titles and led the Gators to the NCAA championship.

There were more good swimmers at the 1981 U.S. Swim International Meet than there were at the Moscow Games. Tracy Caulkins won seven gold medals—equaling the total of the entire Russian team—while swimming the fastest time in history in each of her four finals. Despite being voted three-time College Swimmer of the Year, Caulkins began to lose focus. Following poor performances at the 1982 Worlds and 1983 Pan Am Games, Caulkins rededicated herself to rigorous training, working out five hours a day, six days a week. After being elected captain of the U.S. Olympic team, she competed in her first Olympics, at the 1984 Summer Games in Los Angeles. On July 29, she won her first gold medal in the 400-meter individual medley by over nine seconds. On the morning of August 3, she set an Olympic record in the 200 IM to win her second gold medal. That afternoon, she returned to swim the breaststroke leg of the 400-meter medley relay and claim her third gold medal.

Today's swimmers focus on certain strokes and certain events, locking into their "primary" strokes around age eleven. Tracy Caulkins excelled in every stroke and discipline. She is the only swimmer ever to set American records in all four strokes, something Michael Phelps has never done. She had the speed to win sprints and the stamina to go distance, setting 63 American records—the most of all time.

Caulkins won 16 NCAA titles, a record that still stands, and never lost a collegiate race in individual medley. Her 48 U.S. Championships stood until 2010, when Phelps surpassed that mark. Caulkins won eight World Championship medals and three Olympic golds in an era dominated by drug-enhanced East German women. At 5'9", 133 pounds, she had no weaknesses, allowing her to become the greatest IM racer to ever live. Had it not been for the Olympic boycott in 1980, she would have added five, six or seven medals to her career total. "When you get to the national and international level, everyone is physically equal. If you're mentally prepared and you have the tuff upstairs, then you'll win." Caulkins set five world records. She is a four-time American "Swimmer of the Year," and two-time recipient of the Broderick Cup as top American female athlete and was twice the leading vote-getter for the Academic All-American team while at Florida. Caulkins retired after the 1984 Olympics, where she met her future husband, Mark Stockwell, a member of the Australian men's Olympic swim team. Mrs. Stockwell currently resides in Queensland, Australia, with her five children. In 2008, she was presented with the Medal of the Order of Australia by that country's government for providing sporting opportunities for women. Tracy Anne Stockwell is a member of the Florida Sports, Tennessee Sports and International Swimming Halls of Fame.

**"She's the greatest swimmer this country has ever had, by far. Her sheer ability, her versatility in all four strokes and her durability in being so great for so long."**

*Randy Reese, head swim coach, University of Florida*

*This article came from a website :*  
<http://www.dailydsports.com/?p=3408>

## *Sad News*

Long time swimmer and VMST member, Norm Rainer died on June 5. He was 88. Norm was a patent attorney. He was also a scuba diver and underwater photographer.

His son sent me the following note:  
It is with great sadness that I must inform you that my Dad is in hospice and expected to pass soon. Please inform concerned VMST members on our behalf.  
Thanks,  
Mike Rainer

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## *Late Again*

Once again, I must apologize for the late newsletter. Just when I think I have fixed all my ailments, something else pops up.

Betsy Durrant, Editor



*Tracy Caulkins*



## Lake Moomaw 1- Mile Swim Alleghany County, Virginia, Saturday, August 6, 2016

Sponsored by: The Virginia Masters Swim Team, The Alleghany Highlands YMCA, The Alleghany Highlands Chamber of Commerce and The Alleghany Foundation.

Sanctioned by: LMSC of Virginia for USMS Inc.

SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at [WWW.VASWIM.ORG](http://WWW.VASWIM.ORG)

Your credit card will be charged to "ClubAssistant.com Event Billing"

**EVENT:** There will be a one-mile race at 9:00am. The start and finish is on the beach at Cole's Point, clearly visible to the spectators and race personnel. The course runs along the shore to the south, approximately 50 yards out and continues east and north around buoys that will be clearly visible. The swimmers will reach the turn-around point inside the "no wake zone" in the inlet and turn counter-clockwise around a buoy and swim back to the beach via the same route. Buoys will remain to the swimmer's left. A 2x 3 foot poster of the course diagram will be posted at the lake, and the current water and air temperature will be posted at 8am. Swimmers will depart from the beach in waves of 10 people or fewer, 1 minute apart.

**Warm-up begins at:** 7:45am    **Check-in Closes at:** 8:45am    **Race begins at:** 9:00am

**Eligibility:** Open to all swimmers 18 years & older. Paper entries must include a copy of your 2016 USMS card. Online entries will be verified automatically. "One Event" is available through online registration ([vaswim.org](http://vaswim.org)) for an additional fee of \$31.30. To renew or join USMS online, visit [usms.org/reg](http://usms.org/reg).

**Rules:** Current 2016 USMS rules will govern the race.

**Entries:** All snail mail entries must be postmarked by July 29, 2016. Online entries will close at 11:59pm Eastern Time on August 2, 2016. Late or race day entries will NOT be accepted. **Online entry is strongly encouraged.** Entry fee is \$39.00. To be guaranteed a free t-shirt, enter online by July 19, 2016.

**Safety:** For safety reasons, swimmers who cannot complete 1 mile in one hour should NOT enter. Swimmers still on the course after the time limit will be stopped and listed as DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the race. The WestVaco water rescue team will be on site with boats, rescue boards, and rescue squad.

**Seeding:** Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 10 swimmers, staggered at 1-minute intervals. "No Time" entries will be seeded in the final wave. Seeding changes and additions will not be allowed on race day.

**Age Groups:** 18-24, 25-29, 30-34, etc. in five year increments, for both men/women.

**Awards/ Social:** Awards will be given to the top 3 men & women finishers in each age group. The awards ceremony will take place on the beach following the race.

**Accommodations:** Please call Sandra Denius at the Alleghany-Highlands Chamber of Commerce at 540-962-2178 for information.

**Directions:** Google Map "Coles Point Drive, Hot Springs, VA 24445".

**Race Directors Contact:** Dave Holland 804-467-2425; Sandra Denius 540-962-2178

**PLEASE STAPLE A LEGIBLE COPY OF YOUR 2016 USMS CARD HERE:  
TRIM THE COPY AND COMPLETE THE FOLLOWING:**

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Significant medical conditions to be shared with Westvaco Rescue Squad  
(i.e. seizures, diabetes, asthma, etc.) \_\_\_\_\_

**1 Mile Seed  
Time →**

**1650 yd Time:  
\_\_\_\_\_(min) : \_\_\_\_\_(sec)**

<b>AVOID THIS FORM: REGISTER ONLINE AT WWW.VASWIM.ORG</b>		<b>PAPER ENTRY CHECKLIST</b>	<b>DID YOU REMEMBER...?</b>
\$ _____	\$39.00 1- Mile Entry Fee		Completed entry form
\$ <u>FREE</u>	T-Shirt Included free if entry postmarked by 7/15 (or online by 7/19). A few shirts will be sold on race day for \$15.00 each.		Copy of USMS card
\$ _____	Additional T-Shirt: \$15.00 each S-XL, \$18 each for XXL or XXXL (if entry postmarked by 7/15, or online by 7/19)		Check or money order payable to VMST
\$ _____	<b>Total Enclosed</b> (check or money order Payable to VMST)		Signed waivers (next page)
T-Shirt Size: (please circle)      S          M          L          XL          XXL          XXXL Additional T-Shirts: indicate quantity and size:			

**Please use the checklist above to ensure that your entry is complete!!!**

**Mail this completed form with check or money order payable to VMST, postmarked by July 29, 2016 to:  
Dave Holland, 1773 Robins Nest Ct., Henrico, VA 23238**

Name: \_\_\_\_\_ Email address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Age on August 6, 2016: \_\_\_\_\_

**YOU MUST READ AND SIGN 2 WAIVERS (BELOW & NEXT PAGE).  
INCLUDE THIS PAGE AND THE NEXT WITH YOUR ENTRY.**

**LAKE MOOMAW RELEASE BY PARTICIPANT FROM LIABILITY:**

**AS A CONDITION OF MY PARTICIPATION IN THIS EVENT AND 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: THE ALLEGHANY HIGHLANDS CHAMBER OF COMMERCE AND TOURISM, THE UNITED STATES GOVERNMENT, MEAD WESTVACO CORPORATION AND THE WESTVACO WATER RESCUE STAFF, EVENT SPONSORS, EVENT STAFF, OR ANY INDIVIDUALS OFFICIATING AT THE EVENT OR SUPERVISING SUCH ACTIVITIES.**

\_\_\_\_\_  
SIGNATURE OF PARTICIPANT

\_\_\_\_\_  
DATE SIGNED



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");

- 1. 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.
2. 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.
3. 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.
4. 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.
5. 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.

Table with 5 columns: Last Name, First Name, MI, Sex (circle) M F, Date of Birth (mm/dd/yy). Includes rows for Street Address, City, State, Zip; Signature of Participant; Date Signed.

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

*Prstd Std*  
*U. S. Postage*  
**PAID**  
*Richmond, VA*  
*Permit #3022*



*Swimmers from Great Neck workout at Senior Games*

*Front: Marianne Berkley, Ellen Stott, Judy Martin, Jeanne Meredith, Arlien Steiner, Joan Averette*  
*Back: Susan Marens, Al Newbury, Clay Beale*