

Wasn't it just a few months ago that we produced the first Newsletter of the Swim Year (or so it seems)! Summer is here (already), and a lot of us are wallowing in our favorite swimmin' hole. Where ever that may be for you, we wish you a safe and happy summer filled with many hours enjoying your favorite place to swim---

The Chairman Sez...

Summer is officially here, and we are finally wrapping up the Short Course Yards season of swimming. Our Association was well represented at YMCA Nationals, our Zone Championships, and The National Senior Games. Congratulations to all !!! If you think that there's not a lot going on during the summer, think again. Long course and open water swimming is in full swing.

There are several Long Course Meets in our area this year. Terrapin Masters is holding an 800/1500 Meet on July 10. DCRP is holding their Annual LC Meet on July 24th. On August 6th, our Association along with Maryland Masters, is sponsoring a Long Course Meet at UMBC.

August 27-28, the Colonies Zone is holding LC Championships at George Mason University. Oh, and not to forget LC Nationals at Mission Viejo Ca August 11-15. For info, please go to our web site, or the USMS web site and it will link you to the entries. There are also numerous open water swims in our surrounding area. The USMS website has several links that you can use to get more information.

After the meet on August 6, our Association will hold a brief meeting to get ideas to help plan the upcoming year. To be discussed: the Swim Series Meets, our Association Swimmer of the Year Award, and ways to improve our Association's communications. We will have another meeting in late September to finalize plans for the upcoming year. If you have any ideas, suggestions, or complaints please let us know. If you can't attend, and have some ideas you would like to see implemented, please call or e-mail me with them. Here is my contact information: Phone (W) 410-

715-7624 e-mail pdevanny@fountainheadtitle.com.

I would like to thank everyone who has helped during the past year with the Newsletter, Top Ten, Registrar, Swim Series Meets, Sanctions and the rest of the Board. We have had to overcome a lot of obstacles: software glitches, computer failures, timing systems not being available, but we still made it through. So thank you, Ruth, Christine, Mike, Ray, Karen, Mark, Caroline, Nancy, Kay, Steve, Rand, Susie, Pat, Bob, Bonnie, Jim, Kathy, and Jill. If I forgot anyone, I apologize, and I'll recognize you next Newsletter.

And finally, it may seem like a long way off but Worlds Master Championships are coming to Stanford in August 2006. The two week competition begins on August 3 with the opening ceremonies and concludes on August 17. The competition includes swimming, diving, water polo, open water swimming and synchronized swimming. More details will be available in August and September at the USMS web site. Now is the time to start planning for this Meet. Please talk it up with your teammates. It would be fantastic to have a large group from our Association participate. Have a great summer!

Patty

Important web sites:
Local LMSC - <http://maryland.usms.org>
Region - www.colonieszone.org
National - www.usms.org

Y Nationals

Maryland LMSC members, Dr. Jack Iliff and Marti Betz, erased the 1986 100 yd. Men's Individual Medley and 1991 50 yd. Women's Backstroke records at the "YMCA MASTERS" NATIONAL CHAMPIONSHIP MEET in April at the Natatorium of the Purdue and I.U. campus in Indianapolis. The relay team of Head Coach Nancy Brown, Vonda Nohinek, Marge Pearsall-Groenwald, and Daryl Platt swam to a 1st place victory to establish a "bench-mark" for the 400 yd. Freestyle Relay which was added to the Meet events this year.

The Anne Arundel County YMCA team members totaled 53 (ranging in ages 25-92) vs the "home team" Jordan "Y" Indianapolis which numbered 123. Maryland Masters took 2nd overall team place with their "small men's team" placing 1st. Teams from across the country and Canada gathered at the "Natatorium" for the four day event from the West Coast to the East, representing seventy-five "Y's" throughout the U.S.

The "distance" events, i.e. the 1650 yds. and 1000yds. launched the National Meet 4/20/2005 which culminated with the 200 yd. Individual Medley .

MD Masters Team members who won gold medals include:

Marty Betz, Nancy Brown, John Collings, Raymond Edelhoff, Alexander Eremchuk, Francis Haywood, Jack Iliff, Sally Iliff, Christine Jorgensen, Phil Kerr, Yu-Jin Lee, Vanda Nohinek, Lynn Nye, Marjorie Pearsall, Daryl Platt, Denzil Pritchard, Ruth Reiner, Marge Rudie, and Gary Trimble.



And National Senior Games

Senior Swimmers from Maryland LMSC took a total of 31 medals at the National Senior Games in Pittsburgh, June 13-18, including 13 broken records. Nancy Brown broke the current record in all 6 of her events; Doris Russell broke 3 records and Marti Betz and Ann Lallande broke 2 each. Following are the medals won. Events in bold are records.

Betz, Martha	55-59	1st: 50 Bk, 100 Bk , 200, Bk., 100 IM, 200 IM
Brown, Nancy	65-69	1st: 50 Bk, 100 Bk, 200 Bk, 200 Fr, 500 Fr, 200 IM
Jorgensen, Christine	60-64	1st: 50 Br, 100 Br, 200 Br, 2 nd : 200 IM, 3 rd : 200 Bk
Kerr, Philip	70-74	3 rd : 200 Fr, 500 Fr
Lallande, Ann	55-59	1st: 50 Fl, 100 Fl , 100 Fr, 200 Fr, 2 nd : 100 Bk, 500 Fr
Libby, Joan	60-64	3 rd : 500 Fr
Russell, Doris	85-89	1st: 50 Fl , 100 fl, 50 Fr, 100 Fr , 200 Fr, 500 Fr

Another 31 ribbons were won for 4-8 place finishes. In addition to the swimmers above, ribbons were won by Burt Bronk, John Collings, George Franzak, Marjorie Pearsall, Daryl Platt, Rand Vaillancourt, and Margaret Whiteside.



A golden age for gold medals

Doris Russell has been there and done that when it comes to being interviewed about her swimming. Reporters started calling in the 1940s, when she and her husband were doing aquatics shows at Baltimore-area country clubs, as well as at the swank Pennsylvania golf resort then owned by Fred Waring, the famed singing troupe leader and radio star.

Something's made the papers every five or 10 years. There was one longer break while she and husband, Jim, best known as a diver, raised eight children, but the Russell kids made swimming news now and then, too.

So, here's what might be called a five-year update on Russell, the Ellicott City grandmother who was 80 the last time her swimming medals caught a reporter's eye.

Actually, little has changed for her competitively. She still swims year-round, mostly at the Columbia Swim Center in Wilde Lake village. She still competes in periodic age-group meets, still adds to her medal collection, still holds, at minimum, the national record for the 50-yard freestyle in her age group.

Of course, now she is 85 and the number of swimmers in her age group has shrunk a bit. She prefers to say there still are competitors in her age group, at least for most of her events. And there's hope, because in what's called masters swimming, a few swimmers in their 90s and even 100-plus still compete.

Just after her 85th birthday last month, Russell entered six events at the annual U.S. Masters Swimming Short Course Championships in Fort Lauderdale, Fla., and brought home six more gold medals that dangle on ribbons from a tall piece of furniture in her living room.

Next week, assuming an ankle she accidentally bloodied on a church kneeler last Saturday heals fast enough, Russell will be traveling again, this time to the National Senior Games in Pittsburgh, a Senior Olympics event expected to draw about 10,000 competitors in many sports, including swimming.

"I think things will be a little more competitive there," she said.

"I can swim better these days than I can walk," she said. "That's the truth, because my knees are bad. But I love to swim. Nothing's better for you. I'm telling you, swimming is the fountain of youth."

Her attitude is contagious.

"Oh, man, she's wonderful," said Nancy Brown, whom Russell refers to as her coach, although Brown, a Pasadena resident, head of the Maryland Masters Swim Team and a frequent winner in her age group in masters and Senior Olympics competition, said that's not really so.

"Doris goes to meets with us, but she trains on her own," Brown said. "She's incredible - testimony to what people can do if they stay active as they get older."

Her training regimen has changed little since Russell de-

ecided to get back into competitive swimming after her husband's death in 1983.

Russell goes to the Columbia facility at least three times a week ("four, if I can do it") and swims three-quarters of a mile - stroking end-to-end in the 25-yard pool about 50 times.

"It's intervals," she said, which means swimming some laps at a relatively relaxed pace but mixing in "hard" laps that push her capabilities. Those hard laps include freestyle and the butterfly, an exhausting stroke she did not attempt until she was 70.

This zeal for swimming began when Russell was a teenager in the Forest Park section of West Baltimore. It was bolstered when she and Jimmy Russell met during a college meet in Washington and continued with countless hours at the Meadowbrook pool in Baltimore's Mount Washington neighborhood.

The Russells, who in the early 1960s operated an athletic club near the old Western High School in Baltimore that the Baltimore Colts used as their fitness-training facility, were also instrumental in getting the North St. John's Swim and Tennis Club started in Ellicott City, not far from where she has lived for 39 years.

The Russells' five daughters and three sons all swim, as do all seven grandchildren.

"I got them in the water early," she said.

That has proven to be a great gift, said the youngest daughter, Kim Collins, also an Ellicott City resident who with husband Greg is a triathlete.

This weekend, Kim Collins, who was the first female lifeguard at Ocean City, hopes to complete the annual race across the Chesapeake Bay, starting at Sandy Point State Park. She sees it as a tribute to her mother, who entered the 1991 race but, like most other swimmers that year, got caught in a dangerous, overwhelming current and had to be pulled from the water.

Russell said she would still like to try the bay swim but thinks at her age it might be too much. Pool swimming, though - that's a different story.

"There are times now when I just don't feel like it, but I go to the pool anyway," she said, "and once I get into the water, it makes me feel 20 years younger." At 85, **Doris Russell** won six gold medals last month at the U.S. Masters Swimming Short Course Championship.

Lowell E. Sunderland

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At 85, swimmer Doris Russell is still beating the competition at every turn.

Editor's Note: Doris Russell, who was highlighted in the last issue of "Swimmer" magazine for her "fly feats", also broke records in the recent National Sr. Games held in Pittsburgh. Keep chuggin', Doris

Swim Events Calendar

Jul 10	Terrapin Masters 800/15000 Meter Meet - College Park, MD :// www.crosslink.net/~cherylw/meet800.htm
Jul 16	Eastern States 2-Mile Cable Swim - Charlottesville, VA www.pvmasters.org/entry/vmst0705.pdf
Jul 17	Last Chance to Splash - South Riding, VA http:// www.southridingmasters.com/forms/last_chance_to_splash.pdf
Jul 24	DCRP Long Course Meet - Washington, DC www.pvmasters.org
Aug 6	UMBC LCM - watch web site for details
Aug. 11-15	USMS LCM Nationals, Mission Viejo, CA
Aug 27-28	Colonies Zone LCM Championships - George Mason University, Fairfax, VA www.pvmasters.org/entry.htm
Sep 24	5K, 3K, 1K Ocean Swims - Ocean City, MD Ken Zuiderhof, 301-934-3675
Oct 15	DCAC will host a SCM meet at the brand new Takoma Park rec center in DC
Oct 25	Patriot Masters Sprint Classic SCY at George Mason www.patriotmasters.org
Nov 13	JCCN Lox and Bagels SCM meet in Annandale, VA

The Dorothy "Dot" Donnelly Colonies Zone Service Award

The purpose of this award is to recognize and honor swimmers in the Colonies Zone who exemplify the spirit of Dorothy Donnelly in their love of participation in the sport and their work to further Masters Swimming in their LMSC.

One person each year will receive this award. Any Masters swimmer in the Colonies Zone may nominate someone from the Zone. Nominators fill out a form giving details of the nominee's work. (Click here for the form.) A selection committee, appointed by the Zone Representative (or by the Zone members at the annual Zone meeting), will determine the award winner. The award will be presented at the Zone meeting at the USMS Convention (or at the Zone Championship Meet).

Ideally, they would like a nomination from each LMSC. This is a way that LMSCs and the Colonies Zone can thank people for their dedication to Masters Swimming.

The nomination form can be found on the Colonies Zone web site at: http://www.colonieszone.org/dot_donnelly/nominationform.htm. Nominations are due by August 1, 2005.

They are also looking for folks to help review the nominations as an "award committee." Last year they had someone from almost every LMSC in the Zone. The duties are to review all the nominations and rank them in the order you feel they should be for receiving the award.

For more information, contact Debbie Morrin-Nordlund at (301)405-6938 or mees@mees.umd.edu.

Team Updates

If you are tired of only hearing about a few teams, please submit your news to the newsletter editors. Our email addresses and phone numbers are provided below. We know you're out there and we'd love to hear from you!

SPY Maryland Masters

The Team enjoyed a waterfront "end of the year" gathering at the home of Head Coach Nancy Brown and Geoff Revett. Nancy announced that Diane Blubaugh will be joining Nancy, Gladney McKay, and Linda Rudie on deck with coaching responsibilities Fri. 5:30 a.m. sessions.

The following awards were bestowed:

Outstanding "Y" National Swimmers -

Jack Iliff
Nancy Sterling

Outstanding SPY MD. Masters Swimmers -

Yu-Jin Lee
Christine Jorgensen

Betty Taylor "Spirit" Award -

Ruth Reiner

Coaches' Award -

Sandy Swoboda

Most Improved Swimmers -

Peter Threadgill
Diane Blubaugh

Rookie of the Year -

Lynn Nye

Congratulations to Bonnie and John Protzman on the birth of Caitlyn Marie on July 1.

Maryland Masters at UMBC

The UMBC team announces their new board members:

President - Carol Riley

Vice President - Keith Harries

Secretary - Claudia Zohorsky

Treasurer - Mark Schackman

The following Award for the year have also been presented:

Rookies of the Year-

Shannon Heine
Eriks Richters

Winningest Attitude/Best Attitude:

Keith Harries

Most Dedicated Swimmer:

Claudia Zohorsky

A long course meet will be held at UMBC on August 6th. It will be run very much like the swim series meets with deck entry and no fees to enter the meet.

-Carol Riley:



LMSC Officers

Chairperson:

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pdevanny@
fountainheadtitle.com
410-947-4669

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Awards

The following awards for 2004 were announced after the last newsletter.

National Top Ten for Short Course Meters:

- Carolyn Voorhees (40-44): 50 free, 100 free, 50 fly, 100IM
- Barbara Protzman (50-54): 100 fly
- Sarah Allnutt (80-84): 50 back, 100 back, 50 breast, 50 fly

National Top Ten for Long Course Meters:

- Julie Peterson (25-29): 1500 free
- Bridget Vache (45-49): 200 free, 400 free, 800 free, 100 breast, 200 breast, 100 fly, 200 IM (whew)
- Nancy Brown (65-69): 200 free, 400 free, 100 back, 200 back, 200 IM
- Blake Porch (30-34): 200 free, 400 free, 800 free

Individual All American

- Julie Peterson (25-29): > 6 mile swim
- Craig Dewing (30-34): > 6 mile swim
- Kevin Joubert (30-34): 1 mile swim, 5K postal, 10K postal
- Phillip Kerr (65-69): 1 mile swim
- Blake Porch (30-34): 800 free
- Bob Johnston (65-69): 50 breast

All American Relay

Sarah Allnutt, Chuck Eremchuk, John Collings, Catherine Williams, Doris Russell, Marjorie Pearsall, Beverley Little, Nancy Brown, Daryl Platt

The Maryland Swim Times is the newsletter of the United States Masters Swimming—Maryland LMSC.

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Team Statistician Marge N. O'Vera

Head Coach Marilyn Masters

The following Maryland LMSC swimmers received awards at the Great Chesapeake Bay Swim - June 12, 2005

4.4 Mile Bay Swim

2nd place overall Women - Emily Watts 1:38:41

3rd Masters Women - Annette Holmgren 1:52:30

Age	O'all	Swimmer	Age	Time
Place	Place			
1	31	Lisa Webb	26	1:41:26
3	10	Blake Porch	33	1:36:52
2	73	Amanda Hudson	34	1:48:46
1	58	Hilary Yager	37	1:47:10
4	148	Rebecca Mesarch	39	1:57:26
1	32	Paul Brabson	44	1:41:28
4	81	Kurt Pfaff	52	1:49:49
3	209	John Shields	58	2:04:23
4	282	Andrew Grannell	58	2:11:49
2	432	Viki Anders	55	2:28:30
3	183	Jack Iliff	60	2:02:04
5	240	Bill Conroy	61	2:07:29
1	462	Sally Iliff	60	2:31:52
1	348	Philip Kerr	70	2:19:02

1 Mile Challenge

4th place overall Men - Craig Dewing 27:33

1st Masters Women - Jill Springer 32:32

Age	O'all	Swimmer	Age	Time
Place	Place			
1	34	Melinda Apple	24	32:59:00
3	64	Shannon Heine	24	35:37:00
4	68	Cynthia Neat	23	35:58:00
1	7	Patrick McGarrity	27	28:58:00
4	32	Michael Stepanek	28	32:54:00
1	12	Gregory Keier	33	29:23:00
4	33	Mark Cronin	31	32:58:00
2	66	Kristin Tucker	30	35:46:00
1	4	Craig Dewing	35	27:33:00
4	15	Reed Kroncke	35	30:57:00
1	80	Madeline West	37	36:34:00
3	97	Natalie Janiszewski	38	38:10:00
4	113	Maura Dunnigan	36	39:52:00
1	40	Carolyn Voorhees	44	33:30:00
2	54	Jeff Viohl	47	34:45:00
3	56	Fred Forsyth	47	34:55:00
3	114	Susan Taylor	47	39:54:00
5	129	Patty Devanny	46	40:42:00
1	8	Reg Hahne	51	29:01:00
3	51	Dan Beisel	52	34:16:00
3	95	Bruce Jones	58	38:01:00
2	247	Elizabeth Gruber	56	48:39:00
1	120	Nancy Brown	69	40:09:00



**POTOMAC VALLEY
MASTERS SWIMMING**

Colonies Zone

Long Course Meters Championship
Sanction by Potomac Valley LMSC for USMS, Inc. #105-08

August 27 & 28, 2005

George Mason University McKay Natatorium • Fairfax, Virginia

Saturday Warmups: 1:00 pm • Meet Start: 2:00 pm

Sunday Warmups: 8:00 am • Meet Start: 9:00 am

Meet Director: Eric Nordlund (301-474-8382, before 8:30pm)

Entries: Jeff Roddin (jroddin@pvmasters.org, 240-464-3982)

Facilities

George Mason University McKay Natatorium 50-meter competition pool using automatic timing. 8-lanes will be used for competition. A separate 6-lane 25-yard pool will be available for continuous warm-up/cool-down throughout the meet.

Meet Rules

Current US Masters Swimming rules apply. All swimmers must be registered with USMS. All swimmers must include a copy of their USMS registration card with their entry. Lap counter cards will be provided for the distance events, however, swimmers must provide their own counter to operate them.

Entries & Fees

Entries must be received by Wednesday, August 17th. No deck entries will be accepted. Competitors may enter up to 5 individual events per day, plus relays. Send entries to:

Jeff Roddin, Entries
13548 Coachlamp Ln
Silver Spring, MD 20906-5835
(240) 464-3982

Relays

Relay Deck Entries will be accepted at the meet **before 1:00 pm for Saturday** and **before 8:00 am for Sunday**. They can also be mailed in with the entry form. Relays are \$10 each. Relay entry forms are available at www.pvmasters.org.

Awards

Medals will be awarded to the first place finisher in each event for each age group. Ribbons will be awarded for second and third place. Special Championship awards to the high-point team in Large, Medium, and Small team categories. Individual events are scored 9-7-6-5-4-3-2-1, relays 18-14-12-10-8-6-4-2.

Records

If a National or World Record is possible, please notify meet officials so that sufficient back-up timers can be provided.

Seeding

Except for the 800, events will be seeded slowest to fastest, men and women combined. No Time entries will be seeded in the slowest heat. The 800 Free will be limited to the first 32 swimmers entering the event with the fastest heat of swimmers swimming first.

The 800 Free

You must check in **Saturday before 3 pm** or you will be scratched.

Tee Shirts

Custom designed meet tee shirts may be pre-ordered for \$15.

Results

Results will be posted on the Potomac Valley Masters website (www.pvmasters.org) or by mail per request for \$5. Results will be submitted for USMS top-ten recognition.

Directions

From I-495 (Capital Beltway) take Exit 54, Braddock Road, west. Go about 5 miles to George Mason University. Before the stop light turn right onto Nottaway and park in Parking Lot C on the right. For Internet directions, the address is 4400 University Dr., Fairfax, VA 22030.

Hotels

Best Western, 3535 Chain Bridge Rd., Fairfax 703-591-5500; 2 miles
Comfort Inn, 11180 Main St, Fairfax 703-591-5900; 3 miles
Courtyard by Marriott Fairfax/Fair Oaks 703-273-6161; 2 miles
Hampton Inn, 10860 Lee Hwy, Fairfax 703-385-2600; 4 miles
Hyatt Fair Lakes 703-818-3181; 4 miles

Questions

Meet Director: Eric Nordlund, ericswims@yahoo.com
(301) 474-8382 (before 8:30pm please)

Entries: Jeff Roddin, jroddin@pvmasters.org, 240-464-3982



Colonies Zone
 Long Course Meters Championship
Sanction by Potomac Valley LMSC for USMS, Inc. #105-08
August 27 & August 28, 2005
George Mason University McKay Natatorium • Fairfax, Virginia

USMS # _____ Birthday _____

Name _____

Address _____

Club _____ Age _____ Sex _____

Phone _____

Attach a copy of your USMS card here

Saturday August 27, 2005

(Warmups: 1:00 pm • Meet Start: 2:00 pm)

Event	Seed Time
1-3) 400 Free Relay	(Use Relay Form)
4) 200 Free	_____ : _____ . _____
5) 50 Back	_____ : _____ . _____
6) 200 Breaststroke	_____ : _____ . _____
7) 400 IM	_____ : _____ . _____
8) 100 Fly	_____ : _____ . _____
9) 50 Free	_____ : _____ . _____
10) 200 Backstroke	_____ : _____ . _____
11) 50 Breaststroke	_____ : _____ . _____
12-14) 200 Medley Relay	(Use Relay Form)
15) 800 Free	_____ : _____ . _____

Sunday August 28, 2005

(Warmups: 8:00 am • Meet Start: 9:00 am)

Event	Seed Time
16-18) 400 Medley Relay	(Use Relay Form)
19) 100 Free	_____ : _____ . _____
20) 200 Fly	_____ : _____ . _____
21) 100 Breast	_____ : _____ . _____
22-24) 800 Free Relay	(Use Relay Form)
25) 200 IM	_____ : _____ . _____
26) 100 Back	_____ : _____ . _____
27) 400 Free	_____ : _____ . _____
28) 50 Fly	_____ : _____ . _____
29-31) 200 Free Relay	(Use Relay Form)

Surcharge \$ 25.00

Tee-Shirt (\$15) Please circle: S M L XL _____

Events @ \$5 each _____

Relays @ \$10 each _____

Results Mailed @ \$5 each _____

TOTAL ENCLOSED \$ _____

Results will be posted online at www.pvmasters.org.

Check payable to: Potomac Valley LMSC.

Send entry to:

Jeff Roddin, Entries
 13548 Coachlamp Ln
 Silver Spring, MD 20906-5835
 (240)464-3982

RELEASE BY PARTICIPANT FROM LIABILITY: "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 _____ Date _____ Email: _____

Colonies Zone Long Course Meters Championships

RELAY FORM

Turn in relay forms **BEFORE 1pm** Saturday, **8am** Sunday or mail ahead of time.

Circle Relay Name:

Saturday's Relays

Event 1 Men's 400 Free Relay
Event 2 Women's 400 Free Relay
Event 3 Mixed 400 Free Relay
Event 13 Men's 200 Medley Relay
Event 14 Women's 200 Medley Relay
Event 15 Mixed 200 Medley Relay
Event 32 Women's 200 Free Relay

Sunday's Relays

Event 16 Men's 400 Medley Relay
Event 17 Women's 400 Medley Relay
Event 18 Mixed 400 Medley Relay
Event 22 Men's 800 Free Relay
Event 23 Women's 800 Free Relay
Event 24 Mixed 800 Free Relay
Event 29 Men's 200 Free Relay
Event 30 Women's 200 Free Relay
Event 31 Mixed 200 Free Relay

Club Abbreviation: _____

Relay designator ("A", "B", "C" or "D"): _____

Circle the relay age group:

72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399

Entry Time: _____

Swimmers (in correct order):

1. _____
2. _____
3. _____
4. _____

Enclose \$10 per relay team

Check payable to: Potomac Valley LMSC

Mail to: Jeff Roddin, entries
13548 Coachlamp Ln.
Silver Spring, MD 20906

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 7:30-9:00pm; Sat 8:00-10:00am

Woods Community Center - Severna Park, MD
6 lane, 25 yd pool
Cost: \$570 per year includes open/lap swim
Coach: Nancy Brown (410) 255-0699
nancygeoff@mymailstation.com
Workouts: M,W,F 5:30-6:45 am, 9:20-10:30am
T,Th 7:30-9:00pm (Levels 1,2,3) 8:00-9:00 (all)
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
\$4.50/each (2.50 seniors) or \$45 for 15 swims
Coach: Rand Vaillancourt (410) 360-4210,
CoachRandV@aol.com
Workouts: M, W 8-9:30pm, Sat 8:00-10:00am

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

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
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

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



*USMS, Maryland Association
c/o Christine Jorgensen
1580 Ritchie Lane
Annapolis, MD 21401*

