



2004 Registration

If you have not renewed your USMS registration for 2004, this will be the last newsletter you will receive. The form is available on our website, <http://maryland.usms.org>. So far, 369 swimmers have registered in Maryland for 2004 which includes 261 renewals and 108 new swimmers. 191 swimmers from 2003 have not yet renewed. Remember to let Barb Protzman know if your mailing address or email address change during the year.

Plunge for Patients USMS One-Mile Open Water Championship

The Plunge for Patients in Wildwood, NJ will be the site of the official USMS One Mile National Open Water Championship on Sunday, June 27, 2004. Registration takes place 6-7:15 AM at the Mariners Landing picnic area, at the end of the amusement pier, Schellenger Avenue and the beach. There will also be Plunge one and three mile swims beginning five minutes after the USMS start. If you are bringing children, there is a Beyond the Breakers Novice Swim at 10:30 AM on Sunday after the swim, and parents are allowed to swim with their children free of charge. There will be transportation from the finish line to the picnic area after the swim where lunch will be served. You are invited to attend a beach party on June 26, 2004 at 7PM, which includes a treasure hunt for the kids, a pasta dinner, slide presentations, and a bonfire on the beach. Call or email me if you have any questions, (410) 502-5395, andervi@jhmi.edu. Hope to see you there.

2004 LMSC Banquet

Be sure to reserve June 5 on your calendar for the Maryland LMSC Awards Banquet and 30th Anniversary Party. A special night is planned as we celebrate thirty years of Masters swimming in Maryland. Our committee is putting together a fun theme for the evening that will include dinner, a DJ, and dancing.

Swim Series Championship

The entry form for the 2004 Carol Chidester Memorial Swim Series Championship is included in this newsletter. The meet date has been changed to Sunday, March 21 due to a scheduling conflict. Entries must be received by Saturday, March 13; no deck entries are allowed. We would appreciate anyone who can volunteer to help time, run the timing console, or computer. Contact Barb Protzman if you can help.

2004 YMCA Nationals

The Anne Arundel County YMCA (aka Maryland Masters) will be taking a team of about 90 swimmers to this year's meet at the International Swimming Hall of Fame in Fort Lauderdale on April 15-18. The team plans to defend its title as national champions. There will be an important meeting and party for all participants on Saturday, April 10 (location TBA).

Maryland Masters Winter Meet

The 27th Annual Maryland Masters Winter Meet will be held on March 6-7 at UMBC. Meet entries must be received by Saturday, February 28. The meet entry form is on our website <http://maryland.usms.org>. Come and join the fun!

LAYOUT AND DESIGN BY SHERIF SHAALAN

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NOMINATIONS World Record

The Maryland LMSC nominating committee consisting of Nancy Brown (chair), Bonnie and Bob Johnston, Mike Jacobson, Rand Vaillancourt, and Mark Hurley are accepting names of anyone who is interested in filling the positions of Chair, Vice-Chair, Secretary, and Treasurer of our LMSC. The term is for two years. The nominating committee will present a slate of officers to be voted into office at our annual meeting on June 5th. Please contact Nancy at 410-255-0699 or any other nominating committee member if you are interested as soon as possible.

The job descriptions for the positions are as follows:

Chair – Day-to-day management of the business affairs of the LMSC. Call meetings when and where deemed necessary and preside at the meetings. Appoint committee chairs with advice and consent of the Board of Directors.

Vice Chair – Chair of the nominating committee and able to assume the duties of the chair in his/her absence.

Secretary – Keep a record of all meetings; issue quarterly newsletter to all members; conduct official correspondence; issue meeting notices and minutes of meetings; make reports required by USMS.

Treasurer – Prepare the annual budget for review and approval by the Chair and the Board of Directors; receive all monies and pay all bills approved by the Board of Directors; maintain financial records, including bank and checking records; make timely reports (at least annually) to the Board of Directors.

Congratulations to Jim O'Connor who broke the *world record* for the Men's 50-54 200 SCM Butterfly. Jim set the record of 2:20.86 in October at a meet in Orlando, FL. All three butterfly records in the 50-54 age group were broken in that meet by three different swimmers. Way to go Jim!!

LCM Top Ten

Congratulations to the following Maryland swimmers who placed in the national Top Ten for Long Course Meters in 2003.

Carolyn Voorhees

50 Free 29.37 7th

50 Fly 31.98 8th

Katherine Branch 45-49

200 Free 2:29.12 9th

1500 Free 20:07.45 2nd

200 Back 2:50.17 5th

200 Fly 2:50.89 2nd

200 IM 2:55.00 8th

400 IM 6:05.64 4th

Bridget Vache 45-49

100 Free 1:07.42 7th

200 Free 2:27.00 5th

400 Free 5:06.36 3rd

800 Free 10:35.65 3rd

1500 Free 20:17.40 3rd

100 Brst 1:26.94 3rd

100 Fly 1:13.05 3rd

Nancy Brown 65-69

100 Free 1:30.27 8th

200 Back 3:44.60 5th

100 Fly 1:55.24 5th

Catherine Williams 75-79

50 Free 49.50 6th

50 Back 1:00.36 7th

100 Back 2:15.65 8th

Bill Conroy 60-64

800 Free 11:13.73 4th

1500 Free 21:10.09 2nd

MARYLAND USMS LICENSE PLATE UPDATE



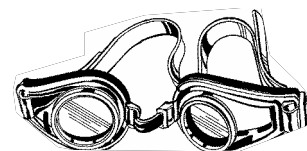
We're getting there! We now have more than one half of the required minimum number of members who are interested in receiving our proposed license tag. There is no deadline for getting yours. In fact, the only deadline is that we still need more "takers" to make this project a success. So . . . why not contact Mark Hurley and let him know that you are

interested? He will send you an interest form for you to complete. Mark can be reached via e-mail at MARKH@USMS.ORG. (If you don't have e-mail, he can be reached at 410-931-2007.) Remember, once we have the minimum number (25) required by the Maryland Motor Vehicle Administration, you will be contacted for the next step. Vehicles that may display organizational license plates include cars, light trucks and sport utility vehicles.

A big "thank you" to those who have expressed their interest in receiving an USMS organizational license plate. (Some have even requested two.) Without you, this project would not have progressed this far!

1000/1650 Meet

The annual Maryland Masters 1000/1650 Meet will be held on May 2 at UMBC. This is later than usual this year due to the heavy meet schedule in March and April. The entry form is included in this newsletter. Times from this meet will count towards the top ten for this season.



Swimming Calendar of Events

- 3/6/2004-
3/7/2004 **Maryland Masters Winter Meet** - UMBC, Catonsville, MD
SCY; Barbara Protzman, 7919 Main Falls Cir, Catonsville, MD 21228-2421, 410-788-2964(h),
410-992-3760 (x3320), swimbarb@hotmail.com; maryland.usms.org; Entry deadline 2/28/2004
- 3/20/2004 Albatross Open - Montgomery Aquatic Center, Bethesda, MD
SCM; Jeff Roddin, 13548 Coachlamp Ln., Silver Spring, MD 20906, 301-603-0528,
iroddin@pvmasters.org ; www.pvmasters.org/albatross.htm; Pre-entry (3/13/2004) & Deck-entry
- 3/21/2004 Maryland LMSC Swim Series Championship - UMBC; SCY; Barbara Protzman, 7919 Main Falls Cir,
Catonsville, MD 21228-2421, 410-788-2964(h), 410-992-3760 (x3320), swimbarb@hotmail.com;
maryland.usms.org; Entry deadline 3/13/2004
- 4/2/2004-
4/4/2004 Colonies Zone SCY Championships - George Mason Univ, Fairfax, VA
SCY; Cheryl Ward, 4207 University Dr, Fairfax, VA 22030, 703-359-5366, cherylaward@yahoo.com;
www.patriotmasters.org/Colonies.April2004.Entry.pdf; Entry deadline 3/20/2004
- 4/15/2004-
4/18/2004 YMCA Masters National Championship Meet – Fort Lauderdale, FL
www.ymcaswimminganddiving.org
- 4/22/2004-
4/25/2004 2004 USMS SCY National Championship Meet – Indianapolis, IN
Entry deadline 3/xx/2004; www.usms.org
- 5/2/2004 **Maryland Masters 1000/1650 Freestyle Meet** – UMBC
Barbara Protzman, 7919 Main Falls Cir, Catonsville, MD 21228-2421, 410-788-2964(h),
410-992-3760 (x3320), swimbarb@hotmail.com; maryland.usms.org
- 5/30/2004 Jim McDonnell 1 & 2 Mile Lake Swims - Lake Audubon, Reston, VA
OW; Gordon Gerson, Reston Masters Swim Team, 703-845-SWIM (7946), usna58@comcast.net;
www.restonmasters.org;
- 6/5/2004 **Maryland LMSC Awards Banquet and 30th Anniversary Party**
- 6/5/2004 7.5 Mi Potomac River Swim for the Environment - Mouth of the Potomac River between Virginia
and Maryland
OW; Cheryl Wagner, 3103 Hawthorne Dr NE, Washington, DC 20017-1040, 202-387-2361(h),
- 6/13/2004 Chesapeake Bay 4.4 Mi Swim and 1 Mi Challenge - Baltimore, MD
OW; Lin-Mark Computer Sports, 7 Westwood Dr, Mantua, NJ 08051, 856-468-0010,
lin-mark@lin-mark.com; www.lin-mark.com; Pre-entry
- 6/19/2004 1, 2, 3, 4, or 5 Mi Maryland Swim for Life - Chester River, Chestertown, MD
OW; Dawson Nash, DCAC, 4514 Connecticut Ave NW #503, Washington, DC 20008,
202-686-2150, swimmerdn4321@aol.com; Deck entries only
- 6/27/2004 2004 USMS 1 Mile Open Water Championship - Wildwood, NJ
- 8/12/2004-
8/15/2004 2004 USMS LCM National Championship – Chatham County Aquatic Center, Savannah, GA

*Chairman/Top Ten/
Registrar:*
Barbara Protzman
7919 Main Falls Circle
Catonsville, MD 21228
(410) 788-2964
swimbarb@hotmail.com

*Vice Chairman/
Newsletter Editor:*
Nancy Brown
424 Riverside Dr.
Pasadena, MD 21122
(410) 255-0699

Secretary:
Raymond C. Toy
809 D Edmondson Ave.
Catonsville, MD 21228
(410) 747-9402

Treasurer:
Patty Devanny
419 Nottingham Rd.
Baltimore, MD 21229
(410) 947-4669

Fitness:
Gladney McKay
502 Narborough Ct
Severna Park, MD 21146
(401) 518-6223

2004 MARYLAND MASTERS 1000/1650 FREESTYLE SWIM MEET

Sanctioned by the Maryland Association of USMS, Inc. - Sanction # 094-008

- WHEN: Sunday, May 2, 2004
Warm-up at 12:00 noon.
Meet starts at 12:45 pm.
- WHERE: University of Maryland Baltimore County (UMBC)
in Catonsville, MD
- FACILITY: A modern, 8-lane, 25 yard pool. A 13 x 13 yard diving well will be available for warm-up throughout the meet. A fully electronic timing system and non-turbulent lane markers will be used.
- FEES: \$7.00 if received by April 26, 2004.
Late fees and deck entries are \$10.00.
- RULES: USMS rules will apply. The standard age groups will be 19-24, 25-29, 30-34, 35-39, 40-44,... 90-94,.... Results will be submitted for Top Ten recognition. All swimmers must be registered with USMS. You must send in a copy of your card. Age is determined as of 5/2/2004.
- SEEDING: Ages and sexes will be combined. Heats will be seeded fast to slow. We will alternate swimming heats of the 1650 and 1000. You may only swim one of the two events. All swimmers **must** check-in for their event no later than 12:30pm on 5/2/2004.
- AWARDS: A custom Maryland Masters award will be presented to each entrant.
- NOTE: All swimmers must provide someone to count their laps. Lap cards will be provided.
- DIRECTIONS: *From the Baltimore Beltway (695):* Take exit 12, Wilkens Ave. west. Turn left at the end of the exit ramp. UMBC is 1/2 mile on the left. Turn into the first entrance by the police station. Take a right at the stop sign at the top of the hill. Go through the next stop light. The pool is at the foot of the high rise building at the bottom of the hill.
- From Rt. 95:* Take the Catonsville (Rt. 166/195) exit. Follow the exit ramp over the bridge and bear right onto the campus. The pool is directly ahead of you at the stop sign.

2004 MARYLAND MASTERS 1000/1650 FREESTYLE MEET

ENTRY FORM

Please print:

LAST NAME	FIRST NAME	AGE	SEX	DATE OF BIRTH
STREET ADDRESS		USMS NUMBER	USMS TEAM	
CITY	STATE	ZIP	()	TELEPHONE
EMAIL ADDRESS				

YOU MAY ONLY ENTER ONE OF THE EVENTS

EVENT NAME	EVENT NUMBER	SEED TIME
1000 yd. Freestyle	1	
1650 yd. Freestyle	2	

TOTAL FEE: \$ 7.00

Entries must be received by Mon., April 26	Make checks payable to: Maryland Masters Swim Team	You must include a copy of your USMS card.	MAIL TO: Barbara Protzman 7919 Main Falls Circle Catonsville, MD 21228 (410) 788-2964
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RELEASE BY PARTICIPANT

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR 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: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNATURE (REQUIRED)

DATE

2004 CAROL CHIDESTER MEMORIAL SWIM SERIES CHAMPIONSHIP MEET

Sanction #094-007 by the Maryland Association of U.S. Masters Swimming, Inc.

- WHEN:** Sunday, March 21, 2004
Warm-up at 3:00 pm
Meet starts promptly at 3:30 pm; We must be out of the pool by 6:00 pm.
- WHERE:** University of Maryland Baltimore County (UMBC) in Catonsville, Maryland
- FACILITY:** A modern, 8-lane, 25 yard pool. A 13 x 13 yard diving well will be available for warm-up throughout the meet. A fully electronic timing system and non-turbulent lane markers will be used.
- RULES:** USMS rules will apply. The standard age groups will be used for all events. Results will be submitted for Top Ten recognition. Age is determined as of 3/21/2004. All swimmers must be registered with USMS.
- SEEDING:** Ages and sexes will be combined. Slower heats are swum first.
- ENTRIES:** There will be a \$7 charge per swimmer, regardless of the number of events which are entered.
- Each swimmer is limited to 3 individual events and one relay.
- Complete the attached entry form and return it along with your check for \$7 and a copy of your USMS card, to:
- Barbara Protzman, 7919 Main Falls Circle, Catonsville, MD 21228**
- Questions? Call **(410) 788-2964** before 10pm, email: **swimbarb@hotmail.com**
Checks should be made payable to USMS, Maryland Association.
Entries must be received no later than Saturday, March 13.
- Due to time constraints, the 500 yd. Freestyle is limited to the first 24 entrants.
Relays will only be conducted if there is time before 6:00 pm.
- DECK ENTRIES ARE NOT ALLOWED FOR THIS MEET.

ORDER OF EVENTS

- | | |
|------------------------------|-------------------------------|
| 1. 50 yd. Freestyle | 10. 50 yd. Breaststroke |
| 2. 200 yd. Butterfly | 11. 100 yd. Butterfly |
| 3. 100 yd. Individual Medley | 12. 200 yd. Individual Medley |
| 4. 50 yd. Backstroke | 13. 200 yd. Breaststroke |
| 5. 100 yd. Breaststroke | 14. 100 yd. Freestyle |
| 6. 50 yd. Novice Freestyle * | 15. 200 yd. Backstroke |
| 7. 200 yd. Freestyle | 16. 50 yd. Novice Choice * |
| 8. 100 yd. Backstroke | 17. 50 yd. Butterfly |
| 9. 400 yd. Individual Medley | 18. 500 yd. Freestyle ** |
| | 19. 400 yd. Free/Med Relay |

* Novice events are restricted to new swimmers in their first year of competition only.
** Limited to the first 24 entrants.

DIRECTIONS TO THE MEET:

From the Baltimore Beltway (Rt. 695):

Exit 12, Wilkens Ave. West.
UMBC is ½ mile on the left.
Turn into the first entrance by the police station.
Take a right at the stop sign at the top of the hill.
Go through the next stop light.
The pool is at the foot of the high rise building at the bottom of the hill.

From Rt. 95:

Take the Catonsville (Rt. 166/195) exit.
Follow the exit ramp over the bridge and bear right onto the campus.
The pool is directly ahead of you at the stop sign.

2004 MARYLAND LMSC SWIM SERIES CHAMPIONSHIP MEET ENTRY FORM

Please print:

LAST NAME	FIRST NAME	AGE	SEX	BIRTHDATE
STREET ADDRESS		USMS NUMBER		USMS TEAM
CITY	STATE	ZIP	TELEPHONE	WORKOUT LOCATION
EMAIL ADDRESS				

**ENTRIES ARE LIMITED TO THREE (3)
INDIVIDUAL EVENTS ONLY.**

EVENT NAME	EVENT #	SEED TIME

TOTAL FEE: \$ 7.00

NO DECK ENTRIES

RELEASE BY PARTICIPANT

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR 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: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNATURE (REQUIRED) _____ **DATE** _____

Include a copy of your USMS card with this form if you are not registered with the Maryland LMSC.

MAIL TO: Barbara Protzman
7919 Main Falls Circle
Catonsville, MD 21228

Include a check for \$7 payable to:
USMS, Maryland Association

Entries must be received by:
Saturday, March 13

Places to Swim

UMBC - University of Maryland Baltimore County
 Catonsville, MD Wilkens Ave near Rt 695
 8 lane 25 yd pool with separate diving well;
 50 m outdoor pool; weight room available
 \$600 a year for facility use and coaching
 Contact: Darlene Schaub (410) 455-2679
 Workouts: M,T,Th 6-7:30am;
 T, Th 8:30-10:00pm; Sat 8:00-10:00am

Woods Community Center - Severna Park, MD
 Formerly Severna Park YMCA
 Note: Temporarily closed for renovations
 6 lane, 25 yd pool: weight room available
 \$480 a year
 Coach: Nancy Brown (410) 255-0699
 Workouts: M,F 5:30-6:30 am, 9-10am
 T,Th 7:30-9:00pm; W 5:30-6:30am
 Sun 6:30-8:00am

Towson University - Towson, MD
 8 lane, 25 yd pool
 \$45/mo, \$125/qtr, \$450/yr
 Contact: Pat Mead (410) 704-3577;
 pmead@towson.edu

Workouts: M,W,F 5:30-6:30am, Sat 7:30-9:00 am
 Arundel Olympic Swim Center - Riva Rd., Annapolis, MD
 50 meter x 25 yd pool - set up short course
 \$4/each or \$20/month or \$35 for 15 swims
 Coach: Rand Vaillancourt (410) 360-4210,
 rmvaill@aol.com

Workouts: M, W 8-9:30pm, Sat 8:15-10:00am
 Severna Park Racquetball & Fitness Club - Millersville, MD
 5 lane 25 yd pool
 Club membership + \$10/month or
 \$30/month for non-members
 Coach: Carrie Schwardtfeger
 Contact: Aquatics Director (410) 987-0980
 Workouts: M,W 7:30-9:00pm Fri 6:30-7:30 pm

LifeBridge Health and Fitness - Pikesville, MD
 6 lane, 25 yd pool
 Contact: Marian Wasser (410) 484-6800 x124
 Workouts: M 7:30-8:45 pm, T,Th 6:15-7:30 am
 Sun 7-8:30 am

Ft. Meade Maryland Masters - Gaffney Fitness Center
 Military/DoD/DoD-contractor affiliates only
 6 lane, 25 meter pool
 \$25/month
 Coach: Kay Williamson (410) 672-0499
 Workouts: M, T, Th 5:30-6:30 am

North Baltimore Aquatic Club Masters (NBAC)
 Meadowbrook Pool - Mt. Washington
 Contact: John Cadigan (410) 433-8300
 Workouts: M-F 6:00-7:00am, W 7:30-8:30 pm,
 Sat 6:30-7:30 am, Sun 5:30-6:30 pm

Central Maryland YMCA Masters - Multi-locations
 Howard County YMCA - Ellicott City, MD
 Workouts: T,Th 8:45-9:45pm; M,W 11am-12:15
 Western Family YMCA - Catonsville, MD
 Workouts: M,W 8:45-9:45 pm

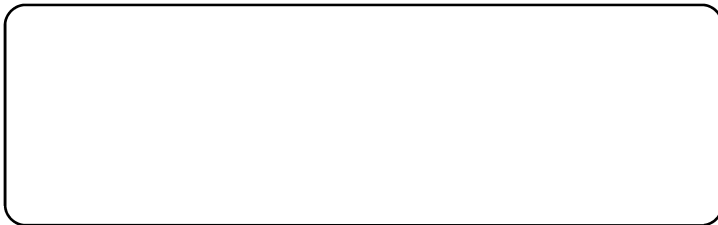
Towson YMCA - Towson, MD
 Workouts: T,Th 8:45-9:45 pm
 6 lane 25 yd pools
 \$60/8-wk session for non-members,
 \$30 members
 www.cmym.us
 Coach: Michael Jacobson (410) 465-4334

Merritt Athletic Club - Towson, MD
 Coach: Florian Galan
 Workouts: Tu: 7:30-8:30 pm
 (Warm up @7:00pm)
 Thur: 6:00-7:00pm.
 (Warm up @ 5:30pm)
 Sat: 8:30-9:30am
 (No Coach but prepares workouts)
 The monthly and drop-in fees:
 2-sessions: \$20.00/members;
 \$35.00 non-members
 3-sessions: \$30.00/members;
 \$45.00 non-members
 Drop-ins: \$3/members;
 \$5/non-members per workout
 Drop in fee paid at front desk prior to workout.
 Contact: Dana Pomfrey

Maryland Athletic Club - Timonium, MD
 Contact: Hollie Kenney (410) 506-6802
 Workouts: M,W 5:30-6:30 am, 7:00-8:00 pm
 Sat 7:15-8:15 am

Bowie Aquatics Club - Bowie, MD
 Bowie State University
 Contact: John Mason (301) 249-5073

Columbia Masters
 Columbia Swim Center, Columbia, MD
 8 lane 25 yd pool
 Contact: Sue Mangan (410) 730-7000



**SWIM SERIES
 CHAMPIONSHIP
 1000/1650
 MEET ENTITIES**

USMS, Maryland Association
 c/o Barbara Protzman
 7919 Main Falls Circle,
 Catonsville, MD 21228

