

SWIMMING ^{Maryland} TIMES

Oct 2007

United States Masters Swimming - Maryland LMSC

Volume 10 Issue 1

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The Chairman Sez...

Welcome to fall edition of the newsletter! I expect everyone has returned to their regular practice times and are gearing up for our short course yards season which kicks off with the first Swim Series Meet on October 13 at the Talbot County YMCA (see more about the meets on the next page). These meets are a great opportunity to meet local fellow swimmers in a low key event. The cost of these meets is FREE to all Maryland Association members and only \$10 per person for swimmers from other USMS LMSCs.

Rand Vaillancourt and I just recently got back from the USMS Convention where for 5 days we spent most of our time attending meeting, voting and volunteering our services in support of the USMS Organization. This is a great organization and I challenge all of you to get more involved in the local and national organization. If you don't know where to begin, ask your coach or one of the Officers of the LMSC. There is always more work than people available and many hand are always better.

There were many thing that were discussed at the USMS Convention but one of the biggest items was plans for **online registrations**. This effort is almost done and will be rolled out for this coming year (2008). You will still be able to complete a form by hand and mail it with a check to the Registrar, Karen Tucker, but you will also be able to sign up (new or renewal) online and pay by credit card too. When you pay online you will also be able to print a membership card directly from the website.

This new system will also help limit the numbers of "rush" registration renewals at our swim series meets. All these renewals slow down our ability to check-in everyone and start the meets on time. Starting in January 2008, if you try to renew "on deck" at one of the meets it will cost you a additional \$10 "rush" fee (does not apply to new members).

The **Annual Maryland Association** meeting will be held before the Swim Series meet on **November 10th at 3pm** in the Athletic Department Building on the **UMBC** Campus. Follow the signs that will be located on the front of the build to the meeting room we will be using. This is your chance to voice your opinions and vote on items that affect our Local Masters Swim Committee (LMSC). This year our main agenda item is the approval of updated bylaws. We will have reports from all of the LMSC officers and committees chairs. Please make an effort to attend this meeting as it is for all of our members (fitness, triathlete, open water, pool).

Sometimes I get asked on how are Association is doing. This year I can say that our grow is continuing and we are at the largest we have ever been (over 600 members). In addition, we have more team/workout groups then ever before. Which leads me to thank the current Officers and Board members (to many to name individually) for the all the work they have done for the association. Without them this job would have been impossible.

- Mike Jacobson

USMS Web Sites:

Local LMSC - <http://maryland.usms.org>

Region - <http://www.colonieszone.org>

National - <http://www.usms.org>

MD Association Email list:

<http://groups.yahoo.com/group/mdusms/>

Subscribe to Email list:

mdusms-subscribe@yahoogroups.com

2007-2008 Carol Chidester Memorial Swim Series

The 2007-2008 Swim Series will be similar to last season. Listed below are the main highlights:

- All six meets of the season will be free to all registered USMS Maryland LMSC swimmers, other LMSC swimmers are welcome, but it will cost them \$10 per meet. Registration forms will be available at the meet.
- Each meet will use an electronic timing system, if available.
- Each meet will have 50-100 of each stroke, 100-200 IMs and 200 Freestyle. The 500 free and 400 IM will be done at two of the meets.
- Each swimmer will be allowed to swim up to 3 individual events and 1 relay per meet.
- Meets results will be submitted to USMS's Results.net

We would like to encourage you and your teammates to attend the swim series. The meets are low-key and fun. The first meet will be held at the **Talbot County YMCA** on **Saturday, October 13**.

The annual Maryland USMS membership meeting will take place before the November 10th meet at UMBC. This meeting will be held on the UMBC Campus (exact location to be announced later) from 3:00pm to 4:30pm.

All the swim meets will be deck entered. You will be required check in with the meet registrar to verify your current USMS registration (forms available to register will be at the meet). You will then be required to sign a waiver and given 3 meet entry cards. You will be required to turn in all your cards prior to the beginning of the meet to improve the seeding process.

The **Swim Series Challenge** for this year will only include the first five meets of the seasons (#1 to #5). An award of a **\$25 Gift Certificate** will be given to each swimmer who competes in any **12 different individual events** or **competes in all five meets**. The awards will be presented at the FINALE meet on March 29th.

Please see the Maryland LMSC website for a current copy of the Meet notice. <http://Maryland.usms.org>

Help Support Nancy Sterling

Nancy Sterling has been diagnosed with ALS, very shocking. Nancy Brown's group is doing some fundraising for her for expenses incurred that aren't covered by insurance.

Right now they have 2 things happening: They are getting silicone caps made with a special design on it - very awesome and the wording SWIM FOR LIFE arched around the design. They are selling them for \$10 - all proceeds going to Nancy. Plus, Nancy Brown is selling Cookie Lee designer jewelry out of California. There will be a craft show at The Barn in Arnold on 11/18th 10-3pm where she will have a table set up, plus she has catalogs available which you can order the jewelry too. Half of the proceeds will go to Nancy Sterling, the company gets the other half. If you have any questions please contact Nancy Brown at (410) 255-0699.

Swim Series Challenge



As part of the Carol Chidester Swim Series, an award (\$25 Gift Certificate) is given to each swimmer who competes in any 12 different individual events or who competes in all five meets. The following swimmers met that challenge for the 2006-2007 swim season:

- | | |
|-----------------|-------------------|
| Amanda Cooper | Ramiro Mougey |
| Adam Friedman | Patrick Sebring |
| Bob Gensler | Rand Vaillancourt |
| Elizabeth Hogan | Tom Walsh |
| Yu-Jin Lee | Steve Hicks |
| Tony Martino | Jay DeBerardinis |
| Greg Morris | Richard Hrybyk |
| Kim Morris | Diane Paterline |

Great Job! Now lets see who can do it this season!!!

LMSC Officers

Chairperson: Michael Jacobson mikej@comcast.net 410-493-5233	ViceChairperson: Tony Martino Ajim325@ concentric.net	Secretary: Rand Vaillancourt coachrandv@ aol.com	Treasurer: Nick Burley goworkout@ verizon.net	Registrar: Karen Tucker ktloves2swim@ msn.com
Sanctions: Steve Hicks mdtopten@ gmail.com	Top Ten: Steve Hicks mdtopten@ gmail.com	Swim Series: Steve Hicks mdtopten@ gmail.com	Newsletter: Open <i>Please volunteer for this position!!!</i>	Webmaster: Caroline Curtis daycaroline@ netscape.net

Team News

SPY

Bonnie and John Protzman had a baby girl, Amanda Joy 8lb.11oz. born 5/4/07 They now have 1 son and 3 daughters!!!!

Catherine Williams passed away recently. Cards can go to Mrs. Duwane Squires, 5 Willowbrook St, Buckhannon, W.Va. 26201.

Ann Linz's daughter , Annie, had a baby girl on 10/7th and her name is Jammeson Ann, 1st grandchild for Ann.

Diane Crowley competed in the 55-59 age bracket in golf at the national Sr. Games in Louisville, Kentucky and placed 3rd with scores of 81,81,82 missing a tie for 2nd by 2 strokes!!! Not Too Shabby!

Sandy Swoboda and Tom Walsh completed the Super Slammer Challenge by swimming all 4 courses this season - SCY,SCM, LC, and open water. Tom went the whole 9 yards by picking the 4.4 mile Bay Swim for his open water swim - his first crossing!

Y Nationals are being held in Ft. Lauderdale on 5/15 - 5/18/08. We have reserved 41 rooms at the Bahia Mar, walking distance to the pool and across the street from the beach, the 14th - the 18th. Please contact Nancy Brown, Coach of SPY Md. Masters if you are interested in attending this year. Ft. Lauderdale is a great, fun place to go and competing in the outdoor pool is a real treat! email nancygeoff@verizon.net or phone 410-255-0699.

CMYM



Bonnie and Ramiro Mougey had a baby boy, Bryce Frederick 8lb.13.4oz. and 21 and 3/4" long, born 9/18/07. This is their first child!

The CMYM Team had 20 ladies compete in the recent Iron Girl Triathlon on 8/19. There was a total improvement of 59 Minutes and 39 Seconds from our 2006 results. Another fantastic job by all!!!

CMYM Swim Team held its Awards Picnic on Friday, August 24th at Waterloo Park in Columbia. We recognized all of our athletes as our team keeps thriving and growing. We had over 60 swimmers who showed up and compete in as many as 11 different meet/events this year. Also at the picnic the year end awards were handed out.

SWIMMER OF THE YEAR

Scott Moffet / Kim Morris

MOST IMPROVED

Robert Telewicz / Natalie Janiszewski

COACHES AWARD

Ramiro Mougey /Julie Uhl

ROOKIE OF THE YEAR

Phillippe Homassel / Toni Cheney

2007 National Senior Games

The following list of swimmers competed at the 2007 National Senior Games (6/27 to 7/2) at the Ralph Wright Natatorium, University of Louisville.

Barbara Scheffter	Doris Russell
Margaret Whiteside	Jeffrey Dudley
Elizabeth Hogan	James Mathwick
Lou Coronos	Rand Vaillancourt
Bonnie Johnston	James Mathwick
Carolynn Foley	William Kirwan
Beverly Little	Yu-jin Lee
Marjorie Pearsall	Tom Powers
Nancy Brown	Lou Mccomas

John Collings

Places to Swim

To find a listing of the local places to swim please check out the [USMS Website: Local Programs / Places To Swim](http://www.usms.org/placswim/placswimform.php?LMSCID=9) @

<http://www.usms.org/placswim/placswimform.php?LMSCID=9>

There are currently 25 places listed with times and contact information. If you find any of this information wrong please Modify or Delete the listing. If you are a new team or workout group, please take the time to add your information. This is great advertising for your team or workout group.



Ad for Coach at UMBC

Maryland Masters Swim Team at UMBC is seeking a additional swim coach. UMBC has an indoor 25 yd pool with separate diving well, and a 50m outdoor pool that can also be configured for 25 yd and 25m. The facility is located close to I-95 and I-195. The team currently has about 60 members. Morning and evening practices are typically attended by approximately 30-40 swimmers. The coach is a key person, responsible for planning and executing workouts, providing assistance with stroke technique, and advising swimmers on matters relating to meet preparation. This coach is not responsible for directing meets or for any administrative matters relating to the management of the team. Necessary qualities of the successful applicant will include the appropriate knowledge base and experience in coaching swimming, excellent interpersonal communication skills, and reliability. Applications should include a resume with contact information for three references who are in a position to comment on the applicant's qualifications as a swim coach. Send applications or inquiries to Keith Harries (harries@umbc.edu).

Demographics for October

Have you ever wondered about the sizes of the different teams in the Maryland LMSC or how many people are in your age group? Well so have I. Using the October registration numbers we have the following two table. The first table below is a chart of the different teams and their registered membership in the LMSC. The second table is the registered members broken up by age groups.

Club	Women	Men	Total
MARY	130	130	260
COLU	48	9	57
HUH	40	14	54
NAAC	22	24	46
CMYM	18	23	41
DAMD	18	15	33
MERR	12	16	28
TCYS	11	13	24
NBAC	13	9	22
MACM	14	5	19
BACT	3	4	7
BABA	1	1	2
HCMG		1	1
UNAT	11	21	30
Total	341	285	626



Maryland LMSC			
Age	Women	Men	Total
18-24	19	12	31
25-29	29	16	45
30-34	29	23	52
35-39	48	28	76
40-44	60	51	111
45-49	71	38	109
50-54	30	46	76
55-59	22	25	47
60-64	15	19	34
65-69	10	13	23
70-74	4	9	13
75-79	2	1	3
80-84	0	2	2
85-89	1	0	1
90-94	1	1	2
95+	0	1	1
Total	341	285	626

Convention Highlights

The focus this year was on how to best serve the members of USMS. A long range procedure plan based on a **"Members First"** philosophy was initiated. This will include a rule book that should be "easy" to comprehend. A guideline for Athletes Rights will be established and, for in the future, rolling registration is planned (around 2009) to keep the annual January registration crush to a minimum is in the works.

Online registration was the main focus of the Members First philosophy. This will be new for USMS and will be an entire "Online System". The system is now being Beta Tested by a few LMSC's and is scheduled to be in operation in time for the 2008 registration year.

Some changes were made to the legal status between United States Masters Swimming and the Local Masters Swim Committees. No longer will the LMSC be a division of USMS, but an affiliate.

The coach's committee is setting up "Mentor Clinics" and "Open Water" clinics for those clubs that wish to participate.

Regarding FINA records: FINA world records must be a FINA member meet. For example, A YMCA or Senior Games meet will not qualify for FINA records unless they are FINA members. This will not affect any USMS records that are set at a USMS sanctioned or recognized meet.

At our Colony Zone meeting, Debbie Morrin-Nordlun our current Chair was re-elected for another 2 year term. Also a new position of Vice Chair was created and Dave Diehl was elected to this position. He was also charged with reviewing the Zone Operating Guidelines and submitting updates. The 2007 Colonies Zone Dot Award was presented to Patty Miller. 2008 Colonies Zone Championship bids were discussed and approved; SCY GMUP for April 11-13 and SCM Rutgers for December 5-7. No 2008 LCM Colonies Zone meet bid was submitted. Possibility of Middlebury College (Vermont) hosting this meet.

USMS Championship Meet for 2009, Clovis for SCY Nationals and Indianapolis for LCM Nationals. Also in 2009 USMS Championships in the 2 Mile Cable (Lake Placid, NY) and 1-3 Mile Open Water (Canandaigua, NY) will be held in the Colony Zone.

A major emphasis will be placed expand the Open Water events across the county and working to with USAT on combined sanctioned events.

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

*We are currently seeking a **new editor** (or **co-editors**) for the newsletter. This is a great opportunity to help out the Association. If you are interested and want some more information, please contact the Mike Jacobson (mikej@comcast.net).*

Swim Events Calendar

Date	Event / Contact info	Deadline
Oct 13	Carol Chidester Memorial Swim Series at Talbot County YMCA Steve Hicks, mdtopten@gmail.com, http://maryland.usms.org ;	Deck Entry
Oct 28	GMUP Sprint Classic at GMU in Fairfax, VA http://www.patriotmasters.org/GMUPOct2007Entry.pdf	Oct 15
Nov 10	Carol Chidester Memorial Swim Series at UMBC Steve Hicks, mdtopten@gmail.com, http://maryland.usms.org ;	Deck Entry
Dec 1	Carol Chidester Memorial Swim Series at Towson University Steve Hicks, mdtopten@gmail.com, http://maryland.usms.org ;	Deck Entry
Dec 7-9	Colonies Zone LCM Championships - Rutgers University http://recreation.rutgers.edu/Content/SCM_Colonies_Zone_Championship.asp	Nov 19
Dec 14-15	New England LMSC SCM Championships in Boston http://www.greatbaymasters.org/07scmchamp.php	Nov 21
Jan 19	Carol Chidester Memorial Swim Series at Arundel Olympic Swim Center Eric Nordlund, 301-474-8382, ericswims@yahoo.com ; www.pvmasters.org	Deck Entry
Jan 27	Alexandria Masters Tropical Splash http://www.alexandriamasters.com/meet/	TBD
Feb 9	Carol Chidester Memorial Swim Series at Severna Park Y Steve Hicks, mdtopten@gmail.com, http://maryland.usms.org ;	Deck Entry
Mar 1-2	31th Maryland Masters Winter Meet- UMBC (Catonsville, MD) http://www.marylandmasters.com/	TBD
Mar 29	Carol Chidester Memorial Swim Series at US Naval Academy Steve Hicks, mdtopten@gmail.com, http://maryland.usms.org ;	Deck Entry
April 11-13	Colonies Zone SCY Championships - George Mason University, Fairfax, VA Cheryl Ward, 703-359-5366 , www.pvmasters.org	TBD
April 15-25	XII FINA World Masters Championships in Perth, Australia http://www.2008finamasters.org/	Mar 23
May 1-4	USMS Short Course Nationals in Austin, TX http://www.tsc.utexas.edu/2008masters/	TBD
June 18-22	IGLA Championships hosted by DCAC at UMD in College Park, MD (info not yet available)	TBD
June 28	USMS 2008 1 Mile Open Water Championships - Madison, CT (info not yet available)	TBD
July 12	USMS 2008 2-Mile Cable Championships - Charlottesville, VA (info not yet available)	TBD
Aug 14-17	USMS Long Course Nationals in Mount Hood, OR (info not yet available)	TBD

Please note that entries deadlines are usually the date the entry must be received, not postmarked.
Check web sites for entry forms and details.



Benefit from an Inconsistent Practice Schedule!

By David Amato, Masters Coach and Swimmer

If you are like I am you probably have lapses in the consistency of your workouts. Unfortunately (maybe?) over the past 15 years or so, I've gotten into really good shape through a few solid months of consistent swimming only to be followed by a period of weeks out of the water.

Instead of getting down about losing fitness when I get back on schedule, I like to turn things around and use my lack of fitness to push myself to be as efficient as possible. To me, as a coach and a swimmer, technique is so important but it seems to be ignored by so many swimmers and coaches. Heavy effort and slugging it through the water seems to be all too common at practices. Personally, I have a tough time standing on deck and not saying anything to a swimmer I'm coaching if I think there is something they could be doing to improve their technique.

Swimmers need to educate themselves on proper technique. A fine place to start when you think about technique is to look at the movements or patterns of movements that you repeat during the stroke cycle. Ask yourself "am I creating drag from a particular way I am executing a movement?" For example, is my hand entry (where the hand enters the water) in the freestyle stroke entering clean or is my hand crashing into the water creating waves, turbulence and drag? Then ask yourself, "can I refine or alter this movement to create less drag?"

There are plenty of areas of concentration in all the swimming strokes where you can exercise a little self-analysis with the goal of correcting flaws and thus becoming more efficient. It is quite possible that as you shift your focus to be aware of the way you are moving, instead of your level of exertion, that the result will be faster swimming. So next time you get in the water, especially if it is after being out for a while, focus your attention on the actual movements of the stroke pattern and how you can adjust or fine tune them to create less drag. Finally, see it also as an exercise in positive thinking as you will be focusing on what you want to make happen. This is way more productive than dwelling on how out of shape you think you are.

David Amato coaches the Eagle Masters Swim Team.

He coaches athletes of all ability levels in swimming, cycling, triathlon and fitness for motorsports racing.

David is a Certified Strength and Conditioning Specialist (CSCS) and is the owner of Training Tempered.

www.trainingtempered.com

He can be reached at 443-803-1120 and david@trainingtempered.com

Review of the Motion Lingo ADEO

By Michael Jacobson/Head Coach CMYM Swim Team

This is a review of the Motion Lingo audio GPS device called the **ADEO** (www.motionlingo.com) which lists for \$149 on their website. I first heard of this unit about a year ago and instantly thought that it would be a great device for open water swimming. I received a unit in June 2006 and started to evaluate it.

First the USB driver needs to be installed and then the MotionLingo MotionTrak software needs to be installed. Once this is done the ADEO needs to be charged before use. At this point you can now start using the ADEO with the default configuration (I'll explain about the different configuration settings later) and have it perform its initial calibration and lock on the visible satellites. When you hear "Satellites found" and the red LED begins blinking, you are ready to start your workout.

You can now start your workout and listen to music on your MP3 player at the same time. During your workout the ADEO will override the music at programmed intervals with workout updates. These audio updates include Total Distance, Elapsed Time, Time of Day, Average Pace, Current Pace, Peak Pace, Current Elevation, Total Calories, Calories per Hour and Battery Status. The trigger for these audio updates can be Time, Distance or Goal. With these trigger and audio updates you can customize the audio for your workout. The ADEO can have 3 different configurations stored that are selectable during a workout.

I started by reviewing all the different waterproof cases



on the market for MP3 players since the ADEO is not waterproof. I wanted a case that would be waterproof but allow headphone to be connected without exposing the unit to the water. I was also hoping to find waterproof headphones that work under water and that can be used for competitive swimming. After looking at all the cases/headphones, I found what seemed to be a

perfect fit from a company in the UK called AquaPac (www.aquapac.net). They have for \$75 a small MP3 waterproof bag/case and waterproof headphones. I received the unit in a couple of days and started testing them, first by taking the case and headphones in the water at the local YMCA pool. At first, I tested the case empty, then with an iPod and finally with the iPod and the ADEO in the

same case. I found that with the ADEO and iPod Shuffle, this was a tight fit. I also needed to use a different cable between the iPod and the ADEO as the one that came with the ADEO was too short (I need the iPod at the bottom of the case). I found the headphones work fine at first but the sound performance degraded if any water got in the ear openings. Also while swimming at competitive speeds, they had a tendency to fall out or the cord would get tangled (it was about 3 ft long). I could fix some of this by wearing a swim cap and tucking the headphones under the cap (along with the extra cord). This was uncomfortable and I was not able to locate another waterproof headphone that would work while I swam in the water (if you have one you want me to try please contact me).

At this point I gave up on the idea of immediate feedback from the ADEO while I swam and planned to use it just to collect data from our open water swim practices that are held every Monday morning in the Spring along the Severn River. I found in my experimenting with mounting the ADEO, that the best location to keep the ADEO antenna pointing at the sky and above the water line was by attaching the AquaPac to my goggle straps behind my head. This worked great and did not bother me too much when swimming.

The only problem that I was having with the AquaPac MP3 case was that there was condensation building up during the swim. This had not yet caused a problem with the electronics, but I figured that I needed to stop it before we had a ground short. I found some small desiccant bags for electronics in my home collection of parts. So, for the final testing of the ADEO in an open water swim, I used the AquaPac MP3 case, MotionLingo ADEO, one small desiccant bag and my existing goggles. I used this setup for the two swims 5/14 and 5/21.

The speed on the ADEO is in mph and displayed on a MotionLingo Software once it was downloaded. I think one feature enhancement I would suggest for swimming is to make the speed be in different selectable units (meters/sec or yards/sec) as most swimmers don't think in mph. I really liked the speed data as it seems to average out with my calculated times. It looks like the first swim (wetsuit) on 5/14 was at 2.8mph which equals 1.369yps which means that I was at a 1:13s per 100 yard pace. The second swim (non wetsuit) on 5/21 was 2.5mph which equal 1.222yps which means that I was at a 1:21s per 100 yard pace. This seems accurate based on my watch and using Google Earth as a comparison. F

For more detailed review with pictures, please check out the CMYM website @ <http://www.cmym.us>

Michael Jacobson coaches the CMYM Swim Team. He is a ASCA Level 2 Certified Coach and is also a PSIA Ski Instructor at Liberty Mountain. He can be reached at CoachMike@cmym.us



USMS All Americans

To be recognized as attaining All American status, a swimmer must post the fastest time in an event/age group in at least one course of the three official courses (Short Course Yards, Short Course Meters, Long Course) or in one of the recognized Long Distance Championships. The following were so recognized for **2006** and are from the Maryland LMSC.

Sara Levine	2-Mile Cable	45-49
Nancy Brown	2-Mile Cable	70-74
Ralph Sawyer	3K Postal	30-34
Russell Shiels	2-Mile Cable	45-49
Nick E. Burley	2-Mile Cable	50-54
Doris B Russell	SCY 50 Fly	85-89
	SCY 100 Fly	
Virginia Nicoll	SCY 50 Free	95-99
	SCY 50 Back	
Jim O'Connor	SCY 200 Fly	50-54
Bob Johnston	SCY 200 Fly	70-74
Nancy Brown	(see below)	70-74
	SCM 50/100/200/400/800/1500 Free	
	50/100/200 Back	
	50/100/200 Fly	
	100/200/400 IM	
	LCM 50/100/200/800/1500 Free	
	50/100/200 Back	
	50/100/200 Fly	
	200/400 IM	
	SCY 50/100/200/500/1000/1650 Free	
	50/100/200 Back	
	200 Breast	
	50/100/200 Fly	

Updated Maryland LMSC ByLaws

Updated Bylaws for the Maryland LMSC have been the goal of the Officers and Board Members for this past year. We have been working hard to address the short comings in our current Bylaws and address new issues such as an email votes. This group has been lead by Tony Martino, Vice Chair, and Rand Vaillancourt, Secretary. The current proposed Bylaws are on our Maryland LMSC website, <http://Maryland.usms.org>, along with our current one.

If you wish to make comments on the Bylaws before the General Membership meeting on Nov 10th please email the Maryland Chair, Mike Jacobson at mikej@comcast.net.

The vote for the new Bylaws will be taken at the General Membership meeting on Nov 10th at UMBC (3pm). We will be meeting in the Athletics Building (same building that has the gyms and pool). Please follow the signs on the front door to the meeting room.

2007 Top Ten SCY

Relays

Men 55+			
6	400 Free Relay	4:26.82	MARY
Men 65+			
7	400 Free Relay	8:41.48	MARY
Women 25+			
7	200 Free Relay	1:47.19	NBAC
10	200 Medley Relay	2:01.20	NBAC
4	400 Medley Relay	4:30.61	NBAC
2	800 Free Relay	8:57.60	NBAC
Women 35+			
3	400 Free Relay	4:01.04	NBAC
Women 45+			
8	400 Free Relay	5:07.34	MARY
7	800 Free Relay	11:30.54	MARY
Women 55+			
4	200 Free Relay	2:19.99	MARY
4	200 Medley Relay	2:41.87	MARY
1	400 Free Relay	5:15.03	MARY
Mixed 25+			
8	400 Medley Relay	4:37.54	NBAC
1	800 Free Relay	8:44.56	BATC
6	800 Free Relay	9:20.18	NAAC
Mixed 35+			
3	800 Free Relay	9:21.92	NBAC
Mixed 45+			
5	800 Free Relay	11:11.49	MARY
Mixed 55+			
6	200 Medley Relay	2:13.20	MARY
Mixed 65+			
3	800 Free Relay	13:41.99	MARY

Men

M25-29 Robert Bellamy	M55-59 Bob Hoyt
9 50 Free	10 100 Free
7 200 Free	M60-64 Jack Iliff
4 200 Back	9 100 Back
4 200 IM	9 400 IM
M30-34 Greg Smith	M70-74 Bob Johnston
10 100 Back	3 50 Breast
7 200 Back	3 100 Breast
M35-39 Brian Benda	M70-74 Yu-Jin Lee
10 100 IM	10 400 IM
9 200 IM	M75-79 John Collings
8 200 Fly	9 400 IM
M40-44 Matthew Frentsos	M80-84 Alex Eremehuk
10 100 Breast	7 50 Breast
M50-54 Jim O'Connor	M90-94 Raymond Edelhoff
6 100 Fly	2 50 Free
2 200 Fly	2 100 Free
M50-54 Nick Burley	5 50 Back
8 200 Fly	3 100 Back
	3 50 Breast

W25-29 Katherine Hennessey	W55-59 Marti Betz
3 1000 Free	8 50 Back
W25-29 Abigail Randell	10 100 Back
10 50 Breast	W60-64 Sally Iliff
W30-34 Hollie Kenney	9 1000 Free
8 1650 Free	6 100 Fly
W30-34 Tobi Limke	5 200 Fly
6 50 Back	W70-74 Nancy Brown
3 100 Back	2 50 Free
3 200 Back	1 100 Free
4 200 IM	4 200 Free
1 400 IM	3 500 Free
W35-39 Suzanne Gedney	2 1000 Free
9 500 Free	2 1650 Free
8 1000 Free	2 50 Back
8 1650 Free	2 100 Back
W35-39 Kathy Webster	2 200 Back
8 400 IM	5 50 Breast
W40-44 Lisa Rapuan	5 100 Breast
3 50 Free	3 200 Breast
8 100 Free	2 50 Fly
W40-44 Janice Bonner	2 100 Fly
7 50 Breast	2 200 Fly
10 100 Breast	2 100 IM
W50-54 Elizabeth Hogan	2 200 IM
9 1650 Free	2 400 IM
3 200 Back	W70-74 Ann Johnsen
7 100 Fly	7 50 Breast
6 200 Fly	8 100 Breast
10 200 IM	6 200 Breast
3 400 IM	W75-79 Jill Coleman
W55-59 Bonnie Johnston	5 50 Free
10 50 Free	10 200 Free
7 50 Back	3 50 Fly
7 100 Back	9 100 IM
8 200 Back	W75-79 Lesley Francis
	6 50 Free
	5 1000 Free

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Maryland LMSC 2008 Registration Form

Renewal – my last USMS number was _____
 New registration

Register with the same name you will use for competition. Please print clearly.

Last Name		First Name		MI
Street Address				
City/State/Zip			Phone	
Date of Birth (mm/dd/yy)	Age	Sex (circle) M F	E-mail address	
USMS Team		Workout Location		Today's Date (required)

WAIVER: 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): _____

I coach Masters swimmers.
 I am a Swimming Official with _____
 Please send my newsletter by:
 Email _____ or Regular Mail _____

USMS, Maryland Association Membership Fee (\$25 USMS Fee, \$17 LMSC Fee)	\$40.00
9/1/08 to 12/31/08 Reduced Fee Call Registrar	
International Swimming Hall of Fame Foundation	
United States Masters Swimming Foundation	
Total Fee Enclosed	

Make checks payable to: USMS Maryland Association

Please answer:

On rare occasions, USMS may need to inform me of an important issue, **I DO/ DO NOT** wish to receive them.
 A USMS sponsor may wish to offer you information emailed from the USMS National Office, **I DO / DO NOT** wish to receive them. (**Email addresses are not supplied to the sponsor.**)

Benefits of Membership include: A subscription to USMS's magazine, *USMS SWIMMER*, during the length of the membership year (\$8.00 of the annual dues is designated for the magazine subscription), and periodic mailings from the Local Masters Swimming Committee.

USMS Registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.

Mail check and completed form to: **Karen Tucker, Registrar**
 10038 Davis Ave.
 Woodstock, MD 21163

Questions? Call Karen at (410)203-2890; email: ktloves2swim@msn.com

Converting Yards to Meters and Back

With all of the meter meets this summer, it might be a good time to review the calculations for converting seed times from yards to meters.

Yards to Long Course Meters:

1. Convert your time to seconds and Multiply by 1.1
2. Add 0.8 seconds for each turn you aren't doing. For instance a 200 yd free has 7 turns, a 200m free has only 3 turns, so you would add $4 \times .8$ or 3.2 seconds.

exceptions:

- a) For 1650 yds to 1500m (which is almost exactly the same distance), simply add 30 seconds (for the difference in turns)
- b) for 500 yds to 400m, convert the 500 yd time to a 400 yd time by multiplying by .8, then proceed as above for 400 yd to 400m. (ie, multiply by 1.1 and add $.8 \times 12$ or 9.6)

Long Course Meters to Yards:

1. Convert your time to seconds and Multiply by 0.9
2. Subtract 0.8 seconds for each extra turn you are doing. For instance a 200m free has only 3 turns and 200 yd free has 7 turns, so you would subtract $4 \times .8$ or 3.2 seconds.

Yards to Short Course Meters:

Since the number of turns is the same, all you do is convert your time to seconds and multiply by 1.1.

Short Course Meters to Yards:

Since the number of turns is the same, all you do is convert your time to seconds and multiply by 0.9.

Another option is to use an on-line calculator, such as <http://www.swiminfo.com/results/conversions.asp>

