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U.S. MASTERS SWIMMING

The Chairman Sez

Welcome to summer edition of the newsletter! I expect everyone is enjoying swimming indoors and outside (practices, competition, fitness or just plain having fun).

The Maryland LMSC Swim Series Championship Series 2009-2010 concluded on March 28th at the Loyola University Natatorium. We had 139 swimmers from 14 different teams, our largest Maryland LMSC only Swim Series Meet ever! We had lots of people and teams pitch in to make this meet a great success. I want to especially thank Mark Oliphant and the TCY team for making the extra effort with the online registration and check-in for the 500 free.

Just around the corner is a great meet on August 7th at UMBC. This meet is a terrific opportunity to meet local fellow swimmers in a low key event. The meet is FREE to all Maryland Association members and only \$15 per person for swimmers from other USMS LMSCs. Online entry will be available for this meet so please check out www.teamunify.com/Home.jsp?team=msmdlmsc for more information. Immediately following the events, we will have a brief Board of Directors meeting. If you are an Officer or Team Representative, I ask that you please attend or send someone from your team to attend this meeting.

Online registration continues to be working great and this is the preferred method of registering for USMS. This year 99.6% of the Maryland LMSC registered this way. When you pay online, you will also be able to immediately print out a membership card from the website.

Many times I get asked at a local and national level on how the Maryland Association is doing. This year I can say that our growth is continues at 8% and we hope to reach 877 by the end of the year. We are still looking to ways to grow our current base and support all of our current and future members. If you have any ideas, please drop me or one of the Board members a note. In addition, the benefits that being a USMS member continues to grow. Check them out at <http://www.usms.org/reg/content/benefits>

In September we will be sending 2 representatives from our LMSC to the Aquatic Sports Conference for the annual US Masters Swimming meeting. They will get together with representatives from all around the USA to discuss the rule changes, events (championships, open water, fitness) and better ways to serve our members. This year our delegates are Rand Vaillancourt (CoachRandV@aol.com), Ali Hall (mi.consult.ahall@gmail.com). We look forward to their reports to the membership in the Fall Newsletter.

This is an election year in our LMSC and our Vice Chair, Tony Martino (MDViceChair@usms.org), is leading a search committee to identify the slate of Officers for next November's election. Due to term limits there are a number of Officer positions available. This is your chance to get more involved in the Maryland Association.

I would again like to thank the current Officers and Board members (too many to name individually) for all the work they have done for the Maryland Association. Without them this job would have been impossible.

Mike Jacobson, Maryland LMSC Chair, MDChair@usms.org
And have a Happy Fourth of July!

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/>

*****To subscribe to Email list: *****

mdusms-subscribe@yahoogroups.com

**2009-2010 Carol Chidester
Swim Series Club Rankings**

1. TCYS
2. MARY
3. AAA
4. CMYM
5. CRAB

Gotta love that scoring method!

For a good time, show up **AUGUST 7** in the am at the **UMBC Outdoor Pool** for your **MD LMSC Summer Long Course Meet**

Check your MD LMSC website for details:

[www.teamunify.com/Home.jsp?
team=msmdlmsc](http://www.teamunify.com/Home.jsp?team=msmdlmsc)

swim long swim strong

**Great Chesapeake Bay 4.4 Mile Swim & 1 Mile Challenge
June 13, 2010**

Central Maryland YMCA Masters

In the 4.4 Mile swim we had 8 CMYM members competing. All of them finish this tough event! Also you missed great finish of the 4.4 mile swim as the top 4 swimmers we separated by 4 seconds and it would have been only 2 seconds but the swimmer in 3rd place fell at the finish line and had to get back up and run to finish 4th. Here are our swimmers:

Steve Hicks, Daniel Beisel, Robert Telewicz Jr., Anneliese Thomson, Richard Hrybyk, Kathy Meyer, Stacey Moffet, Victoria Toomey

The 1.1 Mile swim (other side of the bridge): The group was smaller (just 5 of us) but just as tough. We had 2 swimmers place in their age groups. Mark got 1st in the 35-39 Males and Hal came in 3rd in the 45-49 Males. Great job in a tough swim (we could not see the buoys this year).

Mark Cronin, Michael Jacobson, Harold Sachs, Philippe Homassel, Rena Jacobson

Anne Arundel Amphibians

Lynn Foley grabbed 1st place in her age group, 65-69, in her first ever 4.4 mile Bay Swim! She also was the oldest woman who swam. Wow, Lynn, fabo!

Talbot County YMCA Masters

We had several swimmers compete in this year's Chesapeake Bay Swim and a few medal winners in the bunch!

Frank Brennan, Liz Bruce, Ona Kareiva - 2nd in her age group, Glenn Mills - 1st in his age group, Mark Oliphant, Julie Reed - 2nd in her age group, Heidi Stark, and Rachel Stratton, our coach .

Monocacy Aquatic Club Masters

We congratulate Paul Landon, who turned in a time of

Maryland Masters

Congrats to all the 1 mile and 4.4 mile swimmers!!!! It was a perfect day for the swim! A special congrats to David llauer, his first 4.4 crossing.

Joan Libby was 1st in the 1 mile in the 65-69 age group & she swam with her 2 granddaughters, Alden 14, 2nd place, and Amalie 13, 5th place. Her daughter, Paige, also swam the 4.4 miles.

Nancy Brown swam with her daughter, Jill, grandson Dan, and adopted daughter Patty. We all qualified for the 4.4 which we hope to do in 2011.

Jeff Viohl placed 3rd in the 50-54 age group in the 1 mile.

Sally and Jack Iliff placed 4th in the 60-64 and 3rd in the 65-69 age groups, respectively.

We had a large showing: Renee White, Carla, Susan Taylor, Margie Campbell in the 1 mile. Chris Stevens, Reed Kroncke, Tom Matysek & his many brothers, John Avalone, Richard Roden, Becky Mesarch, Julie Dukes & Chris Carlson in the 4.4.

Ed. Note: Nancy hopes she didn't leave anyone out!

NOVEMBER 2010

Vote early! Vote often!

YOU, yes, you can be in control of your LMSC's destiny. Don't miss the general membership meeting next November.

Vote for the Board of Directors of your choice. Make your vote count.

Chairman, Vice-chair, Secretary & Treasurer. New blood needed.

[2009 USMS Top Ten SC Meters Maryland LMSC](#)

	Place	Event	Name	Age	Club	Time
WOMEN						
18-24	8	400 IM	Emily K Stevenson	23	TCYS	5:40.24
30-34	6	100 Back	Tobi L Limke	34	NBAC	1:15.20
35-39	9	100 Breast	Jennifer Bistrack	37	NAAC	1:25.46
50-54	6	100 Fly	Elizabeth Hogan	53	AAA	1:17.48
	8	400 IM	Elizabeth Hogan	53	AAA	6:13.64
65-69	9	800 Free	Carolynn Foley	66	AAA	15:43.11
	9	100 Back	Carolynn Foley	66	AAA	1:58.21
	9	200 Back	Carolynn Foley	66	AAA	4:08.93
70-74	7	200 Free	Nancy Brown	73	MARY	3:27.85
MEN						
25-29	6	100 Back	Robert D Bellamy	28	MARY	1:03.85
	7	200 IM	Robert D Bellamy	28	MARY	2:16.69
45-49	6	200 Back	Andrew E Jones	45	NBAC	2:29.08
70-74	6	50 Back	Keith D Harries	71	MARY	39.57
	3	100 Back	Keith D Harries	71	MARY	1:29.07
	7	100 Back	William T Kirwan	71	MARY	1:34.87
	3	200 Back	Keith D Harries	71	MARY	3:17.83
75-79	9	100 Fly	Yu-Jin Lee	75	MARY	2:00.70
	4	400 IM	Yu-Jin Lee	75	MARY	8:20.00
80-84	9	100 Back	John J Collings	82	MARY	2:17.52
	7	200 IM	John J Collings	82	MARY	5:44.01

[Coaches Challenge Winners](#)

Special kudos go to the 23 swimmers who completed the Coaches Challenge. They showed up, they swam, they kicked a little bathing suit @#%%. Some completed both the 5 meet and 12 event challenge, some competed in 5 meets and others swam 12 events. And only Jack Iliff swam 15 events in 5 meets. A special round of applause for him, please.

BOTH categories:

Brown, Nancy (73) MARY 5 13
 Cox, Suzanne (48) MARY 5 13
 Iliff, Jack (65) MARY 5 15
 Oliphant, Mark (47) TCYS 5 12
 Paterline, Diane (56) HUH 5 12
 Shores, Tyler (73) MARY 5 12
 Taylor, Susan (52) MARY 5 14
 Vaillancourt, Rand (63) AAA 5 12

12 event challenge:

Viohl, Jeffrey (52) MARY 13
 Duobinis, Stanley (59) MARY 12
 Shields, John (61) AAA 12
 Toy, Ray (43) CMYM 12
 Walsh, Tom (50) MARY 12
 Winans, Colleen (48) MARY 12

5 meet challenge:

Collings, John (82) MARY 5
 Eppinger, Justin (35) AAA 5
 Fligsten, Ken (71) MARY 5
 Gensler, Robert (59) AAA 5
 Henry, Kristina (44) TCYS 5
 Konits, Cindy (55) MARY 5
 Legg, Jared (27) TCYS 5
 Mazyck, Carla (49) MARY 5

[Chesapeake Bay Lighthouse Challenge](#)

MARY has a round trip finisher, Ali Hall. She finished earlier in June. Sally Iliff, Jack Iliff and Deb Dudas have completed the Challenge one way and are debating about doing it round trip.

You too can swim from lighthouse to lighthouse around the Bay! Your own pace, your own pool, one way or round trip, and a very nice certificate when you are done! Contact Nancy Brown, nancygeoff@cablespeed.com for more information and for your certificate. Or look on your local LMSC website <http://maryland.usms.org>

Go The Distance!

It's never too late to join GTD, the fastest growing and most popular USMS fitness event...as of May 15, Maryland LMSC's 37 GTD swimmers have logged 2,195.44 miles or an average 59.34 miles per swimmer. Click on <http://www.usms.org/fitness/content/gothedistance> and get started!

Maryland Masters

Y Nationals

Forty-three people representing Mid Delmarva Y traveled to Ft. Lauderdale April 14-18 for the YMCA Masters Nationals. It was one of the best Y Nationals that Maryland swimmers have experienced! There were 592 participants this year - 23 teams overall, 41 men's teams, and 35 women's teams. With only two 18 yr. olds (one male and one female) and one 40+ male, the team was still able to place 3rd overall, 2nd in the women's category, and 6th in the men's. Other than the 3 people mentioned above we only had men 55 and over, our oldest being Geoff Revett at 86, and the women ranged from 45 to 86, the oldest being Sarah Allnutt. Everyone swam extremely well, setting team records and potential state records and doing their best times. Most importantly, everyone contributed points so our team could place as well as it did.

Out of the water, there were also a lot of fun times. A highlight was the YMCA song that was performed by the Orlando team - a group of very fit guys who worked extremely hard on the choreography and outfits. You can see it on YouTube— well worth the time! The meet social had a Hollywood theme. Nancy Brown and Geoff Revett won Best Costume dressed as Carol Burnett and Charlie Chaplin. We had another 3 generation relay with Jill and Dan Springer, and Nancy Brown and a Mother / Daughter relay with Suzanne Cox and her daughter, Jackie Martin.

Jill Springer in the 50 - 54 year age group set a Y National Record in the 50 fly with a time of 28.58. The record was 28.64 set by Diane Todd Taft in 1994!

Marti Betz 60-64 also swam record times in the 50 back (3 times) and the 100 back but was, unfortunately, out touched by her competition.

Gold medal winners were Jill Springer- 50 & 100 fly, 100 back, Sally Iliff 60-64 200 free, Pame Wingerter 65-69 50&100 free, 50, 100, 200 breast, 50 & 100 fly (her 1st competitive 100 fly ever!), Nancy Brown 70-74 3 backs, 200 free, 100 free, 400 IM, Sarah Allnutt 85-89 50 free, 100 free, 50 back, 100 back, and 50 breast, Jack Iliff 65-69 3 backs, 50 br, 100 br, 200 IM, 400 IM, Bill Kirwan 70-74 500 free, 200 back, Yu-Jin Lee 75-79 200 fly, John Collings 80-84 200 back, Geoff Revett 85-89 50 free and 50 breast, Womens 55+ medley relay Betz, Wingerter, Iliff, and Sue Marinzel, 65+ mixed medley Kirwan, Wingerter, Iliff, and Carolyn Foley (Anne Arundel Amphibians).

Other team contributors were Dan Springer, Jackie Martin, Michael Lee, Carla Mazyck, Renee White, Suzanne Cox, Lisa Hannon, Sue Marchetti, Carolyn Voorhees, Colleen Winans, Gladney McKay, Susan Taylor, Diane Blubaugh, Julie DiBlasi, Patti Kuhlman, Sue Remaley Marinzel, Nick Burley, Craig Sewell, Mike Ehrlinger, Joe Jackins, Marge Burley, Joan Libby, Christine Jorgensen, Kate Fiskens, Jane Hall, Tess Bloomquist, Carolyn Foley, Cliff Kelbaugh, Fran Weston, Margie Pearsall, Ken Fligsten, Phil Kerr.

Potential State Records were broken by Jack Iliff, Carolyn

Voorhees, Jill Springer, Gladney McKay, Marti Betz, Sue Remaley Marinzel, Yu-Jin Lee, Michael Lee, and Nick Burley.

It is our hope that more people will attend next year, especially the younger age groups, so we can go for the National Title again. It will be held over Palm Sunday weekend in Ft. Lauderdale. Put it on your calendar!



Maryland Masters (primarily SPY) at YMCA Nationals



Geoff Revett as Charlie Chaplin and Nancy Brown as Carol Burnett won first prize in the Hollywood dress-up contest at Y Nationals!

Manhattan Island Marathon Swim

On July 6, Maryland Masters swimmers Ali Hall & Sandy Swoboda completed a two person relay in the 28.5 mile Manhattan Island Marathon Swim. Ali wrote, "The swim is counterclockwise around the island and we arrived at the finish line in a little over 9 hours. I think we were 3rd in the 2-person category and the oldest as well!!!! The water temp low was 61 &, for a brief time in one river, it rose to 66. There were no wetsuits, just regular pool suits, uninsulated caps, goggles and us swimming around. We had tremendous support from the event organizers, our own support boat and crew as well as a kayaker who stuck to us and fed and watered us all day long for which we are grateful! We also raised money through the swim to support clean waterways in NY as well as a nonprofit called Path-Star that sends Native American kids to the San Francisco Bay every October to train in open water for 10 days and then swim from Alcatraz. We had a blast out there and we look forward to more challenges in the future."

Ed. Note: Ali has also volunteered to be Fitness Chair on top of her USMS responsibilities. Thanks, Ali!



CMYM has completed the 2009-2010 Short Course Yards season with strong performances throughout and looks to build on its successes with the upcoming Summer season.

The first meet of the Maryland LMSC Short Course Yards swim series was hosted by CMYM at the Ellicott City YMCA in October. 28 CMYM swimmers were among the 88 swimmers assembled. Individual team records were broken by John Aversa, Scott Moffet, Ed O'Malley, Mark Spence, Dan Beisel, and Roy Troppmann. In relay action, team records were set by various combinations of folks which included Rena Jacobson, Helen Kottis, Stacey Moffet, Kathy Jantac, Gloria Serrao, Abby Glassberg, Carole Owen, Anneliese Thomson, Jerry Myer, Jeff Manchester, Dan Beisel, Roy Troppman, Richard Mathews, Lori Hartle, Mark Spence, and Alice Spriesterbach.

In November, Steve Hicks, Jerry Meyer, and Coach Mike traveled to Washington College in Chestertown for the second Swim Series meet. Previously of the Delmarva Dogfish, Steve recently found employment in our area, and has become a valuable part of our team. He made his official debut here and did so by breaking two team records in the process. In addition, Jerry Meyer celebrated a birthday by breaking one of his own team records.

In December, six CMYM swimmers headed to the Talbot County YMCA for the third Maryland LMSC Swim Series Meet. Record setting performances were turned in by Steve Hicks, Mark Spence, and Jerry Meyer.

With the new year, CMYM participated in two events for the month of January. Eight CMYM swimmers were among the 165 gathered for the fourth Maryland LMSC Short Course Yards Swim series meet at the Arundel Olympic Swim Center. Anneliese Thomson, Steve Hicks, Mark Spence, Dan Beisel, and Jerry Meyer turned in record breaking performances. Furthermore, a relay team consisting of Jerry Meyer, Anneliese Thomson, Mark Spence, and Lori Hartle lowered a previous team record set earlier in the season. Also, 33 CMYM swimmers participated in the USMS One Hour Swim, the biggest event that USMS hosts. CMYM placed 5th among 22 medium sized teams. There were four extra-large teams, 14 large teams, 22 medium sized teams, and 134 small teams. Team size was based on number of entrants from that team. Given these numbers, it is clear that CMYM is among the top participants in all of USMS for this event. Individually, Laurie Obitz swam 3935 yards and was our top swimmer for the women, while Kelvin Li topped the men with 4505 yards.

In February, eight CMYM swimmers participated in the Swim Series meet at the Woods Community Center in Severna Park. Mark Spence and Jerry Meyer turned in record setting performances. Relay records were set by teams consisting of Jerry Meyer, Anneliese Thomson, Kim Morris, Greg Morris, Valerie Karam, and Lori Hartle.

Maryland Master's Awards

Coach's award: Chris Stevens
 Rookie of the year: Suzanne Cox
 Swimmer of the Year: Stan Duobinis
 Most Improved: Barb Cooke and Ken Fligsten
 Betty Taylor Spirit Award: Christine Jorgensen
 YMCA Nationals Most Outstanding: Jill Springer and Jack Iliff
 Nancy Sterling Attitude Award Y Nationals: Cliff Kelbaugh
 Most personal best times: Stan Duobinis
 Most team records: Jack Iliff, records in all 18 events

Jack Iliff also received the Michael Phelps award for doing the mini series challenge both ways, completing the coaches challenge - 18 events, and participating in both the 4.4 Bay Swim and the Chesapeake Lighthouse Challenge

Jane Hall received the Madame Butterfly award for her outstanding performance in the butterfly events in the 65-69 age group, competing in fly for the first time

Other people who completed the Coaches Challenge by swimming all 18 events were Colleen Winans, Susan Taylor, and Stan Duobinis. and John Collings (the 80+version)

TCY Masters

This spring the team accepted a third challenge from the Skuru IK masters team in Sweden for a "postal" dual meet. We were tied at 1-1 and needed a tie-breaker. Unfortunately for us, the Swedes beat us. But with only a 5-point difference, it was a close meet. More importantly, it was a lot of fun for everyone. The Swedes are now talking to the Italians about a tri-postal meet with us.

The Manta Rays continue to work with the Upper Shore chapter of Maryland Special Olympics, training and timing athletes and swimming as unified partners.

Chris Kelly designed the official logo for the 2010 Maryland Championships at Loyola. Thanks, Chris!

We also had four swimmers participate in the annual EagleMan Ironman Triathlon held in Cambridge, MD on the same day as the Chesapeake Bay Swim:

Matt Dunn, Chris Kelly, Jena McLaughlin, & Bill Webb

CMYM, cont.

In March, CMYMers were found at the UMBC Winter meet, the Albatross Open in North Bethesda, and the LMSC Finale Meet at Loyola. Dan Beisel, Jerry Meyer, and Mark Spence swam at the UMBC Winter meet, and collected a few new team records in the process. Ditto for Kelvin Li, Jerry Meyer, and Coach Ray for the Albatross Open. For the Loyola meet, eleven CMYM swimmers were among the 140 gathered. Kelvin Li, Steve Hicks, Mark Spence, and Dan Beisel turned in record setting performances. In addition, Dan Beisel closed out his age group by having a team record in every single event in the Short Course Yards program with a 200 Butterfly record.

The 2010 Colonies Zone Championship closed out the Short Course Yards season. John Aversa and Coach Ray represented CMYM as part of the 550 gathered swimmers. John Aversa demonstrated a complete recovery from a November shoulder injury by breaking the team records for his age group in the 500, the 1000, and the 400 IM.

Looking to the summer, CMYM has again started things out with a bang with 19 athletes completing the Columbia Triathlon and seven doing the Reston One Mile, Two Mile, or both.

At the Eagleman Tri we had 13 CMYM athletes who completed this event in tough conditions. The temp was 95F on the run/bike and the water was too warm for wetsuits. They all did great and I am proud of all of you (sorry I could only be their in spirit but I was cheering very loud for you). Kudos to Marcos Otazo, George Olean, Laura Travisano, Maura Dunnigan, Al Price, John McKissick, William McMahon, Mary Bredin Argilagios, Alice Spriesterbach, Don Knott, Ellen Dooley, Gloria Serrao, & Abby Glassberg.



Open Water Events

- 2010 Betsy Owens Lake Swims (1 & 2-mi cable) Aug 14
Entry Info: Preferred: Online entries (save time, save paper, avoid errors!): https://www.clubassistant.com/club/meet_information.cfm?c=1538&smid=2366
Paper entry form including relay entry form: http://www.adms.org/LP_Swim/2010/2010-08-14-LP_.pdf
- The USMS 2010 Open Water (OW) Championship season is posted! All events are open for entry, and all but one (Lake Del Valle) has a quick and easy online entry option! For complete entry info and host location details, please go to <http://www.usms.org/longdist/ldnats10/>**
- USMS 1 Mile OW Championships May 29
Lake Norman, Charlotte, NC NC Masters
Steve Watkins, 704.207.9559, steve@thecustomcoach.com
Jerry Clark, jerryclark@bellsouth.net
- USMS 1-3 Mile OW Championships (1.5 miles) June 6
Lake Del Valle, Livermore, CA Tri-Valley Masters
Bill McCracken, 925.216.7918, mccracmiler@pacbell.net
John Crane, crane1@ltnl.gov
- USMS 2-Mile Cable Championships July 10
Chris Greene Lake, Charlottesville, VA Virginia Masters
Dave Holland, 804-282-6224, henrydafif@aol.com
Chris Stevenson, cstevens@richmond.edu
- USMS 3-6 Mile OW Championships (6 km) June 19
Lake Water Valley, Windsor, CO
Air Force Aquatics Masters
Karen Reeder, 719.592.1923, dksreeder@skybeam.com
Jeff Magouirk, 303.596.6993, swimwithfishes@earthlink.net
- USMS 6+ Mile OW Championships (10 km) July 17
Morse Reservoir, Noblesville, IN
NASTI/Friends of Central Pool/FPAC
Dick Sidner, 317.695.9885, dsidner@gmail.com
- Colonies Zone 1 Mile OW Championship September 12
Tom Wear Memorial Swim
Lake Hopatcong, NJ New Jersey LMSC
Bridgette Hobart, 973.663.3663, bhobart@ptcltc.com

USMS 5 and 10 Kilometer Postal Championships (50 meter pools only)

May 15 - September 15

North Carolina Masters Swimming (NCMS)
Bob Husson, 252.638.8425, 5k10k2010@gmail.com
Hans van Meeteren,
252.665.4545, hans.vanmeeteren@gmail.com

Gather your friends and get them motivated to swim the event. It is VERY easy to enter online! Then, you can scan and email your split sheets, or you can snail mail them.

https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=2016

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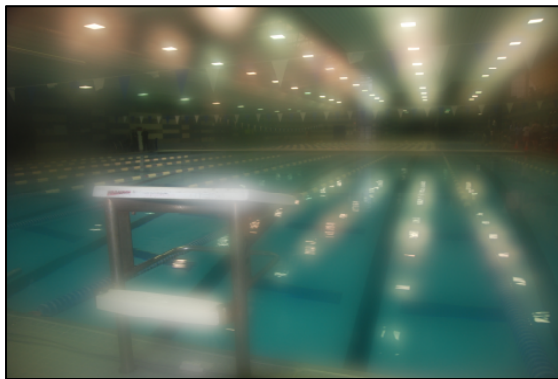
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[My First Meet Season 2009-2010](#)

[Marie Robinson](#) *Anne Arundel Amphibians*

New to Masters swimming, I wasn't sure what to expect from my first meet. I was excited to participate, but I was incredibly nervous, too. I only learned how to swim a few short years ago, so things that most swimmers take for granted, like feeling comfortable in deep water, and even diving in, are still new and rather wondrous experiences to me. At my first meet, in January, I brought along my camera in part because I knew that I would spend more time on deck than I would in the pool, and in part to have something to distract me from my nerves. It turned out to be a good decision. I had a lot of fun trying to capture the experience of a swim meet with my camera. I started out trying to photograph as many of my teammates as possible, and then simply tried to capture the feel of the meet. I took pictures of individual swimmers, but because there are so many more aspects to the sport than who is standing on the blocks at any given time, I didn't just want photos of people. I looked for anything interesting on the other end of the lens.



This picture was a mistake that turned out well. I arrived at the pool early so I could take my time getting changed, and found myself with a little extra

time on my hands. I got out my camera and aimed to take a picture of the pool while things were still calm and quiet. The humidity from the room caused my lens to fog up, hence the blurriness. I quickly wiped off my lens and took the picture again, but this is the version that others seem to like best. The fog adds to the feeling of calm before the storm, I think.



I have a great shot of this same timer, my friend and teammate, Jen -smiling. I like this version of her, too, because it's a close-up representation of what all of the kind volunteer timers were doing for us that day.



While wandering around, I realized I had never noticed the warning on the back of the starting blocks before. It makes me feel like kind of a bad-ass.



Where can I get one of these?



I love this picture! Those are two of my teammates getting ready to compete in a relay. I like the different perspective, and the fact that it highlights something we all have in common – standing around, waiting our turn to compete.

Ed. Note: Fabulous suits, must be the Amphibians!

By the time I got to my third and final meet of the season, I knew a bit better what to expect. This time, my nerves were more under control, and I wanted to have fun seeing what I could find through the viewfinder. I noticed that other swimmers pass the time in different ways. Some read a book or work on a crossword puzzle, some track their teammates' times, pen in hand, the way one might score a baseball game. Others simply socialize. I wandered around the pool with my camera, trying to be as invisible as possible, because that's when you get the best shots.



I don't know who this guy is – I just thought this made for an interesting photograph. I tried to look for individuals or instances that stood out. It's hard to say from this picture if he had a good swim or a bad one, but it does show that he swam his heart out either way.



I love the look of flying through the air that swimmers have in that one instant after their feet leave the blocks.



This is AAA coach Rand with significant other Barbara, but there is a lot more going on in this photo than the two of them; the bright light of the day is shining through, there is movement in the water, and activity on deck.

The 6th Annual Terrapin Cup & 2010 Colonies Zone Long Course Meters Championship



Saturday, August 21 - Sunday, August 22,
2010

USMS Sanction: #100-05

Masters Swim Club



Swim Meet Registration

Registration Schedule

	Open	Close
Individual Registration	Fri, June 18, 2010 12:00 AM PT	Sun, August 15, 2010 08:59 PM PT

University of Maryland Eppley Recreation Center Natatorium • College Park, MD
August 21 & 22, 2010

Sanction Number 100-05 by Potomac Valley LMSC for USMS Inc.

Hosted by: Terrapin Masters Swim Club & Campus Recreation Services

Saturday Warm-ups: 12:00 pm • Meet Start: 1:00 pm

Sunday Warm-ups: 7:30 am • Meet Start: 8:30 am

Facilities: The meet will be swum at the University of Maryland Eppley Recreation Center Natatorium (indoor facility) using automatic timing. One 8-lane course will be used for competition. A separate 25-yard pool will have lanes available for continuous warm-up/cool-down throughout the meet.

Meet Rules: Current US Masters Swimming rules apply. No “Tech Suits” allowed. All swimmers must be registered with USMS at time of entry. Swimmers must provide their own counter (person) to operate lap counter cards, which will be provided for use during the distance events. Age is as of 12/31/2010.

Entries & Fees: Entries must be submitted online. Entry form will be open through Sunday, August 15 at 11:59pm EST. No deck entries will be accepted. Competitors may enter up to 5 individual events per day, plus relays. Meet Surcharge is \$15, each event is \$5, relays are \$10 and split requests are \$5. Fees from Relays and Split Requests will directly support the University of Maryland Swimming & Diving and Water Polo programs.

Relays & Splits: Relay Entries will be deck-entry only, and must be submitted before 12:30 pm for Saturday and before 8:00 am for Sunday. Relay swimmers must be entered in the meet. Relay entry forms will be available at www.terrapinmasters.org and will cost \$10 per relay. 800 Initial Distance splits will be made available for all swimmers of the 1500 free at no charge. All other Initial Distance and Relay Leadoff split requests will be honored at \$5 per request. Fees from Relays and Split Requests will directly support the University of Maryland Swimming & Diving and Water Polo programs.

Awards: Custom Colonies Zone Medals will be awarded to the first, second, and third place finisher in each event for each age group. Special Team 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. Teams will be assigned Categories to be defined at the start of the meet.

Records: If a National/World Record is possible, please notify meet officials. It is the swimmer’s responsibility to provide additional back-up timers.

Seeding: No Time (NT) entries are discouraged, and will be seeded in the slowest heat. All events, except for the 1500 free, will be seeded slowest to fastest, with men and women combined. The 1500 free will have the fastest heat of swimmers swimming first. The 800 free relay will be swum with all heats combined (men, women, mixed). Men’s and Women’s relays may also be combined at the end of each session if the timeline warrants.

Positive Check-in: Positive Check-in will assist in the efficiency of the meet timeline and will be required for all events 200 meters and longer. Swimmers must check in for each day's 200m and 400m events by the start of the session (Sat: 1:00pm; Sun: 8:30). Check in for Saturday's 1500 Free must be prior to Event #9 (400 IM). Lane assignments will be posted at least 30 minutes prior to each event.

Results: Results will be posted on the Terrapin Masters website (www.terrapinmasters.org) and submitted for top-ten recognition.

T-Shirts: Colonies Zone Meet T-shirts may be pre-ordered for \$12. To guarantee your shirt, please enter the meet by August 1. A limited number of t-shirts will be available for purchase at the meet for \$15.

Directions: From I-495 (The Beltway), take Route 1 South towards College Park. From Route 1, take Route 193 (Greenbelt Rd.) West. Drive 1.3 miles on Route 193, past Metzert Drive to Stadium Drive. Make a U-turn at Stadium Drive back onto Route 193 going East. Take the first right at Terrapin Trail, drive through the wooded area and park in the Comcast Center parking garage. Walk across the pedestrian bridge below the garage to the ERC (the building on the right). Enter the building below the covered walkway, take elevator to the first floor and enter at front desk.

Hotels: UMUC Inn & Conference Center (Marriott): www.umucmarriott.com
3501 University Blvd E., Adelphi, MD 20783. Phone: 301.985.7300

For additional recommended hotel listings, please visit: <http://www.uga.umd.edu/admissions/visit/accommodations.asp>

Questions: For questions, please contact Meet Director Jeff Strahota (240) 472.1481 or jstrahota@usms.org

Event Schedule

Saturday, August 21, 2010

Warm-ups start at 12:00 PM
Meet starts at 1:00 PM

#	Gender	Event
1	Female	800 M Free Relay
2	Male	800 M Free Relay
3	Mixed	800 M Free Relay
4	Mixed	200 M Medley Relay
5	Mixed	400 M Free Relay
6	Mixed	100 M Breast
7	Mixed	200 M Free
8	Mixed	50 M Fly
	Mixed	400 M IM
10	Mixed	100 M Back
11	Mixed	200 M Fly
12	Mixed	50 M Free
13	Female	400 M Medley Relay
14	Male	400 M Medley Relay
15	Female	200 M Free Relay
16	Male	200 M Free Relay
17	Mixed	1500 M Free

Sunday, August 22, 2010

Warm-ups start at 7:30 AM
Meet starts at 8:30 AM

#	Gender	Event
18	Mixed	400 M Medley Relay
19	Mixed	100M Free Relay
20	Mixed	100 M Fly
21	Mixed	200 M Back
22	Mixed	50 M Breast
23	Mixed	400 M Free
24	Mixed	200 M IM
25	Mixed	100 M Free
26	Mixed	200 M Breast
27	Mixed	50 M Back
28	Female	400 M Free Relay
29	Male	400 M Free Relay
30	Female	400 M Medley Relay
31	Male	400 M Medley Relay

Register online <http://www.terrapinmasters.org/LC2010/>

LMSC Board & Officers

Chair/Webmaster:	Michael Jacobson	mikej@comcast.net	410-493-5233
Vice Chair:	Tony Martino	Ajtm325@concentric.net	
Secretary:	Rand Vaillancourt	coachrandv@aol.com	
Registrar/Swim Series Director/Sanctions/Communications:	Mark Oliphant	marko@usms.org	
Treasurer:	Nick Burley	goworkout@verizon.net	
Clinics:	Nancy Brown	nancygeoff@cablespeed.com	
Open Water/Fitness:	Ali Hall	mi.consult.ahall@gmail.com	
Top Ten:	Jill Springer	springerjc@comcast.net	
Newsletter:	Lou Coronas	loulamb@live.com	

Minutes LMSC General Membership Meeting November 15, 2009

The meeting was called to order at 12:45 PM by Mike Jacobson, Chairman.

Attendance was taken by Rand Vaillancourt, Secretary. There were 11 voting members present at the start of the meeting.

The minutes of the last BOD meeting were presented.

A motion made to accept the minutes as written, seconded, discussed, voted upon and passed.

There was a motion from the floor to vacate the board decision rejecting the holding the league championship meet at Loyola College.

The motion to vacate the board decision was seconded, discussed, and voted upon. The motion to vacate the board decision was passed by the general membership.

Chairman (Mike Jacobson) called for the **Officers' reports.**

Chairman: 1. Due to the increase of USMS registration the LMSC will be allowed to send three voting members to convention in 2010. 2. Tags were in and will be mailed to all registered for 2009. 3. Hy Tech has placed additional restrictions on the use of the Meet Manager software and did not purchase for upcoming meets.

Vice-chair: Passed out recommended changes to the bylaws to be voted on by the general membership.

Treasurer: Presented the financials to the board members and reported that we were in the black to the general membership.

Secretary: All reports are up to date as of today.

Registrar: 1. Currently the LMSC has 854 members Modified to 811 5/23/10. #. Three clubs did not renew, as of today, for 2010. They are: Green Terror, BATC, and S. MD.

Committee Reports:

Swim Series (Mark Oliphant): 1. The swim series challenge award will be a gift card and other swim related items. 2. Loyola College will be secured for the League Championships. Due to limitations required by the facility, there may be limits placed for some competition.

By-Laws (Tony Martino & Rand Vaillancourt):

Proposed changes to the Maryland Association Masters Swimming Bylaws:

Clarification of the Decision-making Process Amend 2.1,2 as follows:

OLD: DUTIES AND POWERS: The LMSC Board of Directors shall act for the LMSC and its members during the interval between membership meetings, subject to the approval and ratification of the membership, except that it cannot amend these by-laws. The board shall have the power and the duty:

NEW: DUTIES AND POWERS: The LMSC Board of Directors shall act for the LMSC and its members during the interval between membership meetings, subject to the approval and ratification of the membership, except that it cannot amend these by-laws. **Any action of the Board of Directors, that is allowed by these bylaws, shall be considered ratified by the membership if, after being published in the minutes of a board meeting, no member brings it up for a vote at the next membership meeting.** The board shall have the power and duty:

A motion was made to accept the changes as written, seconded, discussed, voted and passed.

Financial Safeguards

Amend 4.5, 3 and 4 as follows:

OLD: 3: LMSC Secretary: The LMSC Secretary shall be responsible for keeping a record of all Meetings, conducting official correspondence, issuing meeting notices and minutes of meetings, and making reports as may be required by USMS.

4: LMSC Treasurer: The LMSC Treasurer shall be responsible for preparing the annual budget for review and approval by the Board of Directors.. The Treasurer shall receive all monies and make all payments approved by the Board of Directors. The Treasurer is responsible for maintaining all financial records, including bank and checking records, and for making timely reports, at least quarterly, to the Board of Directors.

NEW 3: LMSC Secretary: The LMSC Secretary shall be responsible for keeping a record of all Meetings, conducting official correspondence, issuing meeting notices and minutes of meetings, and making reports as may be required by USMS, **and reviewing monthly bank statements.**

4: LMSC Treasurer: The LMSC Treasurer shall be responsible for preparing the annual

budget for review and approval by the Board of Directors, **except that the signatures of both the Secretary and the Treasurer shall be required on all checks in the amount of \$5000 or more.** The Treasurer is responsible for maintaining all financial records, including bank and checking records, and for making timely reports, at least quarterly, to the Board of Directors. **The treasurer will forward monthly bank statements to the secretary within two weeks of receipt.**

A motion was made to accept the changes as written, seconded, discussed, voted and passed.

Board of Directors membership for new group members (adds a member of the Board of Directors for a newly-formed group member)

Amend 3.3,3,(b) as follows:

OLD: The number of representatives to which a group member is entitled shall be determined by the number of individual members as of December 31 of the previous year.

NEW: The number of representatives to which a group member is entitled shall be determined by the number of individual members as of December 31 of the previous year, **except that a group member that has joined the LMSC since December 31 of the previous year shall be entitled to appoint one (1) representative.**

A motion was made to accept the changes as written, seconded, discussed, voted and passed.

Communications (Rand Vaillancourt for Lou Corones) Lou was very pleased with the timely contributions made to the last newsletter. The success of the newsletter was because of all that contributed. Thank you.

Officials (Mike Jacobson) USMS will follow the FINA decision regarding suit clarification.

Would like to have a coaches meeting in January at the Annapolis meet.

Open Water / Fitness (Ali Hall) No report.

Coaches (Kevin Joubert) No report.

Sanctions (Jill Springer) No report.

NEW BUSINESS:

Nancy Brown presented a swimming challenge for 2010 called "The Lighthouse to Lighthouse Challenge. A presentation was made to the membership. A suggestion

[.Minutes LMSC General Membership Meeting November 15, 2009 \(cont.\)](#)

was made to put the "Lighthouse Challenge" on the web site and see how it would be received.

Rand Vaillancourt recommended that the "Summer Swim Series" be set up and presented at the Championship meet in March.

Mark Oliphant reminded the membership that there were still some clubs that had not regis-

tered for 2010, and that members could not register with those clubs until the club had registered.

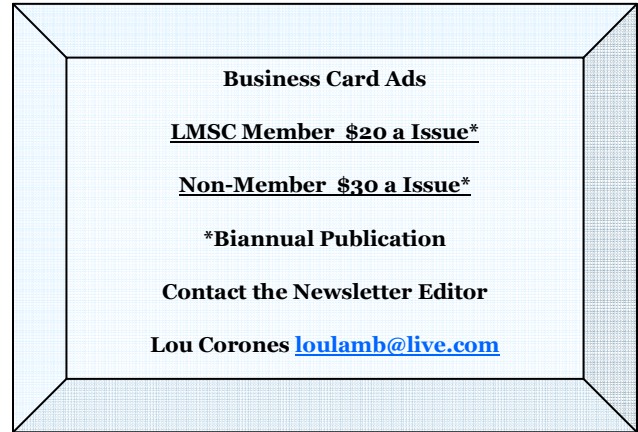
Motion to adjourn, seconded, voted, and passed.

Adjourned at 1:50 PM

Presented by Rand Vaillancourt, Secretary 11/19/09

Accepted 5/23/10

Modified 5/23/10



[Minutes Maryland LMSC Board of Directors Meeting, May 23, 2010 DRAFT](#)

The BOD meeting was called to order at 1:40 PM by Mike Jacobson, Chairman.

Attendance was taken by Rand Vaillancourt, Secretary. Present at the meeting were: Lou Coronas, Raymond Toy, Tony Martino, Mike Jacobson, Amethyst Tymoch, Nick Burley, Patty Devanny and Nancy Brown. On conference call: Mark Oliphant, Allen Burch and Jill Springer.

The minutes from the General Membership Meeting, November 15, 2009 were read. Mark pointed out that there were 811 members in the LMSC, not the 854 that was previously reported. The minutes will be amended to reflect the correction. **The minutes were discussed; a motion to accept the minutes with the correction was made, seconded, voted and passed with the amendment.**

Mike made a motion to increase the annual membership dues by \$2.00 to \$44.00, to be in effect for 2011, in order to keep in line with the \$2.00 increase from USMS. **The motion was seconded, discussed, voted and passed.**

Mike raised the point that there were transferees from out of the Maryland LMSC that were only paying the \$3.00 transfer fee to join the Maryland LMSC. In order to bring the transfer fee in line with the current membership fee, it was suggested that the out of LMSC transfer fee be raised to \$16.50. **A motion was made to raise the out of LMSC transferee fee to \$16.50, seconded, discussed, voted and passed.**

Mike said that we were now entitled to have three delegates to the USMS convention this year. There were two members that said they would go and represent Maryland, Ali Hall and Rand Vaillancourt. The board agreed to send Ali and Rand to

convention as voting delegates.

Vice Chairman, Tony Martino had items that were to be scheduled to be discussed later on the agenda.

Secretary, Rand Vaillancourt, reported that all of the necessary financial statements, minutes, and notification of the IRS filings were sent to USMS as required.

Treasurer, Nick Burley, reported that we were in the black and within budget.

Registrar, Mark Oliphant, reported that there were 811 members in the LMSC for 2009. The Year-to-date membership for 2010 was 744, about 92% of the entire previous year and a 27% increase over last year at this time. For 2010 there were 327 from 2009 that did not renew. On line registration accounted for 99.7% if current registrations.

Swim series, Mark Oliphant. Club Assistant is working out OK.

Their fee is currently \$100.00 per meet.

There were 24 swimmers that met the "Swim Series Challenge" this year consisting of Nine swimmers that did both the 12 events and five meets; five that did the 12 individual events and 10 that competed in the five meets.

There is a Summer Swim Series meet scheduled at UMBC on August 7 (Saturday) in the morning (sanction # 040-008).

Anyone that would be willing to host a summer meet this year is requested to contact Mark ASAP.

By Laws, Tony Martino and Rand Vaillancourt. No changes to the By Laws are recommended at this time.

Communications / Newsletter, Lou Coronas. The deadline for submission for the newsletter will be changed to accommodate the getting of results from the Bay Swim. The new deadline will be June 20.

A recommendation that new (and current) members be directed to LMSC web site and the Yahoo Groups for information.

Officials: Mike reminded us that tech suits would not be allowed in competition after June 1st.

Clinics, Nancy Brown. No report.

Coaches, (Vacant) No report. Mike suggested that there may be value in having a clinic for coaches and that funds should be included in the next years budget for such a clinic.

New Business:

A motion was made the t LMSC pay officials their fee directly for the league meets. The motion was seconded, discussed, voted and passed.

A motion was made to have the league pay \$200.00 per lane for lanes used in competition. The motion was seconded, discussed, voted and passed.

The board agreed to approve the additional expense (cost over-run) for the League Championship Meet that was held at Loyola College.

Mike set the next BOD meeting to be August 7, 2010 at the UMBC meet.

A motion was made to adjourn the meeting, seconded, voted and passed.

Draft submitted for approval by: Rand Vaillancourt, Secretary

Advertise your love of swimming by sporting the USMS license plate!

Why wait to show off the USMS logo on your Masarati or even on your '69 VW van?
Contact Christine Jorgensen, jorgensenc@yahoo.com for more information.
The cost is \$25 per and Christine has to verify your USMS membership.

2010 USMS & International Championships

2010 USMS Summer Nationals

San Juan, Puerto Rico
August 9-12, 2010
Long Course Meters

[Meet Information](#) | [Order of Events](#) | [Online Entry](#) (deadline July 8)
| [Qualifying Times](#) (PDF) | [Hotels](#)

2010 FINA Masters World Championships

Goteborg and Boras, Sweden
July 30 - August 7, 2010 (swimming events July 31 - August 6,
open water event August 7) ourse

LMSC YAHOO GROUP FOR YOU

**Join the Yahoo group and get the latest
& greatest from your LMSC**

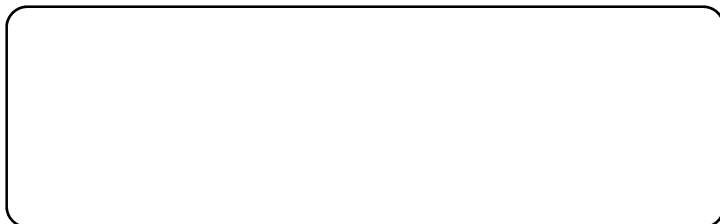
[http://groups.yahoo.com/group/
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mdusms-subscribe@yahoogroups.com

YOUR STORIES NEEDED: Fitness Swimmers Who Set Challenges for Themselves! Your stories are needed for an upcoming article in USMS Fitness online! Do you swim 60x100 for your 60th birthday? 40x100 IM just for the heck of it? Whatever challenges you set for yourself, USMS wants to know. Please write Ali Hall at mi.consult.ahall@gmail.com with your fitness challenge story.

Word to the wise: Don't let the sun spoil your fun! Protect your kids & yourself when you are in the sun & have a rollicking good time. Search the web for sunscreen ratings and safety for a wealth of information.



*USMS, Maryland Association
C/O Michael Jacobson
4516 Worthington Manor Way
Ellicott City, MD 21043*

