

The Wet Gazette

February 2020

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Long Course Meters 2019 - Season Wrap-Up

The final Top 10 lists for the 2019 long-course meters season (LCM 2019) have been published. The season ran from Oct 1, 2018, thru Sept 30, 2019. This past season, there were no long-course meets in our LMSC, no long-course zone championship, and summer nationals were in far-away California. Despite the lack of opportunity, a few swimmers from our LMSC still managed to make their way to 50 m pools: there were 36 ranked individual swims and even one ranked relay from VMST. There were nine swimmers who had at least one Top 10 swim; Ida Hlavacek led the way with 11 listings, followed by Marcia Barry with 9 swims. Two of Marcia's swims were ranked as the fastest in the nation! Great job, everyone.

More details on these and other recent Top 10 achievements are available at 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: 12 new individual records were set, with Shirley Loftus-Charley setting the pace with six new marks. Three of her swims set new Colonies 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 33rd out of the 52 LMSCs, while at the club level VMST was our best performer, placing 61st out of the 260+ clubs with members who recorded Top 10 swims. These are respectable placings considering how few swimmers made it to a 50m pool, but with summer nationals in Richmond in 2020, look for a much more impressive showing next year! Congratulations to everyone who ventured out and swam in the long pools last year!

Save the Dates!

Get Ready for USMS LCM Nationals in Richmond in August 2020!

As many of you know, USMS LCM Nationals will take place at SwimRVA in Richmond, Virginia this year. To help get you ready for the meet, the Board of the LMSC of Virginia is working with SwimRVA to provide some opportunities for LMSC members to attend **FREE** coached workouts at the SwimRVA pool between now and Nationals. The free workouts will be from 9-10:15 AM on Sunday **April 19**, Sunday **June 28**, and Sunday **July 19**, with a breakfast/brunch and possible speaker after each workout.

SwimRVA is also working on a LCM tune-up meet for the weekend of May 8 - 9, 2020. Keep an eye out for more information about these events as details are finalized!

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General Information

LMSC for Virginia Website:

www.vaswim.org

USMS Website: www.usms.org

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland:

www.teamunify.com

Potomac Valley: www.PVMasters.org

Nearby Zones

Colonies Zone:

www.ColoniesZone.org

Dixie Zone:

www.DixieZone.org

Online Meet Registrations:

www.clubassistant.com

LMSC Officers

Chair: Kirk Clear

Vice-Chair: Denise Letendre

Secretary: Alice Phillips

Treasurer: Becca Latimer

Membership Coordinator: Jeff Bush

Coaches: Rich Williams

Fitness: Vacant

Long Distance: Kate Stephensen

Newsletter: Heather and Chris Stevenson

Officials: Charlie Cockrell

Records & Top Ten: Chris Stevenson

Review: Heather Stephensen

Safety: Jim Miller

Sanctions: Kyle Ahlgren

Webmaster: Chris Stephensen

Upcoming Swim Meets, Events and Clinics

Date	Meet	Location	Registration Deadline
Jan. 1 - Feb. 29, 2020	1-Hour ePostal Nationals (any length pool)	Any Pool	Mar. 3, 2020 (online)
Feb. 15-29, 2020	USMS Winter Fitness Challenge	Any pool	Feb. 29, 2020 (online)
Feb. 22, 2020	USMS Coach Certification Levels 1 and 2	Charlotte, NC	Feb. 21, 2020 (online)
Feb. 29, 2020	Club Tribe Masters Classic (SCY)	Williamsburg, VA	Feb. 25, 2020 (online)
Mar. 1-31, 2020	IM Madness ePostal	Any pool	tbd
Mar. 15, 2020	Maryland Series Meet #6 (SCY)	Annapolis, MD	tbd
Mar. 21-22, 2020	Dixie Zone and NC SCY Championships	Cary, NC	Mar. 15, 2020 (online)
Mar. 28, 2020	ALTS Instructor Certification	Charlottesville, VA	Mar. 27, 2020 (online)
Apr. 3-5, 2020	Colonies Zone SCY Championships	Fairfax, VA	Mar. 27, 2020 (online)
Apr. 23-26, 2020	USMS Spring Nationals (SCY)	San Antonio, TX	Mar. 23, 2020 (online)
May 8-9, 2020	SwimRVA Nationals Tune-Up Meet (LCM)	Richmond, VA	tbd
Aug. 12-16, 2020	USMS Summer Nationals (LCM)	Richmond, VA	tbd
Sept. 19, 2020	USMS Coach Certification Levels 1 and 2	Washington, DC	tbd
Sept. 19, 2020	USMS Coach Certification Level 3	Washington, DC	tbd
Sept. 19-20, 2020	USMS Clinic Course for Coaches	Washington, DC	tbd

Virginia Masters Social Funding Program

PARTY

Ever wonder what
your teammates look
like without wet hair
or swim caps?

**Want \$100 for a
fun social get-
together?**

Do you ever get
extra hungry
after a hard
practice?

**The Virginia Masters LMSC Board is supporting
this program to encourage teams or practice
groups to get together outside of the pool**



You must get at least 8 people together for the social




Pick a fun place after practice or plan a time that works for everyone



You will be reimbursed up to \$100 of your food and beverage** costs



We will ask for photos from your event for the newsletter 



APPLY NOW!

<https://goo.gl/forms/oNa0bgMWcV50bb8e2>

Email: vatreasurer@usms.org with questions



*please no alcoholic beverage reimbursements

David Gregg Meet Results

The David Gregg III Memorial Meet was held February 1st at the NOVA pool in Richmond, Virginia. There were 116 swimmers entered in the meet, another great turnout! The results have been uploaded to the USMS database and posted on our website at www.vaswim.org.

One new LMSC record was set at the meet, with Van Van Horn Pate lowering her own mark in the 50 fly in the 55-59 age group. The following swimmers won special meet awards:

- The Sprinter awards went to the swimmers with the lowest cumulative time in the four 50 yd events. Kevin Stoudt and Katie Gilbert showed their fast-twitch mastery of the short distances in claiming these awards.
- The Distance awards went to the swimmers with the lowest cumulative time in the 400 IM, 500 free, and 1650 free; Sarah Bofinger earned this honor in the women's category, while Carl Ingebretsen repeated as the distance champion for the men.

Kudos to all those swimmers who made it to the meet, we hope you enjoyed it. And thanks to all the officials and volunteers who made it possible - we can't do it without you all!

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News from the USMS National Office

Fitness Swimming

Warm up your winter with the 2020 SmartyPants Vitamins USMS Winter Fitness Challenge. This fun 30-minute swim runs through Feb. 29.

This 30-minute swim can be done in any manner desired: straight through, as a member of a relay, or even with fins.

Net proceeds benefit the USMS Swimming Saves Lives Foundation, so your participation helps other adults learn to swim. Win-win!

A bundle option is available for all three 2020 Fitness Series events. Bundle registrants receive a discount and special gold Fitness Series cap! All participants receive access to training plans, SmartyPants Vitamins samples, special offers from USMS partners, and logo'd event caps! See www.usms.org/events/fitness-events to sign up.

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Workouts and FLOGs

Have you been frustrated looking for workouts on the USMS website? The National Office heard your cries . . .

Workouts, historically posted in the forums, are available for members (you have to sign-in on the website at www.usms.org). Although they will still only be available to members, the workouts are being moved out of the forums and will soon be available as downloadable pdfs. The workouts will also be available through the Swim.com app (USMS has partnered with Swim.com to provide additional services to Masters swimmers - check out that app, you may find it to be a great addition to your workout resources).

According to the November 2019 USMS Board of Directors meeting minutes, swimmer fitness logs (FLOGs) have also been integrated with Swim.com.

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2020 VA LMSC Budget *

2017 Budget	2017 FY (11/01/16- 10/31/17)	2018 Budget	2018 FY (11/01/17- 10/31/18)	2019 Budget	2019 FY (11/01/18- 10/31/19)	2020 Budget	Income	Notes
\$ 12,500.00	\$ 12,103.00	\$ 12,000.00	\$ 11,664.00	\$ 12,250.00	\$ 11,474.00	\$ 12,250.00	Membership Fees	\$11 individual LMSC Fee. No increases in 2019 or for 2020
\$ 550.00	\$ 1,126.00	\$ 550.00	\$ 718.00	\$ 1,000.00	\$ 944.00	\$ 1,000.00	Meet Profit (including one-event registrations)	Continue policy \$1 per participant surcharge at all pool and OW events. Decreased \$10 OEVT Fee
\$ 1,000.00	\$ 304.00	\$ 570.00	\$ 606.00	\$ 700.00	\$ 600.00	\$ 700.00	Club Fees	Increase to \$20 in October 2019, no changes in 2020
\$ 4.00	\$ 2.46	\$ 4.00	\$ 8.34	\$ 8.00	\$ 18.42	\$ 12.00	Interest Income	Earned from Money Market Account
\$ -	\$ 770.00	\$ -	\$ 1,156.00	\$ 1,000.00	\$ 676.00	\$ 1,000.00	Additional Income & Donations	No changes in 2019
\$ 14,054.00	\$ 14,564.77	\$ 13,124.00	\$ 13,404.63	\$ 14,958.00	\$ 13,712.42	\$ 14,962.00	Total Income	

2017 Budget	2017 FY (11/01/16- 10/31/17)	2018 Budget	2018 FY (11/01/17- 10/31/18)	2019 Budget	2019 FY (11/01/18- 10/31/19)	2020 Budget	Operating Expenses	Notes
\$ 1,275.00	\$ 1,239.99	\$ 1,275.00	\$ 1,319.50	\$ 1,200.00	\$ 1,200.00	\$ 1,200.00	Webmaster	No changes in 2019
\$ 3,000.00	\$ 3,229.50	\$ 3,000.00	\$ 2,983.00	\$ 2,400.00	\$ 2,545.00	\$ 2,200.00	Registrar (Monthly Pay)	Reduced from \$2.50 to \$2.00 per registrant in 2019 - Discontinued starting Jan. 2020
\$ 3,000.00	\$ 2,389.20	\$ 3,000.00	\$ 2,692.69	\$ 4,000.00	\$ 3,415.00	\$ 400.00	Communications/Newsletter	No Printed Newsletter starting Jan. 2020, but includes Social Media
\$ 300.00	\$ 174.00	\$ 200.00	\$ 272.00	\$ 275.00	\$ 272.00	\$ 275.00	Rule Books	No changes in 2019
\$ 500.00	\$ 290.18	\$ 500.00	\$ 310.40	\$ 500.00	\$ 437.17	\$ 500.00	Office Supplies and Misc Reimbursements	No changes in 2019
\$ 6,000.00	\$ 3,610.00	\$ 5,000.00	\$ 2,825.04	\$ 5,500.00	\$ 5,188.30	\$ 5,000.00	Convention and Travel	Includes USMS Leadership Summit and USMS Convention
\$ 600.00	\$ 450.00	\$ 600.00	\$ 650.00	\$ 800.00	\$ 450.00	\$ 800.00	USMS Sanction Fees	\$50 for Sanctioned Pool Events, \$100 for OW Events paid by LMSC
\$ 1,000.00	\$ 90.00	\$ 1,000.00	\$ 2,674.46	\$ 3,500.00	\$ -	\$ 3,000.00	Coaches	No changes in 2019
			\$ 557.35	\$ 1,000.00	\$ 131.13	\$ 500.00	Social Funds for Club Get-Togethers	Available to Clubs
			\$ 106.09		\$ 51.60	\$ 300.00	Marketing Materials & Awards	No Changes in 2019
				\$ 1,000.00		\$ 1,000.00	VA Regional Caps/T-shirts/Sweatshirts	For Pre-Nationals Meet and Nationals Participants
						\$ 1,500.00	Pre-Nationals Meet Expenses	Line Item only for 2020
\$ 15,675.00	\$ 11,472.87	\$ 14,575.00	\$ 14,390.53	\$ 20,175.00	\$ 13,690.20	\$ 16,675.00		

\$ 15,675.00	\$ 11,472.87	\$ 14,575.00	\$ 14,390.53	\$ 20,175.00	\$ 13,690.20	\$ 16,675.00	Total Expenses	
\$ (1,621.00)	\$ 3,091.90	\$ (1,451.00)	\$ (985.90)	\$ (5,217.00)	\$ 22.22	\$ (1,713.00)	Income Minus Expenses	
	\$ 17,791.02		\$ 2,004.81		\$ 1,928.98		EOY Checking	
	\$ 11,079.16		\$ 28,193.74		\$ 25,528.98		EOY Money Market	
	\$ 28,870.18		\$ 30,198.55		\$ 27,457.96		EOY Net Worth	

* The Board of the LMSC of Virginia develops an annual budget for the organization. This is the adopted 2020 budget. Line item notes help explain the purpose of each income or expense. If you have any questions, please email Becca Latimer at vatreasurer@usms.org.



5th Annual Club Tribe Masters Classic
College of William & Mary Rec Center Pool

February 29, 2020

Welcome to the 5th Annual Club Tribe Masters Classic! Prep for Colonies Zones and test your team's sprinting prowess in the 100 (4 x 25) Medley Relay at this fun, lively meet, which is graciously hosted by William & Mary's stellar varsity swimming teams and staff.

Sponsored By: Club Tribe (1693)

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

Meet Director : Kyle Ahlgren (clubtribealumni@gmail.com)

Meet Referee: TBD

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.

Meet Schedule: Warm-ups are from 2:00 to 2:55 PM. The meet will begin at 3:00 PM. There are no scheduled breaks, although Lanes 1 and 8 will be available throughout the meet for continuous warm-up and warm-down. This meet typically has a 3.5-hour run time, finishing at approximately 6:30 PM.

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

How to Enter the Meet: Online entries are strongly encouraged, and there will be no meet-day registration. To enter online, go to www.clubassistant.com – meets are listed on the left side of the Club Assistant home page by date. If you are unable to use online entry, please e-mail or call Meet Director Kyle Ahlgren (ClubTribeAlumni@gmail.com / 202-957-3936) and he will make arrangements for your entry.

Entry Deadline and Cost: The deadline for online entries is **Tuesday, February 25, 2020**. The cost is \$8.00 per individual event, plus a \$12.00 facility fee. Relays will be deck-entered and deck-seeded at no cost.

Deck Entries: Deck entries for individual events are available to swimmers who are registered for the meet and wish to swim in an open lane. To deck enter, visit the Deck Entry table and be prepared to pay \$10 per event (cash, Venmo @ClubTribeMasters, or check payable to Club Tribe Masters 1693, Inc.). Deck entries will be accepted at the discretion of the Meet Director – please allow ample time for processing at the table. Deck entries close at the conclusion of the 200 IM.

Relay Entry Deadlines and Seed Times: Relay cards for the 100 Medley Relay are due before the conclusion of the 50 Free. Relay cards for the 200 Free Relay are due before the conclusion of the 200 IM. For the 100 Medley Relay, enter a seed time as if it were a 200 Medley Relay. Please use reasonable guestimates for relay seed times.

1,000 Freestyle Entry Limit, Check-In and Wait List: The 1,000 Free will be limited to the first twelve (12) entries received. Positive in-person check-in for the 1,000 Free is required by 2:45 PM on the day of the meet. Swimmers who are unable to enter the 1,000 Free because the entry limit has been reached may place themselves on a first-come, first-served wait list upon arriving at the meet. Swimmers granted entry in the 1,000 Free from the wait list must pay the \$8.00 individual entry fee. We will post the final 1,000 Free heat sheet by 3:15 PM. W&M varsity swimmers will serve as lap counters for the 1,000 Free.

Rules: Current USMS rules for Masters swimming will apply. Women and Men will swim separately in all individual events except the 1,000 Free and 400 IM, which will be combined. For relays, Women, Men and Mixed relays will swim separately if entry levels warrant, but may otherwise be combined. Age groups will be combined in all events.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered with U.S. Masters Swimming.

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.

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.

Meet Results and Heat Sheets: Meet Results will be posted at www.vaswim.org and will be sent by e-mail to meet registrants. Heat sheets will be e-mailed to meet participants by Friday, February 28, and will be posted at multiple locations on the pool deck. A meet recap will also be posted to Club Tribe's website (www.clubtribemasters.org).

Williamsburg Info and Lodging: There are many hotel, motel and B&B options in all price ranges a short distance from the pool. Good resources for local lodging include: www.colonialwilliamsburg.com/stay and www.bandbwilliamsburg.com/.

Aquawear on Deck: Aquawear swim shop of Virginia Beach will be at the meet with a large selection of suits, tech suits, goggles and other accessories. They will be accepting all credit cards, cash and checks. A very convenient way to get a great-fitting tech suit for Zones and Nationals!

Questions: If you have questions, please feel free to contact Meet Director Kyle Ahlgren at (202) 957-3936 or ClubTribeAlumni@gmail.com.

Note on the 100 Medley Relay: The 100 Medley Relay is a non-conforming event pursuant to Articles 102.5.3 and 202.1.1G(3) and is therefore an unofficial race. Results for that race will, however, be included in the meet results e-mailed to meet registrants, and a list of meet records by age group for the 100 Medley Relay can be found at Club Tribe's website here. Unattached swimmers and swimmers on smaller teams are ENCOURAGED to coordinate and assemble 100 Medley Relays and chase the meet records and the pewter Jefferson Cups!

ORDER OF EVENTS

Warm-Up: 2:00PM – 2:55 PM / Meet Begins at 3:00 PM

<u>Event #</u>	<u>Stroke/Distance</u>
1-2	50 Back
3-4	200 Free
5-6	50 Free
7-8	100 Breast
9-10	100 IM
11	1,000 Free (Mixed)
12-14	100 Medley Relay (Women, Men and Mixed)
15-16	100 Fly
17-18	200 IM
19-20	100 Free
21-22	50 Breast
23-25	200 Free Relay (Women, Men and Mixed)
26-27	100 Back
28	400 IM (Mixed)
29-30	50 Fly