

To All the Members of the USMS... LMSC (Local Masters Swim Committee, for those of you who may have been too curious and embarrassed to ask).. We offer this issue of the Maryland Newsletter created by this editorial team (it took three of us to replace the former editor). The intent of the Newsletter is to not only inform (meets, registrations, and the like), but to provide a vehicle for the exchange of information that may result in a more personal association with this great state of swimmers.

- Ruth Reiner, Christine Jorgensen, Sandy Swoboda

The Chairman Sez...

Here's what everyone has been waiting for -- our first Newsletter of the season. It would have been out sooner, but I am a real procrastinator and hate to write. We have a new Board for the 2005 LMSC year. Barb Protzman has stepped down as Chairperson of our LMSC. I'd like to thank Barb for all her years of fine work and dedication to our LMSC. She will be missed, but we wish her all the best in her new adventures. So without any more delay, here is our Association Board for 2005:

Chairperson:	Patty Devanny	pdevanny@fountainheadtitle.com
Vice Chairperson:	Rand Vaillancourt	coachrandv@aol.com
Secretary:	Kay Williamson	alwill@erols.com
Treasurer:	Nancy Brown	nancygeoff@mymailstation.com
Registrar:	Karen Tucker	ktloves2swim@msn.com
Sanctions:	Jill Springer	Springerjc@comcast.net
Top Ten:	Mark Hurley	pcccar@radicus.net
Newsletter:	Ruth Reiner, et al	ruthjreiner@comcast.net
Swim Series:	Mike Jacobson	mikej@comcast.net
Webmaster:	Caroline Day	daycaroline@netscape.net

There are some changes for our association for 2005. The Board has decided to raise the dues for the 2005 year. \$37.00 will include the fees that used to be charged for the Mini Series Meets. Just think, no wet \$1, \$5 and \$10 bills to deal with while you're trying to focus on swimming in the Meet!!

The Carol Chidester Swim Series has begun. For those who are new, the Meets are monthly from October – March. They are held at various pools in the Association. This year we are expanding out of the Baltimore-Annapolis area to Salisbury. I hope you will plan on attending some of the Meets. The schedule is on our web site and is included in the Newsletter. As I said before, these Meets are low key and provide us with an opportunity to chart our progress through the swim season.

It's also a great opportunity to get to know other swimmers at the "socials" following the Meet. Good food, drinks, and fun! If your group is interested in hosting a Swim Series Meet, please contact Mike Jacobson.

Ruth Reiner has volunteered to organize our Newsletter. The same editorial team that published a newsletter for SPY Masters when they were without a pool, will publish our Newsletter. Ruth is assisted by Christine Jorgensen and Sandy Swoboda. The vision for the Newsletter is that it will be not only a vehicle for the dissemination of swimming information, but also for news from teams around the State.

Continued from page 1...

This means we need input from all of our clubs, swim locations and individuals. One thing that was suggested for the Newsletter is to do some articles on each of our teams or workout locations in our association. To accomplish this, Ruth will need a contact for each team / workout location.

I am requesting that each group please provide Ruth with name and contact information. If you have an article or information you would like in the Newsletter please forward it to Ruth.

Caroline Day is our Webmaster. If you would like to have something posted on the web site, please submit it to your Newsletter contact person, who will forward it to Caroline. This way , we can have another eye on the info being posted.

Mark Hurley will be our Top Ten Chairperson. If you compete in a meet outside our Association, please send Mark your times so we can have an accurate listing. The Swim Meet Director will submit individual times to Mark for the meets which are already sanctioned by our LMSC.

Karen Tucker is our new Registrar. Her information will be on the 2005 application which is attached to the Newsletter. Please remember if you have a check writing program to input her information before mailing out your dues.

Jill Springer is our Sanctions Chair. If your group plans on hosting a meet in our association, Jill has the paperwork needed to sanction or recognize the meet.

If you notice, I use **our** a lot when I talk about the LMSC. That's because it is **your** LMSC, if you have any suggestions or ideas you think will improve our association, please let me know. I can't promise that it will be done overnight, but all ideas are welcomed and appreciated.

Patty

USMS Rule Change

Effective June 5, 2004: Swimmers are not allowed to wear or use ANY device or substance to help their speed, PACE, or buoyancy.

USMS is following the interpretation of USA swimming, so what this means is that pacing devices including tempo training devices and/or radio transmitters are not allowed. USA swimming has also stated that devices on the swimmer such as watches are not allowed.

“HOWEVER, this change does not prohibit one from conveying pace information through had signals, placement of lap counters and the like. Additionally, this change does NOT affect long distance swimming. “

(lifted from the USMS web site and rules page)

A long distance pool event is defined as:

any swimming event that is a distance based event that is over 1650 yards in length or a timed event that is equal to or longer than 60minutes in length.

A long distance open water event is an event of any distance conducted in an open body of water, natural or manmade.



SAFETY FIRST

One way that USMS keeps down the cost of membership is by controlling the costs of insurance, our single largest expenditure. Part of the way that is done is by having rules and procedures that keep us safe in the pool. Every time you sign the USMS waiver, for registration and meet entries, you are agreeing to abide by the rules of the organization. The USMS Rule Book is available on the website and you can order a copy from the national office.

One very important rule for warm-up/warm-down is 102.4.2: A Swimmer must enter the pool feet first in a cautious and controlled manner. Diving shall be permitted only in the designated lanes. @ This should also be observed at workouts.

2004 USMS Convention

The 2004 USAS Convention was held in Orlando, FL on Sept 15-19. The two delegates from the Maryland LMSC were Barb Protzman and Jill Springer. A constant schedule of meetings prevented us from enjoying the Florida sunshine and humidity. Luckily, the hurricanes stayed away from central Florida during our visit.

The major area of discussion for USMS this year was the governance of the organization. Currently, there are 43 members on the Board of Directors, composed of 4 elected officers (president, vice president, secretary and treasurer), the immediate past president, the chair of each national committee, and the eight zone representatives. This large a BOD has proven unwieldy in getting things done for the organization. Beginning with the elections at the 2005 convention, the Board of Directors will be reduced to 16 – president, 4 vice presidents, secretary, treasurer, immediate past president, and one person from each of the eight zones. Further study will be undertaken to determine if the organization needs to add the paid position of a full time executive director.

It was time for the SWIM Magazine contract to be put out for re-bid. A new publisher, Douglas Murphy Communications, Inc., was chosen and will begin producing our magazine after January 1, 2005. Under the new contract, USMS will own the publication and be responsible for all content and receive 75% of the net advertising revenue. With SWIM Magazine, USMS only had control of a portion of the content and only received 3% of the ad revenue. SWIM Magazine does intend to continue it's production, so you can still subscribe independently if you want.

The following are the site selections for the big meets in the upcoming two years:

2004 Colonies Zone SCM Championships – Wheaton College, MA – Dec 4-5, 2004 (tentative).

2005 Colonies Zone SCY Championships – George Mason Univ – April 22-24, 2005

[unfortunately this is the same weekend as YMCA Nationals, but the only time they could get the pool and the only bid]

2005 SCY Nationals – Ft. Lauderdale, FL – May 19-22, 2005

2005 LCM Nationals – Mission Viejo, CA – August 11-15, 2005

2006 SCY Nationals – Coral Springs, FL – May 4-7, 2006

2006 LCM Nationals – No meet will be held

XI FINA World Masters Championships – Stanford, CA – August 2006

The XI FINA World Masters at Stanford University will include all aquatic sports: Swimming, water polo, synchronized swimming, diving and open water swimming. Open water is planned to be held in Lake Del Valle, about 50 minutes from Stanford. Swimming will have the largest number of competitors, possibly 6,000-8,000, and will be run in two 50-meter pools. The swimming events will be spread over 7 days and competitors will be restricted to one event per day. There will be mandatory qualifying times that are determined by the international organization, but these are easier than the times set for USMS Nationals. The 1500m freestyle will not be offered. You must be at least 25 years old to compete at Worlds. USMS is providing all the up-front money for the event (in the neighborhood of \$95,000) and will be reimbursed after the event.

The Colonies Zone would also like to consider designating a meet as the Colonies Zone LCM Championships if any facilities are interested.

Last year, 18-year-olds were given the privilege of joining USMS. This year, the job was completed by amending the rules to allow 18-year-olds to compete in Masters meets.

A major effort is underway to overhaul the USMS website. Many of the improvements are scheduled for completion by November 1. Everyone is encouraged to check out the wealth of information on the website www.usms.org.

A balanced budget was prepared and there will be no increase in the dues at the national level.

The convention is always capped off by the awards banquet where each of the disciplines presents their top awards of the year: USA Swimming, Diving, Synchronized Swimming, Water Polo, and Masters. The Masters top award, the Arthur Ransom Award, was presented to Leo Letendre of Missouri. The USA Swimming Swimmer of the Year was Michael Phelps and his award was accepted by his mother. Unfortunately, there were no 2004 Olympic swimmers at the convention, however some of the divers and synchronized swimmers were in attendance. The banquet was emceed by Cynthia Potter and Rowdy Gaines, and Jill did wrangle a photo op with Rowdy.

- Barbara Protzman

Team Updates

In future issues, we want all MD Teams to submit any and all news that is pertinent, whether it be germane to swimming, or of a more personal nature, such as births, weddings, deaths, other life events. Email addresses of the Editorial Team are posted in this Newsletter in order that this be accomplished. WE WELCOME YOUR NEWS!

SPY Maryland Masters

From Head Coach, Nancy Brown 410-255-0699: "We are very happy to be back at our pool in Severna Park (after a year of renovations), and already have a roster of 60+ swimmers. In addition to our coaching staff of myself, Gladney McKay, Linda Rudie, and Shelley Beigel, we have recruited Buck Clemson who oversees the early morning workouts and hopes to get back into swimming. Buck still holds several Team records in the 35-39 age group.

A wonderful guy, Jack Meyer, who joined our Team and participated in "Y" Nationals and taking on the part of that crazy "Elvira" this past April, passed on recently. He is survived by his wife, Jo Ann Crystal Meyer. Jack will be buried at Arlington Cemetery on December 22.

Marge and Stan Duobinis have graciously agreed to once again host the Team Christmas Party on Sunday, December 12 at 11:30. Bring your favorite Holiday appetizer, munchie, entree, or dessert and \$5 for beverages. If you would like to participate in what has been a hilarious gift bargaining done in an atmosphere of Holiday Cheer, bring a wrapped gift in the approximate value of \$5. Check the bulletin board for directions.

Ft. Meade's Swim Team

Team member Bruce Mc Pherson was recently deployed to Iraq. He would appreciate receiving "news from home".

Bruce Mc Pherson
353 CA Brigade (Prov)
APO AE 09342

Many of you who participated in "Y" Nationals the past few years will remember Bruce for his "can do" spirit. Sandy Swoboda is spear heading efforts to send "care packages" to Bruce. Give Sandy a call or email her for more info.

There are several websites with useful information about all aspects of Masters Swimming. Check out

www.usms.org

www.colonieszone.org

<http://maryland.usms.org>

Reminder

The USMS registration form is included in this newsletter. You must be a current member to participate in any USMS sanctioned meets—including our own mini-series events. Current memberships expire on December 31. New members joining now will enjoy membership through 2005. Your membership includes a subscription to the USMS Magazine.

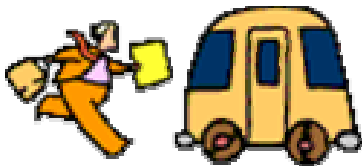
Y Nationals

Nancy Brown is garnering enthusiasm and commitment from all MD swimmers who might entertain competing in the 2005 "Y" Nationals to be held at the "fastest pool in the USA" (Indianapolis), April 21-24. To quote Nancy, "O.K., so it's not Florida. But, it is the fastest pool in the country, and it is indoors (no wind or weather to worry about). Besides, we can take the 'BEACH' with us!

Remember Cleveland? It's always fun no matter where we go, so "**just do it!**" We are the defending champions!! We beat Mel's team once at Indy, and we can do it again!!

Call **Nancy, 410-255-0699**, or email her at **NancyGeoff@mymailstation.com** if you are considering going or you might want to be included in the air travel. Let Nancy know ASAP.

Please note—in order to swim at Y Nationals, you must be a member of the YMCA by January 20.



Get On The Bus!

If your reason for not swimming in the Mini Series Meet on Nov. 20th in Salisbury is due to transportation, Rand Vaillancourt has arranged for a bus which carries 55 passengers. The cost is a mere \$5!! We will meet at the "Arundel Olympic Swim Center" 2690 Riva Road, Annapolis parking lot with departure scheduled for 2:00 pm sharp. The 1st 55 swimmers to line up for the bus, get to have the nostalgic experience of singing all those old bus songs.... "99 bottles"..... The rest, well, they get to ride with the USMS Board members who will be talking business all the way to Salisbury and back. You get the message?!!

Former Olympian in Spotlight

Excitement was generated at a 5:30 am "SPY" practice recently when a TV star and her camera crew from Puerto Rico for the TV Show "Tiempo Pedido" was present at the pool to capture Ann Lallande in action. Ann, who joined the Team last year and swims in the 55-59 age group has an illustrious swimming history. She captured many titles in the Free, Back, Fly and IM throughout the Caribbean in the 1960's which culminated in her representing Puerto Rico in the International Olympics in Tokyo in 1964. The end result of her victories brought liberation to many young women in her country who looked to her as a champion of freedom for them, especially in sports.

Ann brought that competitive, winning spirit to the MD Senior Olympics on 9/24/04 when she toppled records in the 100 free and 100 fly. This was her first meet following a lengthy hiatus from swimming. She credits her early swimming experience to helping her shape her values.... "that hard work and doing one's best pays off".

Ann's new experience with Master's prompted a different approach to her swimming. "It's amazing what I've become grateful for... even the smallest reduction in times on a given event will be satisfying. I really know the importance of setting goals for my swimming. Resolving differences as one ages, and coming to terms with slower times is what I will need to accept."

Words of wisdom for us all, Ann!!



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

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MD. USMS SENIOR OLYMPIANS QUALIFY FOR THE NATIONAL SENIOR GAMES

On September 24, 2004, the Towson University pool was the scene where our senior swimmers broke records and captured many of the medals and ribbons in the “50 Back” to the “500 Free” and all the events in between. In order to qualify to compete in the National Sr. Games (to be held in Pittsburgh next June), a swimmer must place either 1st or 2nd in their event, or meet the qualifying time for that event. In the interest of brevity, the 1st and 2nd place MD LMSC swimmers will be mentioned.

Raymond Edelhoff	90-94	1 st 100 bk	1 st 100 br	1 st 100 fr	
Esko Hallila	80-84	1 st 200 br			
Doris Russell	“	1 st 50 fly	1 st 100 fly	1 st 100 fr	1 st 500 fr
Denzil Pritchard	“	1 st 200 bk	2 nd 50 br	1 st 500 fr	
Donald Crawford	“	1 st 100 fr	1 st 200 fr	1 st 100 IM	
Alexander Eremchuk	75-79	1 st 50 br	1 st 50 fr		
John Collings	“	1 st 200 br	1 st 50 fly	1 st 500 fr	1 st 200 IM
Barbara Martin	“	1 st 50 fly	1 st 50 fr	1 st 100 IM	
Frances Haywood	70-74	1 st 50 bk	1 st 100 fr	1 st 500 fr	1 st 100 IM
Lou McComas	“	1 st 50 bk	2 nd 200 bk	1 st 100 br	1 st 200 br
Yu-Jin Lee	“	1 st 200 bk	1 st 100 fly	1 st 200 fr	1 st 200 IM
Burt Bronk	“	1 st 50 fr	1 st 100 IM	1 st 200 IM	
Jim Higinbotham	“	1 st 500 fr			
Beverly Little	65-69	1 st 50 bk	1 st 50 br	2 nd 50 fr	1 st 100 IM
Phillip Kerr	“	2 nd 100 bk	2 nd 200 bk	2 nd 200 fr	1 st 500 fr
Ruth Reiner	“	1 st 100 bk	2 nd 50 fly	2 nd 200 fr	
Ida Shiflet	“	1 st 200 bk	2 nd 200 br	1 st 500 fr	1 st 200 IM
Marjorie Pearsall	“	2 nd 200 bk	1 st 50 fly	2 nd 200 IM	
Willa Hillman	“	1 st 200 br	2 nd 500 fr		
Daryl Platt	“	1 st 100 fly	2 nd 100 fr	1 st 200 fr	2 nd 100 IM
Ted Murray	“	1 st 50 fly	1 st 100 fly	1 st 100 IM	1 st 200 IM
Joan Libby	60-64	1 st 100 bk	1 st 200 bk	1 st 200 fr	1 st 500 fr
Gertraude Winkler	“	2 nd 100 bk	1 st 50 br	1 st 100 br	1 st 200 br
Marti Betz	55-59	1 st 50 bk	1 st 200 bk	1 st 50 fly	1 st 200 IM
Ann Lallande	“	1 st 100 bk	1 st 100 fly	1 st 100 fr	1 st 500 fr
James Mathwick	“	1 st 200 bk	1 st 50 br	1 st 100 br	2 nd 500 fr
Christine Jorgensen	“	1 st 50 br	1 st 200 br	2 nd 200 IM	
Rand Vaillancourt	“	1 st 100 fly	1 st 200 fr	1 st 100 IM	1 st 200IM
Eric Gayaki	“	1 st 50 fr	1 st 100 fr	2 nd 200 fr	1 st 500 fr
Caroline Kemerling	50-54	2 nd 200 bk	2 nd 50 fly	2 nd 200 fr	
Robert Gensler	“	1 st 50 br	2 nd 100 br	2 nd 200 br	1 st 50 fr



We may not be getting any younger
But we're still making waves!

The Carol Chidester Memorial Swim Series

The 2004-2005 Swim Series has been changed for this year in an attempt to increase the number competitors. Listed below are the main highlights:

- The first five meets of the season will be free to all registered USMS Maryland LMSC swimmers (other LMSC swimmers are welcomed but it will cost them \$5 per meet). Registration forms will be available at the meet.
- The FINALE meet at AOSC will cost \$5 per swimmers and the electronic timing system will be used.
- Each meet will have 50-100-200 of each stroke and 100-200 IMs. The 500 free and 400 IM will be done at one of the meets and the FINALE meet.
- Each swimmer will be allowed to swim up to 3 individual events and 2 relays per meet.
- Meets results will be submitted to USMS's Results.net website.

We would like to encourage you and your teammates to attend the swim series. The meets are low-key and fun with a social

afterwards. The first meet will be held at the Howard County YMCA on Saturday, October 23.

Once a month, from October to March, a SCY swim meet will be held at a location in the Maryland LMSC. These meets will give everyone an opportunity to swim different events and meet new swimmers. The host team will sponsor a social after each meet. Some socials will request a donation; some may be at restaurants.

All the swim meets will be deck-entered, and you will be required to turn in all your cards just prior to the beginning of the meet to improve the seeding process. All participants must be registered with USMS. Registration forms will be available at the meet.

All teams are requested to provide timers at each meet, not just the host team. Everyone needs to pitch in and help to make these meets enjoyable for all Masters.

The swim series challenge for this year will only include the first five meets of the seasons (#1 to #5). An award will be given to each swimmer who competes in any 12 different individual events or who competes in all five meets. The awards will be presented at the swim social following the FINALE meet on March 19th.

MEET SCHEDULE:

<u>DATE</u>	<u>LOCATION</u>	<u>WARMUP TIME</u>	<u>ORDER OF EVENTS</u>
October 23	Howard County YMCA	4:00 PM	#1
November 20	Salisbury YMCA	4:30 PM	#2
December 11	Towson Univ.	4:00 PM	#3
January 15	AOSC	5:00 PM	#4
February 5 *	Severna Park	5:00 PM	#5
March 19	AOSC	5:00 PM	FINALE

*A meeting at 3:00pm will precede the meet in February for everyone who is going to YMCA nationals with AACY.

CONDUCT:

- All meets will be sanctioned and must have two officials, which will be paid for by the LMSC. The officials will be arranged by the LMSC, not the host team.
- All the meets must be sanctioned due to insurance requirements, meaning that all participants must be registered with USMS.
- If electronic timing is used, one timer per lane is sufficient. If not, there must be a minimum of 2 timers per lane.
- A swimmer is limited to 3 individual events and 2 relays per meet.
- Everyone should volunteer to time, not just the host team.
- There will be a \$5 charge to swim in each of the five regular meets if you are **NOT** a Maryland LMSC registered swimmer. Please bring exact change.
- There will be a \$5 fee for the **FINALE** meet, March 19 @ AOSC, for all swimmers.
- Arrive on time to warm-up and pick up 3x5 cards to enter your events. Cards must be turned back in before the start of the first event. Before each event, pick up your card that will indicate your heat and lane assignment.

THE 2004-2005 CAROL CHIDESTER MEMORIAL SWIM SERIES

ORDER OF EVENTS #1 - October 23 - 4:00 Warm-Up

- | | |
|------------------------|-------------------------|
| 1. 200 yd Med Relay | 9. 200 yd Backstroke |
| 2. 50 yd Freestyle | 10. 100 yd IM |
| 3. 100 yd Breaststroke | 11. 50 yd Butterfly |
| 4. 200 yd IM | 12. 200 yd Breaststroke |
| 5. 50 yd Backstroke | 13. 100 yd Freestyle |
| 6. 100 yd Butterfly | 14. 200 yd Butterfly |
| 7. 50 yd Breaststroke | 15. 100 yd Backstroke |
| 8. 200 yd Freestyle | 16. 400 yd Free Relay |

ORDER OF EVENTS #2 - November 20 - 4:30 Warm-Up

- | | |
|-----------------------|-------------------------|
| 1. 200 yd Free Relay | 9. 100 yd Breaststroke |
| 2. 100 yd Butterfly | 10. 200 yd Freestyle |
| 3. 100 yd Freestyle | 11. 200 yd IM |
| 4. 100 yd Backstroke | 12. 50 yd Backstroke |
| 5. 50 yd Breaststroke | 13. 200 yd Breaststroke |
| 6. 200 yd Butterfly | 14. 50 yd Freestyle |
| 7. 200 yd Backstroke | 15. 100 yd IM |
| 8. 50 yd Butterfly | 16. 400 yd Med Relay |

ORDER OF EVENTS #3 - December 11 - 4:00 Warm-Up

- | | |
|------------------------|-------------------------|
| 1. 200 yd Med Relay | 9. 100 yd Butterfly |
| 2. 50 yd Backstroke | 10. 200 yd Backstroke |
| 3. 200 yd Breaststroke | 11. 200 yd IM |
| 4. 100 yd IM | 12. 100 yd Freestyle |
| 5. 50 yd Butterfly | 13. 200 yd Butterfly |
| 6. 200 yd Freestyle | 14. 50 yd Freestyle |
| 7. 100 yd Backstroke | 15. 100 yd Breaststroke |
| 8. 50 yd Breaststroke | 16. 800 yd Free Relay |
| | 17. 400 yd IM |

ORDER OF EVENTS #4 - January 15 - 5:00 Warm-Up

- | | |
|------------------------|-------------------------|
| 1. 400 yd Free Relay | 9. 50 yd Butterfly |
| 2. 200 yd Freestyle | 10. 100 yd Freestyle |
| 3. 50 yd Breaststroke | 11. 200 yd Butterfly |
| 4. 100 yd Butterfly | 12. 100 yd Breaststroke |
| 5. 50 yd Backstroke | 13. 100 yd Backstroke |
| 6. 200 yd Breaststroke | 14. 200 yd IM |
| 7. 100 yd IM | 15. 50 yd Freestyle |
| 8. 200 yd Backstroke | 16. 400 yd Med Relay |
| | 17. 500 yd Freestyle |

ORDER OF EVENTS #5 - February 5 - 5:00 Warm-Up

- | | |
|------------------------|-------------------------|
| 1. 800 yd Free Relay | 9. <i>The Plunge</i> |
| 2. 100 yd IM | 10. 50 yd Backstroke |
| 3. 200 yd Backstroke | 11. 200 yd IM |
| 4. 50 yd Freestyle | 12. 100 yd Butterfly |
| 5. 50 yd Breaststroke | 13. 200 yd Breaststroke |
| 6. 200 yd Butterfly | 14. 100 yd Freestyle |
| 7. 100 yd Breaststroke | 15. 100 yd Backstroke |
| 8. 200 yd Freestyle | 16. 50 yd Butterfly |

ORDER OF EVENTS - FINALE - March 19 - 5:00 Warm-Up

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

The relays in all meets can be either Mixed, Women's, or Men's.

The relays will be swum according to standard USMS relay age groups (19+, 25+, 35+, 45+, 55+, 65+, 75+, 85+).

Directions to Swim Series Meet Locations:

Howard County YMCA: Located on Rt. 103 across from the Long Gate Shopping Center. From Rt. 29, exit at Rt. 100 East. Take the first exit, Long Gate Pkwy, and bear right. Turn left on Rt. 103 (Montgomery Rd). The YMCA is on your right. From Rt. 95, Take Rt. 100 West to the Long Gate Pkwy exit and bear right.

Salisbury YMCA: Take US-50 East across the Bay Bridge, towards Salisbury. As you approach Salisbury, US-50 forks with US-50 Business Route. Stay right, this becomes US-50 Business Route and follow for 4.9 miles. Turn right onto Beaglin Park Drive and follow for 1.2 miles. Turn right onto South Schumaker Drive (4th Light) and follow for 0.6 miles and the Y is on the right. The address is 715 South Schumaker Dr. Salisbury, MD 21802 and phone number is 410-749-0101.

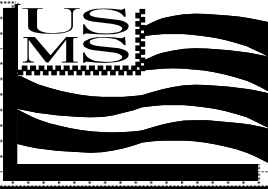
Towson University – Burdick Hall Pool: From 695, take Charles St. south. Turn left on Towsontown Blvd. Turn right at the second light on Tower Dr. The pool is in Burdick Hall on your right. Park in the first lot on your right.

Arundel Olympic Swim Center: From 695, take Rt. 97 south to Rt. 50 east. Take the first exit #22, Aris T. Allen Blvd/Rt. 665. Take the first exit onto Riva Rd. south (right). Go thru 3 lights. The Arundel Olympic Swim Center is about 50 yds. ahead on the right, next to Annapolis High School.

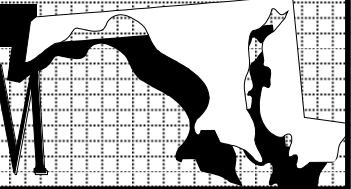
Woods Community Aquatic Center: (Formerly Severna Park YMCA) From 695, take Rt. 97 south to Benfield Blvd. east. Take a right on Evergreen Rd at the traffic light at the Severna Park High School. When the road ends at Baltimore Annapolis Pike, Woods is straight ahead. Take a right, then 2 lefts to parking.

MASTERS SWIM CALENDAR, 2004-2005

- Oct. 23 Swim Series Meet #1, Howard County YMCA
- Oct. 31 GMU Patriot Masters Sprint Classic - George Mason Univ, SCY
- Nov. 14 Lox & Bagel Meet - JCC of No VA, Fairfax, VA SCM
- Nov. 20 Swim Series Meet #2, Salisbury
- Nov. 20 Virginia Masters Fall Invitational - Newport News, VA SCY
- Dec. 4-5 Colonies Zone SCM Championships, Wheaton College, MA (Tentative)
- Dec. 5 Terrapin Masters 1000/1650 Meet - Univ of MD, SCY
- Dec. 11 Swim Series Meet #3, Towson University
- Dec. 31 Swim in the New Year 2005 - Univ of MD, SCY
- Jan. 15 Swim Series Meet #4, Arundel Olympic Swim Center
- Jan. 30 Alexandria Masters Tropical Splash, SCY
- Feb. 5 Swim Series Meet #5, Severna Park
- Feb. 26-27 Maryland Masters Winter Meet, UMBC
- Mar. 19 Swim Series Finale, Arundel Olympic Swim Center
- Apr. 22-24 Colonies Zone SCY Championships, George Mason Univ.
- Apr. 21-24 YMCA Nationals, Indianapolis, IN
- May 19-22 USMS SCY Nationals, Ft Lauderdale, FL
- May 29 Jim McDonnell 1 & 2 mile swims, Lake Audubon, Reston, VA - OW
- June 4 Potomac River 7.5 mile swim, Point Lookout State Park, MD - OW
- June 12 Chesapeake Bay 4.4 Mi Swim and 1 Mi Challenge - OW
- June 18 2005 Maryland Swim for Life - Chestertown, MD - OW
- Aug. 11-15 USMS LCM Nationals, Mission Viejo, CA



2005 REGISTRATION FORM



REGISTER USING THE NAME YOU WILL USE FOR COMPETITION . PLEASE PRINT CLEARLY

(CHECK ONE) NEW REGISTRATION RENEWAL—PERMANENT ID _____

LAST _____ FIRST _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE () _____ WORK PHONE () _____

E-MAIL _____ DATE OF BIRTH ____/____/____ AGE ____ SEX ____

PLEASE SEND MY NEWSLETTER BY: E-MAIL (preferred) OR REGULAR MAIL (CHECK ONE)

USMS TEAM _____ WORKOUT LOCATION _____

MUST BE A VALID A REGISTERED TEAM. THOSE FROM 2004 INCLUDE MARYLAND MASTERS, NBAC, POTOMAC RAIDERS SWIM CLUB, CENTRAL MARYLAND YMCA, MERRITT MARLINS, COLUMBIA MASTERS, BALTIMORE AREA TRIATHLON CLUB, MONOCACY AQUATIC CLUB MASTERS, MAVERICK MASTERS, OR UNATTACHED. CHECK WITH YOUR COACH.

RELEASE OF LIABILITY

I, THE UNDERSIGNED PARTICIPANT, INTENDING TO BE LEGALLY BOUND, HEREBY CERTIFY THAT I AM PHYSICALLY FIT AND HAVE NOT OTHERWISE BEEN 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 AND 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.

X

SIGNATURE (REQUIRED) _____

DATE _____

USMS, MARYLAND ASSOCIATION MEMBERSHIP FEE:

\$37.00

I WISH TO MAKE A CONTRIBUTION TO:

THE INTERNATIONAL SWIMMING HALL OF FAME FOUNDATION

IN THE AMOUNT OF:

THE UNITED STATES MASTERS SWIMMING FOUNDATION

IN THE AMOUNT OF:

TOTAL ENCLOSED:

MAKE CHECKS PAYABLE TO:

USMS, MARYLAND ASSOCIATION

MAIL COMPLETED FORM AND CHECK TO:

KAREN TUCKER
10038 DAVIS AVENUE
WOODSTOCK, MD 21163

MEMBERSHIP EXPIRES: 12/31/2005

BENEFITS OF MEMBERSHIP INCLUDE:

- SECONDARY ACCIDENT INSURANCE IN ALL USMS SANCTIONED MEETS WHERE ALL COMPETITORS ARE USMS REGISTERED AND USMS MEMBER OR USS CERTIFIED COACH SUPERVISED PRACTICES WHERE ALL PARTICIPANTS ARE USMS REGISTERED SWIMMERS.
- SUBSCRIPTION TO USMS'S MAGAZINE DURING THE LENGTH OF MEMBERSHIP YEAR (FROM \$8.00 OF THE ANNUAL DUES).
- SUBSCRIPTION TO THE SWIM TIMES NEWSLETTER AND ALL OTHER PERIODIC MAILINGS FROM THE LOCAL MASTERS SWIMMING COMMITTEE.

WHICH 2005 BIG MEETS

WOULD YOU BE INTERESTED IN ATTENDING ?

MARYLAND MASTERS WINTER MEET FEBRUARY 26-27, UMBC, MD

COLONIES ZONES APRIL 22-24, GEORGE MASON UNIV.

YMCA NATIONALS APRIL 21-24, INDIANAPOLIS, IN

USMS NATIONALS MAY 19-22, FT. LAUDERDALE, FL

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
The Pool is OPEN! 6 lane, 25 yd pool
Cost: \$570 per year includes open/lap swim and
weight room (when renovations are completed).
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/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
Columbia Masters
Columbia Swim Center, Columbia, MD
8 lane 25 yd pool
Contact: Sue Mangan (410) 730-7000



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

