

# The Wet Gazette



August 2019

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## SCY 2019 Season Wrap-Up

by Chris Stevenson

The final Top 10 lists for the 2019 short-course yards season (SCY19) have been published. The season ran from June 1, 2018, thru May 31, 2019.

Swimmers from our LMSC did well: 149 ranked individual swims and 40 ranked relays. There were 50 swimmers who had at least one Top 10 swim; Shirley Loftus-Charley led the way with 13 listings, followed by Greg Harris with 9 swims. There were 11 swimmers who had at least one top-ranked swim in an individual event, with Katie Grier taking top spot in five events. Other top-ranked swimmers from our LMSC were Susan Bricken (2), Johnnie Detrick (2), Logan Burton, Doug Slater, Shirley Loftus-Charley, Marcia Barry, Sophie Rittenhouse, Beth Schreiner, Denise Letendre, and Andrew Greenhalgh. Wow, that's a lot of fast swimming!

More details on these and other recent Top 10 achievements are available at [www.vaswim.org](http://www.vaswim.org). Anyone making a Top 10 list can order Top 10 patches to commemorate the achievement. Nicely-formatted booklets are also available for download.

The LMSC record book was also re-written in the past SCY season: 58 new individual records were set. Our LMSC was also impressive at the Zone level, setting 8 new Colonies Zone records, with Logan Burton leading the way with two new Zone records.

The mythical national championship rankings are based on scoring the Top 10 swims by Zone, LMSC or club. As an LMSC, Virginia was ranked 8th out of the 52 LMSCs. At the club level, we had two clubs in the top 10: Club Tribe (10th) and VMST (17th) out of the 300+ clubs with members who recorded Top 10 swims. Great job, teams!

Congratulations to everyone on a great season!

## Lake Moomaw 2019 Results

by Dave Holland (Event Director)

Rob St. Jean of Charleston, WV, swimming for the first time at Lake Moomaw, claimed the overall title and set a new course record in the 7th annual 1-mile open water swim on August 3, 2019. St. Jean, a former Ohio University swimmer and current age group coach at the Charleston YMCA, finished in 19:45:00, breaking the former course record by one second (Shirley Loftus-Charley's 19:46:00 in 2015). Among the men, Kevin Franceschini was second (21:41:00) and Randy Dash was third (22:11:00)

On the women's side, Kate Stephensen of Charlottesville prevailed in 21:28:00, while Loftus-Charley was second (22:16:00) and Felicity Hicks was third in 22:30:00. Jeanne Meredith, 91, of Virginia Beach, made history as the oldest competitor to race the course, and finished in 58:55:00. She received her medal with thunderous applause and humbly remarked that "age has its privileges."

The 9am race in Alleghany County, VA, featured a field of 54 competitors who enjoyed ideal conditions: partly cloudy skies, a water temperature of 80 degrees and an air temperature of 70 degrees, with breathtaking views of the Allegheny mountains... on every breath, of course!

The event started on the beach at Cole's Point, and participants swam toward Gathright Dam at the southern end of Lake Moomaw in an out-and-back course. The event was made possible by a partnership between the Virginia Masters Swim Team, the Alleghany-Highlands Chamber of Commerce in Covington, and the West Rock water rescue team.

For more information and photos from the swim, please visit: [www.lakemoomawswim.com](http://www.lakemoomawswim.com). Results are available at [www.vaswim.org](http://www.vaswim.org).



## General Information

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.teamunify.com](http://www.teamunify.com)

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

Nearby Zones

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)

## LMSC Officers

*Chair:* Kirk Clear

*Vice-Chair:* Denise Letendre

*Secretary:* Alice Phillips

*Treasurer:* Becca Latimer

*Registrar:* Shirley Loftus-Charley

*Coaches:* Rich Williams

*Fitness:* Vacant

*Long Distance:* Kate Stephensen

*Newsletter:* Heather and Chris Stevenson

*Officials:* Charlie Cockrell

*Records & Top Ten:* Chris Stevenson

*Review:* Heather Stevenson

*Safety:* Jim Miller

*Sanctions:* Kyle Ahlgren

*Webmaster:* Chris Stevenson

## Upcoming Swim Meets, Events and Clinics

Date	Meet	Location	Registration Deadline
May 15-Sept. 15, 2019	5K/10K ePostal Nationals (LCM)	Any LCM pool	Sept. 23, 2019 (online)
Aug. 9-18, 2019	18th FINA World Masters Championships (LCM)	Gwangju, South Korea	June 24, 2019 (online)
Aug. 17, 2019	Potomac Valley Long Haul (LCM)	Springfield, VA	Aug. 14, 2019 (online)
Aug. 17, 2019	Van Der Horst Memorial Championship (LCM)	Cary, NC	Aug. 13, 2019 (online)
Sept. 14, 2019	Maryland Senior Olympics Meet (LCM)	Boyd's, MD	Aug. 31, 2019 (online)
Sept. 15-Nov. 15, 2019	3000/6000 ePostal Nationals (SCM/SCY)	Any SC Pool	tbd
Sept. 22, 2019	Marathon-Distance Open Water National Championships (OW)	Knoxville, TN	Wait list now (online)
Sept. 28, 2019	Pickin' Up Steam Meet (SCY)	Ashland, VA	Sept. 24, 2019 (online)
Oct. 6, 2019	Annual SCM Eastern Invitational (SCM)	Greensboro, NC	Oct. 3, 2019 (online)
Nov. 2, 2019	VMST Fall Meet (SCM)	Virginia Beach, VA	tbd
Nov. 9, 2019	Ann Johnson Memorial Swim Meet (SCY)	Easton, MD	tbd
Dec. 8, 2019	Maryland Series Meet #3 (SCY)	Chestertown, MD	tbd
Jan. 19, 2020	Maryland Series Meet #4 (SCY)	Annapolis, MD	tbd
Feb. 1, 2020	David Gregg Meet (SCY)	Henrico (Richmond), VA	tbd

# R-MC



# PICKIN' UP STEAM MEET

***SATURDAY, SEPTEMBER 28, 2019***

**Sponsored by:** Randolph-Macon College Swim Team.

**Meet Directors:** David Harmon ([davidcharmon77@gmail.com](mailto:davidcharmon77@gmail.com)) and Brent Kintzer ([brentkintzer@rmc.edu](mailto:brentkintzer@rmc.edu))

**Location:** Randolph-Macon College, Brock Center, 103 E. Patrick St., Ashland, Va. 23005. The pool is a 5-minute walk from the Amtrak train station and historic Ashland.

**Facility:** Six-lane, 25-yard pool, non-turbulent lane markers. Five lanes will be used for competition; one lane will be available for continuous warm-up and cool down. Concessions will not be available. Please bring your own snacks/ beverage. **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 106.2.1.**

**Directions:** From I-95, take exit 92B, Ashland/Hanover and go west on rte. 54. Go approximately 1.2 miles on rte. 54 west until you come to the RR tracks. Turn right onto N. Railroad Ave. just before the tracks (heading north) and drive about .3 mile beside the RR tracks. Brock Center will be on your right. Drive past the Brock Center and turn into the parking lot on your right, near the ball fields. Follow the sidewalk near the football field to the main entrance. After turnstile, turn left and the pool is to the right of the climbing wall.

**Sanctioned by:** LMSC for VIRGINIA for USMS, INC. Sanction # ???-???

**Eligibility:** The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **Your age on 9/28/2019 is your age for the competition. All swimmers must be registered with USMS and must include a copy of their USMS card if entering with a paper entry form.**

**Entries:** \$6.00 per event for online entries, \$10.00 surcharge to help defray the costs of data entry, automatic timing and printing. Online meet registration is paid by credit card to "ClubAssistant.com Events". Paper entry forms are available at USMS Calendar of Events or from David Harmon at [davidcharmon77@gmail.com](mailto:davidcharmon77@gmail.com). Deck entries will be accepted up until 30 minutes prior to meet at a cost of \$8 per event. Deck entries will only be made to fill up heats. Swimmers may enter a total of 5 individual events and 4 relays.

**Relays:** Relays will be deck entered and payable on meet day (\$8 per relay). The deadline for the 400 Free and 200 Medley relays will be at **the start of event 4** and the deadline for the 400 Medley and 200 Free relays will be at **the start of event 11**. All relay deadlines are on the day of the meet.

**Entry Deadline: Online entries are strongly encouraged.** To be seeded, paper-entries must be received by **Monday, September 23, 2019**. Online entries close on **Tuesday, September 24, 2019, at 11:59 PM EDT**. No refunds and/or swimmer substitutions will be allowed.

**Warm-up/Warm-down Procedure:** 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. **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THE WARM-UP LANES ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times.

**Rules:** Current USMS rules for 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. "NT" will be seeded arbitrarily.

**Psych Sheets, Meet Results and Heat Sheets:** Psych Sheets/Meet Results will be posted at <http://www.rmcmastersmeet.org/> and will be sent to by email to meet registrants. Heat sheets will be posted at multiple locations on the pool deck.

**Awards:** Ribbons will be given for first, second and third place in each individual event. No ribbon for relays. Results will be posted at <http://www.rmcmastersmeet.org/> and will be uploaded to the USMS results database.

**Pentathlon Award: NEW THIS YEAR** A railroad train engineer's cap will be awarded to the man and woman whose combined time in the pentathlon - 50 Fly, 50 Back, 50 Breast, 50 Free and 100 IM - is the fastest in the meet. You must enter and race in all 5 events to be eligible

#### Nearby Lodging:

- **Henry Clay Inn** - Address: 114 N Railroad Ave, Ashland, VA 23005 Phone: (804) 798-3100
- **Hampton Inn Richmond-North/Ashland** - Address: 705 England St, Ashland, VA 23005 Phone: (804) 752-8444
- **Holiday Inn Express & Suites Richmond North Ashland** - Address: 107 S Carter Rd, Ashland, VA 23005 Phone: (804) 752-7889

**Order of Events** – There will be two 20 minute breaks before each set of relays (events 7-12 and events 18-23). Warm-ups start at 1:00 PM and the meet starts at 2:00 PM.

#	Event	#	Event
1	Mixed 200 Yard Butterfly	15	Mixed 50 Yard Butterfly
2	Mixed 50 Yard Breaststroke	16	Mixed 200 Yard Freestyle
3	Mixed 200 Yard Backstroke	17	Mixed 100 Yard Backstroke
4	Mixed 100 Yard Butterfly	18-20	400 Yard Free Relays W/M/Mixed*
5	Mixed 500 Yard Freestyle	21-23	200 Yard Medley Relays W/M/Mixed*
6	Mixed 50 Yard Freestyle	24	Mixed 50 Yard Backstroke
7-9	200 Yard Free relays W/M/Mixed*	25	Mixed 400 Yard IM
10-12	400 Yard Medley relays W/M/Mixed*	26	Mixed 200 Yard Breaststroke
13	Mixed 200 Yard IM	27	Mixed 100 Yard IM
14	Mixed 100 Yard Breaststroke	28	Mixed 100 Yard Freestyle

**NOTE: THERE ARE 2 PAGES THAT MUST BE SUBMITTED WITH PAPER ENTRY (this page and the USMS waiver form - available at [www.usms.org](http://www.usms.org) or at the meet).**

**Paper entries are due to September 23, 2019 or  
Enter Online at [www.clubassistant.com](http://www.clubassistant.com) by September 24, 2019  
(Search for meet by date on the left of the Club Assistant home page)**

Attach a copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but be sure to sign waiver on next page. If you are not registered with USMS, you may include your registration form and separate check with your entry, or you may register at the meet. You must be registered to participate.

Please provide the following information:

Name:	Sex	USMS Reg. No:
Address:		
City:	State:	Zip Code:
Email Address:		
Age:	Birthdate (mm/dd/yyyy):	
LMSC:	Club:	Phone:

**RELAY ONLY**

#	Event	Seed Time	#	Event	Seed Time
1	Mixed 200 Yard Butterfly		15	Mixed 50 Yard Butterfly	
2	Mixed 50 Yard Breaststroke		16	Mixed 200 Yard Freestyle	
3	Mixed 200 Yard Backstroke		17	Mixed 100 Yard Backstroke	
4	Mixed 100 Yard Butterfly		18-20	W/M/Mixed 400 Yd Free Relay	Deck Entered
5	Mixed 500 Yard Freestyle		21-23	W/M/Mixed 200 Yd Medley Relay	Deck Entered
6	Mixed 50 Yard Freestyle		24	Mixed 50 Yard Backstroke	
7-9	W/M/Mixed 200 Yd Free Relay	Deck Entered	25	Mixed 400 Yard IM	
10-12	W/M/Mixed 400 Yd Medley Relay	Deck Entered	26	Mixed 200 Yard Breaststroke	
13	Mixed 200 Yard IM		27	Mixed 100 Yard IM	
14	Mixed 100 Yard Breaststroke		28	Mixed 100 Yard Freestyle	

# of Events Entered	Cost	
	x \$6	
Surcharge	\$10	\$10
<b>Total Amount Enclosed</b>		

Mail to: Randolph-Macon College, Attn: Swim Coach, 103 E. Patrick Street Ashland VA 23005. For questions about entries, email David Harmon at [davidcharmon77@gmail.com](mailto:davidcharmon77@gmail.com).

Make check payable to: Randolph-Macon College. Attach a copy of your registration card. Be sure to sign the waiver

*Local Masters Swim Committee Newsletter*  
*Chris and Heather Stevenson, Editors*  
*7702 Hampshire Road*  
*Henrico, VA 23229*

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

## **Summer Nationals Results**

The 2019 USMS Summer National Championship was held in Mission Viejo, CA, on Aug. 7-11, 2019. That's a long way to travel for the "privilege" of swimming in a long-course pool, but there were five bold swimmers from our LMSC who made the trip!

Alex Ghavami, swimming unattached in the 18-24 age group, competed in the breaststroke events as well as the 200 IM, beating his entry times in all of his swims and snagging a fifth-place finish in the grueling 200 breaststroke event.

Club Tribe had two representatives: Kyle Ahlgren and Michael Tingstrom. They both also equalled or bettered their entry times. Kyle was an iron man, swimming the 400/1500 free, the 200 back and the 400 IM; his best place was 8th in both 1500 free and 200 back in the 40-44 age group. Michael provided the fast-twitch muscle for the team, competing in the 50/100 free and the 50 fly. There is more competition in those events, but he still managed an 8th-place finish in the 50 fly in the 50-54 age group.

Virginia Masters Swim Team also had two representatives: Marcia Barry and Christopher Frogley. Marcia had quite the meet, winning the national title in three events in the 70-74 age group: 400 free, 1500 free, and 200 back. One of those swims (the 200 back) was a new LMSC record! She also set a new LMSC record in the 50 back while finishing 2nd in that event, and rounded out her meet with a 4th place finish in the 50 free. Christopher was no slouch either, competing in the 50, 400 and 800 freestyles in the 75-79 age group and stroking to a 4th-place finishes in the 800.

Way to represent, swimmers!