



# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

JANUARY 1993

**IN THIS ISSUE:** CHAMPIONSHIP & CLASSIC MEET INFORMATION; COMPUTER SURVEY;  
PARENTS & MARSHALS SAFETY INFORMATION; CERTIFICATION RE-  
QUIREMENTS FOR COACHES; PENTATHLON RESULTS; USS COOK  
BOOK.....

**CONGRATULATIONS** to **MIKE CHASSON (MEM)** who has been named **ASSISTANT WOMEN'S COACH** for the **PAN PACIFIC CHAMPIONSHIPS** and **HEAD COACH** for the **XIV MACCABIAH GAMES**.

**CONGRATULATIONS** to the following members of **USS COMMITTEES** for 1992--1994:

**TED HAARTZ**--U.S. Masters Swimming, Ex-officio

**ISABELLE FRASER**--Age Group Records

**STEVE KORBLY**--Club Fundraising

**BETSY MITCHELL**--Olympic International Operations

**MIKE PARRATTO**--Olympic International Operations and Planning

**CONGRATULATIONS** to **JIM MURPHY (CCSC)** who has been named an **At-large member** of the **New England Swimming Board**.

**UNITED STATES SWIMMING** has not moved but there is a new address:

**UNITED STATES SWIMMING**  
**ONE OLYMPIC PLAZA**  
**COLORADO SPRINGS, CO 80909-5770**

**A REMINDER**--APPLICATIONS FOR THE **ZONE TEAM** and  
**BIDS FOR 1993 LONG COURSE MEETS**  
are due by **FEBRUARY 1, 1993!**

**NEW CLUB: WESTFORD RACQUET & FITNESS CLUB**  
Larissa Shyjan  
4 Littleton Road  
Westford, MA 01886  
**WRFC**

The Board of New England Swimming will meet on Monday, February 8, 1993  
at 7 p.m. at the Nashua Country Club, Nashua, NH.



## **United States Swimming**

1750 East Boulder Street  
Colorado Springs, Colorado 80909-5770  
(719)578-4578  
Fax 578-4669

**UNITED STATES SWIMMING'S SPORTS  
MEDICINE PROGRAM IS DEVELOPING A  
SWIMMING COOKBOOK FOR PROMOTING  
HEALTHY EATING HABITS AMONG SWIMMERS,  
COACHES AND PARENTS.**

**FOR THE COOKBOOK TO BE SUCCESSFUL, WE  
NEED FAVORITE RECIPES FROM USS MEMBERS  
ACROSS THE UNITED STATES. THE RECIPES  
WILL BE TASTE TESTED AND EVALUATED FOR  
NUTRITIONAL CONTENT BEFORE BEING USED  
IN THE COOKBOOK. WE ARE LOOKING FOR  
ALL KINDS OF RECIPES INCLUDING:  
APPETIZERS, MAIN ENTREES, SALADS,  
VEGETABLES, BREADS, DESSERTS, AND  
SNACKS (EVEN THOSE FAVORITE CONCESSION  
STAND SNACKS).**

**IF YOU HAVE A FAVORITE RECIPE OR SNACK,  
PLEASE SEND IT TO:**

**UNITED STATES SWIMMING COOKBOOK  
ICAR  
ONE OLYMPIC PLAZA  
COLORADO SPRINGS, COLORADO 80909  
FAX (719) 632-6857**

**THANK YOU.**

**UNITED STATES SWIMMING AND NEW ENGLAND SWIMMING "END OF SEASON" MEETS:****NATIONAL MEETS: \***

**SENIOR NATIONALS**--March 31--April 4, 1993, Nashville, TN: no age limits; must achieve time standard (2)

**JUNIOR NATIONALS EAST**--March 23--27, 1993, Gainesville, FL: age 18 and under; must achieve time standard (2)

**ZONE MEETS: \*\***

**EASTERN ZONE MEET**--April 2--4, 1993, Buffalo, NY: 10 & under; 11--12; 13--14; 15--18; selected by application--the fastest two swimmers per event (3)

**NEW ENGLAND CHAMPIONSHIP MEETS: \*\*\***

**SENIOR CHAMPIONSHIPS**--March 11--14, 1993, Harvard University, Allston, MA: no age limits; must achieve time standard (1)

**AGE GROUP CHAMPIONSHIPS**--March 4--7, 1993, Brown University, providence, RI: 11--12; 13--14; 15--16; must achieve time standard for age group (1)

**TEN & UNDER CHAMPIONSHIPS**--February 26--28, 1993, Wellesley College, Wellesley, MA: 8 & under; 9--10; must achieve time standard for age group (1)

**NEW ENGLAND CLASSIC MEETS: \*\*\***

**SILVER CLASSIC**--March 19--21, 1993, Dartmouth College, Hanover, NH: 10 & under; 11--12; 13--14; 15 through 18; must achieve time standard (1), but cannot have achieved a time which qualified for Seniors, Age Groups, or Ten & under Championships

**BRONZE CHAMPIONSHIPS**--February 12--14, 1993, White Brook Middle School, Easthampton, MA: 9--10; 11--12; 13--14; 15 through 18; must have achieved a time which does not qualify for Silver Classic or any championship meet

\* Must have participated in at least three New England Calendar meets since September in order to be reimbursed for these meets.

\*\* Must have participated in at least three New England Calendar meets since September in order to qualify for this meet.

\*\*\* Must have swum in at least one New England Swimming calendar meet in the past 11 months to swim in New England Senior Championships; there are no meet participation requirements to swim in other New England Championship or Classic Meets, but must be able to verify entry times with written results from Y, Boys Club, High School, recreation team or other meet.

**MEET TIMES STANDARDS:** (1) October 1992 Newsletter Plus  
(2) November 1992 Newsletter Plus  
(3) December 1992 Newsletter Plus

**NOTE:** Ten and under Championships, Silver Classic and Bronze Classic are timed finals meets; all others are trials and finals.

All participants in New England Championship and Classic Meets must be 1993 New England Swimming registered members.

**CHAMPIONSHIP & CLASSIC MEETS:**

Entries for Ten & under Championships, Bronze Classic and Silver Classic were mailed in one envelope and entries for Age Group Championships and Senior Championships will be mailed in a separate envelope this year.

Please note that there have been some changes in event order at Age Group Championships. Also note that the 500 yard freestyle, 400 year individual medley and 800 free relay will require a positive check in at Age Groups this year as well as the 1000 yard freestyle and the 1650 yard freestyle.

**VERIFICATION AT CHAMPIONSHIP MEETS AND "CLASSIC" MEETS:**

A third line has been included on the championship and "classic" meet entry forms which allows room for a verification code. Codes for New England meets have been included and the results of these meets will be available at each championship meet. For all other meets you must include your own code and also bring the results of the meet with you. Be sure to label the results with the code placed on the verification sheet.

At the **CLASSIC** meets, coaches should be able to produce verification and non-New England meet results if asked. Verification packets **DO NOT** have to be turned in.

At the **CHAMPIONSHIP** meets, a packet which includes the verification information and the results of all non-New England calendar meets used for verification **must be brought to the verification desk prior to the start of the first event of the meet.**

Each packet should be labeled with the name of the team and should be picked up at the end of the meet. The packet should not be included with the entry form submitted to the host team, but an **additional copy of the entry** with the verification information must be in the verification packet. The packet should include **only non-New England calendar meets** that are used for verification.

Verification will be checked for each swimmer who does not make the cut in an event or who scratches (at Seniors), false starts, or disqualifies. If the verification for these swimmers has not been included or cannot be checked, the swimmers will receive an administrative DQ and will not be able to swim any more in the meet. At Seniors, the verification for a paired event will be the event in which the time standard has been achieved.

**NEW ENGLAND SWIMMING OFFICE:** Mary Riddell  
20 Cleveland Road  
Needham, MA 02192  
617-449-0270

**OFFICE HOURS:** Monday : 8 a.m.--2 p.m.; 7:30 p.m.--10 p.m.  
Thursday: 8 a.m.--2 p.m.

**COHASSET SWIM TEAM SEEKING COACH** for 8 week summer recreational team, late-June to mid-August; minimum 20 hours per week. Competitive salary. Adult, WSI, previous competitive swimming or coaching experience. Direct team of 100+ 6 to 16 year old swimmers. Organize practice & weekly meets; provide up-to-date stroke & turn instruction; supervise assistant coach. Resume & references to: Cheri Rondrat, 3 Heather Drive, Cohasset, MA 02025 by 3/1/93.

## Parental Roles and Involvement in Safety

Debora Packard

The responsibility for safety in United States Swimming belongs to all of us. Parental involvement and support is a key factor in the success of safety programs, and each of us must act now! Don't wait to be asked. The following list provides guidelines for parents and club administrators:

### What can I do?

1. Make safety a personal priority.
2. Set an example.
3. Encourage safe behavior in your own children and others.
4. Reward safe behavior in your own children and others.
5. Know your club's discipline policy and explain it to your children.
6. Support discipline policies.
7. Volunteer to keep track of accident-free days, weeks or seasons for your team.
8. Volunteer to be locker room monitor before and after your child's practice sessions.
9. Be the team "shepherd" and help guide all swimmers away from trouble.
10. Know your facility well so you can keep swimmers out of dangerous areas.
11. Provide safe, quiet games and activities for children during swim meets.
12. Start a team baby-sitting service to help raise funds during home meets.
13. Donate safety awards or prizes as incentives for accident-free seasons.
14. Sponsor team safety meetings at the beginning of each season.
15. Volunteer to be on your club safety committee.
16. Volunteer to be a meet safety marshal.
17. If your club does not have a Safety Awareness program in place, initiate one.
18. Encourage team leaders and older swimmers to promote safety.
19. Put an end to horseplay or unsafe actions even if your own child is not involved.
20. If you are transporting swimmers to meets or practice sessions, exercise the same care you would for your own children. Insist that all passengers wear seat belts.
21. Encourage and practice safe behavior at home.
22. Talk to your children about the consequences of unsafe actions.
23. Communicate with other parents on your club to form a safety support system (e.g., "Suzie's Mom lets her do it!") and know what limits other parents have for their children.
24. Say "No" to your children.
25. Teach your children how to say "No" to their peers.

Adults have a responsibility to provide the safest possible environment for children. Exercising reasonable and ordinary care, using common sense, and encouraging safe actions will result in a safer environment for all swimmers. Safety does not just happen, it requires commitment and effort. Jump in (feet first, of course!) and help prevent accidents at your club!

## What's My Job?

*U.S. Swimming Rules and Regulations* defines the job of marshal within Article 102 on the conduct and Officiating of all Swimming Competition. The definition reads, "Shall enforce warm-up procedures and maintain order in the swimming venue. The marshal shall have full authority to warn or order to cease and desist, and, with the concurrence of the referee, to remove, or have removed from the swimming venue anyone behaving in an unsafe manner or using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet." Marshals must be U.S. Swimming members as stated in Article 202.3.2.

What is the "swimming venue?" As defined in the *USS Rules and Regulations Glossary*, it is "the area located on the sides and ends of the pool, spectator area, team areas within the pool facility (e.g., portion of the building designated for teams and swimmers, or fenced area around outdoor pool), locker rooms, and such other areas as may be specifically designated by the host club or organization, meet director, or referee."

The following diagram reviews the placement of marshals during warm-ups or when a warm-down pool is available during competition. Lifeguards can, in some cases, substitute for marshals, however, at least one marshal must be available to supervise the overall facility risk management plan.

### Minimum Requirements for Marshals During Warm-up Period

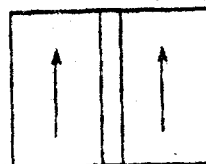
M = Chief Marshal  
 M = Marshal  
 G = Lifeguard  
 x = If lifeguard used, no marshal needed here

Not a stationery position  
 Not stationery except when supervising a starting platform

Pre-meet  
 (1-2 days prior to meet)  
 Three open warm-up courses



x G/M  
 Starting End

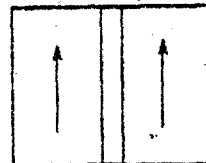


x G/M x G/M  
 Starting End

Controlled - General  
 Three open warm-up courses

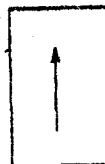


x G/M  
 Starting End

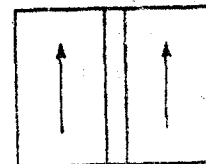


M M  
 Starting End

Controlled - Specific  
 Three open warm-up courses



x G/M  
 Starting End



M M M M  
 2 7 2 7  
 Starting End

## Safety Training for Swim Coaches Are we all on the Same Page?

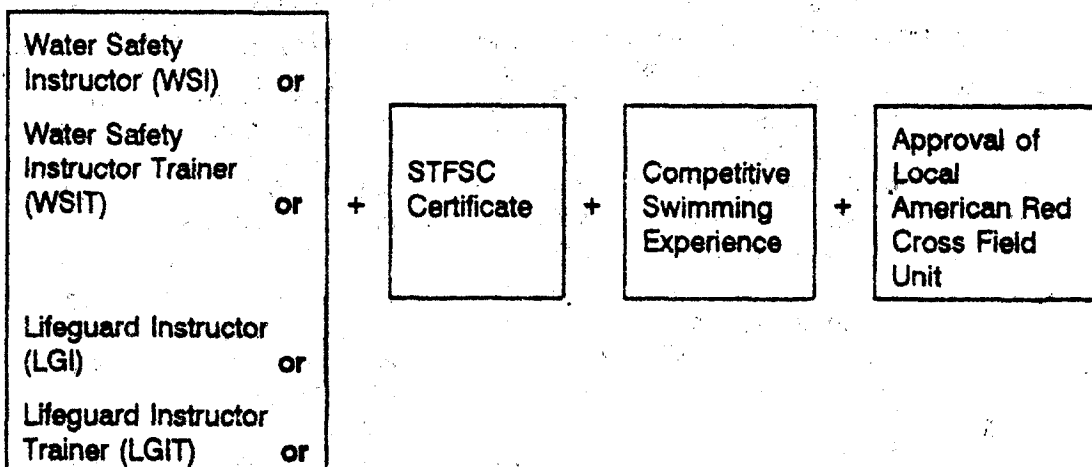
Three years have passed since the Safety Training for Swim Coaches course was introduced by the American Red Cross and required for membership by U.S. Swimming. Since the Safety Training for Swim Coaches (STFSC) card is valid for three years, many USS coaches are now in the process of renewing expiring certificates.

Two different but interrelated problems are cropping up across the country as this process gets underway. U.S. Swimming and the American Red Cross are working jointly to address the issues.

When the STFSC course was introduced, information about its purpose and content was included in the American Red Cross Aquatics Retraining Plan. Phase I-Phase II was the transition plan designed to retrain all current Water Safety Instructors (WSIs) in 1989-90. During this period, those WSIs who successfully completed both Phase I and Phase II could request a Safety Training for Swim Coaches certificate without any additional training. This "window of opportunity" closed on December 31, 1990.

Lifeguard Instructors (LGIs) and WSIs trained since January 1, 1991, have two options to obtain a Safety Training for Swim Coaches card. They may either complete the full eight-hour STFSC course or a four-hour Progression Course that "compliments" the information contained in the WSI and LGI programs.

The second issue primarily affects coaches who have been teaching the STFSC course. According to American Red Cross policy, STFSC instructors must have the following credentials:



The American Red Cross has issued a Safety Training for Swim Coaches fact sheet to update local chapters with current procedures. LSC Safety Chairmen experiencing difficulties in any of these areas should contact Sally Troup in writing at the USS National Headquarters. Troup will provide follow-up with the American Red Cross National Headquarters in Washington and will keep the local parties informed.

## HIGH POINT WINNERS—ATTLEBORO BLUEFISH FALL PENTATHLON:

8 & under:	Genevieve Rock	EPBC	Dan Carvahlo	CAST
	Sofi Madison	MEM	Corey Cederquist	CAST
	Anna Greenwood	CAST	Bryan McGowan	CLBC
	Valerie Grow	CAST	Matt Redgate	CAST
	Elaina Duggan	FRY	Joel Piggott	ABF
	Ellen Livesley	CAST	Nick Catalozzi	SWRI
9 & 10 :	Melissa Lague	HYST	Nicholas Brunelli	BSC
	Alitia Lachance	HYST	Carlton Cronin	HYST
	Caitlin Driscoll	FRY	Jimmy Hughes	MEM
	Vanessa Rose	MEM	Casey Cronin	EPBC
	Julie Brennan	ABF	Robert Schotter	CAST
	Laura Moulton	BSC	Lawrence McGlaston	ABF
11 & 12 :	Katie Zimbone	MEM	Stephen Mayer	BSC
	Caitlin Thomas	ABF	Tomo Hagiya	MEM
	Angela Caprigno	HYST	Eric Vendt	MEM
	Sarah Mooney	EBAC	Tommy Keane	MEM
	Andrea Kurrie	ABF	Gregg Bilton	UN
	Jane Couto	EBAC	Ray Kelley	EBAC
13 & 14 :	Audrey Couto	EBAC	Joe Richards	CAST
	Anna Christiansen	HYST	Jeff Richards	CAST
	Kara Brennan	ABF	Doug Shea	HAY
	Kaitlin Lawson	CAST	Greg Cardillo	CAST
	Jenelle Bryan	HYST	Sam Peck	EBAC
	Kelly Hunter	CAST	Gary Jones	SD
15—18 :	Wendy Thorpe	EBAC	Stephen Joe	EBAC
	Andrea Scheele	HAY	Kevin Adzigian	HAY
	Julie Kitchenka	HAY	Michael Kotch	ABF
	Cheri Barbagallo	HYST	Michael Macomber	EBAC
	Amy Grant	EBAC	Jens Pferdekamp	FRY
	Beth Fascitelli	CAST	Eric Mello	EBAC

## HIGH POINT WINNERS—PIONEER VALLEY AQUATIC CLUB PENTATHLON:

10 & under:	Maya Marx	ATST	Matthew Musiak	WYST
	Kira Canon	EB	Brad Johnson	ANA
	Maggie Baumer	HRY	Jarrold Zwirko	EB
	Beth Novak	CHA	John Maden	SAC
	Tracy Shessler	ANA	Nate Vantzelfde	ANA
	Megan Stepanek	OAK	Ross Clay	ANA
11 & 12 :	Lara Allard	SAC	Tim Gale	PVAC
	Regan Flynn	HYV	Brian Donovan	PVAC
	Lindsay Tincher	TRAC	Paul Schned	NCAC
	Julie Dunnigan	SAC	Rick Holahan	OAK
	Jen Clark	HRY	Ben Hamilton	SAC
	Karen Ching	SAC	Mike Murphy	PVAC
13 & 14 :	Kerrienne Kalbko	PVAC	Brendan Grant	OAK
	Beth Elie	PVAC	Brendan Greaves	SAC
	Rebecca Trompke	PVAC	Zeb Jenkins	PVAC
	Julie Lapinski	TRAC	Mark Ford	SAC
	Kristin Conlin	PVAC	Joe McMahon	HYV
	Siohan Carney	SAC	Kevin Mattia	OAK



## PENTATHLON RESULTS (continued)

15—18	:	Kerry Weeks	PVAC	David Haley	TRAC
		Kriste Kleiner	PYST	Bryan McFarland	PVAC
		Carmen Trombini	SAC	Chris Healy	HYV
		Dena Wright	PVAC	Tim Goulding	HYV
		Anne Behrens	SAC	Josh Pristaw	NCAC
		Sarah Allery	HYV	Kenneth Guiel	HYV

**COMPUTER SURVEY:**

As more and more teams are using computers to run meets, enter meets and organize their teams, New England Swimming is interested in discovering what programs, computers and systems are being used so that we can possibly head toward more standardization.

Please take a few minutes to fill in this questionnaire and return it to the New England Swimming Office as soon as possible. **THANK YOU!**

**TEAM:** \_\_\_\_\_

**PERSON COMPLETING SURVEY: NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**PHONE NUMBER:** \_\_\_\_\_

**TEAM MANAGEMENT:** Do you use a computer for team management? yes \_\_\_\_\_ no \_\_\_\_\_

If yes, type of computer used: \_\_\_\_\_

program: \_\_\_\_\_

comments: \_\_\_\_\_

**RUNNING MEETS:** Do you use a computer to run meets or time trials? yes \_\_\_\_\_

no \_\_\_\_\_

If yes, type of computer used: \_\_\_\_\_

program: \_\_\_\_\_

comments: \_\_\_\_\_

**ENTERING MEETS:** Do you use a computer to enter meets? yes \_\_\_\_\_ no \_\_\_\_\_

If yes, type of computer used: \_\_\_\_\_

program: \_\_\_\_\_

comments: \_\_\_\_\_

**OTHER COMMENTS:**

**SEED CARDS:** Seed Cards are available through the New England Office. The cost for plain cards is \$22 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$19 per thousand. There is no minimum, and the cards may be split any way between boys and girls.

If you want initials on the cards, the price for 1,000 cards is \$31, including mailing. If the cards are picked up in Needham, the cost is \$28. If you want 2,000 or more cards with initials, the cost is \$26 per thousand, including mailing, or \$23 per thousand if the cards are picked up in Needham. The minimum order for cards with initials is 1,000 cards.

\*\*\*\*\*

**NEWSLETTER PLUS SUBSCRIPTIONS:** Please check the expiration date of your subscription to NEWSLETTER PLUS. Subscriptions may be ordered through the New England Office for \$10 per year. Clubs do not have an expiration date on their labels since all registered clubs receive one free subscription with their registration.



**United States Swimming  
New England**

20 Cleveland Road Needham, MA 02192

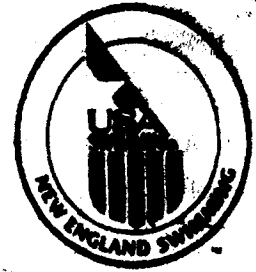


**FIRST CLASS**

**SANCTION CHAIRMAN**  
Isabelle Fraser  
125 Franklin Street  
Longmeadow, MA 01106



# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

FEBRUARY 1993

IN THIS ISSUE: HIGH POINT WINNERS, TEN & UNDER CHAMPIONSHIPS: 1993 REGISTERED TEAMS; 1993 NATIONAL AGE GROUP TIMES; COACHES CLINIC; RACING CAMP...

The New England Swimming community extends its condolences to the family of Mary Rose Pawlak, a former coach of BAT and BGSC, who passed away recently.

### HIGH POINT WINNERS: TEN AND UNDER CHAMPIONSHIPS:

CONGRATULATIONS to the High Point Winners at Ten & Under Championships:

#### EIGHT AND UNDERS:

1. PAIGE CRIMMINS	HYST	1. SEAN RILEY	MVP
2. CONNIE BROWN	MVP	2. JOEL PIGGOTT	AEF
3. SUZANNE WILSON	LOBC	3. DAVID ROLLINS	BYD
4. KIM REYNOLDS	CAST	4. CHRIS KIENZLE	UN
5. VALERIE GROW	CAST	5. JUSTIN MARCY	NCAC
6. STEPHANIE CHANG	LOBC	6. RYAN MIDDLEMISS	MVP
7. LAURA GLASSANOS	YSS	7. ALEX GAMBINO	BYB
8. LAURA BLACKWELL	NEB	8. MICHAEL RICHARD	MVP

#### 9 and 10:

1. KRISTEN LANDRY	GMSC	1. CARLTON CRONIN	HYST
2. MELISSA LAGUE	HYST	2. JOSHUA SIMPSON	GMSC
3. SCARLETTE QUIGLEY	MVP	3. JUSTIN MORTIMER	MSSC
4. BETHANY GREENE	NEB	4. JEREMY TILLMAN	WYST
5. JULIA CIAMPA	EGSC	5. ROBERT SCHOTTER	CAST
6. JILL MIDDLEMISS	MVP	6. CASEY CRONIN	EPBC
7. JULIE BLUME	NASY	7. LEE STEVENS	EST
8. AMY DANCHIK	SSA	8. TREVOR YATES	SMRI

#### TEAM HIGH POINT:

1. MERRIMACK VALLEY PIRATES
2. HAVERHILL YMCA SWIM TEAM
3. BERNAL'S GATOR SWIM CLUB
4. CONSERLAND AREA SWIM TEAM
5. BEVERLY YMCA BARRACUDAS
6. NEW ENGLAND BARRACUDAS
7. SEACOAST SWIMMING ASSOCIATION
8. GREENWOOD MEMORIAL SWIM CLUB

The Board of New England Swimming will meet on Monday, March 8, 1993 at the Nashua Country Club, Nashua, NH at 7 p.m.

**JUNIOR NATIONAL DINNER:**

New England Swimming invites all swimmers attending the Junior National meet in Gainesville, Florida to a New England dinner on Tuesday, March 23, 1993 at 6:30 p.m. at the Olive Garden restaurant. All swimmers (individual and relay) are the guests of New England Swimming as is one coach per team. The cost for all other adults will be \$11.50 per person.

**ALL ATTENDING MUST MAKE RESERVATIONS!**

Invitations and reservation forms will be available at New England Seniors.

  
**ROSTERS FOR NATIONAL MEETS:**

Teams attending Junior Nationals and Senior Nationals are reminded that the New England office must verify the 1993 registration of all swimmers attending national meets. Rosters should be sent to the office well before the due date of the meet.

The format is different this year and requires the team to send two copies to the office. All coaches attending the meet must have their registration verified also this year. Please make sure all your coaches are registered before you send the form to the office.

**COACHES!!!!**

Please share the enclosed notice for the Coaches' Clinic with other coaches you know--high school, college, rec teams, etc. New England Swimming hopes that many coaches take advantage of this opportunity to sharpen their skills.

**NEW ENGLAND SWIMMING OFFICE:** Mary Riddell  
20 Cleveland Road  
Needham, MA 02192  
617-449-0270

**OFFICE HOURS:** Monday : 8 a.m.--2 p.m.; 7:30 p.m.--10 p.m.  
Thursday: 8 a.m.--2 p.m.

**WANTED: POOL DIRECTOR AT THE NASHUA COUNTRY CLUB (NH)**--Memorial Weekend through Labor Day Weekend; Duties--hire, train, supervise lifeguards; swim team; swim lesson program. Contact Paul Cronin at 603-888-0121.

**COMING NEXT MONTH:** The Long Course calendar is being finalized at this time and will be published in the March Newsletter Plus.

## NEW ENGLAND SWIMMING CLUBS REGISTERED FOR 1993:

**ATTLEBORO BLUEFISH**

Steve Gould  
944 So. Main Street  
Attleboro, MA 02703

ABF

**AMHERST TRITONS SWIM TEAM**

Bill Vevier  
313 Bay Road  
Belchertown, MA 01007

ATST

**BERNAL GATOR'S SWIM CLUB**

Joseph W. Bernal  
78 High Street  
Topsfield, MA 01983

BGSC

**BEVERLY YMCA BARRACODAS**

Peter Farragher  
254 Essex Street  
Beverly, MA 01915

BYB

**CAPE ANN YMCA**

Dan Warner  
71 Middle Street  
Gloucester, MA 01930

CAY

**CHICOPEE AMBERJACKS**

Frank Ferreira  
239 Casey Drive  
Chicopee, MA 01020

CHA

**CENTRAL VERMONT WAVEMAKERS**

Arthur Hildebrandt  
10 Parkside Drive  
Montpelier, VT 05602

CVWM

**EAST BAY AQUATIC CLUB**

John S. Gorham  
101 Holland Avenue  
Riverside, RI 02915

EBAC

**EXETER SWIM TEAM**

John Field  
PO Box 766  
Exeter, NH 03833

EST

**AQUAIDS & AQUAMEN OF**

F. Parenteau WORCESTER  
128 Brookline Street  
Worcester, MA 01603

AMW

**BELMONT AQUATICS**

Abby Hurlbut  
10 Wildwood  
Winchester, MA 01890

BMT

**BRUN SWIM CLUB**

Brown U. Athletic Dept.  
Box 1874  
Providence, RI 02912

BSC

**BURLINGTON YMCA DYNAMOS**

Danita Pokorny  
266 College Street  
Burlington, VT 05401

BYD

**CARTER COMMUNITY BUILDING**

Sandy Hertzberg SW. FISH  
1 Taylor St. PO Box 386  
Lebanon, NH 03766

CCBS

**CUMBERLAND-LINCOLN PENGUINS**

Beverly A. Bloomer  
PO Box 7505  
Cumberland, RI 02864

CLBC

**CLARK SWIM CLUB**

Kevin S. Salisbury  
Dept/Athletics, 950 Main St.  
Worcester, MA 01610

CSC

**EASTON MARLINS**

Martha Mance  
24 Eisenhower Drive  
South Easton, MA 02375

EM

**FALL RIVER YMCA**

Sally D. Smith  
450 Rock Street #12  
Fall River, MA 02720

FRY

**ANDOVER-NORTH ANDOVER YMCA**

Andover-No Andover YMCA  
165 Haverhill Street  
Andover, MA 01810

ANA

**BENNINGTON MARAUDERS**

Nancy Leake  
Woodford Road  
Bennington, VT 05201

BENN

**BELCHERTOWN STINGRAYS SWIM**

Marie Spiegel TEAM  
90 Federal Street  
Belchertown, MA 01007

BSST

**CUMBERLAND AREA SWIM TEAM**

PO Box 7668  
Cumberland, RI 02864

CAST

**CAPE COD SWIM CLUB**

Marc Solomon  
PO Box 966  
Pocasset, MA 02559

CCSC

**CONCORD YMCA SAILFISH**

Hugh Emerson  
5 Spaulding Street  
Concord, NH 03301

CONY

**EASTHAMPTON BARRACODAS**

Kathy Stewart  
126 Strong Street  
Easthampton, MA 01027.

EB

**EAST PROVIDENCE BOYS CLUB**

Jo-Ann P. Perry  
115 Williams Avenue  
E. Providence, RI 02914

EPBC

**GREATER BOSTON SWIM CLUB**

Steven M. Callander  
12 Alban Street  
Dorchester, MA 02124

GBSC

**GREENWOOD MEMORIAL SWIM CLUB**

Don Lemieux  
69 Park Street  
Gardner, MA 01440  
GMS

**HOCKOMOCK YMCA SWIM TEAM**

Peggy Grall  
300 Elmwood Street  
No. Attleboro, MA 02760  
HAY

**KERNE YMCA DOLPHINS**

Jennifer Ledell  
47 Spring Street, Apt. 1A  
Keene, NH 03431  
KYD

**LOWELL BOYS CLUB**

Richard Dion  
657 Middlesex Street  
Lowell, MA 01851  
LOBC

**MANCHESTER SUNFISH SWIM CLUB**

Louise Paulauskas  
76 Lowell Street  
Manchester, NH 03101  
MSSC

**MARR-LIN SWIM CLUB**

David S. Clark  
35 Deer Street  
Dorchester, MA 02125  
MSC

**NANTUCKET COMMUNITY POOL**

Dave Thibodeau  
10 Surfside Road  
Nantucket, MA 02554  
NCP

**NEWPORT NAVY BLUES**

Christine M. Hague  
Camp Varnum  
Narragansett, RI 02882  
NNB

**OYSTER RIVER OTTERS**

Marsha Johns  
25 Meadow Road  
Durham, NH 03824  
ORO

**HANSCOM SEAHAWKS**

Mary Emory  
17 Adams Road  
Hanscom AFB, MA 01731  
HAFB

**HOLYOKE YMCA VIKINGS**

Randall K. Smith  
171 Pine Street  
Holyoke, MA 01040  
HYV

**LAKES REGION WAVEMAKERS**

Cindy J. Cole  
240 Sheridan Street  
Laconia, NH 03246  
LRW

**MASSACHUSETTS BAY MARLINS**

Michael Chasson  
PO Box 383048  
Cambridge, MA 02238  
MEM

**MARBLEHEAD/SWAMPSCOTT YMCA**

Susan Guertin  
104 Pleasant Street  
Marblehead, MA 01945  
MSY

**NASHUA YMCA**

Greg Derderian  
17 Prospect Street  
Nashua, NH 03060  
NASY

**NORTH COUNTRY AQUATIC CLUB**

Roy Coates  
PO Box 5241  
Hanover, NH 03755  
NCAC

**NORTH SUBURBAN YMCA VIKINGS**

Ruth Clark  
7 Hillcrest Road  
Reading, MA 01867  
NSYV

**OLD COLONY YMCA**

Darlene McGrath  
45 Truman Drive  
Randolph, MA 02368  
OCY

**HAMPSHIRE REGIONAL YMCA**

Sharon Ryder  
130 Sugar Hill Road  
Williamsburg, MA 01096  
HRY

**HAVERHILL YMCA**

Paul Memont  
PO Box 961  
Haverhill, MA 01831  
HYST

**LYNN YMCA KILLER WHALES**

Elaine Kurkul  
20 Neptune Blvd.  
Lynn, MA 01902  
LYKW

**MIDDLEBURY SWIM TEAM**

Mary St. Peter  
PO Box 325  
Middlebury, VT 05753  
MNST

**MERRIMACK VALLEY PIRATES**

DJ Quigley  
3 Jensen Avenue  
Chelmsford, MA 01824  
MVP

**NEW BEDFORD YMCA AQUARIANS**

Trix Whalen  
66 Spring Street  
New Bedford, MA 02740  
NBW

**NEW ENGLAND BARRACUDAS**

Brian Counsilman  
PO Box 462  
Weston, MA 02193-0462  
NEB

**NEW WAVE SWIM CLUB**

Bill Burns  
62 Geana Lane  
Lowell, MA 01852  
NWS

**PROVIDENCE AQUATIC CLUB**

John O'Neill College  
Athletic Dept. Providence  
Providence, RI 02918-0001  
PAC

**PITTSFIELD BOYS & GIRLS CLUB**

Todd Fugman  
16 Melville Street  
Pittsfield, MA 01201  
PTEC

**PITTSFIELD YMCA SWIM TEAM**

David Armstrong  
292 North Street  
Pittsfield, MA 01201  
PYST

**STERLING SWIMMERS**

Doris T. Florig  
Box 159  
Hyde Park, VT 05655  
SS

**SEVEN SEAS SWIM CLUB**

Richard Cheney  
PO Box 692  
Medford, MA 02155  
SSSC

**STING-RA**

Rosemarie Caratelli  
8 Peach Avenue  
Billerica, MA 01821  
SR

**TRITON AQUATIC CLUB**

Jean Fedak  
9 Kent Avenue  
Northborough, MA 01532  
TRAC

**VALLEY GATOR SWIM CLUB**

Marge Adams  
6½ King Street  
Bellows Falls, VT 05101  
VGST

**WORCESTER SWIM CLUB**

Coralie O'Connor  
30 Walworth Street  
Worcester, MA 01602  
WSC

**WESTFORD RACQUET & FITNESS**

Larissa Shyjan  
4 Littleton Road  
Westford, MA 01886  
WRFC

**PATRIOT SWIM CLUB**

Jeff Johnson  
158 Jamestown Road  
Leominster, MA 01453  
PSC

**PIONEER VALLEY AQUATIC CLUB**

Isabelle Fraser  
125 Franklin Road  
Longmeadow, MA 01106  
PVAC

**BOWELL'S RAIDERS SWIM CLUB**

Missy Rowell  
17 Linlew Drive Apt. 4  
Derry, NH 03038  
BRSC

**SEACOAST SWIMMING ASSOCIATION**

Bruce Mohl  
PO Box 272  
Dover, NH 03820  
SSA

**SALEM SWIM TEAM**

John Dickerson  
3 Geremonty Drive  
Salem, NH 03079  
SST

**SUDBURY SWIM TEAM**

Bob Lawton  
85 Prides Crossing Road  
Sudbury, MA 01776  
SNST

**TRI-Y SWIM CLUB**

Jackie Woolhouse  
43 Everett Street  
Southbridge, MA 01550  
TRIY

**WORCESTER AQUATIC CLUB**

Nancy Palmer  
125 Providence Street  
Worcester, MA 01604  
WAC

**WALPOLE SWIM TEAM**

Trudy Schrandt  
483 High Street  
Walpole, MA 02081  
WST

**YMCA SOUTH SHORE**

Janet Keyes  
147 S. Walnut Street  
Quincy, MA 02169  
YSS

**PETERBOROUGH SWIM TEAM**

Beth Corvin  
2 Vine Street  
Peterborough, NH 03458  
PWST

**SHANNOT AQUATIC CLUB**

Sara Groden  
401 East Street  
Walpole, MA 02081  
SAC

**SEEKONK DOLPHINS**

Ellis Mayers  
Seekonk HS, Arcade Street  
Seekonk, MA 02771  
SD

**SOUTH HADLEY SWORDS**

Julie Andrus  
159 Depot Street  
No. Hatfield, MA 01066  
SHS

**SWIM RHODE ISLAND**

Dan Solomon  
32 T. Foster Road  
Foster, RI 02826  
SRI

**TWIN OAKS SWIM TEAM**

Jim Donoghue  
63 Main Street  
Essex Junction, VT 05452  
TOST

**WHITINSVILLE BLUE DOLPHINS**

Whitin Community Center  
60 Main Street  
Whitinsville, MA 01588  
WBD

**WESTFIELD YMCA SWIM TEAM**

Nate Rosenthal  
26 Pinewood Lane  
Westfield, MA 01085  
WYST

**CLINIC FOR NEW ENGLAND COACHES**

There will be a clinic for all New England coaches to be held on the weekend April 17 and 18, 1993 at Wellesley College, Wellesley, MA.

**SATURDAY, APRIL 17: GUY EDSON, American Swim Coaches Association**

9 a.m.--5 p.m.: ASCA level II Stroke School

**SUNDAY, APRIL 18: DICK SHOULBERG, Olympic Coach and Coach of Germantown Academy and Foxcatcher Swim Team**

9 a.m.--5 p.m.: "The Nuts and Bolts of Training"

Both seminars are open to all coaches--New England Swimming, high school, recreation teas, etc. Credit will given to those coaches who are members of the American Swim Coaches Association (ASCA).

<b>FEES:</b> New England registered non-athletes:	pre-registration:	\$15*
	at door	\$15
Others	pre-registration:	\$25
	at door	\$35

The fee covers all sessions of the seminar. In addition, there will be a \$15 materials fee for those who attend the Stroke School for printed material which each participant will receive. The \$15 will be collected at the door, and checks should be made out to ASCA for this fee.

\* New England registered non-athletes who pre-register will have their checks returned to them at the door.

All check should be made payable to New England Swimming.

**LUNCH:** Participants may bring lunch or go out to lunch in the area.

**SOCIAL:** An optional social will be planned for Saturday evening.

**HOTEL RESERVATIONS:** If enough coaches are interested, Amy Parratto will arrange special rates at a hotel.

**FOR FURTHER INFORMATION:** Contact Amy Parratto at 603-749-2869.

\*\*\*\*\*  
Please mail this form to: Amy Parratto; 92B Katie Lane, Dover, NH 03820.

**NAME:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

Team, if you are currently coaching: \_\_\_\_\_

I would be interested in special rates at a hotel:  yes  no

New England registered non-athlete:  yes  no

Fee enclosed: \_\_\_\_\_ (Checks made out to New England Swimming)





# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

MARCH 1993

**IN THIS ISSUE:** HIGH POINT WINNERS, NEW ENGLAND AGE GROUP & SENIOR CHAMPIONSHIPS; NE LONG COURSE CALENDAR; COACHES CLINIC; NE RACING CAMP; ZONE DISTANCE CAMP; REIMBURSEMENT POLICY AND REQUEST FORM.....

**DATES TO REMEMBER:**

**APRIL 17 & 18: COACHES CLINIC.** Please note that the location has been changed to the **WELLESLEY COMMUNITY CENTER**. More information and a map are in this newsletter. Please share the information with any coaches you know--high school, college, etc.

**JUNE 6 : RACING CAMP.** Please note that the date has been changed to **SUNDAY, JUNE 6**.

**HIGH POINT WINNERS: NEW ENGLAND SENIOR CHAMPIONSHIPS:**

**CONGRATULATIONS** to the high point winners at Senior Championships!

**INDIVIDUAL HIGH POINT:**

1. NICOLE RUTKOWSKI	MEM	1. CHIP HABERSTROH	NEB
2. AMANDA HALL	EGSC	2. ALEX CUNHA	NEB
3. MICHELE LABRIE	SSA	3. KEVIN WILLIAMS	MEM
4. JESSICA TUCKER-MOHL	SSA	4. ROB WILEY	EGSC
5. LISA HUSENELL	EGSC	5. DENIS SIRRINGHAUS	EGSC
6. CAROLINE PALMER	SSA	6. CHRIS ANDERSON	EGSC
7. KIRSTIN NAGLE	SSA	7. ROB RINDONE	EGSC
8. SARA GREENBAUM	EGSC	8. CARL ERIKSSON	MEM

**TEAM HIGH POINT:**

1. BERNAL'S GATOR SWIM TEAM
2. MASS BAY MARLINS
3. SEACOAST SWIMMING ASSOCIATION
4. NEW ENGLAND BARRACUDAS
5. MERRIMACK VALLEY PIRATES
6. BRUIN SWIM CLUB
7. GREENWOOD MEMORIAL SWIM CLUB
8. PIONEER VALLEY AQUATIC CLUB

**MISSING FROM AGE GROUPS:** One SSA swimming parka with "COACH PARRATTO" on the back. If found, please return (no questions asked) to Mike Parratto, 92 Katie Lane, Dover, NH 03820 or to the New England Swimming Office'

The Board of New England Swimming will meet at 7 p.m. on Monday, April 12, 1993 at the Nashua Country Club, Nashua, NH.

# 1993 NEW ENGLAND SWIMMING RACING CAMP

WHEN: SUNDAY JUNE 6, 8:30AM TO 5PM\*\*

WHERE: REGIS COLLEGE POOL,  
WELLESLEY ROAD, WESTON, MA

WHO: ANY USS REGISTERED 9-11 SWIMMER

United States Swimming is pleased to offer its 9-11 year old swimmers in New England the opportunity to partake in this fun, self-esteem building experience. The camp is not a recruitment tool for any team, rather it is designed to increase the motivation of our young athletes through this teamwork and leadership workshop. It's an exciting day filled with activities both in and out of the water that will really open up the world of swimming to our young competitors. Plus the camp provides a chance for the swimmers in New England to become better friends.

The day begins with registration starting at 8:30. Parents are also offered activities for the day to help them become better acquainted with United States Swimming and its goals for our young athletes. The swimmers will have two water sessions and a variety of smaller workshops covering topics such as teamwork, nutrition, goal setting, and positive peer pressure.

Each swimmer will receive a camp t-shirt and swim cap. Swimmers are asked to bring a brown bag meal for lunchtime. Drinks will be provided. The fee for the camp is \$20.00 which covers the rental charges for the use of the college's facilities. Please make checks payable to New England Swimming.

Any swimmer interested in attending should fill out the following registration application. Send it to: Meg Carey Lelko, 57A Bristol Road, Somerville, MA 02144. The registration deadline for the Racing Camp is Saturday, May 8. Swimmers will be sent letters of acceptance to the camp on a first come, first serve basis the following week. For further information contact Meg Carey Lelko, Camp Director at 617-628-7308. \*\*Please note change of date as originally published

## Racing Camp Application

Name \_\_\_\_\_ Age \_\_\_\_\_

USS number \_\_\_\_\_

Parent's names \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Emergency contact number \_\_\_\_\_

Any medical condition \_\_\_\_\_

**HIGH POINT WINNERS: NEW ENGLAND AGE GROUP CHAMPIONSHIPS:**

**CONGRATULATIONS** to the high point winners at Age Group Championships!

**11 and 12:**

1. LARA ALLARD	SAC	1. KEVIN RILEY	MVP
2. ABBY BRETHAUER	MSSC	2. BRENDAN DRYSDALE	BYB
3. JAIME LEDUC	BYD	3. TIM GALE	PVAC
4. AMY BLUME	CONY	4. TOMMY KEANE	MEM
5. JACKIE ERRE CART	BYD	5. GREG BILTON	MEM
6. REGAN FLYNN	HVY	6. BRIAN DONOVAN	PVAC
7. ELIZABETH ACKLEY	MVP	7. PAUL SCHNED	NCAC
8. AMY VERRAULT	SSA	8. BRENDAN LARACY	CSC

**13 and 14:**

1. AMANDA KIROUAC	GMSC	1. SHANE RAYMOND	CCSC
2. EMILY DEPPE	SSA	2. WILLIAM MAHER	BSCD
3. KRISTEN LOZEAU	GMSC	3. ZEB JENKINS	PVAC
4. KERRIANNE KALEKO	PVAC	4. CHRIS DANCHIK	SSA
5. LISA BUSHNELL	EGSC	5. JOHN KISSIDA	MEM
6. ALLISON WHITNEY	GMSC	6. STEPHEN MAHER	BSC
7. HEATHER WILDER	MVP	7. TOMOHIRO HAGIYA	MEM
8. JULIE LAPINSKY	TRAC	8. ANTHONY SAKAKENY	MVP
KARRI CHARPENTIER	GMSC		

**15 and 16:**

1. BETH ELIE	PVAC	1. MIKE GUSTAFSON	GMSC
2. JULIE MITCHELL	EGSC	RYAN PARKINSON	GMSC
3. LEA DELICIO	SSA	3. TODD MCDERMOTT	MEM
4. TRINA YOUNG	ERAC	4. ROB DORSCHNER	NEB
5. KIM BILLEN	SSA	5. DENIS STIRRINGHAUS	EGSC
6. TORY FLEMING	EGSC	6. JOSH DONAHUE	NWSC
7. CLAIRE O'REILLY	SSA	7. SAL SOAD	EGSC
8. AMY ALLEN	SSA	8. JOHN NEWLAND	MVP

**TEAM HIGH POINT:**

1. SEACOAST SWIMMING ASSOCIATION
2. MASS BAY MARLINS
3. GREENWOOD MEMORIAL SWIM CLUB
4. MERRIMACK VALLEY PIRATES
5. BERNAL'S GATOR SWIM CLUB
6. PIONEER VALLEY AQUATIC CLUB
7. EAST BAY AQUATIC CLUB
8. BEVERLY YMCA BARRACUDAS

**NEW ENGLAND SWIMMING OFFICE:** Mary Riddell  
 20 Cleveland Road  
 Needham, MA 02192  
 617-449-0270

**OFFICE HOURS:** Monday : 8 a.m.--2 p.m.; 7:30 p.m.--10 p.m.  
 Thursday: 8 a.m.--2 p.m.

# 1993 ZONE DISTANCE CAMPS

**SWIMMER APPLICATION** - Duplicate as needed for swimmers and return to the Camp Director by May 1, 1993. You must have time standards to apply. NCAA rules permit high school seniors to attend national training camps. Each swimmer provides housing, meals and transportation. These camps are for U.S. citizens only. **ALL LSC senior level and faster USS distance swimmers are encouraged to attend.**

## DO NOT SEND THIS APPLICATION TO U.S. SWIMMING.

Please consider me as a participant in the camp. If selected, I agree to attend and be physically ready to practice hard.

Name \_\_\_\_\_

1993 USS Registration # \_\_\_\_\_

Address \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_

City, State, Zip \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_

Shirt Size      M      L      XL  
(circle one)

Coaches Signature \_\_\_\_\_

Skill help for Swimmer:      Yes      No  
Type: \_\_\_\_\_

### 1992-1993 Best Event Times Only!

Standards	1500 Meter	1650 Yard	50 x 100 - 1:15	30:00 swim (T30)
Men	18:20	17:50	Average per 100	Average per 100
Women	19:20	18:45		
Best Times				

### \* National Team coaches listed in March/April Lanelines \*

Sites and Camp Directors - Information on cost and details will be sent by the Camp Director.

<b>AUSTIN</b> Jack Roach TBA Texas Aq. Cntr. 1900 E. Campus Austin, TX 78705 512/471-7433 FAX 471-0598	<b>KANSAS CITY</b> Bill Shalley May 29-31 Central HS 3221 Indiana Kansas City, MO 64128 816/871-8925 FAX/871-8927	<b>ATLANTA</b> Stuart Smith May 29-31 Dynamo S.C. 3119 Shallowford Atlanta, GA 30341 404/457-7946 FAX/451-6571	<b>POTOMAC</b> VALLEY Ward Foley May 29-31 2213 South Culpepper Street Arlington, VA 22206 703/671-8218 FAX/642-7268	<b>MISSION</b> VIEJO Bill Rose May 29-31 Mission Nadadores Box 2000-B-175 Mission Viejo CA 92690 714/380-2552 FAX/380-2011	<b>SEATTLE</b> Bob Miller May 29-31 King County Pool 11200 SE 6th Bellevue, WA 98004 206/455-1616 FAX/455-5480
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## COACHES APPLICATION

Consider my application as a Zone Distance Camp assistant coach. I will be available on the dates listed and if accepted, understand I will receive transportation, lodging, meals and a Camp Jacket.

Team \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Coach's Name \_\_\_\_\_

LSC \_\_\_\_\_

Jacket/Shirt Size      M      L      XL

Address \_\_\_\_\_

Camp \_\_\_\_\_

**DEADLINE:** April 1, 1993

Signature \_\_\_\_\_

## NEW ENGLAND SWIMMING CALENDAR FOR LONG COURSE, 1993:

MAY

- 14--16: TEAM SPECIALTY--CAPE ANN YMCA  
Cape Ann YMCA  
Gloucester, MA  
Bill Hanlon  
73 Buena Vista Street  
Swampscott, MA 01907  
617-596-8636
- 28--30: "A" INVITATIONAL--PIONEER VALLEY AQUATIC  
\*Springfield College CLUB  
Springfield, MA  
Schedule I (100's + 400 IM, 50, 400 free)  
Maureen Mikuszewski  
32 Mountainbrook Road  
Wilbraham, MA 01095  
413-596-8269
- 30 : TEAM SPECIALTY--CUMBERLAND AREA SWIM TEAM  
or \*McDermott Pool  
(29--30) Warwick, RI  
Memorial Day "Meter Eater"  
David Cardillo  
17 Barbara Ann Drive  
N. Providence, RI 02864  
401-231-0637

JUNE

- 11--13: TEAM SPECIALTY--CAPE COD SWIM CLUB  
Mass Maritime Academy  
Buzzards Bay, MA  
1650 offered on Friday  
Mike Schwartz  
Box 129  
Sagamore Beach, MA 02562  
508-888-4056
- 12 : TEAM SPECIALTY--BELMONT AQUATICS TEAM  
\*McDermott Pool  
Warwick, RI  
Sprint Meet  
Abby Hurlbut  
10 Wildwood Street  
Winchester, MA 01890  
617-729-4216
- 27 : TEAM SPECIALTY--SEACOAST SWIMMING ASSO-  
\*Guppy Pool CIATION  
Dover, NH  
200's offered  
Harold Whitney/Bruce Mohl  
9 Oak Drive  
Hampton Falls, NH 03844  
603-926-2354 or 868-7249

JULY

- 2--4 : TEAM SPECIALTY--MANCHESTER SUNFISH  
\*Theodore Raco Pool  
Manchester, NH  
Coca-Cola/Firecracker Special  
1500 offered on Friday  
Jan Burkhardt  
34 Brookview Court  
Milford, NH 03055  
603-673-6431
- 9--11: AGE GROUP/SENIOR QUALIFIER--SEACOAST SWIM-  
\*Guppy Pool MING ASSOCIATION  
Dover, NH  
Harold Whitney/Bruce Mohl  
9 Oak Drive  
Hampton Falls, NH 03844  
603-926-2354 or 868-7249
- 17--18: TEN & UNDER CHAMPIONSHIPS--PIONEER VALLEY  
\*Springfield College AQUATIC CLUB  
Springfield, MA  
8 & under and 9 & 10 events  
Maureen Mikuszewski  
32 Mountainbrook Road  
Wilbraham, MA 01095  
413-596-8269
- 17 : AGE GROUP QUALIFIER--MANCHESTER SUNFISH  
\*Theodore Raco Pool  
Manchester, NH  
11 & over only; Last Chance--AG only  
Jan Burkhardt  
34 Brookview Court  
Milford, NH 03055  
603-673-6431
- 17--18: MODIFIED B/C--OLD COLONY YMCA  
\*Cosgrove Pool  
Brockton, MA  
Last Chance--AG Only  
Stephan Pike  
174 West Street  
Brockton, MA 02401

continued.....

**NEW ENGLAND SWIMMING CALENDAR FOR LONG COURSE, 1993 (continued):**

- |   |  |
|---|--|
| <p>22--25: SENIOR CHAMPIONSHIPS--NEW ENGLAND<br/>*Harvard University<br/>Allston, MA</p> <p>23--25: C through AG and 10 &amp; under cuts--GREENWOOD<br/>Greenwood Memorial Pool MEMORIAL SWIM CLUB<br/>Gardner, MA</p> <p>29--1 : AGE GROUP CHAMPIONSHIPS--MASS BAY MARLINS<br/>*Harvard University<br/>Allston, MA<br/>11 &amp; 12; 13 &amp; 14; 15--18 Trials &amp; Finals</p> <p>* Long Course (50-meter) pool</p> | <p>New England Swimming<br/>to be appointed</p> <p>Susan Hui<br/>49 Suomi Road<br/>Gardner, MA 01440<br/>508-632-7882</p> <p>Kim Kredich<br/>75 Lloyd Avenue<br/>Providence, RI 02906<br/>401-751-2249</p> |
|---|--|

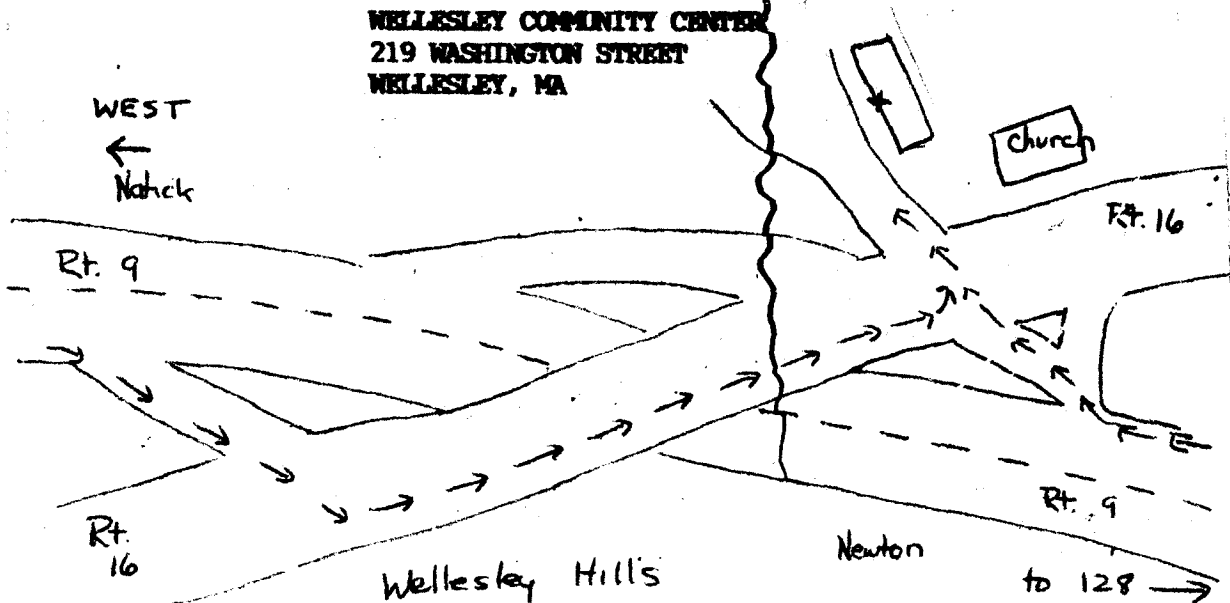
**NATIONAL MEETS:**

- July 26--30: Senior Nationals, Austin, TX  
August 14--19: Junior Nationals, Indianapolis, IN

**DIRECTIONS TO WELLESLEY COMMUNITY CENTER: 219 Washington Street (Route 16), Wellesley Hills, MA**

From Route 128 take Route 9 west. After the second set of lights, turn right at the blinker (the sign says Route 16). At the light at the end of the ramp, stay to the right and cross Route 16 into the parking lot. Be careful. Cars on Route 16 are not necessarily expecting you!

From the west, take Route 9 east. Exit at Wellesley Hills, Route 16. At the lights at the end of the ramp, turn left, cross back over Route 9 and turn left into the driveway which is just beyond the ramp to Route 9 (and a sign that says no left turn onto the ramp).



CORRECTION—NEW LOCATION

CLINIC FOR NEW ENGLAND COACHES

There will be a clinic for all New England coaches on April 17 and 18, 1993 at the WELLESLEY COMMUNITY CENTER, Washington Street (Route 16), Wellesley, MA.

SATURDAY, APRIL 17: GUY EDSON, American Swim Coaches Association

9 a.m.--5 p.m.: ASCA Level II Stroke School (10 ASCA credits).

"One of the underlying principles of the stroke school is that it is equally important to know how to teach as it is to know what to teach. We, therefore, spend a significant amount of time presenting teaching techniques. Biomechanical, fluid dynamics, and physical principles of each stroke, starts and turns are presented along with teaching techniques to give coaches an excellent base of knowledge." (If you have already gone through this course and want to review the material, you will still receive 10 credits.) Video analysis will be used.

SUNDAY, APRIL 18: DICK SHOULBERG, Olympic Coach and Coach of Germantown Academy and Foxcatcher Swim Team

9 a.m.--5 p.m.: "The Nuts and Bolts of Training" (7 ASCA credits).

Coach Shoulberg will speak on designing workouts, setting up the season, creativity in your workouts; coaching with limited time and space. He will be able to address questions about what he has done and is doing to coach both USS and high school swimmers.

Both seminars are open to all coaches--New England Swimming, high school, recreation teams, college, etc. ASCA members will receive credits.

<b>FEES:</b> New England registered non-athletes:	pre-registration:	\$15*
	at door	: \$15
Others	: pre-registration:	\$25
	at door	: \$35

The fee covers all sessions of the seminar. In addition, there will be a \$15 materials fee for the Stroke School for printed materials for each participant. The \$15 will be collected at the door, and checks should be made out to ASCA for this fee. All registration checks should be made payable to New England Swimming.

\* New England registered non-athletes who pre-register will have their checks returned to them at the door. Please bring your USS membership card to show.

LUNCH: Participants may bring lunch or go out to lunch in the area.

SOCIAL: An optional social will be planned for Saturday evening.

HOTEL RESERVATIONS: If enough coaches are interested, Amy Parratto will try to arrange special rates at a hotel. (Rooms are tight because of the Boston Marathon on Monday.)

\*\*\*\*\*

Mail to: Amy Parratto, 92 Katie Lane, Dover, NH 03820 (603-749-2869)

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

Team, if you are currently coaching: \_\_\_\_\_

I would be interested in special rates at a hotel: \_\_\_yes \_\_\_no

New England registered non-athlete: \_\_\_yes \_\_\_no

Fee enclosed: \_\_\_\_\_ (Checks made out to New England Swimming)

**REIMBURSEMENT POLICY FOR 1992--1993;**

At the September meeting of the New England Board, the following reimbursement policy for 1992--1993 was adopted. The policy is the same as this past year with the addition of the underlined section.

A New England registered swimmer who swims in an individual event at Junior Nationals will be reimbursed \$150 by New England Swimming. A New England registered swimmer who swims in an individual event at Senior Nationals will be reimbursed \$300 by New England Swimming. A New England registered swimmer who swims in an individual event at the US Open will be reimbursed \$300 by New England Swimming. A swimmer who places in the top 16 in one or more individual event will receive an additional \$50. There will be no limit wither for the number of meets or the amount of money to be reimbursed to a swimmer.

During the short course season a swimmer must participate in three New England calendar meets to be eligible for reimbursement. During the long course season a swimmer must participate in two New England calendar meets to be eligible for reimbursement. A swimmer must request the reimbursement within eight weeks except for those swimming in the US Open.

To be eligible for reimbursement an athlete must have been registered in New England and have competed in a New England calendar meet at least six months prior to the meet for which reimbursement has been requested.

A swimmer who does not participate in three New England calendar meets during the short course season may request a waiver for a championship meet during that season only if he/she participates in three New England calendar meets during the long course season. A swimmer who does not participate in two New England meets during the long course season may request a waiver for a championship meet during that season only if he/she participates in three New England calendar meets during the short course season. All requests for waivers will be considered following the long course season.

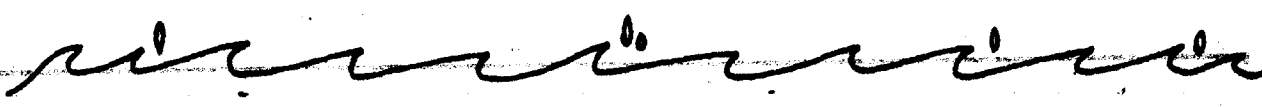
**TO: SWIMMERS, COACHES AND PARENTS**

**FROM: PRISCILLA DAVIS**

**RE: PRACTICE**

Please remember that all safety rules pertain to practice as well as meets. **NO DIVING, PERIOD!** You may practice starts in one way lanes and relay exchanges in a carefully controlled environment.

**HOWEVER,** as of 5/15/92, the water must be 4 feet or more at the starting end to use blocks 30 inches above the water (standard height now). If the water depth is 3'6" to less than 4', the starting platforms must be 18" or less above the water surface. In pools with less that a 3'6" depth at the starting end, the swimmer **MUST** start from the deck or in the water.

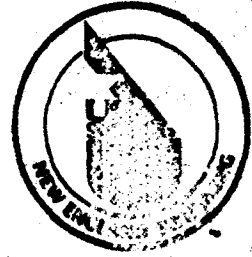


**ATTLEBORO BLUEFISH** is seeking and Senior/Age Group coach, Contact Steve Gould at 508-222-8429.





# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

APRIL 1993

**IN THIS ISSUE:** NEW ENGLAND CHAMPIONSHIP TIME STANDARDS; USS TOP 16 TIME STANDARDS & REPORTING FORM; NEW ENGLAND SWIMMETS AT JUNIOR NATIONALS & SENIOR NATIONALS; BAY STATE GAMES LONG COURSE CALENDAR UPDATE.....

**COMING NEXT MONTH:** Zone Team Results; Proposed 1993--1994 Short Course Calendar; Bid Form

**THANK YOU** to **AMY PARRATTO (SSA)** who organized the recent successful Coaches Clinic which was attended by approximately 60 coaches. We appreciate her efforts!

**TECHNICAL COMMITTEE:** Technical Committee met recently to address the problems of this past season's meets. A proposal will be presented at the next NE Board meeting for approval and a proposed calendar for short course, 1993--1994 will be printed in the next newsletter along with a bid form for short course meets.

A thank-you to all those who have offered suggestions and especially to Jon Luby (MSSC), Ron Tibbets (ABF), Carl Cederquist (CAST), Marc Solomon (CCSC) who took the time to submit thoughtful letters.

**LONG COURSE CALENDAR UPDATE:**

**MAY 29 & 30:** CAST Team Specialty (2-day format)

**JUNE 6** : 12 and under mini-meet—**GREENWOOD MEMORIAL SC** Karen Simpson  
Greenwood Memorial Pool (short course) 155 Belmont Street  
69 Parker Fitchburg, MA 01420  
Gardner, MA 01440 508-343-7430  
**additional meet**

Times from the MSSC meet (July 17) and the OCY meet (July 17--18) will be accepted for Age Groups and Seniors; Times from the GMSC meet (July 23--25) will be accepted for Age Groups.

**NOTE:** JUNIOR NATIONALS will be August 6--10 in ORLANDO, FLORIDA.

The Board of New England Swimming will meet on Monday, May 10, 1993 at 7 pm at the Nashua Country Club, Nashua, NH.

**SENIOR NATIONALS:**

**CONGRATULATIONS** to all the New England Swimmers who participated in Senior National Championships:

**JENNY THOMPSON (UN-SSA)** earned the high point award for women and placed first in the 50 free, 100 free and 100 backstroke.

**BERNAL'S GATOR SWIM CLUB** placed 8th for women.

**SWIMMING IN FINALS:**

<b>JENNY THOMPSON</b>	<b>UN-SSA</b>	<b>KEVIN WILLIAMS</b>	<b>MEM</b>
<b>JAMES HARRICK</b>	<b>BSC</b>	<b>RICK DZAVIK</b>	<b>UN-MEM</b>

**SWIMMING IN CONSOLATIONS:**

<b>SUE TRAINER</b>	<b>BGSC</b>	<b>NICOLE RUTKOWSKI</b>	<b>MEM</b>
<b>CAROLINE PALMER</b>	<b>SSA</b>	<b>STEVE ROOT</b>	<b>BSC</b>

**SWIMMING IN INDIVIDUAL EVENTS:**

<b>WENDY ROWE</b>	<b>BGSC</b>	<b>AMANDA HALL</b>	<b>BGSC</b>
<b>JULIE MITCHELL</b>	<b>BGSC</b>	<b>CHIP HABERSTROH</b>	<b>NEB</b>

**SWIMMING IN RELAYS ONLY:**

**SSA:** JESSICA TUCKER-MOHL, MICHELE LABRIE, BRITTANY WILSON  
**BGSC:** LISA BUSHNELL, SARA GREENGLADY, RACHEL EPDS, SANET SIRRINGHAUS

**BAY STATE GAMES:**

**ELIGIBILITY:** Open to residents of Massachusetts, full-time students in Massachusetts, members of swimming clubs in Massachusetts\*

**DIVISIONS:** (Ages as of June 11, 1993) JUNIOR : Age 12 to 14  
 SCHOLASTIC: Age 15 to 17  
 OPEN : Age 18 and older

**TRYOUTS:** June 11 and 12, 1993 (short course yards):\*

Bentley College, Waltham  
 Scott Pohlman (617-527-7177)

Lynn Voc. Tech, HS, Lynn  
 John Lazar (617-599-7362)

Wheaton College, Norton  
 Rob Garon (617-545-9736)

UMASS/Amherst  
 Frank Bachteler (413-243-0709)

**FINALS:** July 16--18, 1993, Harvard University (long course meters)

\*For more information concerning eligibility, areas for tryouts, order of events and a registration form, contact Bay State Games, PO Box 8336, Boston, MA 02114 (617-727-3227)

This meet has received "approval" from New England Swimming.

**NEW ENGLAND SWIMMING OFFICE:** Mary Riddell  
 20 Cleveland Road  
 Needham, MA 02192  
 617-449-0270

**OFFICE HOURS:** Monday : 8 a.m.--2 p.m.; 7:30 p.m.--10 p.m.  
 Thursday: 8 a.m.--2 p.m.

## 1993 8 &amp; under CHAMPIONSHIP CUTS

WOMEN		8 AND UNDER	MEN	
LCM	YDS	EVENTS	YDS	LCM
	18.29	25 Free	18.59	
46.39	42.39	50 Free	42.49	47.29
152.69	138.39	100 Free	140.49	151.99
	22.99	25 Back	23.29	
100.59	51.59	50 Back	51.59	101.69
	25.99	25 Breast	26.69	
105.69	58.99	50 Breast	58.99	106.19
	22.99	25 Fly	23.99	
103.49	100.79	50 Fly	102.19	114.29
	148.99	100 Indiv Medley	154.39	

## 1993 9 &amp; 10 CHAMPIONSHIP CUTS

WOMEN		9 - 10's	MEN	
LCM	YDS	EVENTS	YDS	LCM
36.49	33.29	50 Free	33.29	37.29
122.49	112.99	100 Free	112.99	125.39
300.99	237.79	200 Free	238.19	304.99
44.99	39.29	50 Back	39.99	45.99
136.89	125.99	100 Back	128.19	140.99
49.99	44.09	50 Breast	44.99	51.39
149.99	136.89	100 Breast	138.99	153.99
42.79	38.29	50 Fly	38.59	45.99
145.89	127.99	100 Fly	132.49	149.99
	124.59	100 Indiv Medley	124.59	
323.49	259.99	200 Indiv Medley	302.99	331.99

Eight and unders and 9 & 10's will swim at Ten & under Championships (timed finals).

All times must be achieved after September 1, 1992.

## 1993 AGE GROUP CHAMPIONSHIP CUTS

WOMEN		11 - 12 's	MEN	
LCM	YDS	EVENTS	YDS	LCM
32.79	28.79	50 Free	28.89	33.19
111.99	102.59	100 Free	103.19	113.79
234.19	214.79	200 Free	217.29	239.99
520.89	556.79	500 Free	608.29	539.99
38.49	34.09	50 Back	34.09	40.99
124.29	113.19	100 Back	115.29	129.99
43.69	37.89	50 Breast	38.39	45.99
135.29	122.59	100 Breast	124.89	141.89
36.19	31.99	50 Fly	32.99	38.99
123.99	111.99	100 Fly	115.69	132.09
	112.19	100 Indiv Medley	112.79	
256.99	234.99	200 Indiv Medley	238.09	304.49

WOMEN		13 - 14 's	MEN	
LCM	YDS	EVENTS	YDS	LCM
30.89	27.19	50 Free	26.39	29.99
107.79	58.99	100 Free	56.99	106.59
225.49	207.09	200 Free	203.79	224.09
505.49	538.99	500 Free	532.99	459.99
1040.09	1145.99	1000 Free	1122.99	1031.39
1938.19	1911.69	1650 Free (auto)	1850.29	1907.89
2012.49	1949.59	1650 Free (consid)	1939.49	2018.59
118.59	108.59	100 Back	107.49	118.99
250.99	226.99	200 Back	225.59	250.09
130.49	117.59	100 Breast	113.29	126.19
313.29	249.29	200 Breast	241.99	309.99
116.49	107.49	100 Fly	104.39	115.09
249.59	234.99	200 Fly	231.99	253.99
244.59	225.79	200 Indiv Medley	222.49	245.69
553.49	508.99	400 Indiv Medley	506.29	551.29

## 1993 15-18 AGE GROUP CHAMPIONSHIP CUTS

WOMEN		15-18's	MEN	
LCM	YDS	EVENTS	YDS	LCM
30.19	26.99	50 Free	24.49	28.29
105.59	58.19	100 Free	53.49	101.69
220.69	205.49	200 Free	156.99	213.49
458.79	533.39	500 Free	515.69	441.09
1033.69	1132.99	1000 Free	1058.39	1004.59
1903.29	1908.99	1650 Free (auto)	1822.39	1811.09
2002.59	1943.39	1650 Free (consid)	1847.99	1922.29
118.09	107.29	100 Back	102.59	111.99
248.99	225.29	200 Back	216.19	237.99
128.39	115.79	100 Breast	109.89	119.59
311.99	242.69	200 Breast	232.29	256.49
112.99	105.29	100 Fly	100.79	108.99
245.39	227.29	200 Fly	214.99	240.19
241.99	222.39	200 Indiv Medley	213.59	232.29
545.99	503.49	400 Indiv Medley	449.99	524.89

ALL TIMES MUST BE ACHIEVED AFTER SEPTEMBER 1, 1992 WITH THE EXCEPTION OF THE 800/1500 FREE WHICH MAY BE ACHIEVED AFTER MAY 1, 1993.

11 and 12's, 13 and 14's, and 15 through 18's will swim at AGE GROUP CHAMPIONSHIPS which will be a TRIALS AND FINALS meet.

## 1993 NEW ENGLAND SENIOR CHAMPIONSHIP

WOMEN			SENIORS	MEN		
YDS	SCM	LCM	EVENTS	YDS	SCM	LCM
25.99	28.69	29.79	50 Free	22.99	26.19	26.99
56.29	102.59	104.29	100 Free	50.99	57.09	58.59
200.99	213.49	216.99	200 Free	150.59	204.19	206.99
522.99	438.49	447.49	400/ 500 Free	459.89	424.59	433.09
1114.99	953.79	1005.99	800/1000 Free	1029.99	928.19	939.99
1859.99	1858.69	1929.99	1500/1650 Free	1759.99	1753.89	1839.99
103.99	112.29	113.99	100 Back	58.99	107.19	109.19
218.39	236.89	239.29	200 Back	208.99	229.39	234.79
112.99	124.09	126.29	100 Breast	104.99	113.29	115.99
237.69	258.99	303.29	200 Breast	223.29	245.99	249.29
102.39	108.69	110.49	100 Fly	56.09	103.09	104.79
219.99	233.79	238.19	200 Fly	208.99	221.09	225.89
215.99	234.59	238.99	200 Indiv Medley	206.79	220.09	224.79
452.49	529.59	537.99	400 Indiv Medley	434.19	511.59	519.99

**JUNIOR NATIONALS:**

**CONGRATULATIONS** to all the New England Swimmers who participated in Junior National Championships.

**BERNAL'S GATOR SWIM CLUB** finished 3rd overall and 1st for women. The team of Trainer, Bushnell, Hall and Rowe set a national meet record in the 400 free relay.

**MASS BAY MARLINS** placed 2nd for men. The relay of Kirmakov, Hawkins, Eriksson and Craven won the 400 free and 800 free relays.

**SEACOAST SWIMMING ASSOCIATION** finished 8th for women.

**SWIMMING IN FINALS:**

LISA BUSHNELL	BGSC	JESSICA TUCKER-MOHL	SSA
SUE TRAINER	BGSC	CARL ERIKSSON	MEM
JULIE MITCHELL	BGSC	PEDRO MONTEIRO	MEM
AMANDA HALL	BGSC	DIANA LIBERTY	MVP
ALEX CUNHA	NEB		

**SWIMMING IN CONSOLATIONS:**

WENDY ROWE	BGSC	MICHELE LAERIE	SSA
AMY HOLT	BGSC	KRISTIN NAGLE	SSA
DAWN REPPUCCI	BGSC	JEFF HERTZOG	SSA
SARA GREENBAUM	BGSC	MATT CRAVEN	MEM
ROB WILEY	BGSC	ALEX KURMAKOV	MEM
CHRIS ANDERSON	BGSC		

**SWIMMING IN INDIVIDUAL EVENTS:**

KATINA MAISTRELLIS	BGSC	SUSAN CHERWINSKI	SSA
RACHEL ENOS	BGSC	LEA DELICIO	SSA
SANET SIRRINGHAUS	BGSC	BRIT WILSON	SSA
DANIELLE PELUSO	BGSC	MEGAN CONNOLLY	SSA
TORY FLEMING	BGSC	EMILY DEPPE	SSA
DENIS SIRRINGHAUS	BGSC	KELLY FLYNN	SSA
ROB RINDONE	BGSC	JAMIE CORBETT	SSA
SAL SUAU	BGSC	MIKE SCARBO	MEM
TRINA YOUNG	EBAC	ALLISON VENDT	MEM
WENDY THORPE	EBAC	TAD KREMEN	MEM
AMANDA KIROUAC	GMSC	SPENCER HAWKINS	MEM
RYAN PARKINSON	GMSC	MATT LIBERTY	MVP
MATT GULLEDGE	NEB	REED NEWLAND	MVP
STEVE KORELY	NEB	ANNE IACOBUCCI	BSC
SUB KRESEL	NCAC	AMY MIRUSZEWSKI	PVAC

**SWIMMING IN RELAYS ONLY:**

ELISA LANCIUALT	SSA	ROB DORSCHNER	NEB
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**SWIM COACH WANTED** to develop a Senior Age Group and JO program. Also need an **ASSISTANT SWIM COACH** for instructional and junior Age Group program. Reply to: Cumberland Area Swim Team, PO Box 7668, Cumberland, RI 02864 or call Dave Hunter (401-334-0311, home).

**NEW CLUBS: RAM SWIMMING CLUB**  
Barbara Crowder  
100 High Meadow Lane  
Wakefield, RI 02879  
RAMS

**BOYS CLUB OF NASHUA**  
Jerry Carney  
47 Grand Avenue  
Nashua, NH 03060  
BCN

## NATIONAL AGE GROUP REPORTABLE TIMES

## SHORT COURSE - GIRLS

EVENT	10 & U	11-12	13-14	15-16	17-18
50 FREE	:27.79	:25.59	:24.49	:24.19	:24.19
100 FREE	1:00.79	:55.39	:52.89	:52.19	:52.19
200 FREE	2:11.99	1:59.99	1:54.09	1:52.39	1:52.29
500 FREE	-	5:18.29	5:03.29	4:57.79	4:57.79
1000 FREE	-	-	10:30.99	10:15.99	10:15.99
1650 FREE	-	-	17:25.99	17:12.99	17:12.99
50 BACK	:32.29	:29.19	-	-	-
100 BACK	1:09.49	1:02.29	:58.99	:58.19	:57.99
200 BACK	-	-	2:07.39	2:05.39	2:04.99
50 BREAST	:35.79	:32.49	-	-	-
100 BREAST	1:18.09	1:10.29	1:06.79	1:06.29	1:06.29
200 BREAST	-	-	2:24.39	2:21.79	2:22.69
50 FLY	:30.49	:27.89	-	-	-
100 FLY	1:08.49	1:01.29	:58.29	:57.69	:57.69
200 FLY	-	-	2:08.39	2:05.99	2:06.99
100 I.M.	1:09.59	1:03.39	-	-	-
200 I.M.	2:29.39	2:15.39	2:08.89	2:07.29	2:06.89
400 I.M.	-	-	4:33.09	4:29.19	4:28.99
200 FREE RELAY	1:57.39	1:46.99	1:42.49	1:46.69	1:51.99
400 FREE RELAY	-	3:53.29	3:42.99	3:44.09	3:55.99
800 FREE RELAY	-	-	8:08.99	8:07.99	8:29.99
200 MEDLEY RELAY	2:13.79	1:59.49	1:55.99	2:00.99	2:06.99
400 MEDLEY RELAY	-	4:22.59	4:09.69	4:09.49	4:28.99

SEP 16, 1992

## NATIONAL AGE GROUP REPORTABLE TIMES

## SHORT COURSE - BOYS

EVENT	10 & U	11-12	13-14	15-16	17-18
50 FREE	:27.49	:24.49	:22.59	:21.59	:21.09
100 FREE	1:00.29	:53.49	:49.19	:46.89	:45.69
200 FREE	2:10.69	1:56.79	1:47.29	1:41.99	1:40.29
500 FREE	-	5:14.29	4:48.19	4:35.99	4:31.19
1000 FREE	-	-	10:03.49	9:34.99	9:23.99
1650 FREE	-	-	16:47.99	15:57.99	15:48.99
50 BACK	:32.09	:28.49	-	-	-
100 BACK	1:09.19	1:01.29	:55.79	:52.59	:51.69
200 BACK	-	-	1:59.99	1:53.59	1:51.89
50 BREAST	:35.99	:31.29	-	-	-
100 BREAST	1:18.49	1:08.19	1:01.89	:59.19	:57.69
200 BREAST	-	-	2:15.69	2:09.39	2:05.19
50 FLY	:30.29	:27.19	-	-	-
100 FLY	1:08.09	1:00.39	:54.59	:52.09	:50.49
200 FLY	-	-	2:01.29	1:54.99	1:51.99
100 I.M.	1:09.29	1:01.39	-	-	-
200 I.M.	2:28.59	2:12.89	2:00.69	1:55.59	1:52.59
400 I.M.	-	-	4:18.59	4:06.49	4:01.59
200 FREE RELAY	1:58.49	1:45.99	1:36.09	1:34.99	1:31.99
400 FREE RELAY	-	3:53.39	3:28.49	3:23.99	3:12.99
800 FREE RELAY	-	-	7:47.59	7:29.29	7:08.99
200 MEDLEY RELAY	2:13.99	1:59.09	1:49.99	1:45.99	1:44.99
400 MEDLEY RELAY	-	4:24.99	3:53.99	3:45.99	3:36.99

## NATIONAL AGE GROUP REPORTABLE TIMES

## LONG COURSE - GIRLS

EVENT	10 & U	11-12	13-14	15-16	17-18
50 FREE	:31.39	:29.09	:27.79	:27.49	:27.39
100 FREE	1:09.29	1:03.29	1:00.19	:59.49	:59.09
200 FREE	2:29.99	2:16.49	2:10.19	2:07.39	2:06.99
400 FREE	-	4:45.99	4:31.69	4:25.99	4:25.99
800 FREE	-	-	9:19.99	9:08.99	9:06.99
1500 FREE	-	-	17:52.99	17:27.99	17:27.99
50 BACK	:36.69	:33.59	-	-	-
100 BACK	1:19.99	1:12.49	1:08.79	1:06.89	1:06.39
200 BACK	-	-	2:26.99	2:22.89	2:21.99
50 BREAST	:40.99	:36.99	-	-	-
100 BREAST	1:29.99	1:21.49	1:17.19	1:16.09	1:15.99
200 BREAST	-	-	2:46.39	2:43.39	2:42.99
50 FLY	:34.39	:31.49	-	-	-
100 FLY	1:18.09	1:09.99	1:06.69	1:04.99	1:04.99
200 FLY	-	-	2:25.79	2:21.09	2:20.99
200 I.M.	2:49.29	2:34.99	2:28.19	2:24.39	2:23.99
400 I.M.	-	-	5:09.69	5:04.49	5:02.99
200 FREE RELAY	2:16.99	2:02.09	1:57.99	1:58.49	2:04.99
400 FREE RELAY	-	4:28.49	4:16.29	4:14.99	4:20.29
800 FREE RELAY	-	-	9:20.99	9:19.99	9:29.99
200 MEDLEY RELAY	2:35.99	2:18.79	2:13.39	2:15.99	2:15.99
400 MEDLEY RELAY	-	5:03.99	4:48.99	4:48.99	4:51.99

## NATIONAL AGE GROUP REPORTABLE TIMES

## LONG COURSE - BOYS

EVENT	10 & U	11-12	13-14	15-16	17-18
50 FREE	:31.19	:28.09	:25.89	:24.79	:24.29
100 FREE	1:08.49	1:01.19	:56.59	:54.09	:52.99
200 FREE	2:29.49	2:13.99	2:03.09	1:58.59	1:55.09
400 FREE	-	4:43.99	4:19.99	4:09.99	4:04.09
800 FREE	-	-	9:02.09	8:38.99	8:26.99
1500 FREE	-	-	17:13.99	16:29.99	16:18.99
50 BACK	:36.59	:32.89	-	-	-
100 BACK	1:19.79	1:10.99	1:04.69	1:01.39	:59.99
200 BACK	-	-	2:19.59	2:12.39	2:09.99
50 BREAST	:40.99	:35.79	-	-	-
100 BREAST	1:30.49	1:19.09	1:12.49	1:08.99	1:06.99
200 BREAST	-	-	2:38.99	2:28.99	2:26.39
50 FLY	:34.09	:30.69	-	-	-
100 FLY	1:17.19	1:08.79	1:01.99	:58.99	:57.99
200 FLY	-	-	2:17.99	2:10.49	2:06.99
200 I.M.	2:48.99	2:31.89	2:19.99	2:13.49	2:09.99
400 I.M.	-	-	4:57.29	4:43.99	4:35.99
200 FREE RELAY	2:15.99	2:00.99	1:50.99	1:46.99	1:48.99
400 FREE RELAY	-	4:29.99	4:01.99	3:53.99	3:45.69
800 FREE RELAY	-	-	8:54.99	8:35.99	8:18.99
200 MEDLEY RELAY	2:33.69	2:16.69	2:04.99	2:02.99	2:05.99
400 MEDLEY RELAY	-	5:04.99	4:29.99	4:20.39	4:12.99





# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

MAY 1993

**IN THIS ISSUE: SHORT COURSE ZONE TEAM; LONG COURSE ZONE TEAM INFO & APPLICATION FORMS FOR COACHES & SWIMMERS; IMPORTANT INFO CONCERNING LONG COURSE CHAMPIONSHIP MEETS & REIMBURSEMENT.....**

#### **SHORT COURSE CALENDAR:**

The Board is still working on a calendar for short course. Hopefully, the calendar will be finalized at the June Board Meeting and will be printed, along with a bid form, in the June newsletter.

It is anticipated that bids will be due the end of July, and the calendar will be printed by September. We are sorry for any inconvenience that this delay may cause teams.

#### **SHORT COURSE CHAMPIONSHIP AND "CLASSIC" MEETS:**

A "thank you" to the teams that ran the short course Championship and "Classic" Meets—MEM (New England Seniors), BSC (Age Groups), NCAC (Silver Classic), HRY/EB (Bronze), and NEB (Ten & Under Championships). We appreciate the efforts of these teams and also all the other parents who were willing to be officials or to time at these meets.

#### **NATIONAL WORKSHOPS:**

Several members of the New England Community are traveling to United States Swimming headquarters in Colorado Springs, CO this spring to participate in workshops and clinics.

Representing New England will be:

**PRISCILLA DAVIS—RISK MANAGEMENT SEMINAR**

**JIM MCCOMBS (SSA)—AGE GROUP CHAIRMAN'S WORKSHOP**

**MARC ALLEN (SSA)—GENERAL CHAIRMAN'S SEMINAR**

**DENIS GAGNE (MVP) & ELLIOT LASKY (MSSC)—OFFICIAL'S WORKSHOP**

**STROKE & TURN CLINICS: Bellows Falls, VT; June 8 at 6:30 pm**

**New Hampshire College; June 19 at 9:30 am**

**Amherst, NH (tentative location); June 22 at 6:30 pm**

For further information and to register, contact: **Jerry Zimmer** at:  
603-673-0676 (H) or 617-377-3138 (O).

The Board of New England Swimming will meet on Monday, June 14, 1993 at 7 p.m. at the Nashua Country Club, Nashua, NH.

**FOUND AT NEW ENGLAND SENIORS**—VCR battery pack and recharging unit. Contact the MEM office at 617-495-2268.

**Experienced Head Coach** looking for new position, full-time; six years coaching experience, Senior National and Olympic Trial competitor, coached New England State Championship team and over 16 swimmers to National Top 16. Ed Bahan, RD2, Box 257, Elysburg, PA 17824. 717-672-2283. Feel free to call.

**ASSISTANT SWIM COACH** for instructional and junior age group program needed. Reply to: Cumberland Area Swim Team, PO Box 7668, Cumberland, RI 02864 or call Dave Hunter at 401-334--311 (home).

**NEW ENGLAND SWIMMING OFFICE:** Mary Riddell  
20 Cleveland Road  
Needham, MA 02192  
617-449-0270

**OFFICE HOURS:** Monday : 8 a.m.--2 p.m.; 7:30 p.m.--10 p.m.  
Thursday: 8 a.m.--2 p.m.

**HOTEL FOR ZONES:** At the present time Marc Allen is working to obtain a block of rooms for zones at a reasonable price. All information concerning hotel rooms will be in the June newsletter (to be published mid-june). If you want information before that time, please call the office.

**COACHES APPLICATION FOR EASTERN ZONE LONG COURSE MEET - AUGUST 11,12,13 & 14, 1993.**

OAKMARR RECREATION CENTER, 3134 JERMANTOWN RD., OARTON, VA.

NAME \_\_\_\_\_ CLUB \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TRAVEL EXPENSES AND HOTEL EXPENSES WILL BE PAID FOR BY NEW ENGLAND SWIMMING.

PLEASE RETURN THE ABOVE FORM TO ISABELLE FRASER, 125 FRANKLIN RD., LONGMEADOW, MA. 01106. 413-567-2239

DUTIES ARE TO BE IN ATTENDANCE AT ALL SESSIONS OF THE FOUR DAY SWIM MEET, WARM UP THE SWIMMERS, TAKE NECESSARY SPLITS, PUT TOGETHER THE RELAYS, AND ANY OTHER ON DECK WORK THAT IS NECESSARY. SWIMMERS ARE CHAPERONED BY THEIR OWN PARENTS AT THIS MEET.

**IMPORTANT INFORMATION CONCERNING CHAMPIONSHIP MEETS THIS SUMMER:**

**NEW ENGLAND SENIORS:** In order to participate in New England Seniors this summer, a swimmer must have swum in at least one New England Calendar Meet during the past 11 months. (This is not a requirement for Age Groups.)

Again this summer, Senior events will be paired--50 & 100 free; 200 & 500 free; 800 & 1500 free; 100 & 200 back; 100 & 200 breast; 100 & 200 fly; 100 & 200 fly. A swimmer who has qualified in one event may swim the other event in the pair.

**AGE GROUPS:** Age Groups this summer will be trials and finals for 11 & 12, 13 & 13, and 15--18. There will be a full four-day format, although on Thursday the only 11 and 12 event will be timed finals for the 400 free during finals. Swimmers who are 13 and over will be subject to a scratch rule for all events.

**TEN AND UNDER CHAMPIONSHIPS:** This meet will be timed finals for 8 and unders and 9 and 10. There will be one session for combined age groups on Saturday and another combined session on Sunday.

**OFFICIALS** will be asked to help with these meets; **TIMERS** for all three meets will be required of participating teams.

**VERIFICATION:** All swimmers must have verification for all events at New England Seniors, Age Groups, and Ten and under Championships. For Seniors, only the "qualified" event will be verified.

All swimmers must have the verification for their events in the team's verification packet before the meet begins. (The office will have New England Calendar Meets.) Please be especially sure that your college and high school swimmers have their verification before you enter them in Age Groups and Seniors. Verification is required for all events that are DQ'ed (INCLUDING FALSE STARTS) or do not achieve the cut (except for "paired" events which are verified from the "qualified" event). So be sure everyone has verification!!! We will not wait for phone calls, faxes or mail from college coaches or for meet results which are "in my car" or "at home." If a swimmer does not have verification, he/she is out of the rest of the meet, including relays. **DO NOT TAKE THIS CHANCE!!!**

**REIMBURSEMENT:** In order to receive reimbursement for Junior Nationals or Senior Nationals this summer, a swimmer must participate in at least two New England Calendar Meets during the long course season and must have been registered in New England and participated in a New England calendar meet at least 6 months before the national championship meet for which reimbursement is being requested.

A swimmer who did not meet the requirements for reimbursement during the short course season because he/she did not participate in three New England Calendar Meets, must swim in three New England Calendar Meets during the long course season in order to request a waiver for the short course season.

**NEW ENGLAND CALENDAR MEETS:** A New England Calendar Meet is one which is on the New England Calendar which was published in the newsletter (and following updates). New England Calendar Meets are open to anyone in New England who otherwise qualifies. "Invitational" meets, which are open to only those invited by the host team, do not count for purposes of reimbursement or meet the requirements for entering New England Senior Championships. (Times achieved at "invitational" and other closed meets also are not considered for "Top Ten Times.")

**EASTERN ZONE TEAM:**

CONGRATULATIONS to the Zone Team which represented New England at the Eastern Zone Meet in Buffalo, New York on April 1--5, 1993. Outstanding swims included MELISSA SALINGER who won the 13 and 14 200 butterfly and MELISSA LAGUE who won the 10 and under 100 backstroke. The 10 and under 400 free relay (SCARLETTE QUIGLEY, AMY DANCIK, BETHANY GREEN and MELISSA LAGUE also placed first.

**TEAM MEMBERS INCLUDED:****10 and under:**

MEREDITH COWIE	BYD	LEE STEVENS	EST
*SCARLETTE QUIGLEY	MVP	JUSTIN MORTIMER	MSSC
AMY DANCIK	SSA	JOSHUA SIMPSON	GMSC
BETHANY GREEN	NEB	*CARLTON CRONIN	HYST
*MELISSA LAGUE	HYST		
JULIE BLIME	CONY		

**11 and 12:**

JANE COUTO	EBAC	BRANDI BLAKELY	EBAC
JACKIE ERRE CART	BYD	BRIAN DONOVAN	PVAC
BRIDGET VEZINA	NWSC	*KEVIN RILEY	MVP
JAI ME LEDUC	BYD	BEN WHITTAKER	CCSC
ABBY BRETHAUER	MSSC	*TIM GALE	PVAC
AMY BLIME	CONY	NICK BRUNELLI	BSC
ANDREA GIROLAMO	MVP	NEIL TASKILA	GMSC
ELIZABETH ACKLEY	MVP		

**13 and 14:**

*ALISON WHITNEY	GMSC	COREY BLAKELY	EBAC
ERIN HOWARTH	CSC	ZEB JENKINS	PVAC
HEATHER WILDER	MVP	CHRISTOPHER DANCIK	SSA
*KERRIANNE KALEKO	PVAC	TIM GRIMES	GMSC
*KATHERINE SANDERS	SSA	*WILLIAM MAHER	BSC
*JULIE LAPINSKY	TRAC	STEPHEN MAHER	BSC
*DARA PRISTAW	NCAC	TONY FONSECA	BSC
*MELISSA SALINGER	GMSC	ANTHONY SAKARENY	MVP
		*SHANE RAYMOND	CCSC

**15 through 18:**

*KRISTIE MITCHELL	TOST	*MICHAEL BARONI	SSA
*KRISTE KLINER	PYST	JEFF LEAKE	BENN
AMY ALLEN	SSA	KEVIN EPPIG	MVP
LAURA GUSTAFSON	GMSC	*MIKE GUSTAFSON	GMSC

\* swam in finals of an individual event.

Teams listed are the teams that the swimmers represented at the time they were selected. At the meet they represented New England.

**COACHES:**

ISABELLE FRASER	PVAC	SCOTT WOOLSLEY	BYD
SCOTT PORTER	MVP	JIM MCCOMBS	SSA

1993 EASTERN ZONE LONG COURSE CHAMPIONSHIPS

ORDER OF EVENTS  
WEDNESDAY 11 AUGUST 1993

MORNING PRELIMINARIES:

7:15 AM WARM-UP  
8:30 AM EVENTS

WOMEN		MEN	
1	4:46.99	15 & O	400 M FREESTYLE
2	2:20.49	13 - 14	200 M FREESTYLE
4	2:35.49	15 & O	200 M BACKSTROKE
6	5:38.19	13 - 14	400 M INDIVIDUAL MEDLEY
8	1:22.59	15 & O	100 M BREASTSTROKE
10*	- - - -	13 - 14	400 M MEDLEY RELAY
12*	- - - -	15 - 18	400 M FREE RELAY

2:12.99	3
2:21.99	5
5:21.99	7
1:14.09	9
- - - -	11*
- - - -	13*

----- FIFTEEN MINUTE WARM-UP -----

14**	9:54.59	13 - 14	800 M FREE	9:42.79	15**
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AFTERNOON PRELIMINARIES:

12:30 PM WARM-UP  
1:45 PM EVENTS

17	1:27.19	11 - 12	400 M FREE	5:03.29	16***
19	1:17.89	10 & U	100 M BACKSTROKE	1:26.49	18
21	45.99	11 - 12	100 M BACKSTROKE	1:18.09	20
23	39.69	10 & U	50 M BREASTSTROKE	46.19	22
25	- - - -	11 - 12	50 M BREASTSTROKE	39.59	24
27*	- - - -	10 & U	200 M MEDLEY RELAY	- - - -	26
		11 - 12	200 M FREE RELAY	- - - -	28*

EVENING FINALS:

5:45 PM WARM-UP  
7:00 PM EVENTS

15 & O	400 M FREESTYLE
13 - 14	200 M FREESTYLE
11 - 12	100 M BACKSTROKE
15 & O	200 M BACKSTROKE
13 - 14	400 M INDIVIDUAL MEDLEY
11 - 12	50 M BREASTSTROKE
15 & O	100 M BREASTSTROKE
11 - 12	200 M FREE RELAY
13 - 14	400 M MEDLEY RELAY
15 - 18	400 M FREE RELAY

\* THESE RELAYS WILL BE SWUM IN THE EVENING SESSIONS AS TIMED FINALS

\*\* ALL ENTRANTS FOR THE 800M FREE MUST CHECK-IN AT THE SCRATCH TABLE PRIOR TO THE WARM-UP FOR THE 800 M FREE, OR THEY WILL BE SCRATCHED.

\*\*\* ALL ENTRANTS FOR THE 400M FREE MUST CHECK-IN AT THE SCRATCH TABLE PRIOR TO THE CONCLUSION OF WARM-UP OR THEY WILL BE SCRATCHED.

# 1993 EASTERN ZONE LONG COURSE CHAMPIONSHIPS

## ORDER OF EVENTS THURSDAY 12 AUGUST 1993

### MORNING PRELIMINARIES:

7:15 AM WARM-UP  
8:30 AM EVENTS

WOMEN				MEN	
		13 - 14	400 M FREESTYLE	4:40.69	29
30	29.69	13 - 14	50 M FREESTYLE	28.09	31
32	29.69	15 & O	50 M FREESTYLE	27.09	33
34	2:37.39	13 - 14	200 M BUTTERFLY	2:30.69	35
36	2:31.59	15 & O	200 M BUTTERFLY	2:20.89	37
38	1:25.09	13 - 14	100 M BREASTSTROKE	1:18.59	39
40	5:30.49	15 & O	400 M INDIVIDUAL MEDLEY	5:07.09	41
42*	- - - -	13 - 14	400 M FREE RELAY	- - - -	43*
44*	- - - -	15 - 18	400 M MEDLEY RELAY	- - - -	45*

- - - - - FIFTEEN MINUTE WARM-UP - - - - -

46**	9:48.39	15 & O	800 M FREE	9:14.29	47**
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### AFTERNOON PRELIMINARIES:

12:30 PM WARM-UP  
1:45 PM EVENTS

48	2:25.99	11 - 12	200 M FREESTYLE	2:24.09	49
50	2:45.59	10 & U	200 M FREESTYLE	2:39.89	51
52	33.29	11 - 12	50 M BUTTERFLY	33.29	53
54	38.19	10 & U	50 M BUTTERFLY	37.39	55
56	1:27.29	11 - 12	100 M BREASTSTROKE	1:27.29	57
58	1:38.79	10 & U	100 M BREASTSTROKE	1:38.09	59
60*	- - - -	11 - 12	200 M MEDLEY RELAY	- - - -	61*
62	- - - -	10 & U	200 M FREESTYLE RELAY	- - - -	63

### EVENING FINALS:

5:45 PM WARM-UP  
7:00 PM EVENTS

13 - 14	400 M FREESTYLE
11 - 12	200 M FREESTYLE
15 & O	50 M FREESTYLE
13 - 14	50 M FREESTYLE
11 - 12	50 M BUTTERFLY
13 - 14	200 M BUTTERFLY
15 & O	200 M BUTTERFLY
11 - 12	100 M BREASTSTROKE
13 - 14	100 M BREASTSTROKE
15 & O	400 M INDIVIDUAL MEDLEY
11 - 12	200 M MEDLEY RELAY
13 - 14	400 M FREE RELAY
15 - 18	400 M MEDLEY RELAY

\* THESE RELAYS WILL BE SWUM IN THE EVENING SESSIONS AS TIMED FINALS

\*\* ALL ENTRANTS FOR THE 800M FREE MUST CHECK-IN AT THE SCRATCH TABLE PRIOR TO THE WARM-UP FOR THE 800 M FREE, OR THEY WILL BE SCRATCHED.

1993 EASTERN ZONE LONG COURSE CHAMPIONSHIPS

ORDER OF EVENTS  
FRIDAY 13 AUGUST 1993

MORNING PRELIMINARIES:

7:15 AM WARM-UP  
8:30 AM EVENTS

WOMEN			MEN		
		15 & O	400 M FREESTYLE	4:28.89	64
65	2:40.29	13 - 14	200 M INDIVIDUAL MEDLEY	2:31:59	66
67	1:12.69	15 & O	100 M BACKSTROKE	1:06:69	68
69	1:12.29	13 - 14	100 M BUTTERFLY	1:08:19	70
71	1:09.89	15 & O	100 M BUTTERFLY	1:03:69	72
73	1:14.99	13 - 14	100 M BACKSTROKE	1:10:49	74
75	2:16.99	15 & O	200 M FREESTYLE	2:07:69	76
77*	- - - -	13 - 14	200 M MEDLEY RELAY	- - - -	78*
79*	- - - -	15 - 18	200 M FREESTYLE RELAY	- - - -	80*

- - - - - FIFTEEN MINUTE WARM-UP - - - - -

81\*\* 19:11.49      13 - 14 1500 M FREESTYLE      18:37:09      82\*\*

AFTERNOON PRELIMINARIES:

12:30 PM WARM-UP  
1:45 PM EVENTS

83	1:06.79	11 - 12	100 M FREESTYLE	1:06:19	84
85	1:15.29	10 & U	100 M FREESTYLE	1:13:69	86
87	1:15.49	11 - 12	100 M BUTTERFLY	1:14:99	88
89	1:31.19	10 & U	100 M BUTTERFLY	1:28:39	90
91	35.89	11 - 12	50 M BACKSTROKE	35:89	92
93	40.29	10 & U	50 M BACKSTROKE	40:09	94
95*	- - - -	11 - 12	400 M FREESTYLE RELAY	- - - -	96*
97	- - - -	10 & U	400 M MEDLEY RELAY	- - - -	98

EVENING FINALS:

5:45 PM WARM-UP  
7:00 PM EVENTS

15 & O	400 M FREESTYLE
13 - 14	200 M INDIVIDUAL MEDLEY
11 - 12	100 M FREESTYLE
15 & O	100 M BACKSTROKE
13 - 14	100 M BUTTERFLY
11 - 12	100 M BUTTERFLY
15 & O	100 M BUTTERFLY
13 - 14	100 M BACKSTROKE
11 - 12	50 M BACKSTROKE
15 & O	200 M FREESTYLE
11 - 12	400 M FREESTYLE RELAY
13 - 14	200 M MEDLEY RELAY
15 - 18	200 M FREESTYLE RELAY

\* THESE RELAYS WILL BE SWIM IN THE EVENING SESSIONS AS TIMED FINALS

\*\* ALL ENTRANTS FOR THE 1500M FREE MUST CHECK-IN AT THE SCRATCH TABLE PRIOR TO THE WARM-UP FOR THE 1500 M FREE, OR THEY WILL BE SCRATCHED.

1993 EASTERN ZONE LONG COURSE CHAMPIONSHIPS

ORDER OF EVENTS  
SATURDAY 14 AUGUST 1993

MORNING PRELIMINARIES:

7:15 AM WARM-UP  
8:30 AM EVENTS

WOMEN			MEN		
99	4:52.69	13 - 14	400 M FREESTYLE		
100	3:02.49	13 - 14	200 M BREASTSTROKE	2:51.49	101
102	2:56.29	15 & O	200 M BREASTSTROKE	2:39.79	103
104	1:04.99	13 - 14	100 M FREESTYLE	1:01.29	105
106	1:04.39	15 & O	100 M FREESTYLE	58.99	107
108	2:40.09	13 - 14	200 M BACKSTROKE	2:32.99	109
110	2:35.89	15 & O	200 M INDIVIDUAL MEDLEY	2:24.59	111
112*	- - - -	13 - 14	200 M FREESTYLE RELAY	- - - -	113*
114*	- - - -	15 - 18	200 M MEDLEY RELAY	- - - -	115*

- - - - - FIFTEEN MINUTE WARM-UP - - - - -

116\*\* 18:46.09      15 & O 1500 M FREESTYLE      17:46.09 117\*\*

AFTERNOON PRELIMINARIES:

12:30 PM WARM-UP  
1:45 PM EVENTS

118***	5:04.69	11 - 12	400 M FREESTYLE		
119	33.89	10 & U	50 M FREESTYLE*	33.49	120
121	30.59	11 - 12	50 M FREESTYLE	30.39	122
123	3:06.89	10 & U	200 M INDIVIDUAL MEDLEY	3:01.69	124
125	2:44.19	11 - 12	200 M INDIVIDUAL MEDLEY	2:43.79	126
127	- - - -	10 & U	400 M FREESTYLE RELAY	- - - -	128
129*	- - - -	11 - 12	400 M MEDLEY RELAY	- - - -	130*

EVENING FINALS:

5:45 PM WARM-UP  
7:00 PM EVENTS

13 - 14	400 M FREESTYLE
15 & O	200 M BREASTSTROKE
13 - 14	200 M BREASTSTROKE
11 - 12	50 M FREESTYLE
13 - 14	100 M FREESTYLE
15 & O	100 M FREESTYLE
11 - 12	200 M INDIVIDUAL MEDLEY
13 - 14	200 M BACKSTROKE
15 & O	200 M INDIVIDUAL MEDLEY
11 - 12	400 M MEDLEY RELAY
13 - 14	200 M FREESTYLE RELAY
15 - 18	200 M MEDLEY RELAY

\* THESE RELAYS WILL BE SWUM IN THE EVENING SESSIONS AS TIMED FINALS

\*\* ALL ENTRANTS FOR THE 1500M FREE MUST CHECK-IN AT THE SCRATCH TABLE PRIOR TO THE WARM-UP FOR THE 1500 M FREE, OR THEY WILL BE SCRATCHED.

\*\*\* ALL ENTRANTS FOR THE 400M FREE MUST CHECK-IN AT THE SCRATCH TABLE PRIOR TO THE CONCLUSION OF WARM-UP OR THEY WILL BE SCRATCHED.



EASTERN ZONE SUMMER LONG COURSE SWIM MEET  
OAKMARR RECREATION CENTER- AUGUST 11,12,13 & 14, 1993  
3134 JERMANTOWN RD., OAKTON, VA.

INFO: ISABELLE FRASER  
125 FRANKLIN RD.,  
LONGMEADOW, MA. 01106  
413-567-2239

APPLICATION FORM

ELIGIBILITY: MUST BE REGISTERED WITH U.S. SWIMMING

ENTRY TIMES: MUST BE LONG COURSE METERS, MUST BE ACHIEVED AFTER  
SEPT. 1, 1992, EXCEPT 1500 & 800 - MAY BE MAY 1, 1992.

ENTRIES CAN BE SUBMITTED EARLY, AND UPDATED DURING AGE  
GROUPS OR SENIORS. ALL ENTRIES MUST BE RECEIVED THE FINAL  
NIGHT OF AGE GROUPS. NO PHONE ENTRIES ON MONDAY.

ENTRY FEES: \$4.00 AN INDIVIDUAL EVENT - RELAYS WILL BE PAID FOR BY NEW  
ENGLAND SWIMMING. MAKE CHECKS PAYABLE TO ISABELLE FRASER,  
NOT. N.E. SWIMMING. THIS ENTRY GOES OUT AT THE LAST MINUTE  
AND I DO NOT HAVE TIME TO GET A CHECK FROM NEW ENGLAND. SWIMMERS  
MAY SWIM SIX EVENTS TOTAL-NO MORE THAN THREE PER DAY.

ALL SWIMMERS MUST HAVE PARTICIPATED IN TWO N.E. CALENDAR MEETS OVER  
THE SUMMER SEASON.

SWIMMERS NAME \_\_\_\_\_ AGE \_\_\_\_\_ U.S. # \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE # \_\_\_\_\_

NEW ENGLAND CALENDAR SUMMER MEETS-LIST BY CODE 1 \_\_\_\_\_ 2 \_\_\_\_\_

PARENTS SIGNATURE \_\_\_\_\_

	<u>MEET TIME ACHIEVED</u>
50 METER FREE _____	_____
100 METER FREE _____	_____
200 METER FREE _____	_____
400 METER FREE _____	_____
800 METER FREE _____	_____
1500 METER FREE _____	_____
50 METER FLY _____	_____
100 METER FLY _____	_____
200 METER FLY _____	_____
50 METER BACK _____	_____
100 METER BACK _____	_____
200 METER BACK _____	_____
50 METER BREAST _____	_____
100 METER BREAST _____	_____
200 METER BREAST _____	_____
200 METER IND.MED. _____	_____
400 METER IND. MED. _____	_____

RELAYS WILL BE PUT TOGETHER WITH THE TIMES ENTERED OFF THESE  
SHEETS. ANYONE WHO IS TO BE IN A RELAY WILL BE TOLD AT THE END  
OF THE PRELIMINARIES EACH DAY.

DEADLINE FOR THESE SHEETS TO BE IN TO ISABELLE FRASER IS  
SUNDAY, AUGUST 1, 1993

**SEED CARDS:** Seed Cards are available through the New England Office. The cost for plain cards is \$22 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$19 per thousand. There is no minimum, and the cards may be split any way between boys and girls.

If you want initials on the cards, the price for 1,000 cards is \$31, including mailing. If the cards are picked up in Needham, the cost is \$28. If you want 2,000 or more cards with initials, the cost is \$26 per thousand, including mailing, or \$23 per thousand if the cards are picked up in Needham. The minimum order for cards with initials is 1,000 cards.

\*\*\*\*\*

**NEWSLETTER PLUS SUBSCRIPTIONS:** Please check the expiration date of your subscription to NEWSLETTER PLUS. Subscriptions may be ordered through the New England Office for \$10 per year. Clubs do not have an expiration date on their labels since all registered clubs receive one free subscription with their registration.

011 SPFLD MA DCR #3



**United States Swimming  
New England**  
20 Cleveland Road Needham, MA 02192

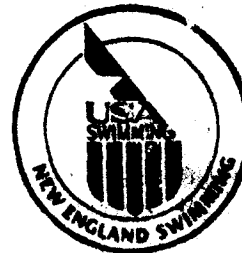


**PIONEER VALLEY AQUATIC CLUB**  
Isabelle Fraser  
125 Franklin Road  
Longmeadow, MA 01106  
PVAC





# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

JUNE 1993

**IN THIS ISSUE:** PROPOSED 1993—1994 SHORT COURSE CALENDAR & BID FORM;  
SANCTIONED & APPROVED MEETS; INFO CONCERNING LONG COURSE  
CHAMPIONSHIP MEETS; REGISTRATION INFO; NEW COACHES REP  
INFO; RACING CAMP....

Our apologies to GENE FOLGO (BSC) who was omitted from the **ZONE TEAM** list.

#### **SUMMER ZONE TEAM HOTEL:**

New England Swimming (thanks to Marc Allen) has reserved a block of rooms for summer zones in Virginia. ~~The hotel is the HOLIDAY INN FAIRFAX.~~ Rooms at \$62 (plus 6.5% tax) will be held until Tuesday, August 3, 1993. To make reservations, call Elizabeth Parker at 703-352-2525 and ask for the New England Swimming rooms.

The hotel is 5 minutes from the facility and within walking distance of a mall will several restaurants. It is the zone headquarters for the meet and also is the hotel where New England has stayed in the past.

#### **PROPOSED SHORT COURSE CALENDAR:**

The proposed New England Short Course Calendar is included in this newsletter as is a bid form. Please note there are several changes on this year's proposed calendar.

**TEN & UNDERS:** The time standards for 9 and 10-year-olds at Ten & under Championships will be established so that most of the 9 & 10 who normally would have attended Silver Classic will go to Ten & under Championships instead. There will be no ten & under swimmers at Silver Classic, allowing more room for older swimmers.

**BRONZE TO SILVER:** Swimmers may not swim the same event at both Bronze Classic and Silver Classic.

**TEAM SPECIALTY WEEKEND:** Three weekends have been designated as "Team Specialty Weekends." It is planned that on these weekends there will be three team specialty meets, with each of the three meets offering exactly the same events and format. The deadlines for entries will be early enough that a team that is cut from its first choice will have time to submit its entry to another meet on the same weekend.

The Board of New England Swimming will meet on Monday, July 12, 1993 at 7 pm at the Nashua Country Club, Nashua, NH.

**AGE GROUPS:**

Long Course Age Groups this summer will be trials and finals for 11 & 12; 13 & 14 and 15 through 18 swimmers, necessitating a full four-day format. The events will be as follows:

Thursday: 11 & 12: 400 free (will be swum as timed finals at night)  
 13 & 14 and 15--18: 100 back, 50 free, 200 breast, 800 free relay\*  
 1500 free\*\*

Friday: 11 & 12: 100 free, 50 breast, 200 IM, 200 free relay\*\*  
 13 & 14 and 15--18: 200 free, 100 breast, 400 IM

Saturday: 11 & 12: 100 back, 50 fly, 200 free, 200 medley relay\*\*  
 13 & 14 and 15--18: 200 back, 100 fly, 400 free, 400 medley relay\*

Sunday: 11 & 12: 100 breast, 50 free, 100 fly, 50 back, 400 free relay\*\*  
 13 & 14 and 15--18: 200 IM, 100 free, 200 fly, 400 free relay\*  
 800 free\*\*

\*13 & 14 relays will be swum in the morning as timed finals;  
 15--18 relays will be swum in the evening as timed finals

\*\*11 & 12 relays will be swum in the morning as timed finals

~~1500 free & 800 free will be swum at the end of the morning sessions as timed  
 finals~~

**SCRATCH POLICIES (A BRIEF SUMMARY)\*:**

**FINALS:** All swimmers who qualify for finals or consolations finals must scratch within 30 minutes of the announcement of the final qualifiers if they do not intend to swim.

**TRIALS:** All 13 and 14 and 15--18 swimmers who are entered in trials in an event and do not intend to swim, must scratch by 6:45 pm the evening before the event. This includes relays! The 1500 and 800 freestyles will require a positive check-in.

11 & 12 swimmers are not required to scratch, but are requested to, especially for the 400 free.

\*FOR COMPLETE INFORMATION CONCERNING SCRATCH RULES, PENALTIES, AND THE TELEPHONE NUMBER FOR PHONE SCRATCHES, PLEASE CONSULT THE AGE GROUP ENTRY.

**NEW COACHES REP:** It is time to start thinking about a new coaches rep. The two-year term of Dan Warner (CAY) is about to end, and he is looking for nominations for a new rep. Please send nominations to Dan by Wednesday, July 21. The election will be at Age Groups. If you will not attend and would like a ballot, please contact the New England Office and a ballot will be sent to you.

**NOMINATION FOR JUNIOR COACHES REP:****NOMINATED BY:**

SEND TO: DAN WARNER, CAPE ANN YMCA, 71 MIDDLE STREET, GLOUCESTER, MA 01930  
 by July 21, 1993.

**NEW ENGLAND SENIORS:**

This summer's New England Senior Championships is being run by New England Swimming at Harvard University with the cooperation of Harvard University and the Harvard Swim Teams. The pool was available for the meet, but the Mass Bay Marlins were going to be running Age Groups on the following weekend, so felt that they were unable to run two championship meets on two weeks in a row. Thus, it was decided that New England would run the meet.

New England Swimming asked Kim Kredich to be the Meet Director and also to do the computer work. She will need the full cooperation of all teams entering the meet! Since New England is running the meet, all positions needed to run a meet must be supplied by New England (except the food and equipment concessions which are being taken care of by Harvard). Each session will require close to 40 workers--officials, timers, runners, admissions, security, control office, awards, announcer, marshalls, hospitality, etc.

Every team entered in the meet will be required to supply timers and other workers according to the size of the team's entry. Teams may have to bring extra parents (or reliable older swimmers) to fulfill the team's work obligation. Other parents may have to arrive early or stay late, again to fulfill the team's work obligation.

New England Swimming expects all teams to cooperate completely. Without this cooperation, there will be no meet! Kim is looking for committee heads for the following committees: admissions, hospitality, marshals, security. If you would like to volunteer for these or other positions, please call Kim at 401-751-2249 or call the New England Office.

Please note in the entry that all non-athletes attending the meet will be expected to pay the \$1 admission fee except coaches who show their membership cards at the door.

New England Swimming would like our Senior swimmers to have the benefits of a quality meet. We thank you in advance for your complete cooperation.

**TEN AND UNDER CHAMPIONSHIPS:**

Ten and under Championships will involve one session combining 8 & under and 9 and 10 events on Saturday morning and a second session combininb 8 & under and 9 and 10 events on Sunday morning. All events will be timed finals.

**GRADUATING SENIORS:**

Again this year, New England Swimming will be recognizing all New England Swimmers who are graduating from high school. ~~This recognition will take place at the beginning of the finals session on Sunday evening.~~ We would like to invite all graduating seniors to be present and recognized at this time, even if they will not be swimming in that session.

The coaches' packets will include a form for coaches to list all graduating seniors who will be present and their post-high school plans. If you plan to be present, tell your coach so your name can be included.

**REGISTRATION:**

It is time to begin thinking about registration for 1994. Fees for 1994 will remain the same as for 1993:

**CLUBS** : \$100 (\$70 to USS; \$30 to NES)  
**ATHLETES** : \$ 25 (\$20 to USS; \$ 5 to NES)  
**NON-ATHLETES:** \$ 22 (\$20 to USS; \$ 2 to NES)

In August the New England Office will send a form to each club asking the club to indicate its team address for the fall and also the name and address of the registration person for the team. Registration materials will not be sent to a team until the office has the name and address of the registration chairperson.

**COACHES** should remember that they need to submit copies of their First Aid, CPR, and Safety Training for Swim Coaches cards when they register.

**OFFICIALS** should remember that they need to submit a copy of their yellow "Coaches Certification Card" in order to register as coaches.

**CLUBS** should remember that they need at least one registered coach to register a club. They also need another registered non-athlete who is the club's "Safety Officer." This must be someone **other than a coach.**

**HIGH POINT WINNERS—PIONEER VALLEY AQUATIC CLUB "A" MEET:**

10 & under;	1. C J CRONIN	HYST	1. MELISSA LAGUE	HYST
	2. JEREMY TILLMAN	WYST	2. JULIE CIAMPA	BGSC
	3. JOSHUE SIMPSON	GMSC	3. AMY DANCHIK	SSA
	4. JEFFREY RIVKIN	BEAR-CT	4. SARAH FERRANTI	HYST
	5. OLIVER RUFF	NHKN-AD	5. CAROLINE CELANO	BGSC
	6. ADAM WALLACE	PPSC-ME	6. ASHLEY MARLENGA	PSC
11 & 12:	1. BRIAN DONOVAN	PVAC	1. JAMIE CAILL	UN
	2. ERIK VENDT	MEM	2. ANGELA CAPRIGNO	HYST
	3. GREG BILTON	MEM	3. KRISTY MARTIN	GMSC
	4. BRENDAN LARACY	CSC	4. KATE MOODY	GMSC
	NICHOLAS BRUNELLI	UN	5. AMY VERRAULT	SSA
	6. TIM CARTER	AMW	6. JILL STONEHOUSE	UN
13 & 14:	1. TONOHIRO HAGIYA	MEM	1. KERRIANNE KALEKO	UN
	2. ZEB JENKINS	PVAC	2. EMILY DEPPE	SSA
	3. JON KISSIDA	MEM	JULIE LAPINSKY	TRAC
	4. MATTHEW O'DONNELL	NEB	4. KRISTIN LOZEAU	GMSC
	5. JOSHUA PAUL	AJSC-CT	5. KARRI CHARPENTIER	GMSC
	6. ANTONIO FONSECA	UN	ANNA CHRISTIANSEN	HYST
	JEROME LESLIE	PVAC	ANDI NAGEL	BEAR-CT
OPEN:	1. ALEX CUNHA	NEB	1. NICOLE ROBILLARD	BEAR-CT
	2. RICK DZAVIK	MEM	2. MICHELE LABRIE	SSA
	3. DEAN FREDETTE	SSA	3. JESSICA TUCKER-MOHL	SSA
	4. JAMIE CORBETT	SSA	4. CAROLINE PALMER	SSA
	5. PHIL CURRAN	SSA	5. LESLIE REPETTO	SSA
	6. CHRIS ANDERSON	BGSC	6. BETH ELIE	PVAC

**SANCTIONS:**

A **sanction** is a permit issued by an LSC to a USS group member to conduct an event or meet. According to USS Rules and Regulations Article 202.3, membership is required for: 1. all athletes; 2. all meet directors, referees, starters, marshals, and stroke and turn judges, and, 3. all persons acting in any coaching capacity. Conduct of the sanctioned event must conform in every respect to all technical and administrative rules of U. S. Swimming.

Since all participants in a sanctioned event are members of U. S. Swimming and U. S. Swimming rules apply, full insurance protection follows. The athletes have accident medical coverage; the athletes, non-athletes and clubs have general liability coverage:

**COST IN NEW ENGLAND:** \$ 15.00 a day for a sanction.  
\$200.00 deposit for meets, refundable when all required forms and financial statement are turned in to New England.

An **approved** meet is a designated meet conducted by organizations other than U.S. Swimming member clubs from which swimmers may use their times as USS qualifying times. The approved event must conform to all relevant USS technical and administrative rules and meet standards.

Participating U. S. Swimming athletes, non-athletes, and clubs who are acting on behalf of U. S. Swimming enjoy U. S. Swimming insurance benefits. The athletes have accident medical coverage; the athletes, non-athletes, and clubs have general liability coverage. Responsibility for the event coverage lies with the (non-USS) meet host.

**COST IN NEW ENGLAND:** NIL. It is up to the swimmers involved in any approved meet to get the results to the New England Swimming office. If an OVC is to be obtained from an approved meet (college or high school championships), then the coach or swimmer needing this should inform the OVC chairperson ahead of the designated meet.

**TIME TRIALS:** If Time Trials are attached to a sanctioned meet in New England, a separate number is to be issued. There will be no charge for this.

**TIME TRIALS, DUAL, TRI, QUAD MEETS:** For Time Trials held as a separate function and dual, tri, quad meets, all information should be sent to: Isabelle Fraser, 125 Franklin Road, Longmeadow, MA 01106 in advance of the time trial or meet. There must be two teams to conduct a time trial and there must be at least five swimmers on each team. Two copies of the results, signed by the USS referee, must be sent to the office. For an OVC to be issued, a meet must be sanctioned.

**COST:** \$15.00

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What about **"FUN MEETS"** that are neither sanctioned or approved?

If a meet is between two U. S. Swimming clubs and all participants are USS members, the meet may be considered an organized practice. Full insurance benefits apply. The athletes have accident medical coverage; the athletes, non-athletes, and clubs have general liability coverage.

There is no charge for fun meets. If results are to be used to enter New England meets, then they should be sent into the swimming office after the meet. They should be typed or printed neatly.

If the U. S. Swimming Club is hosting a non-USS club, the meet can be considered a **covered competition**. "Covered competition" is simply a device for USS clubs who want to invite a non-USS club or non-USS athletes to a meet to do so while preserving their USS insurance coverage.

If the required forms are properly filed before the event, U. S. Swimming athletes have accident medical coverage; the athletes, non-athletes, and clubs have general liability coverage.

In advance of the meet, the non-USS club must complete and submit the Certificate of Insurance for Covered Competition. If individual swimmers are invited, the swimmers must complete and submit the Liability/Medical Release form. All forms must be received by the Jardine Insurance Brokers in advance of the meet.

These forms may be obtained from U. S. Swimming, Inc., Risk Management Department, One Olympic Plaza, Colorado Springs, CO 80909-5770. They then should be sent to: JARDINE Insurance Brokers Arizona, Inc., PO Box 370, Phoenix, AZ 58001-0370. A request for a Covered Competition number should also be sent to: Isabelle Fraser, 125 Franklin Road, Longmeadow, MA 01106. Coverage is only good if the proper forms have been filed. COST: NIL

If a U. S. Swimming Club is **attending** a meet (non-approved) hosted by a non-USS club, participating U. S. Swimming athletes, non-athletes, and clubs who are acting on behalf of U. S. Swimming enjoy **limited** U. S. Swimming Insurance benefits. The athletes have accident medical coverage; the athletes, non-athletes, and clubs have general liability coverage subject to a **\$1000,000 sub-limit**. Responsibility for the event coverage lies with the (non-USS) meet host.

**OTHER ACTIVITIES THAT SHOULD BE SANCTIONED:**

CAMPS, ALL TYPES: \$15.00

SWIM-A-THONS: COST NIL, but application for sanction should be turned in.

DUAL MEETS, TRI-MEETS, ETC.: \$15.00

CHAMPIONSHIP AND "CLASSIC" MEETS: Anyone running a championship or "classic" meet is also required to fill out a request for sanction and submit it with the proper fees to Isabelle Fraser even though championship and "classic" meet information is sent out by the New England Office.

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Applications for sanctions can be obtained from: New England Swimming, 20 Cleveland Road, Needham, MA 02192 or Isabelle Fraser, 125 Franklin Road, Longmeadow Road 01106. One filled out, they should be sent to Isabelle Fraser with the appropriate fee, if needed. All checks should be made out to New England Swimming, Inc.

**NEW ENGLAND SWIMMING OFFICE:** Mary Riddell  
20 Cleveland Road  
Needham, MA 02192  
617-449-0270

**OFFICE HOURS:** Monday : 8 a.m.--2 p.m.; 7:30 p.m.--10 p.m.  
Thursday: 8 a.m.--2 p.m.



**RACING CAMP:**

A very successful Racing Camp, sponsored by United States Swimming and New England Swimming, was held at Regis College, Weston, MA on June 6, 1993. The camp was for swimmers ages 9, 10, and 11 and was directed by Meg Carey Leiko (NEB). Thank you to all the swimmers, clubs, parents, and coaches who participated. Any club that would be interested in hosting a USS camp in the future should contact Meg Carey Leiko at 617-628-7308 or 617-628-4604.

**CAMPERS** who attended the camp included:

**ABF:** DEANNA CROSS, MATTHEW BOCH, MEREDITH TIBBETTS

**ANA:** NATE VANIZELFDE

**ATST:** ELLEN KATCH, MERRY CIAMPA, KATIE ZACARIAN, EMILY CAREY, MAYA MARX

**BENN:** DAVID LUTZ

**BYB:** JENNIFER BRICKETT

**CAST:** ELLEN LIVESEY, MEGHAN MCLAUGHLIN, KIMBERLY REYNOLDS, RICHARD SCHOTTER

**CSC:** ALLISON KOSTICK, KATELYN LARACY, JULIE LACEY

**CVWM:** MIKE HILDEBRANDT

**EM:** NICHOLAS OWEN

**EST:** ANNE TIERNAN, EMILY TIERNAN

**GBSC:** TIM MCGINNIS, CAROLINE MCGINNIS

**MVP:** MATTHEW GAGNE, NICOLE HENDRICKSON, RICHARD KINNETT, SCARLETTE QUIGLEY

**NEB:** KATIE JOYCE, ERIN CLAXTON, JANE BARGMANN, TESS TOMLINSON, STACY CLAYTON

**SSA:** MONICA JAFERIAN, KATIE RECTOR, MOLLY WATSON, AMIE GINGAS, MEAGAN JULIAN, AMY CLARK-POUNDER, AMY DANCIK

**SWST:** MEGHAN BINDER

**WEB:** KATY DION

**YSS:** GEMMA O'BRIEN, ADAM TOBIN, JEFF SCHNEIDER, KELLY READY, KERI DRISCOLL

**ME:** ERIC VOLIN, JENNIFER ALPERN, WHITNEY ROCKWELL, LAUREN PERKINS, DREW GRANT, MORGAN SWINBORN

**COACHES** who helped with the camp included: JIM MCCOMES (SSA), MEG CAREY LEIKO (NEB), ERICK LANS (NEB), SHANNON CANNON (SSA), and STEVE OSTAPOW (MEM).

**TRASH AND GARBAGE:**

It has come to the attention of New England Swimming that there has been some "piggy" behavior at meets recently. Swimmers, coaches, parents, and siblings are reminded that there should be no trash or garbage left behind, either on deck, in the stands or in the locker rooms, at the end of a meet. Coaches and parents should set examples by picking up their own trash and should insist that their swimmers and children do the same. Swimmers who bring their own snacks to meets should remember that there is no eating on deck; snacks should be taken to the snack bar area or other appropriate location. **DO NOT LEAVE A MEET UNTIL YOUR TEAM AREA IS CLEAN!!**

## 1993—1994 SHORT COURSE NEW ENGLAND CALENDAR (PROPOSED)

SEPT.	4—5		
	11—12		
	18—19		
	25—26		
OCT.	2	ANNUAL MEETING (tentative)	
	9—10		
	16—17		
	24	TOP TEN BANQUET	
	30—31		
NOV.	6—7	TEAM SPECIALTY WEEKEND *	
	13—14		
	20—21		
	27—28		
DEC.	4—5	TEAM SPECIALTY WEEKEND *	
	10—11	SENIOR TRIALS & FINALS MEET ** either weekend	
	17—19	SENIOR TRIALS & FINALS MEET ** either weekend	
	25—26		
JAN.	1—2		
	8—9		
	13—15	SENIOR TRIALS & FINALS MEET	
	22—23	TEAM SPECIALTY WEEKEND * *	
	29—30		
FEB.	5—6		
	12—13	TEN & UNDER MINI-MEET/QUALIFIER	
	19—20	AGE GROUP QUALIFIER ***	BRONZE CLASSIC
	26—27	NEW ENGLAND TEN & UNDER CHAMPIONSHIPS (8 & under, 9—10—timed finals)	
MAR.	3—6	NEW ENGLAND AGE GROUP CHAMPIONSHIPS (11—12, 13—14, 15—16—trials & finals)	
	10—13	NEW ENGLAND SENIOR CHAMPIONSHIPS	
	19—20	SILVER CLASSIC ***	
	22—26	US JUNIOR NATIONALS—ANN ARBOR, MICHIGAN	
	30—3	US SENIOR NATIONALS—FEDERAL WAY, WASHINGTON EASTERN ZONES—PRINCETON, NEW JERSEY	

Bids for meets on the calendar will be given priority; all other dates are open for bids. Dual Meets are encouraged for dates in September and October.

\* It is planned that there will be three team specialty meets, all offering the same events, on each "Team Specialty Weekend" so that more swimmers can be accommodated in these popular meets.

\*\*\* There will be no Ten & under events at the Age Group Qualifier and at the Silver Classic. The cuts for 9 and 10 swimmers at the Ten & under Championships will be established to accommodate most of the swimmers who normally would have attended the Silver Classic. Swimmers will not be allowed to swim the same event in both Bronze Classic and Silver Classic.



# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

JULY 1993

**IN THIS ISSUE: NE SWIMMERS WHO ACHIEVED SC TOP 16 REPORTABLE TIMES;  
OFFICIALS CLINICS; ATHLETE REP INFORMATION;  
USS "SELECT" CAMPS INFORMATION & APPLICATION.....**

## **ANNUAL MEETING:**

The Annual Meeting of New England Swimming will be held on Saturday, October 2, 1993 at the Wellesley Community Center, Wellesley, MA. We hope that all New England clubs will be represented. Each club will have one vote, but may send other non-voting representatives.

The morning session will include the Annual Meeting, election of officers, and presentation of the budget. Anyone who has a topic for discussion at the Annual Meeting should contact Jim Kresel or the New England Office.

In the afternoon there will be a Meet Manager's Clinic, mandatory for all clubs running meets, conducted by Jerry Zimmer and Abby Hurlbut. A recertification clinic for officials will be conducted by Ken Cunha and Eliot Las-ky. The coaches also will have a meeting conducted by Bob Pyatt. Anyone who has a subject to be considered at any of these meetings should contact the person(s) running the meeting.

More information concerning the Annual Meeting will be in the August news-  
letter.



## **ELECTION OF BOARD OFFICERS:**

At the Annual Meeting on October 2, 1993 there will be an election for all officers of New England Swimming. The elected officers are: Chairman, Vice Chair-  
man, Treasurer, Secretary, Senior Chairman and Age Group Chairman.

At the July meeting of the Board of New England Swimming, the following mem-  
bers of the Nominating Committee were named: Bruce Mohl, Donna Brown, Abby  
Hurlbut, and Priscilla Davis.

Other members of the Board will be appointed by the Chairman after the Annual  
Meeting. Anyone who is interested in running for an elected office or being  
considered for an appointed position should contact a member of the Nominating  
Committee before August 15, 1993.

The Board of New England Swimming will not meet during the month of August.  
The next meeting of the Board will be on Monday, September 13, 1993 at 7 pm  
at the Nashua Country Club, Nashua, NH.

**OFFICIALS' CLINICS:**

**AUGUST 21** : East Providence Boys Club, East Providence, RI  
 9 am--3 pm: Stroke and Turn  
 3 pm--5:30 pm: Starters

**SEPTEMBER 11:** East Providence High School, East Providence, RI  
 9 am--noon: Referees

Contact: Carlos Pereira, evenings at 401-437-0747. If no answer, call  
 401-433-3515 or Harold Figueira at 508-336-5400.

**CLUB OROMAC** from **GUATEMALA** is interested in placing swimmers on a USS team during the months of November, December and January. If you have a host family and a team interested, contact Doris Florig, Sterling Swimmers, Box 159, Hyde Park, VT. (802-888-5959)

**AGE-GROUP COACH:** Swim Coach for instructional and age-group program needed. Please send replies and inquiries to: New England Barracudas, PO Box 462, Weston, MA 02193 or call Erick Lans at 508-399-8736.

## LAGUNAMAR SWIM CAMP

~~FOR US MASTERS AND USS SWIMMERS AND THEIR FAMILIES~~

~~BEACH FRONT RESORT ON MARGARITA ISLAND, VENEZUELA~~

~~12-26 OR 12-27 TO 1-2 OR 1-3-94~~

~~7 POOLS INCLUDING 50 METER COMPETITION POOL~~

~~WAVE POOL, GIANT WATER SLIDES, AND KIDDE POOL~~

~~LAND ONLY STARTING AT \$350 FOR SWIMMERS \$250 NON-SWIMMER~~

~~CALL BOB CROWDER (NEW ENGLAND MASTERS) AT 401-783-0917~~

The Wedgewood Club of Bedford, MA, a private, summer swim and tennis club, is looking for an experienced, permanent club manager. This position is full time from the end of the school year to Labor Day, with limited part time activity during the off season, and begins in Fall 1993. Responsibilities include: program coordinator of the swim, tennis, and membership activities as well as staff hiring and supervision of grounds maintenance. This position has a two year renewable contract. Salary is commensurate with experience.

Please send resumes with detailed experience to:

Ronald Stewart, Vice President, The Wedgewood Club, 1 Francis Kelley Road, Bedford, MA 01730

This opportunity is for the individual who is interested in a long term, full time summer position as the Club Manager of one of the premier private swim and tennis clubs in the area.

**NEW ENGLAND SWIMMING OFFICE:** Mary Riddell

20 Cleveland Road  
 Needham, MA 02192  
 617-449-0270

**OFFICE HOURS:** Monday : 8 a.m.--2 p.m.; 7:30 p.m.--10 p.m.  
 Thursday: 8 a.m.--2 p.m.

**CONGRATULATIONS TO ALL THESE NEW ENGLAND SWIMMERS WHO  
ACHIEVED NATIONALLY REPORTABLE TIMES DURING THE 1992-1993  
SHORT COURSE SEASON!**

**10 and Under:**

Melissa Lague	HYST	50 Back (32.15), 100 Back (1:07.22)
Kristin Landry	GMSC	200 IM (2:28.98)
Kate Moody	GMSC	200 Free (2:11.85)
Nick Brunelli	BSC	50 Back (30.82), 100 Back (1:06.95), 200 IM (2:27.22)
Carlton Cronin	HYST	50 Fly (30.14)

**11 and 12:**

Dan Bazylewicz	BYB	50 Back (28.49), 100 Back (1:00.97)
Tim Gale	PVAC	100 Breast (1:07.88)
Stephen Maher	BSC	50 Free (24.42), 100 Free (52.54), 100 Back (1:01.02), 50 Fly (26.87), 100 Fly (59.44)

Kevin Riley	MVP	100 Fly (1:00.02), 100 IM (1:01.36), 200 IM (2:11.32)
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Burlington YMCA Dynamos	BYD	200 Free Relay (1:46.48) 400 Free Relay (3:52.86) (Jackie Errecart, Amy Benson, Bethany Davis, Jaime Leduc) 200 Medley Relay (1:58.78)
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East Bay Aquatic Club	EBAC	200 Medley Relay (1:59.28)
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(Morgan Barense, Jane Couto, Brandi Blakely, Sarah Mooney)

Mass Bay Marlins	MBM	400 Free Relay (3:52.61)
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(Tom Keane, Greg Bilton, Mike Monaghan, Erik Vendt)

**13 and 14:**

Lisa Bushnell	BGSC	50 Free (24.12), 200 Free (1:51.98), 100 Fly (58.20)
Amanda Kirouac	GMSC	200 Free (1:53.67), 500 Free (4:58.68) 1000 Free (10:20.89), 1650 Free (17:11.07)
Katina Maistrellis	BGSC	50 Free (24.43)
Jessica Tucker-Mohl	SSA	100 Free (52.74), 200 Free (1:51.28), 500 Free (4:57.56), 200 Back (2:03.44), 400 IM (4:29.27)

Allison Vendt	MBM	200 Back (2:05.17)
Spencer Hawkins	MBM	200 Free (1:46.47), 100 Back (54.10), 200 Back (1:57.18), 100 Fly (53.71), 200 IM (1:59.92) 400 IM (4:15.46)

William Maher	BSC	50 Free (21.96), 100 Free (47.79), 200 Free (1:44.18), 100 Back (53.88) 200 Back (1:57.38), 200 IM (1:57.65)
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**NEW ENGLAND NATIONALLY REPORTABLE SWIMS (continued):****13 and 14 (continued):**

Shane Raymond	CCSC	200 Fly (1:57.78)
Greenwood Memorial SC	GMSC	400 Free Relay (3:42.42)
		Karri Charpentier, Katie Cline, Alison Whitney, Amanda Kirouac)
		400 Free Relay (3:42.59)
		Karri Charpentier, Caralyn Menne, Alison Whitney, Amanda Kirouac)
		800 Free Relay (7:54.81)
		Karri Charpentier, Kristin Lozeau, Tina Pellett, Amanda Kirouac)
		800 Free Relay (8:03.28)
		Alison Whitney, Karri Charpentier, Kristin Lozeau, Amanda Kirouac)
Bruin Swim Club	BSC	800 Free Relay (7:44.57)
		Chip Mosher, Jesse Wendell, Stephen Maher, William Maher)

**15 and 16:**

Susan Cherwinski	SSA	50 Free (24.16)
Sara Greenbaum	BGSC	200 IM (2:07.19)
Amanda Hall	BGSC	200 Back (2:02.10), 100 Fly (56.62), 200 Fly (2:03.52)
Susan Herrick	CAY	200 IM (2:06.25)
Amy Holt	BGSC	200 Back (2:03.84)
Anne Iacobucci	BSC	200 IM (2:06.35)
Michele Labrie	SSA	200 Free (1:51.18), 400 IM (4:24.79)
Diana Liberty	MVP	1000 Free (10:09.65), 1650 Free (16:54.74)
Julie Mitchell	BGSC	500 Free (4:56.99), 1000 Free (10:09.53), 1650 Free (16:45.33)
Kirstin Nagle	SSA	1000 Free (10:11.08), 1650 Free (17:09.86)
Caroline Palmer	SSA	100 Fly (57.02), 200 Fly (2:03.98)
Sue Trainer	BGSC	50 Free (23.86), 100 Free (51.50)
Matt Craven	MBM	50 Free (21.45), 100 Free (46.16), 100 Breast (58.32), 200 IM (1:55.19)
Carl Eriksson	MBM	50 Free (21.29), 100 Free (45.83), 200 Free (1:41.95), 100 Breast (58.20)
Spencer Hawkins	MBM	200 Back (1:52.10), 100 Fly (52.04), 400 IM (4:06.08)
Tad Kremen	MBM	100 Back (52.36)
Alex Kurmakov	MBM	50 Free (21.18), 100 Free (46.05), 200 Free (1:41.91)
Mike Scarbo	MBM	1000 Free (9:32.80)
Denis Siringhaus	BGSC	200 Back (1:52.93), 1000 Free (9:28.23), 1650 Free (15:52.83)
Sal Suau	BGSC	100 Free (46.59)

**NEW ENGLAND NATIONALLY REPORTABLE SWIMS (continued):****15 and 16 (continued):**

- East Bay Aquatic Club EBAC 400 Medley Relay (4:00.43)  
 (Jen Mooney, Wendy Thorpe, Michaela Whittet, Trina Young)  
 400 Medley Relay (4:06.00)  
 (Jen Mooney, Wendy Thorpe, Keri Nappi, Trina Young)
- Bernal's Gator Swim Club BGSC 400 Medley Relay (4:08.29)  
 (Sara Greenbaum, Danielle Peluso, Tory Fleming, Kelly Gouldson)  
 800 Free Relay (8:00.58)  
 (Julie Mitchell, Melissa Schofield, Danielle Peluso, Sara Greenbaum)
- Pioneer Valley Aquatic Club PVAC 800 Free Relay (8:07.59)  
 (Kerry Weeks, Erin Applebee, Kristin Conlin, Beth Elie)
- Seacoast Swimming Association SSA 400 Free Relay (3:35.47)  
 (Susan Cherwinski, Lea Delicio, Elisa Lanciault, Michele Labrie)  
 400 Free Relay (3:41.63)  
 (Lea Delicio, Elisa Lanciault, Michele Labrie, Claire O'Reilly)  
 400 Free Relay (3:41.73)  
 (Kim Billen, Kirstin Nagle, Caroline Palmer, Claire O'Reilly)  
 800 Free Relay (7:52.89)  
 (Susan Cherwinski, Karen Anderson, Kim Billen, Elisa Lanciault)  
 800 Free Relay (7:59.81)  
 (Kelly Flynn, Amy Allen, Nicole Ciancarelli, Claire O'Reilly)  
 400 Medley Relay (4:03.09)  
 (Kim Billen, Kirstin Nagle, Caroline Palmer, Michele Labrie)  
 400 Medley Relay (4:06.27)  
 (Claire O'Reilly, Lea Delicio, Kelly Flynn, Susan Cherwinski)
- Mass Bay Marlins MBM 400 Free Relay (3:05.02)  
 (Alex Kurmakov, Spencer Hawkins, Carl Eriksson, Matt Craven)  
 400 Free Relay (3:08.97)  
 (Alex Kurmakov, Matt Craven, Carl Eriksson, Todd McDermott)  
 400 Free Relay (3:22.73)  
 (Mike Scarbo, A.J. Bowman, Todd McDermott, Alex Kurmakov)  
 800 Free Relay (6:46.03)  
 (Alex Kurmakov, Spencer Hawkins, Carl Eriksson, Matt Craven)  
 800 Free Relay (7:11.43)  
 (Spencer Hawkins, Tad Kremen, Matt Craven, Carl Eriksson)  
 800 Free Relay (7:25.03)  
 (Mike Scarbo, A.J. Bowman, Todd McDermott, Alex Kurmakov)  
 400 Medley Relay (3:29.04)  
 (Tad Kremen, Carl Eriksson, Spencer Hawkins, Matt Craven)  
 400 Medley Relay (3:39.38)  
 (Tad Kremen, Carl Eriksson, Spencer Hawkins, Alex Kurmakov)

**NEW ENGLAND NATIONALLY REPORTABLE SWIMS (continued):****17 and 18:**

Sara Greenbaum	BGSC	200 IM (2:06.59), 400 IM (4:28.77)
Amy Mikuszewski	PVAC	1650 Free (17:09.08)
Dawn Reppucci	BGSC	200 Fly (2:05.82)
Wendy Rowe	BGSC	50 Free (23.82), 100 Back (57.93)
Nicole Rutkowski	MBM	200 Free (1:51.15), 500 Free (4:55.44), 1000 Free (10:03.96), 1650 Free (16:45.42) 200 Fly (2:05.05)
Brittany Wilson	SSA	200 Back (2:04.98)
Alex Cuhna	NEB	200 IM (1:52.59), 400 IM (4:00.65)
Chip Haberstroh	NEB	400 IM (4:00.08)
Pedro Montiero	MBM	200 Fly (1:50.90)
Rob Wiley	BGSC	200 Back (1:51.73)
Gene Sutherland	UN	200 Back (1:49.18)
Seacoast Swimming Association	SSA	800 Free Relay (6:57.90) (Jamie Corbett, Andrew Whitney, Jeremy Hutchinson, Jeremy Quimby) 400 Medley Relay (3:32.56) (Jamie Corbett, Jeff Hertzog, Mike Baroni, Andrew Whitney)

\*\*\*\*\*

**NAG ADDITIONS AND CORRECTIONS CAN STILL BE MADE !**

**IF YOU FIND ANY ERRORS OR OMISSIONS IN THIS LISTING OF NEW ENGLAND NAG REPORTABLE TIMES, PLEASE CALL ANNE HAWKINS IMMEDIATELY. (603) 465-2550.**

The 1992-1993 Short Course Season produced a bumper crop of nationally reportable swims, New England's largest number of NAG reportable times ever! Congratulations to the athletes, coaches, meet organizers, and parents for their outstanding effort and commitment.

You may be wondering why some clubs have multiple relays listed in the same event. According to NAG reporting rules, any personnel change in a relay makes it eligible to be reported as a separate entity. In the event that two (or more) relays with overlapping personnel rank in the top ten, the faster relay is listed. Additional members of the slower relay are recognized as fifth or sixth members of the faster relay. If a club has two reportable relays with completely different personnel, both relays will be ranked separately.

Long Course National Age Group Time Standards and the New England reporting form will be published in the next issue of *Newsletter Plus*. The only way to ensure that athletes receive National Age Group recognition is to fill out the form and send it in! We try to pick up reportable swims from meet results, but we are certain to miss a few. Please note that the new reporting deadline is September 1.

**EXETER SWIM TEAM** seeking Head Coach and Assistant Coach for year round Age Group Program beginning fall 1993. Send Resume to: Exeter Swim Team, Box 766, Exeter, NH 03833



UNITED STATES SWIMMING NATIONAL "SELECT" CAMP

TIME STANDARDS		BOYS'
EVENT	GIRLS'	BOYS'
100 free	1:00.39	54.49
200 free	2:09.69	1:58.69
400 free	4:32.19	4:11.29
800 free	9:17.39	8:40.79
1500 free	17:50.39	16:43.69
100 back	1:07.99	1:02.30
200 back	2:26.49	2:15.39
100 breast	1:17.29	1:09.69
200 breast	2:48.29	2:30.89
100 fly	1:06.19	1:09.99
200 fly	2:26.09	2:11.89
200 I.M.	2:27.79	2:14.39
400 I.M.	5:11.79	4:45.49

**GOLD CAMPS**  
 Boys born in 1977:  
 November 4-7  
 Girls born in 1978:  
 ♦ ♦ December 11-14  
**AWARDS:**  
 \* USS Select Hooded  
 Sweat-Shirt  
 \* Racing Cap

TIME STANDARDS		BOYS'
EVENT	GIRLS'	BOYS'
100 free	1:01.99	58.09
200 free	2:12.79	2:06.29
400 free	4:39.79	4:26.89
800 free	9:47.19	9:17.89
1500 free	18:40.09	17:46.19
100 back	1:09.89	1:05.69
200 back	2:35.89	2:25.49
100 breast	1:18.99	1:13.39
200 breast	2:52.39	2:43.49
100 fly	1:08.29	1:03.49
200 fly	2:32.09	2:24.49
200 I.M.	2:32.19	2:24.39
400 I.M.	5:23.29	5:07.19

**BRONZE CAMPS**  
 Boys born in 1979:  
 October 7-10  
 Girls born in 1980:  
 ♦ ♦ December 9-12  
**AWARDS:**  
 \* USS Select T-Shirt  
 \* Racing Cap

TIME STANDARDS		BOYS'
EVENT	GIRLS'	BOYS'
100 free	59.69	53.39
200 free	2:07.89	1:56.69
400 free	4:28.29	4:08.39
800 free	9:09.19	8:34.09
1500 free	17:30.39	16:28.79
100 back	1:06.99	1:01.39
200 back	2:24.09	2:12.19
100 breast	1:16.49	1:07.99
200 breast	2:44.29	2:28.29
100 fly	1:05.29	1:07.89
200 fly	2:22.69	2:08.19
200 I.M.	2:27.09	2:11.99
400 I.M.	5:06.89	4:41.89

**SILVER CAMPS**  
 Boys born in 1978:  
 November 6-9  
 Girls born in 1979:  
 ♦ ♦ December 16-19  
**AWARDS:**  
 \* USS Select Sweat  
 Top/Shirt  
 \* Racing Cap

TIME STANDARDS		BOYS'
EVENT	GIRLS'	BOYS'
100 free	1:01.59	56.39
200 free	2:10.69	2:02.09
400 free	4:35.19	4:16.39
800 free	9:32.69	8:57.49
1500 free	18:12.39	17:06.19
100 back	1:08.89	1:03.89
200 back	2:28.69	2:18.29
100 breast	1:17.99	1:11.89
200 breast	2:48.59	2:36.39
100 fly	1:07.29	1:00.89
200 fly	2:26.49	2:15.39
200 I.M.	2:29.79	2:17.79
400 I.M.	5:15.79	4:50.49

**APPLICANTS MUST HAVE TIME STANDARDS TO APPLY**  
**APPLICATION DEADLINE: SEPTEMBER 14, 1993.**  
 Selection based on 1993 long course times only. Camp dates pending Olympic Training Center approval indicated by ♦ ♦. Approved December camp dates will be published in the September Splash and the July 10th swim/fax.

SEE APPLICATION FOR DETAILS.

## U.S. SWIMMING NATIONAL "SELECT CAMP" SWIMMERS APPLICATION

*Duplicate as needed for swimmers and return by deadline. Swimmers must ready for intense training at altitude.*

**DEADLINE: MAIL OR FAXED BY SEPTEMBER 14, 1993**

**GIRLS**

- \*\* Bronze Camp Dec. 9-12 (Born 1980) - 13
- Silver Camp Nov. 26-29 (Born 1979) - 14
- \*\* Gold Camp Dec. 11-14 (Born 1978) - 15
- \*\* Eagle Camp Dec. 16-19 (Born 1976-77) - 16-17

**BOYS**

- Bronze Camp Oct. 7-10 (Born 1979) - 14
- Silver Camp Nov. 6-9 (Born 1978) - 15
- Gold Camp Nov. 4-7 (Born 1977) - 16
- Eagle Camp Nov. 18-21 (Born 1975-76) - 17-18

Mark the appropriate camp with an X. Camp dates pending O.T.C. approval indicated by \*\*. Approved December camp dates will be published in the September SPLASH and the July 10th SWIMFAX.

Name of Swimmer \_\_\_\_\_

Gender F \_\_\_ M \_\_\_

Address \_\_\_\_\_

Citizenship \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_

1992 USS Registration # \_\_\_\_\_

ss# \_\_\_\_\_

Team Name \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_

LSC \_\_\_\_\_

Address \_\_\_\_\_

Name of Coach \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Club \_\_\_\_\_

Day Phone (\_\_\_\_) \_\_\_\_\_

Coaches' Signature \_\_\_\_\_

Coaches' Shirt Size L XL XXL  
(circle one)

Note: 1. All participants MUST be: 1. U.S. Citizen 2. Current National Team, National B Team, and National Junior Team members are ineligible. 3. Selection will go deeper as doubles occur. 4. Applicants MUST have time standard(s) to apply.

**1993 LONG COURSE BEST EVENT TIMES ONLY!**  
Do Not Use Short Course or Prior Year Times

	100m	200m	400m	800m	1500m
FREE	_____	_____	_____	_____	_____
BACK	_____	_____	_____	_____	_____
BREAST	_____	_____	_____	_____	_____
FLY	_____	_____	_____	_____	_____
IM	_____	_____	_____	_____	_____

**SWIMMER'S SIZES (circle one)**

Shirt Size (Bronze/Silver/Gold): M L XL XXL

Jacket/Sweat Shirt (Eagle): M L XL XXL

**ALL SWIMMERS WILL BE NOTIFIED OF SELECTION STATUS AT LEAST 4 WEEKS OUT.** USS provides housing, meals, ground transportation, and an airfare reimbursement of one-half up to \$100.00. There is no reimbursement on free Mileage Plus tickets. Eagle Camp swimmers receive full airfare. Camp details provided on swimmer acceptance. Include a return postcard if you want verification your application was received. **NO PHONE CALLS PLEASE!** After all events have been filled, at-large selections will be based upon availability. There will be a \$100.00 fine for misrepresentation of performances - you must include a copy of meet results. Additional details in the July SPLASH magazine.

Send to: United States Swimming, Athlete/Coach Development, One Olympic Plaza, Colorado Springs, CO 80909  
Please do not telephone. MAKE COPIES OF THIS APPLICATION AS NEEDED. FAX (719) 578-4669



"OPPORTUNITY KNOCKS"



IF YOU WANT YOUR PROBLEMS SOLVED—GET INVOLVED!

WANTED: ONE INTERESTED SWIMMER

The Board of New England Swimming is looking for an interested and dedicated swimmer to fill the vacancy of Junior Representative. Shannon McCarthy has successfully served and completed her two years as Athlete Representative. Kaitlyn McLaughlin has successfully completed one year and is looking forward to her second year. Because Shannon has completed her term, a new Athlete Representative is needed.

It is both an important and interesting position; you will learn a great deal about United States Swimming. You will travel to the national convention which has been held in Kentucky, Minnesota, and this year, Los Angeles.

If you are interested in this position, please complete the form at the bottom of this page and submit it with a bried essay stating why you deserve this position.

MAIL TO: KAITLYN MCLAUGHLIN
8 Drexel Drive
Chelmsford, MA 01863 by SEPTEMBER 1, 1993 please

\*\*\*\*\*

NAME: \_\_\_\_\_ CLUB: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

AGE: \_\_\_\_\_ YEAR IN SCHOOL IN SEPTEMBER: \_\_\_\_\_

**SEED CARDS:** Seed Cards are available through the New England Office. The cost for plain cards is \$22 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$19 per thousand. There is no minimum, and the cards may be split any way between boys and girls.

If you want initials on the cards, the price for 1,000 cards is \$31, including mailing. If the cards are picked up in Needham, the cost is \$28. If you want 2,000 or more cards with initials, the cost is \$26 per thousand, including mailing, or \$23 per thousand if the cards are picked up in Needham. The minimum order for cards with initials is 1,000 cards.

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**NEWSLETTER PLUS SUBSCRIPTIONS:** Please check the expiration date of your subscription to NEWSLETTER PLUS. Subscriptions may be ordered through the New England Office for \$10 per year. Clubs do not have an expiration date on their labels since all registered clubs receive one free subscription with their registration.



**United States Swimming  
New England**

20 Cleveland Road Needham, MA 02192

011 SPFLD MA DCR #2



FIRST CLASS

**SANCTION CHAIRMAN**  
Isabelle Fraser  
125 Franklin Road  
Longmeadow, MA 01106



# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

AUGUST 1993

**IN THIS ISSUE:** 1993—1994 SHORT COURSE CALENDAR; NATIONAL TOP 16 TIMES & REPORT FORM; NE POLICY CONCERNING UNPAID MEET FEES; HIGH POINT WINNERS—SENIORS, AGE GROUPS & TEN & UNDER CHAMPIONSHIPS; GRADUATING SENIORS.....

**DATES TO REMEMBER:** OCTOBER 2: ANNUAL MEETING, Wellesley, MA  
OCTOBER 24: TOP TEN BANQUET, Dracut, MA

**CONGRATULATIONS TO THE NEW ENGLAND SWIMMERS WHO WERE PART OF.....**  
OLYMPIC FESTIVAL, San Antonio, Texas, July 24--26:

SUSAN TRAINER	EGSC	GENE SUTHERLAND	PURDUE U (EGSC)
AMANDA HALL	EGSC	CAROLINE PALMER	SSA

WORLD UNIVERSITY GAMES, Buffalo, NY, July 9--15:

KEVIN WILLIAMS MEM

US MACCABEAH OPEN SWIMMING TEAM:

DEBORAH KORY	MEM	RUTH TANENBAUM	MEM
CRAIG HERSH	MEM		

**NEW ENGLAND SENIORS:** New England Seniors this year was a New England run meet. We appreciate the efforts of the parents who worked so hard--some during every session--to make the meet a success. We could not have done it without you!!!

### TOP TEN COMMITTEE:

**THANK YOU** to CAROL SUTHERLAND, whose son, Gene, is now in college, and JO ANN DANCHIK, who has moved with her family to Texas for their past work on the Top Ten Committee. The committee now needs several new members to help compile the Top Ten Times. Members of the committee receive a complete set of results of New England meets and a free ticket to the banquet. If you have any questions or would like to volunteer, call the office.

**LONG COURSE TOP 10, TOP 16, and RECORDS:** Teams that attended Long Course meets outside of New England are reminded that results from those meets must be sent to the office if you want the times to be considered for Top 10 or National Top 16 or if a record was broken. If you have any questions, call the office.

The Board of New England Swimming will meet on Monday, September 13, 1993 at the Nashua Country Club, Nashua, NH at 7 pm.

## NEW ENGLAND SWIMMING SHORT COURSE CALENDAR, 1993—1994:

OCTOBER

- 2 : **ANNUAL MEETING**  
Wellesley Community Center, Wellesley, MA
- 24: **TOP TEN BANQUET**  
Windsor Mills Restaurant, Dracut, MA
- 30--31: **HYST SPECIALTY PENTATHLON & RELAY MEET**  
Haverhill High School (1650 offered)  
Haverhill, MA  
Paul Memont  
194 Grove Street  
Groveland, MA 01834  
508-373-7094
- 31: **ABF FALL PENTATHLON**  
Attleboro High School  
Attleboro, MA  
Lance Vandenberghe  
Belcher Road  
Foxboro, MA 02035  
508-543-1404
- 31: **HRY SENIOR DEVELOPMENT MEET** (1000 &  
Smith College 1650 offered)  
Sharon Ryder  
130 Sugar Hill Road  
Williamsburg, MA 01096  
413-296-4058

NOVEMBER:

- \* 6--7 : **GREG LAWSON MEMORIAL TEAM SPECIALTY MEET**  
team sponsor & site to be announced  
James Lawson  
21 Stillwater Drive  
Cumberland, RI 02864  
401-658-1132
- \* 6--7 : **NEB TEAM SPECIALTY MEET**  
site to be announced  
Jan Harris  
182 Stanford Drive  
Westwood, MA 02090  
617-769-5788
- \* 6--7 : **CCSC TEAM SPECIALTY MEET** (1650 offered)  
Mass Maritime Academy  
Buzzards Bay, MA  
John Whittaker  
8 Stowe Lane  
Plymouth, MA 02360  
508-759-7586
- 12--14: **CAY JUNIOR CLASSIC SPECIALTY MEET**  
Cape Ann YMCA  
Gloucester, MA  
Bill Hanlon  
73 Buena Vista Street  
Swampscott, MA 01907  
617-596-8636
- 19--21: **MVP TEAM SPECIALTY MEET**  
Greater Lawrence Technical School  
Andover, MA  
Denis Gagne  
31 Lancaster Farm Road  
Salem, NH 03079  
603-893-2516
- 19--21: **CAST TEAM SPECIALTY MEET**  
University of Rhode Island  
North Kingston, RI  
David Cardillo  
PO Box 7668  
Cumberland, RI 02864  
401-231-0637
- EBAC WINTER TEAM SPECIALTY MEET**  
date & site to be announced  
Betsy Thorpe  
11 Woodcock Lane  
Attleboro, MA 02703  
508-222-2938
- 26 : **SAC MINI MEET** (12 & unders)  
Keefe Technical School  
Framingham, MA  
Mariella Allard  
18 Barnesdale Road  
Natick, MA 01760  
508-655-7012
- 27--28: **SSA TEAM SPECIALTY MEET**  
Phillips Exeter Academy  
Exeter, NH  
Bruce Mohl  
24 Newmarket Road  
Durham, NH 03824  
603-868-7249

26--28: HRY & EB "A (B)" MEET  
Smith College  
Northampton, MA

Sharon Ryder  
(see above)

**DECEMBER**

\* 3--5 : SSSC TEAM SPECIALTY MEET  
Medford High School  
Medford, MA

Joan Yaeger  
28 Marshall Street  
Medford, MA 02155  
617-396-1121

\* 4--5 : YSS TEAM SPECIALTY MEET  
Lincoln Hancock Community Pool  
Quincy, MA

Kevin Curley  
45 Otis Street  
Milton, MA  
617-696-7646

\* 3--5 : NCAC WINTER CLASSIC TEAM SPECIALTY MEET  
Dartmouth College (1650 offered)  
Hanover, NH

Marilyn Vasil  
RR2 Box 440  
Enfield, NH 03748  
603-632-5022

10--12: OCY "C/B" MEET  
Brockton High School  
Brockton, MA

Darlene McGrath  
45 Truman Drive  
Randolph, MA 02368  
617-986-6803

17--19: MEM SENIOR "AA" TRIALS & FINALS MEET  
Harvard University, Allston, MA

18--19: TRAC & CSC CHRISTMAS TEAM SPECIALTY MEET  
Clark University  
Worcester, MA

Marianne McVoy  
24 Bunker Hill Road  
Shrewsbury, MA 01545  
508-842-1883

18--19: EST SPRINT MEET  
Phillips Exeter Academy  
Exeter, NH

James Powers  
6 Partridge Lane  
East Kingston, NH 03920  
603-642-8424

**JANUARY:**

7--9: MVP TEAM SPECIALTY MEET  
Greater Lawrence Technical School  
Andover, MA

Denis Gagne  
(see above)

8 : SAC TEAM SPECIALTY MEET (12 & unders  
Keefe Technical School 13 & overs)  
Framingham, MA

Jane Robichaud  
49 Brookdale Road  
Natick, MA 01760  
508-653-4692

8 : PVAC SENIOR DEVELOPMENT MEET  
9 : PVAC PENTATHLON  
Springfield College  
Springfield, MA

Maureen Mikuszewski  
32 Mountainbrook Road  
Wilbraham, MA 01095  
413-596-8269

EBAC WINTER SPECIALTY MEET  
Wheaton College  
Norton, MA

Betsy Thorpe  
(see above)

15--16: HRY "B/C" MEET  
Hampshire Regional YMCA  
Northampton, MA

Sharon Ryder  
(see above)

\*22--23: HYST SNOWBALL CLASSIC TEAM SPECIALTY MEET  
Haverhill High School  
Haverhill, MA

Paul Memont  
(see above)

- \*22--23: **GMSC TEAM SPECIALTY MEET**  
Greenwood Pool  
Gardner, MA  
Steve Landry  
4 Clark Street  
Gardner, MA 01440  
508-652-5326
- 28--30: **CAY/BYB TEAM SPECIALTY MEET** (1650 offered)  
Beverly YMCA  
Beverly, MA
- 28--30: **BAT TEAM SPECIALTY MEET** (1650 offered)  
site to be announced  
Abby Hurlbut  
10 Wildwood Street  
Winchester, MA 01890  
617-729-4216
- FEBRUARY:**
- 5--6 : **ABF WINTER TEAM SPECIALTY MEET**  
Attleboro High School  
Attleboro, MA  
Lance Vandenberghe  
(see above)
- 6 : **GMSC MINI MEET** (12 & under)  
Greenwood Pool  
Gardner, MA  
Kelly Bagin  
100 Royalston Road  
Phillipston, MA 01331  
508-249-5168
- 11--13: **CCSC TEAM SPECIALTY MEET** (1650 offered)  
Mass Maritime Academy  
Buzzards Bay, MA  
John Whittaker  
(see above)
- 
- 18--20: **BRONZE CLASSIC (HRY & EB)**  
White Brook Middle School  
Easthampton, MA  
Sharon Ryder  
(see above)
- 18--20: **AGE GROUP/SENIOR QUALIFIER (SAC)**  
Keefe Technical School  
Framingham, MA  
Mariella Allard  
(see above)
- 25--27: **TEN & UNDER CHAMPIONSHIPS (NEB)**  
site to be announced  
Jan Harris  
(see above)
- MARCH:**
- 3--6 : **AGE GROUP CHAMPIONSHIPS**
- 10--13: **SENIOR CHAMPIONSHIPS**
- 18--20: **SILVER CLASSIC (NCAC) (11 & overs):**  
Dartmouth College, Hanover, MA  
Marilyn Vasil  
(see above)
- \* **TEAM SPECIALTY WEEKENDS**--the same events at all sites; distance events in optional sessions; relays offered

Swimming Technique, the magazine for swim coaches, just published a 4,000 word article on a revolutionary theory of swimming. The author, Bob Prichard, contends that new research shows that elite swimmers really power themselves through the water by rotating their hips and that the arms are just the mechanism for transmitting that power to the water. Prichard backs up his theory with computerized stroke analysis, and the work he has done with Matt Biondi and Alexander Popov.

Prichard will be in the Boston area the week of September 20-26 to work with some swimmers. If you are interested in having your stroke analyzed and compared to the world's best for hip content, you can call Prichard at 1-800-227-6629 to reserve some time. A frame-by-frame underwater videoanalysis will take about 1.5 hours. You can also order a reprint of the article at the same number.



## NEW ENGLAND SENIOR CHAMPIONSHIPS:

CONGRATULATIONS to the HIGH POINT WINNERS at SENIOR CHAMPIONSHIPS:

## INDIVIDUAL HIGH POINT:

1. JESSICA TUCKER-MOHL	SSA	1. ALEX CUNHA	NEB
2. MICHELE LABRIE	SSA	2. FLETCHER CALLAHAN	BGSC
3. KIRSTIN NAGLE	SSA	3. ROB RINDONE	BGSC
4. EMILY DEPPE	SSA	4. DENIS SIRRINGHAUS	BGSC
5. ALLISON HARDY	SSA	5. MATT LAKE	UN
6. BETH ELIE	PVAC	SPENCER HAWKINS	MEM
7. ALLISON VENDT	MEM	7. MATT LIBERTY	MVP
JULIE MITCHELL	BGSC	8. MIKE JORDAN	CAY

## COMBINED TEAM HIGH POINT:

1. SEACOAST SWIMMING ASSOCIATION
2. BERNAL'S GATOR SWIM CLUB
3. MASS BAY MARLINS
4. NEW ENGLAND BARRACUDAS
5. GREENWOOD MEMORIAL SWIM CLUB
6. MERRIMACK VALLEY PIRATES
7. PIONEER VALLEY AQUATIC CLUB
8. CAPE ANN YMCA

## TEN and UNDER CHAMPIONSHIPS:

CONGRATULATIONS to the HIGH POINT WINNERS at TEN &amp; UNDER CHAMPIONSHIPS:

## EIGHT and unders:

1. CONNIE BROWN	MVP	1. SEAN RILEY	MVP
2. VALARIE GROW	CAST	2. CHRISTIAN WARNER	BGSC
3. ELIZABETH LOPEZ	SWST	3. CHRISTIAN KIENZLE	MEM
4. JENNIE KNOTT	WED	4. BRYAN FISKE	HYST
5. ANNIE GOLDSTEIN	BSC	5. RYAN MIDDLEMISS	MVP
6. MINDY BUTTERWORTH	MVP	6. DAN CARVALHO	CAST

## 9 and 10:

1. ASHLEY MARLENGA	PSC	1. C.J. CRONIN	HYST
2. JULIA CIAMPA	BGSC	2. JEREMY TILLMAN	WYST
3. TERESA MCRANN	WSC	3. ERIC DIIULIO	MSSC
4. ANGELA GROCCIA	TRAC	4. BOBBY CROWDER	RAMS
5. CORI ALFONSO	MVP	5. ROBERT SCHOTTER	CAST
6. ELENA MASSA	EB	6. BRIAN ZINGALE	NEB

## COMBINED TEAM:

1. MERRIMACK VALLEY PIRATES
2. HAVERHILL YMCA SWIM TEAM
3. BERNAL'S GATOR SWIM CLUB
4. NEW ENGLAND BARRACUDS
5. TRITON AQUATIC CLUB
6. MASS BAY MARLINS

THANK YOU to the parents and swimmers from PVAC who worked hard to have a good meet for the swimmers who attended.

## NEW ENGLAND AGE GROUP CHAMPIONSHIPS:

## CONGRATULATIONS to the HIGH POINT WINNERS:

11 & 12:	1.	JAMIE CAIL	SSA	1.	GREG BILTON	MEM
	2.	KRISTY MARTIN	GMSC	2.	BRIAN DONOVAN	PVAC
	3.	AMY VERRAULT	SSA		ERIK VENDT	MEM
	4.	CAITLIN BOTTOMLEY	ABF		BRENDAN DRYSDALE	BYB
	5.	ANGELA CAPRIGNO	HYST	5.	TOMMY KEANE	MEM
	6.	KATE MOODY	GMSC	6.	PAUL SCHNED	NCAC
	7.	LAUREN TRACY	BGSC	7.	NICHOLAS BRUNELLI	ABF
	8.	ALLISON MESSIER	SSA	8.	MICHAEL MONAGHAN	MEM
13 & 14:	1.	KARRI CHARPENTIER	GMSC	1.	GUY YIMSAMVUAY	MVP
	2.	KERRIANNE KALBK	GMSC	2.	TOMOHIRO HAGIYA	MEM
	3.	ERIN HOWARTH	CSC	3.	ZEB JENKINS	PVAC
	4.	KATE SANDERS	SSA	4.	JON KISSIDA	MEM
	5.	ANNA CHRISTIANSEN	HYST	5.	SHANE RAYMOND	CCSC
	6.	JULIE LAPINSKY	TRAC	6.	MICHAEL DOWLING	MEM
	7.	ERICA ALLEN	SSA	7.	JEFF RICHARDS	CAST
	8.	JULIE HARRINGTON	NEB	8.	JOSHUA OSTERBERG	NEB
15 - 18:	1.	AMY ALLEN	SSA	1.	DAVID HALEY	TRAC
	2.	EVE ROSSI	BSC	2.	MIKE GUSTAFSON	GMSC
	3.	CARMEN TROMBINI	SAC	3.	BRYAN MCFARLAND	PVAC
	4.	KELLY GITTLEIN	SSA	4.	RYAN PARKINSON	GMSC
	5.	KENDRA DEPPE	SSA	5.	CHRIS DOCKRAY	BSC
	6.	KIM BILLEN	SSA		JAY ROSENQUEST	BSC
	7.	CLAIRE O'REILLY	SSA	7.	JOSH PLATT	NEB
	8.	KRISTEN VOUTSELAS	NWSC	8.	MATT LAKE	SSA

## COMBINED TEAM HIGH POINT

1. SEACOAST SWIMMING ASSOCIATION
2. MASS BAY MARLINS
3. GREENWOOD MEMORIAL SWIM CLUB
4. BERNAL'S GATOR SWIM CLUB
5. MERRIMACK VALLEY PIRATES
6. NEW ENGLAND BARRACUDAS
7. BRUIN SWIM CLUB
8. PIONEER VALLEY AQUATIC CLUB

THANK YOU to the MASS BAY MARLINS for running a very well organized meet.  
 THANK YOU also to the parents from the MASS BAY MARLINS and other New England teams who worked at the meet.

NEW ENGLAND SWIMMING OFFICE: Mary Riddell  
 20 Cleveland Road  
 Needham, MA 02192  
 617-449-0270

OFFICE HOURS: Monday : 8 a.m.--2 p.m.; 7:30 p.m.--10 p.m.  
 Thursday: 8 a.m.--2 p.m.

**POLICY CONCERNING MEET FEES:**

Several teams have reported having difficulty collecting fees from teams who telephone in late entries or who do not include a check with the entry that they send to a club.

Because of this the following policy was passed at the July meeting of the Board of New England Swimming: Late entry fees that are not paid by the first day of a meet will be billed to the team at double the amount of the fee owed.

**GRADUATING SENIORS:**

At Senior Championships the Graduating Seniors in attendance were recognized.

<b>BGSC:</b>	<b>WENDY ROWE</b>	<b>PENN STATE</b>
	<b>DAWN REPUCCI</b>	<b>UNIVERSITY OF CONNECTICUT</b>
	<b>SANET SIRRINGHAUS</b>	<b>PROVIDENCE COLLEGE</b>
	<b>CHRIS ANDERSON</b>	<b>CLEMSON</b>
	<b>ROB WILEY</b>	<b>MICHIGAN STATE</b>
	<b>ROB RINDONE</b>	<b>SYRACUSE UNIVERSITY</b>
	<b>AMY KELLSTRAND</b>	<b>US NAVAL ACADEMY</b>
<b>MVP:</b>	<b>MATTLIBERTY</b>	<b>CORNELL UNIVERSITY</b>
<b>NEB:</b>	<b>ALEX CUNHA</b>	<b>PENN STATE</b>
	<b>STEVE KORBLY</b>	<b>PRINCETON UNIVERSITY</b>
	<b>DONNA GUGLIELMI</b>	<b>GEORGE WASHINGTON UNIVERSITY</b>
	<b>JACKIE PELTON</b>	<b>MIDDLEBURY COLLEGE</b>
	<b>EMILY GRANTHAM</b>	<b>UNIVERSITY OF VERMONT</b>
<b>PVAC:</b>	<b>AMY MIRUSZEWSKI</b>	<b>UNIVERSITY OF CONNECTICUT</b>
<b>SSA:</b>	<b>ANDREW WHITNEY</b>	<b>JOHNS HOPKINS</b>
	<b>JAMIE CORBETT</b>	<b>VILLANOVA</b>
	<b>MEGAN CONNOLLY</b>	<b>UNIVERSITY OF BUFFALO</b>
	<b>JEREMY HUTCHINSON</b>	<b>EASTERN MICHIGAN</b>
<b>MEM:</b>	<b>ERIN POWERS</b>	<b>BOSTON UNIVERSITY</b>
	<b>CHRISTINE JENSEN</b>	<b>BROWN UNIVERSITY</b>
	<b>CHIP HABERSTROH</b>	<b>FLORIDA STATE</b>
	<b>NICOLE RUTKOWSKI</b>	<b>UNIVERSITY OF VIRGINIA</b>

Other Graduating Seniors who were not at the meet include:

<b>BGSC:</b>	<b>JESSICA ZEULI</b>	<b>NEW YORK UNIVERSITY</b>
<b>MVP:</b>	<b>REED NEWLAND</b>	<b>KENYON COLLEGE</b>
<b>NEB:</b>	<b>LINDA KUNTZ</b>	<b>UNIVERSITY OF MASSACHUSETTS/DARTMOUTH</b>
	<b>LESLEY PELTON</b>	<b>POMONA COLLEGE</b>
	<b>KATE DOWNEY</b>	<b>UNIVERSITY OF MASSACHUSETTS/AMHERST</b>
<b>PVAC:</b>	<b>DENA WRIGHT</b>	<b>WEST POINT</b>
<b>SSA:</b>	<b>JEREMY QUIMBY</b>	<b>WEST POINT</b>
	<b>JEFF HERTZOG</b>	<b>CLEMSON</b>
	<b>TODD WHITFORD</b>	<b>UNIVERSITY OF NEW HAMPSHIRE</b>
<b>MEM:</b>	<b>CHRIS FOUNTAIN</b>	<b>LAFAYETTE COLLEGE</b>
	<b>BRIAN FEHLAU</b>	<b>HARVARD UNIVERSITY</b>
	<b>COLIN GREINER</b>	<b>YALE UNIVERSITY</b>

Graduating Seniors who have not been listed are invited to send their post-high school plans to the office to be included in the newsletter at a future date.

NATIONAL AGE GROUP REPORTABLE TIMES

LONG COURSE - GIRLS

EVENT	10 & U	11-12	13-14	15-16	17-18
50 FREE	:31.39	:29.09	:27.79	:27.49	:27.39
100 FREE	1:09.29	1:03.29	1:00.19	:59.49	:59.09
200 FREE	2:29.99	2:16.49	2:10.19	2:07.39	2:06.99
400 FREE	-	4:45.99	4:31.69	4:25.99	4:25.99
800 FREE	-	-	9:19.99	9:08.99	9:06.99
1500 FREE	-	-	17:52.99	17:27.99	17:27.99
50 BACK	:36.69	:33.59	-	-	-
100 BACK	1:19.99	1:12.49	1:08.79	1:06.89	1:06.39
200 BACK	-	-	2:26.99	2:22.89	2:21.99
50 BREAST	:40.99	:36.99	-	-	-
100 BREAST	1:29.99	1:21.49	1:17.19	1:16.09	1:15.99
200 BREAST	-	-	2:46.39	2:43.39	2:42.99
50 FLY	:34.39	:31.49	-	-	-
100 FLY	1:18.09	1:09.99	1:06.69	1:04.99	1:04.99
200 FLY	-	-	2:25.79	2:21.09	2:20.99
200 I.M.	2:49.29	2:34.99	2:28.19	2:24.39	2:23.99
400 I.M.	-	-	5:09.69	5:04.49	5:02.99
200 FREE RELAY	2:16.99	2:02.09	1:57.99	1:58.49	2:04.99
400 FREE RELAY	-	4:28.49	4:16.29	4:14.99	4:20.29
800 FREE RELAY	-	-	9:20.99	9:19.99	9:29.99
200 MEDLEY RELAY	2:35.99	2:18.79	2:13.39	2:15.99	2:15.99
400 MEDLEY RELAY	-	5:03.99	4:48.99	4:48.99	4:51.99

SEP 16, 1992

NATIONAL AGE GROUP REPORTABLE TIMES

LONG COURSE - BOYS

EVENT	10 & U	11-12	13-14	15-16	17-18
50 FREE	:31.19	:28.09	:25.89	:24.79	:24.29
100 FREE	1:08.49	1:01.19	:56.59	:54.09	:52.99
200 FREE	2:29.49	2:13.99	2:03.09	1:58.59	1:55.09
400 FREE	-	4:43.99	4:19.99	4:09.99	4:04.09
800 FREE	-	-	9:02.09	8:38.99	8:26.99
1500 FREE	-	-	17:13.99	16:29.99	16:18.99
50 BACK	:36.59	:32.89	-	-	-
100 BACK	1:19.79	1:10.99	1:04.69	1:01.39	:59.99
200 BACK	-	-	2:19.59	2:12.39	2:09.99
50 BREAST	:40.99	:35.79	-	-	-
100 BREAST	1:30.49	1:19.09	1:12.49	1:08.99	1:06.99
200 BREAST	-	-	2:38.99	2:28.99	2:26.39
50 FLY	:34.09	:30.69	-	-	-
100 FLY	1:17.19	1:08.79	1:01.99	:58.99	:57.99
200 FLY	-	-	2:17.99	2:10.49	2:06.99
200 I.M.	2:48.99	2:31.89	2:19.99	2:13.49	2:09.99
400 I.M.	-	-	4:57.29	4:43.99	4:35.99
200 FREE RELAY	2:15.99	2:00.99	1:50.99	1:46.99	1:48.99
400 FREE RELAY	-	4:29.99	4:01.99	3:53.99	3:45.69
800 FREE RELAY	-	-	8:54.99	8:35.99	8:18.99
200 MEDLEY RELAY	2:33.69	2:16.69	2:04.99	2:02.99	2:05.99
400 MEDLEY RELAY	-	5:04.99	4:29.99	4:20.39	4:12.99



# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

SEPTEMBER 1993

**IN THIS ISSUE:** ANNUAL MEETING; NEW ENGLAND SWIMMERS AT SENIOR NATIONALS, JUNIOR NATIONALS, ZONE; REIMBURSEMENT POLICY; MEET UPDATES; COURSES FOR COACHES & OFFICIALS; MORE GRADUATING SENIORS....

**CONGRATULATIONS** to **THOMAS O'DONNELL (NEB)** who have been named the new **JUNIOR ATHLETE REPRESENTATIVE**. Thank you to the other swimmers who applied for the position. Thank you also to **SHANNON MCCARTHY**, the retiring Senior Athlete Representative.

**CONGRATULATIONS** to **JENNY THOMPSON (SSA)** who won six gold medals at the **PAN PACIFIC CHAMPIONSHIPS** in Kobe, Japan. She won gold medals in the 50-meter freestyle, 100-meter freestyle, 100-meter butterfly and all three relays!

**DATES TO REMEMBER:**

**SATURDAY, OCTOBER 2 : ANNUAL MEETING, WELLESLEY, MA**  
**SUNDAY, OCTOBER 24 : TOP TEN BANQUET, DRACUT, MA**

New England Swimming is pleased to present the following **SLATE OF OFFICERS** for election at the Annual Meeting. Nominations from the floor also well be accepted. The term of office is for two years.

**CHAIRMAN : MARC ALLEN**  
**VICE CHAIRMAN : KEN CUNHA**  
**TREASURER : GLENN HERRICK**  
**SECRETARY : KATHLEEN MILLOY**  
**SENIOR CHAIRMAN : JOSEPH BERNAL**  
**JIM MCCOMBS**  
**AGE GROUP CHAIRMAN : ANNE HAWKINS**

**COMING IN THE OCTOBER NEWSLETTER PLUS (to be published very shortly!):**  
**LONG COURSE AND SHORT COURSE OUTSTANDING SWIMMERS, TOP TEN SWIMMERS,**  
**and BANQUET RESERVATION FORM**

The Board of New England Swimming will meet on Monday, October 11, 1993 at 7 pm at the Nashua Country Club, Nashua, NH.

**CONTRATULATIONS** to the New England Swimmers who participated in the  
**PHILLIPS 66 NATIONAL CHAMPIONSHIPS** at Austin, Texas!

**JENNY THOMPSON (SSA)** won the 100 meter freestyle and the 100 meter butterfly and placed second in the women's high point.

New England Swimmers **placing in finals:**

**JENNY THOMPSON** SSA

New England Swimmers **placing in consolations:**

<b>NICOLE RUTKOWSKI</b>	<b>MEM</b>	<b>DEAN FREDETTE</b>	<b>SSA</b>
<b>SHEILA MCCARTHY</b>	<b>MEM</b>	<b>CHIP HABERSTROH</b>	<b>UN</b>
<b>DEDE TRIMELE</b>	<b>UN</b>		

New England Swimmers **swimming in individual events:**

<b>SUE TRAINER</b>	<b>BGSC</b>	<b>ED WAGNER</b>	<b>MEM</b>
<b>AMANDA HALL</b>	<b>BGSC</b>	<b>KEVIN WILLIAMS</b>	<b>MEM</b>
<b>CAROLINE PALMER</b>	<b>SSA</b>	<b>SEAN GOULDSON</b>	<b>MEM</b>
<b>SHEILA CONWAY</b>	<b>MEM</b>	<b>SIMON WAINWRIGHT</b>	<b>MEM</b>
<b>JAN ESWAY</b>	<b>MEM</b>	<b>RICK DZVIK</b>	<b>MEM</b>

New England Swimmers **swimming in relays:**

~~**BGSC:** SARA GREENBAUM, WENDY ROWE~~

~~**MEM:** VAL GILSON, DAVE HELLMAN, RICK OSTERBERG, BRENT LORENZEN, SCOTT PETERSON,  
BRIAN LIVINGSTON~~

~~**SSA:** PHIL CURRAN, BEN LANNON, JAMIE CORBETT~~

**1993--1994 CALENDAR UPDATE:**

**NOVEMBER:**

6--7 : GREG LARSON MEMORIAL TEAM SPECIALTY MEET  
Attleboro High School, Attleboro, MA

6--7 : NEB TEAM SPECIALTY MEET  
Univerisity of Massachusetts/Boston, Boston, MA

EBAC WINTER TEAM SPECIALTY MEET will not be held at this time

**JANUARY:**

28--30: BAT TEAM SPECIALTY MEET  
Wheaton College, Norton, MA

**FOR YOUR INFORMATION:** The following meet information is included for your convenience. IT IS NOT A NEW ENGLAND CALENDAR MEET.

**DECEMBER:**

10--12: ~~**BOWDOIN OPEN (trials & finals Senior Meet)**~~ Charlie Butt  
Bowdoin College Farley Field House  
Brunswick, ME Brunswick, ME 04011  
207-725-3527

**ANNUAL MEETING****SATURDAY, OCTOBER 2, 1993**

The **ANNUAL MEETING** Of New England Swimming will be held on Saturday, October 2, 1993 at the Wellesley Community Center, Wellesley, MA.

9:00 am: Registration and Coffee

9:30 am: Annual Meeting

11:30 am: Meet Managers Seminar

Coaches Meeting

Recertification Clinic for Officials

Please bring a lunch if you plan to spend the day. New England Swimming will provide coffee and soda.

We would like to encourage all members of the New England Swimming community to attend the Annual Meeting. However, each club has only one vote. Please be ready to designate your delegate (who must be a registered member of USS) when you register at the door. In addition, each New England Board member also has a vote.

**NOTES CONCERNING THE VARIOUS MEETINGS:**

**GENERAL MEETING:** This meeting will include the election of officers. Other items of interest to the members of New England Swimming will be discussed. The 1994 budget will be adopted.

**MEET MANAGER'S SEMINAR:** All teams hosting meets are **required** to send a representative!

**COACHES MEETING:** If you have items for discussion, please contact Bob Pyatt (508-264-9412).

**RECERTIFICATION CLINIC FOR OFFICIALS:** Please note that this clinic will be for the recertification of current officials and not for the certification of new officials.

**COURSES FOR COACHES:**

**Sunday, October 3:** 9 am to 1 pm--First Aide Recertification  
 1 pm to 5 pm--Safety Training for Swim Coaches  
 Recertification

COST: \$30 for each course

**Sunday, October 10:** 11 am to 5 pm--Safety Training for Swim Coaches  
 COST: \$45

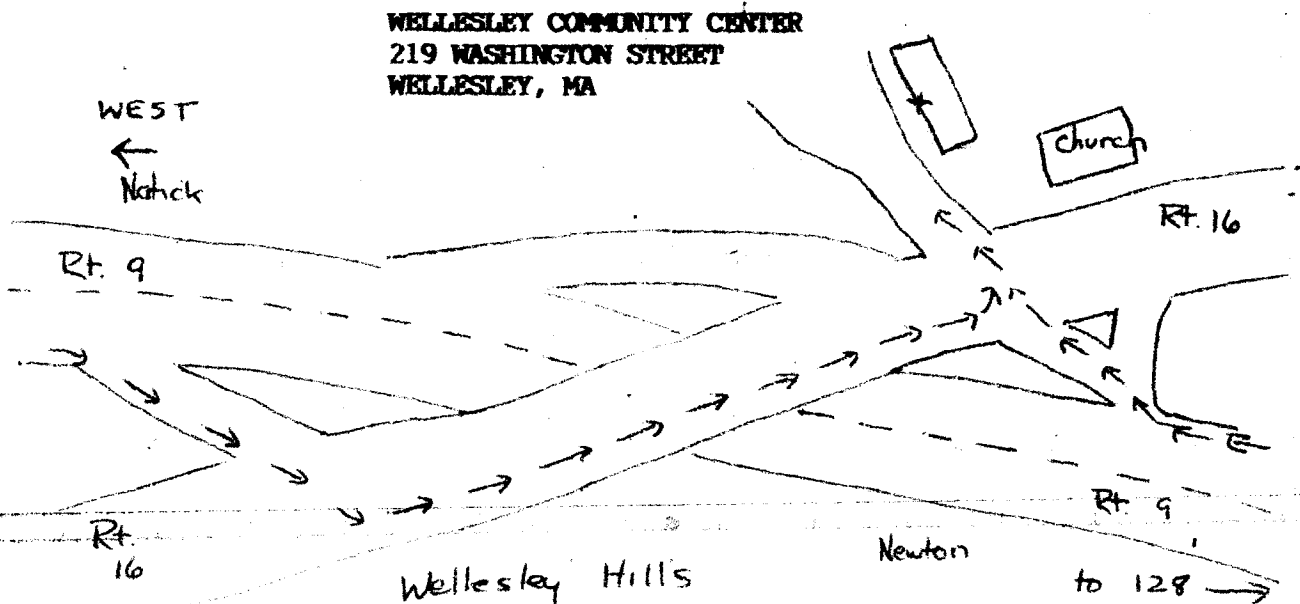
Courses will be given at the Dorchester (MA) YMCA. Call Steve Quimby at 617-436-7750 (days until 9 pm).

**STROKE AND TURN CLINIC: OCTOBER 23, 1993--CONCORD (NH) YMCA, 9:30 a.m.**  
 Contact Jerry Zimmer at 603-673-0676 (H) or  
 617-377-3138 (W)

**DIRECTIONS TO WELLESLEY COMMUNITY CENTER:** 219 Washington Street (Route 16),  
 Wellesley Hills, MA

From Route 128 take Route 9 west. After the second set of lights, turn right at the blinker (the sign says Route 16). At the light at the end of the ramp, stay to the right and cross Route 16 into the parking lot. Be careful. Cars on Route 16 are not necessarily expecting you!

From the west, take Route 9 east. Exit at Wellesley Hills, Route 16. At the lights at the end of the ramp, turn left, cross back over Route 9 and turn left into the driveway which is just beyond the ramp to Route 9 (and a sign that says no left turn onto the ramp).





**REIMBURSEMENT POLICY FOR 1993—1994:**

At the September meeting of the New England Board, the following reimbursement policy for 1993--1994 was adopted. The policy is the same as this past year with the exception of the part concerning the US Open which has been eliminated.

A New England registered swimmer who swims in an individual event at Junior Nationals will be reimbursed \$150 by New England Swimming. A New England registered swimmer who swims in an individual event at Senior Nationals will be reimbursed \$300 by New England Swimming. A New England registered swimmer who swims in an individual event at the US Open will be reimbursed \$300 by New England Swimming. A swimmer who placed in the top 16 in one or more individual events will receive an additional \$50. There will be no limit either for the number of meets or the amount of money to be reimbursed to a swimmer.

During the short course season a swimmer must participate in three New England calendar meets to be eligible for reimbursement. During the long course season a swimmer must participate in two New England calendar meets to be eligible for reimbursement. A swimmer must request the reimbursement within eight weeks except for those swimming in the US Open.

To be eligible for reimbursement an athlete must have been registered in New England and have competed in a New England calendar meet at least six months prior to the meet for which reimbursement has been requested.

A swimmer who does not participate in three New England calendar meets during the short course season may request a waiver for a championship meet during that season only if he/she participates in three New England calendar meets during the long course season. A swimmer who does not participate in two New England meets during the long course season may request a waiver for a championship meet during that season only if he/she participates in three New England calendar meets during the short course season. All requests for waivers will be considered following the long course season.

**GRADUATING SENIORS:**

PYST: KRISTE KLEINER  
 BENN: JEFF LEAKE  
 NCAC: SUSAN KRESEL  
 JOSH PRISTAW

REGIS COLLEGE  
 SPRINGFIELD COLLEGE  
 DUKE UNIVERSITY  
 DARTMOUTH COLLEGE

**HEAD SWIM COACH NEEDED** for Sudbury (MA) Town Swim Team. Age Groups from 6 to 18; about 15 hours a week from mid-November to mid-March; salary commensurate with experience, up to \$20/hour. Contact Bob Lawton at 508-443-0278

**NORTH COUNTRY AQUATIC CLUB** looking for SENIOR COACH and ASSISTANT SWIM COACH to Men's and Women's Swimming at Dartmouth College. Contact Libby Bolster at 603-646-3433 or send a resume to: PO Box 601, Hanover, NH 03755.

**ASSISTANT COACH** needed for Age Group program. Contact the Lowell Boys Club Dolphin Swim Team, 657 Middlesex Street, Lowell, MA 01851.

**JUNIOR NATIONAL CHAMPIONSHIPS:**

**CONGRATULATIONS** to the New England Swimmers who participated in the **SPEEDO JUNIOR NATIONAL CHAMPIONSHIPS** in Orlando.

**BERNAL'S GATOR SWIM CLUB** placed first in the women's team scoring and first in in the combined team scoring.

**MASS BAY MARLINS** placed second in the men's team scoring and fourth in the combined team scoring.

**SEACOAST SWIMMING ASSOCIATION** placed seventh in the women's team scoring.

**SUE TRAINER (BGSC)** won the 100-meter freestyle.

**NICOLE RUTKOWSKI (MEM)** won the 200-meter freestyle.

**BGSC "A" (HOLT, PELUSO, HALL, TRAINER)** won the women's 400-meter medley relay.

**BGSC "A" (TRAINER, ROWE, HALL, BUSHNELL)** won the women's 400-meter free relay.

New England Swimmers placing in finals;

<b>SUE TRAINER</b>	<b>BGSC</b>	<b>NICOLE RUTKOWSKI</b>	<b>MEM</b>
<b>LISA BUSHNELL</b>	<b>BGSC</b>	<b>ALLISON VENDT</b>	<b>MEM</b>
<b>JULIE MITCHELL</b>	<b>BGSC</b>	<b>SPENCER HAWKINS</b>	<b>MEM</b>
<b>AMANDA HALL</b>	<b>BGSC</b>	<b>ALEX KURMAKOV</b>	<b>MEM</b>
<b>DAWN REPPUCCI</b>	<b>BGSC</b>	<b>CARL ERIKSSON</b>	<b>MEM</b>
<b>DENIS SIRRINGHAUS</b>	<b>BGSC</b>	<b>CHIP HABERSTROH</b>	<b>MEM</b>
<b>GENE SUTHERLAND</b>	<b>BGSC</b>	<b>MICHELE LABRIE</b>	<b>SSA</b>
<b>ANNE IACOBUCCI</b>	<b>BSC</b>	<b>PEDRO MONTEIRO</b>	<b>UN</b>

New England Swimmers placing in consolations:

<b>JESSICA TUCKER-MOHL</b>	<b>SSA</b>	<b>GRETA STEFFANSON</b>	<b>MEM</b>
<b>KIRSTIN NAGLE</b>	<b>SSA</b>	<b>TAD KREMEN</b>	<b>MEM</b>
<b>CAROLINE PALMER</b>	<b>SSA</b>	<b>TOM WILLIAMS</b>	<b>MEM</b>
<b>AMY HOLT</b>	<b>BGSC</b>	<b>KEVIN STOCKTON</b>	<b>MEM</b>
<b>SAL SUAU</b>	<b>BGSC</b>	<b>JEFF MARKS</b>	<b>MEM</b>
<b>HEIDI SCHRAMBRA</b>	<b>BSC</b>		

NEW England Swimmers swimming in individual events;

<b>WENDY ROWE</b>	<b>BGSC</b>	<b>KENDRA DEPPE</b>	<b>SSA</b>
<b>KATINA MAISTRELLIS</b>	<b>BGSC</b>	<b>KELLY FLYNN</b>	<b>SSA</b>
<b>SANET SIRRINGHAUS</b>	<b>BGSC</b>	<b>EMILY DEPPE</b>	<b>SSA</b>
<b>RACHEL ENOS</b>	<b>BGSC</b>	<b>LEA DELICIO</b>	<b>SSA</b>
<b>TORY FLEMING</b>	<b>BGSC</b>	<b>BRITTANY WILSON</b>	<b>SSA</b>
<b>MELISSA SESSOMS</b>	<b>BGSC</b>	<b>LIZ KOTCH</b>	<b>SSA</b>
<b>SARA GREENBAUM</b>	<b>BGSC</b>	<b>MATT LAKE</b>	<b>SSA</b>
<b>DANIELLE PELUSO</b>	<b>BGSC</b>	<b>AMANDA KIROUAC</b>	<b>GMSC</b>
<b>ROB WILEY</b>	<b>BGSC</b>	<b>KARRI CHARPENTIER</b>	<b>GMSC</b>
<b>CHRIS ANDERSON</b>	<b>BGSC</b>	<b>KIRSTEN LOZEAU</b>	<b>GMSC</b>
<b>ROB RINDONE</b>	<b>BGSC</b>	<b>CHRISTINE JENSON</b>	<b>MEM</b>
<b>JENNY MOONEY</b>	<b>EBAC</b>	<b>MIKE SCARBO</b>	<b>MEM</b>
<b>WENDY THORPE</b>	<b>EBAC</b>	<b>MATT GULLEDGE</b>	<b>NEB</b>
<b>DIANA LIBERTY</b>	<b>MVP</b>	<b>BETH ELIE</b>	<b>PVAC</b>
<b>MATT CRAVEN</b>	<b>UN</b>	<b>RYAN PARKINSON</b>	<b>GMSC</b>

New England Swimming swimming in relays:

**SSA:** KIM BILLEN, KELLY GITTLEIN, MIKE BARONI, JUSTIN PUDLOSKI, GLEN RICE, MIKE LEWIS

**MEM:** JEN SCHMID, KATIE ZIMBONE

**BGSC:** KELLY GOULDSON

**GMSC:** ERIN GILMORE

## LONG COURSE ZONE MEET:

CONGRATULATIONS to the members of the Long Course Zone Team that participated in the meet at Oak Marr, Virginia last month.

JUNIOR NATIONAL TIMES were achieved by JAMIE CAIL (SSA) and JULIE LAPINSKY (TRAC).

FIRST PLACE WINNERS included: JAMIE CAIL (SSA), JULIE LAPINSKY (TRAC), and C. J. CRONIN (HYST).

## TEAM MEMBERS INCLUDED:

## 10 and unders:

BROOKE BONCHER	HYST	*CARLTON CRONIN	HYST
SARAH FERANTI	HYST	*BOBBY CROWDER	RAMS
*ASHLEY MARLENGA	PSC	ROBERT SCHOTTER	CAST
KATIE ZACARIAN	ATST	MATTHEW ENGLEHART	NEB
*TERESA MCRANN	WBC	SCOTT FEDAK	TRAC
DEVIN MURPHY	BYB	*ERIC DI IULIO	MSSC
CORIE ALFONSO	MVP	BRIAN ZINGALE	NEB
KATIE JOYCE	NEB	JEFF BROWN	BYB

## 11 and 12:

CAITLIN BOTTOMLEY	ABF	*NICK BRUNELLI	ABF
*BRIDGET VEZINA	NWSC	*NEIL TASKILA	GMSC
JESSICA SCHOEN	MVP	PHIL SPINIELLO	NEB
KAREN CHING	SAC	DARREN JOHNSON	SSA
*JAMIE CAIL	SSA	PATRICK FEI	LOBC
LORI PASZKO	HYST	DAVID PAUL	GMSC
		ED BRYAN	HYST

## 13 and 14:

KARA BRENNAN	ABF	ZARRIN ATKINS	TRAC
ANDREA KURRLE	ABF	*JENELLE BRYAN	HYST
JULIE HARRINGTON	NEB		
SARAH HUMPHREY	SAC	KYLE VANDENBURGHE	ABF
*JULIE LAPINSKY	TRAC	SEAN RAFFILE	EBAC

\*These swimmers scored points (first 8 places) in individual events.

The COACHES were: CARLTON CRONIN (HYST) ED BRYAN (HYST)  
JOSH STERN (NEB)

Teams listed are the teams that the swimmers represented when they were selected for the Zone Team. At the Zone Meet, all represented New England.

NEW ENGLAND SWIMMING OFFICE: Mary Riddell  
20 Cleveland Road  
Needham, MA 02192  
617-449-0270

OFFICE HOURS: Monday : 8 a.m.--2 p.m.; 7:30 p.m.--10 p.m.  
Thursday: 8 a.m.--2 p.m.

**SEED CARDS:** Seed Cards are available through the New England Office. The cost for plain cards is \$22 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$19 per thousand. There is no minimum, and the cards may be split any way between boys and girls.

If you want initials on the cards, the price for 1,000 cards is \$31, including mailing. If the cards are picked up in Needham, the cost is \$28. If you want 2,000 or more cards with initials, the cost is \$26 per thousand, including mailing, or \$23 per thousand if the cards are picked up in Needham. The minimum order for cards with initials is 1,000 cards.

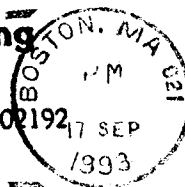
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**United States Swimming  
New England**

20 Cleveland Road Needham, MA 02192



**FIRST CLASS**

**SANCTION CHAIRMAN**  
Isabelle Fraser  
125 Franklin Road  
Longmeadow, MA 01106



# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

OCTOBER 1993

**IN THIS ISSUE: SHORT COURSE AND LONG COURSE OUTSTANDING SWIMMERS  
AND TOP TEN SWIMMERS; BANQUET INFORMATION AND  
RESERVATION FORM.....**

#### **DATES TO REMEMBER:**

**SATURDAY, OCTOBER 2 : ANNUAL MEETING, WELLESLEY, MA**

**SUNDAY, OCTOBER 24 : TOP TEN BANQUET, DRACUT, MA**

#### **ANNUAL MEETING:**

New England Swimming encourages every team in New England to send at least one representative to the Annual Meeting. Each team has one vote, we encourage others to participate also. Each New England Swimming Board member also has a vote.

Coaches are encouraged to attend the General Meeting and the Coaches Meeting which will be held following the General Meeting.

Teams that are running meets are reminded that they are required to send a representative to the Meet Managers meeting.

#### **TOP TEN:**

Please share the Top Ten information in this newsletter with your team as soon as possible. Also encourage your team members to make reservations for the banquet as soon as possible. The past few years we have had well over 500 reservations and have had to close reservations before the banquet.

**TOP TEN TIMES** are compiled using results from New England meets held during the past year. Short course times come from meets from June 1, 1992 to May 31, 1993; long course times come from meets from October 1, 1992 to September 30, 1993.

Only USS sanctioned calendar meets are included. Out of district USS sanctioned meets are included when the New England Office has been sent the results. Note that time trials and "closed" meets (meets that are not open to any USS registered swimmers such as "Y" meets and state meets) are not included. Lead-off splits are included if they are in the results.

**TOP TEN BOOKS** will be sent to all New England teams as soon as they are ready. Books will be available for purchase at the banquet for \$2.50 for each season. Books may be ordered through the office for \$3.00 each, including postage.

The Board of New England Swimming will meet on Monday, October 11, 1993 at 7 pm at the Nashua Country Club, Nashua, NH.

**NEW ENGLAND SWIMMING TOP TEN SWIMMERS, SHORT COURSE, 1992—1993:****ABF:** Joel Piggott, Lawrence McGlaston, Tim McGlaston**ANA:** Nate Vantzelfde, Tracy Shessler **AMW:** Jenn Hedge**ATST:** Maya Marx **BAT:** Marielle Vena**BENN:** Jeff Leake, Ross Stepp, Leslie Stepp**BGSC:** Chris Anderson, Chad Millner, John Mitchell, Rob Rindone, Denis Sirringhaus, Sal Suau, Eric Thomas, Rob Wiley, Doug Heller, Derek Castellano, Jabula Butler, Courtney Goodwin, Julia Ciampa, Carolyn Celano, Wendy Brown, Ji-Young Yoon, Lisa Bushnell, Katina Maistrellis, Susan Trainer, Rachel Enos, Kelly Gouldson, Amanda Hall, Tory Fleming, Sara Greenbaum, Julie Mitchell, Amy Holt, Danielle Peluso, Wendy Rowe, Sanet Sirringhaus, Amy Kellstrand, Kerrin McDonald, Dawn Reppucci, Jessica Zeuli**BSC:** Keith Cox, Gene Folgo, Tony Fonseca, Stephen Maher, William Maher, Jay Rosenquest, Jesse Wendell, Nicholas Brunelli, Annie Goldstein, Brooke Darcy, Jen Seggel, Anne Iacobucci, Eglo Tomasdottir, Eve Rossi, Cathlyn Lang, Joanna Zeiger**BYB:** Daniel Bazylewicz, Jacob Lindmark, Brad Wright, Alex Gambino, David Bazylewicz, Ryan Lumsden, Jeff Brown, Todd Anderman, Brian Michalski, Brendan Drysdale, Sarah Cook, Elizabeth Pizzello, Shelley Eaton, Jodie Michalski, Rebekah Kalapinski, Alexis Kastopoulos, Rachel O'Berine**BYD:** D. J. Singley, David Rollins, Kate Rollins, Meredith Cowie, Jackie Erre-cart, Jaime LeDuc, Bethany Davis**CAST:** Greg Cardillo, Jeff Richards, Joe Richards, Dan Carvahlo, Robert Schot-ter, Kim Reynolds, Lindsay Marshall, Valerie Grow, Meghan McLaughlin, Ellen Livesey, Anna Greenwood**CAY:** Stephen Caruso, Tim Herrick, Tyler Virden, Kim Ercolani, Melissa Ses-soms, Susan Herrick, Kerrin McCarthy**CCSC:** Shane Raymond, Gavin Frazier, Ben Whittaker, Jill Cowgill, Bree Harlin, Rebecca Zuwallack, Elizabeth Dean, lindsay Sullivan, Sara Masi, Sarah Swain, Maureen Murphy**CONY:** Carl Anderson, Brian Lucey, Jane Anderson, Julie Blume, Amy Blume, Kathleen Jones**CSC:** Brendan Laracy, Erin Howarth **CLBC:** Kim Richardson**CHA:** Beth Novak **EB:** Kira Canon**EBAC:** Corey Blakely, Stephan Joe, Sam Peck, Morgan Barensen, Jane Couto, Sarah Mooney, Brandi Blakely, Audrey Couto, Tara Cronin, TRina Young, Jenny Mooney, Wendy Thorpe, Michaela Whittel**EPBC:** Jared Figueira, Casey Cronin, Genevieve Rock**EST:** Justin Pudloski, Rich Taussig, Lee Stevens, Emily Tiernan, Brittany Perkins**FRY:** Elaina Duggan, Caitlin Driscoll **GBSC:** Stephen Mercier**GMSC:** Matt Buhts, Ethan Crosby, Brian Grimes, Tim Grimes, Mike Gustafson, Ryan Parkinson, Joshua Simpson, Neil Taskila, David Paul, Jen McLaughlin, Kate Moody, Kristen Landry, Julie Erickson, Kristy Martin, Mary Kate Foley, Karri Charpentier, Amanda Kirouac, Kristen Lozeau, Alison Whitney, Melissa Salinger, Tina Pellett, Carolyn Menne, Katie Cline

**NEW ENGLAND SWIMMING TOP TEN SWIMMERS, SHORT COURSE, 1992—1993 (continued):****HAY:** Doug Shea, Angie Richer, Julie Kitchenka**HYST:** Wooduk So, Brian Fiske, Mike Cashman, Carlton Cronin, Edward Bryan, Paige Crimmins, Sarah Ferranti, Melissa Lague, Alita LaChance, Angela Caprigno, Jessica Lague, Anna Christiansen, Jenelle Ryan**HYV:** Jeffrey Koziorek, Monica Dorobisz, Regan Flynn**LOBC:** Suzanne Wilson, Stephanie Chang**HRV:** Louis Pacilio**MEM:** A. J. Bowman, Matt Craven, Mike Dowling, Carl Eriksson, Brian Fehlau, Jon Fountain, Mike Hackmer, Tomohiro Hagiya, Spencer Hawkins, Scott Kelley, Jon Kissida, Tad Kremen, Alex Kurmakov, Todd McDermott, Pedro Montiero, Mike Scarbo, Todd Westhus, Kevin Williams, James Hughes, Tommy Keane, Greg Bilton, Erik Vendt, Sofi Madison, Maggy Hoban, Lauren Tracy, Allison Vendt, Katie Zimbone, Jen Schmid, Nicole Rutkowski, Allison Hughes, Erin Powers, Kerry Kearn**MSSC:** Will Shearhouse, Justin Mortimer, Linnea Ackerman, Abby Brethauer, Samantha Briggs**MMST:** Logan St. Peter**NASY:** Christine Zimmer**MVP:** Chris Blonglewicz, Kevin Eppig, Matt Liberty, John Newland, Reed Newland, John Oliver, ERich Osterberg, Anthony Sakakeeny, Adam Schoen, Matt Swenson, Eric Williams, Sean Riley, Ryan Middlemiss, Michael Richard, Richard Kinnett, Adam Kovach, Kevin Riley, Connie Brown, Courtney Catalano, Cece Jacobs, Scarlett Quigley, Jill Middlemiss, Nicole Hendrickson, Elizabeth Ackley, Andrea Girolamo, Clewis Kinnett, Heather Wilder, Corrine Ochsner, Diana Liberty, Kristen Perrault, Cinzia Solari, Barbara Hickey, Beth Belanger, Laurie Woefel**NCAC:** Gyasi Gantner, Josh Pristaw, Justin Marcy, Craig Shepherd, Chris Southworth, Patrick Franzen, Paul Schned, Rachel Starunko, Dara Pristaw, Sue Kresel**NEB:** Matt Chardavoyne, Alex Cunha, Rob Dorschner, Matt Gullede, Chip Haberstroh, Steve Korbly, Josh Osterberg, Josh Plati, christian Selchau-Hansen, Tal Zamir, Laura Blackwell, Bethany Greene, Julie Harrington, Rachel Quebec, Chrissy Riley, Linda Kuntz, Donna Guglielmi**NWSC:** Josh Donahue, Joe Durkin, Peter Caires, Kerryn Palmer, Bridget Vezina, Tara Spellissy, Kristen Voutselas**OCY:** Charles Barnes, Christian Warner, Jeffrey Pike, Michael Griffin, Jessica Looney, Jill Stonehouse**PAC:** Heather Montanaro**PYST:** Kriste Kleiner**PSC:** Dan Parenteau, Ashley Marlenga**PVAC:** Jeb Jenkins, Jerome Leslie, John Young, Brian Donovan, Tim Gale, Erika Gregory, Beth Elie, Kerriane Kalbko, Kristin Conlon, Amy Mikuszewski, Dena Wright, Sara Kalbko**SAC:** Chris Borgatti, Mark Ford, Lara Allard, Julie Dunnigan, Anne Behrens**SSA:** Mike Baroni, Jamie Corbett, Chris Danchik, Jeff Hertzog, Jeremy Hutchinson, Mike Lewis, Mike O'Connor, Jeremy Quimby, Aaron Rohde, Todd Whitford, Andrew Whitney, Zach Cayer, Tony TenHaagen, Darren Johnson, Josh Friz, Matt Rykken, David Lewis, Amanda Lees, Madeline Lewis, Amy Danchik, Amy Verrault, Allison Messier, Jessica Tucker-Mohl, Kate Sanders, Emily Deppe, Erica Allen, Malissa Blais, Kelly Flynn, Claire O'Reilly, Susan Cherwinski, Lea Delicio, Michele Labrie, Elisa Lanciault, Kim Billen, Kendra Deppe, Kirstin Nagle, Karen Anderson, Amy Allen, Caroline Palmer, Megan Connolly, Brittany Wilson**SSSC:** Matt Carroll, Henry Turner, John McMahon

**NEW ENGLAND SWIMMING TOP TEN SWIMMERS, SHORT COURSE, 1992—1993 (continued):**

**SWRI:** Nick Catalozzi, Rich Crowder, Trevor Yates, Allison Garceau, Melissa Solomon, Mary Beth Wilk

**TOST:** Elizabeth Williams, Kristie Mitchell      **SWST:** Elizabeth Lopez

**TRAC:** Jason Faulconer, David Haley, Lindsay Tincher, Bethany Bergemann, Julie Lapinshy

**WBD:** Tim Carter, Sarah Kearns, Jennie Knott

**WYST:** Jeremy Tillman, Matthew Musiak      **WAC:** Keri Sullivan

**YSS:** David Cangiano, Alex Etkind, Laura Glassanos, Jennifer McCaffrey

**UN:** Christian Kienzle, Kevin Curry, Erin Dwyer-Frazier, Michaela Lincoln, Kerri Nappi, Shelley Jackson

**NEW ENGLAND SWIMMING TOP TEN SWIMMERS, LONG COURSE, 1992—1993**

**ABF:** Tony Fonseca, Kyle Vandenberghe, Nicholas Brunelli, Lawrence McGlaston, Nathaniel Brault, Deanna Cross, Caitlin Bottomley, Kara Brennan

**ATST:** Kris Walas, Ellen Katch, Kate Zaccarian, Brianna Gray-Hallock

**ANA:** Lauren Kapelson

**AMW:** Tim Carter

**BAT:** Brittany Sasser

**CONY:** Brian Lucey

**BGSC:** Chris Anderson, Ray Brown, Jabula Butler, Fletcher Callaha, Kyle Littlefield, Jim McGinnis, John Mitchell, Rob Rindone, Denis Siringhaus, Salu Suau, Gene Sutherland, Eric Thomas, Rob Wiley, Danny Robles, Christian Warner, Derek Castellana, Christopher Irving, Bianca Robles, Caroline Celano, Julia Ciampa, Tori Bushnell, Heidi Hellmuth, Lauren Tracy, Ryan Cesare, Kristen Lefevre, Chantal Menard, Maurissa Riley, Ji-Young Yoon, Katina Maistrellis, Lisa Bushnell, Wendy Brown, Susan Trainer, Rachel Enos, Sara Greenbaum, Julie Mitchell, Amanda Hall, Melissa Sessoms, Tory Fleming, Amy Holt, Danielle Peluso, Wendy Rowe, Kelly Gouldson, Sanet Siringhaus, Kerrin McDonald, Dawn Reppucci, Melissa Schofield

**BSC:** Jay Rosenquest, Chris Dockray, James Hamrick, Jem Hennessey, Drew Knutton, William Maher, Chip Mosher, Steve Root, Damian Santoro, David Sieczkiewicz, Jesse Wendell, Annie Goldstein, Kaitlin Lawson, Aletha Holmes, Anne Iacobucci, Eve Rossi, Heidi Schrambra

**BYB:** Brad Wright, Brendan Drysdale, Todd Anderman, David Cook, Brian Michalski, Jeff Brown, Jennifer Brickett, Devin Murphy, Kathleen Pizzello, Rachel O'Beirne

**CAST:** Andrew Cardillo, Greg Cardillo, Jeff Richards, Joe Richards, Robert Schotter, Dan Carvalho, Valerie Grow, Kelly Hunter

**CAY:** Stephen Caruso, Mike Jordan, Joe Sheeha, Rachel Dane

**CCSC:** Matthew Inman, Shane Raymond, Gavin Frazier, Sacha Solomon, Catherine Murray, Jackie Clark, Kelly Hyndeman, Jessica Johnston, Julie Cowgill, Sara Masi, Lindsay Sullivan, Sarah Schwartz

**CSC:** Erik Scheinfeldt, Brendan Laracy, Allison Kostich, Erin Howarth

**EB:** Colby Canon, Jeff Wilgo, Benji Borowski, Steven Cox, Elena Massa



**NEW ENGLAND SWIMMING TOP TEN SWIMMERS, LONG COURSE, 1992—1993 (continued):**

**EBAC:** Sean Raffile, Morgan Barense, Jenny Mooney, Wendy Thorpe, Michaela Whittet

**EST:** Genevieve Goode, Emily Tiernan, Brittany Perkins

**FRY:** Elizabeth DaCosta

**GBSC:** Ian Callander

**GMSC:** Matt Buhts, Ethan Crosby, Bryan Grimes, Tim Grimes, Mike Gustafson, Ryan Parkinson, David Paul, Scott Osgood, Neal Taskila, Joshua Simpson, Kate Moody, Kristy Martin, Lisa Arsenault, Christa Hagopian, Erin Gilmore, Katie Cline, Karri Charpentier, Kerriane Kalbko, Kristen Lozeau, Alison Whitney, Melissa Salinger, Amanda kirouac

**HYST:** Mark Moskal, Edward Bryan, C. J. Cronin, Richard Roda, Brian Fiske, Melissa Laque, Brooke Boncher, Sarah Ferranti, Lori Paszko, Angela Caprigno, Kristin Latourelle, Jenelle Bryan

**HVY:** Sean Meehan, Jessica Gaudet, Leslie St. Lawrence, Jesse Quillian, Megan Cassidy, Agatha Dorobisz

**HRY:** Louis Pacilio

**LOBC:** Patrick Fei

**MEM:** A. J. Bowman, Mike Dowling, Rick Dzavik, Carl Eriksson, Jan Esway, Sean Gouldson, Chip Haberstroh, Tomohiro Hagiya, Spencer Hawkins, Jon Kissida, Dave Knauert, Tad Kremen, Alex Kurmakov, Brian Livingston, Brent Lorenzen, Jeff Marks, Todd McDermott, Matt McKay, Kevin Mulgrew, Scott Peterson, Dana Piasecki, Gregg Ross, Mike Scarbo, Mike Scarbo, Mike Schulte, Kerner Smith, Kevin Stackton, Ed Wagner, Simon Wainwright, Kevin Williams, Tom Williams, Greg Bilton, Tommy Keane, Michael Monaghan, James Hughes, Erik Vendt, Niles Madison, Justin Kissida, Christian Kienzle, Jill Palmieri, Kate Palmieri, Lindsay Hoban, Meredith Dunn, Katie Zimbone, Allison Vendt, Nancy Hackett, Libby Halloran, Jen Schmid, Latie Lasky, Nicole Rutkowski, Greta Steffenson, Erin Powers, Kerry Kearns, Sarah Durkin, Christine Jensen, Deborah Kory, Britt Greineder, Sheila Conway, Sheila McCarthy

**MSSC:** Eric DiIulio, Will Shearhouse, Lorianne Homoleski, Molly Brethauer, Kristina Homoleski, Abby Brethauer

**MVP:** Matt Liberty, Chris Blonglewicz, Kevin Eppig, Alex Fain, Kevin Riley, Anthony Sakakeeny, Adam Schoen, Eric Williams, Guy Yimsamvuay, Joe Almlof, Sean Riley, Connie Brown, Mindy Butterworth, Cori Alfonso, Kailyn Richard, Aasia Saleemuddin, Laura Blackwell, Trisha Zeytoojian, Jessica Schoen, Elizabeth Ackley, Anna Christiansen, Clewis Kinnett, Diana Liberty, Kristen Perreault, Cinzia Solari

**NCAC:** Paul Schned, Chris Franzen, Laura Schnel, Rachel Starunko

**NEB:** Matt Chardavoynne, Alex Cunha, Rob Dorschner, Matt Gullede, Steve Korbly, Matt O'Donnell, Josh Osterberg, Josh Plati, Tal Zamir, Phil Spiniello, Brian Zingale, Matthew Englehardt, Christopher Swenson, Katherine Riley, Jane Bargmann, Suzy Riley, Julie Harrington, Rachel Quebec, Chrissy Riley, Donna Guglielmi, Justine Fagerlund

**NWSC:** Josh Donahue, Bridget Vezina, Kristen Voutselas

**OCY:** Charles Barnes, Jessica Looney

**PWST:** Dan MacEachran

**PSC:** Ashley Marlenga, Christine Mucci, Anna Fraser, Anne Mayall

**PVAC:** Tim Gale, Zeb Jenkins, Jerome Leslie, Bryan McFarland, Brian Donovan, Beth Elie, Amy Mikuszewski, Kerry Weeks

**RAMS:** Bobby Crowder, Richie Crowder

**NEW ENGLAND SWIMMING TOP TEN SWIMMERS, LONG COURSE, 1992--1993 (continued):**

**SAC:** Mark Ford, Karen Ching, Lara Allard, Carmen Trombini, Lindsay Grimm

**SSA:** Mike Baroni, Jamie Corbett, Phil Curran, Mark DiSalvo, Tom Dowd, Dean Fredette, Jeremy Hutchinson, Matt Lake, Ben Lannon, Mike Lewis, Mike O'Connor, Justin Pudloski, Jon Quimby, Andrew Roberts, Aaron Rohde, David Lewis, Darren Johnson, Jenna Barbury, Amy Danchik, Nicole Hendrickson, Jamie Cail, Amy Ver-rault, Allison Messier, Abby Dowd, Jessica Tucker-Mohl, Kate Sanders, Erica Allen, Emily Deppe, Melissa Frechette, Kelly Gittlein, Shelly Jackson, Susan Cherwinski, Elisa Lanciault, Kim Billen, Melissa Burns, Michele Labrie, Karen Anderson, Kirstin Nagle, Nicole Ciancarelli, Claire O'Reilly, Megan Connolly, Caroline Palmer, Jessica Dowd, Kelly Flynn, Debby Palmer, Lea Delicio, Kendra Deppe, Amy Allen, Brittany Wilson, Liz Kotch, Christine Hanson, Jenny Thompson, Allison Hardy, Leslie Repetto, Larissa Herold

**SWST:** Alex Lawton, Elizabeth Lopez

**TRIY:** Tommy Sheehan

**TRAC:** Jason Faulconer, David Haley, Scott Fedak, Tony Wareck, Angela Groccia, Bethany Bergemann, Julie Lapinsky

**WYST:** Matt Musiak, Jeremy Tillman

**WEBD:** Jennie Knott

**WSC:** Teresa McRann

**YSS:** ~~Kate O'Brien, Gemma O'Brien, Jill Stonehouse~~

**UN:** Matt Craven, Andreas Gustavsson, Stephen Maher, Pedro Montiero, Danielle Menard, Allison Clearwater, Allegra Parisi, Katie Lynch, Dede Trimble

**OUTSTANDING SWIMMERS** are those who have accumulated the most points through their Top Ten standings. The scoring is as follows:

STANDING: 1 2 3 4 5 6 7 8 9 10

POINTS: 12 9 8 7 6 5 4 3 2 1

Note that the scoring is not the same as at championship meets. **OUTSTANDING SWIMMERS** are guests of New England Swimming at the banquet and receive a patch in addition to their certificate.

**TOP TEN COMMITTEE:** New England Swimming thanks Anne Hawkins, Jo Ann Danchik and Carol Sutherland for their assistance with compiling Top Ten times in the past.

Thank you also to recent volunteers who will be assisting during the upcoming season--Marielle Allard, Wayne Chang, Darlene McGrath, Ginny Palmieri, and Judie Pristaw.

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617-449-0270

**OFFICE HOURS:** Monday : 8 a.m.--2 p.m.; 7:30 p.m.--10 p.m.  
Thursday: 8 a.m.--2 p.m.

## OUTSTANDING SWIMMERS, SHORT COURSE, 1992—1993

8 & under:	CONNIE BROWN	MVP	ALEX GAMBINO	BYB
	PAIGE CRIMMINS	HYST	CHRISTIAN KIENZLE	UN
	LINDSAY MARSHALL	CAST	JUSTIN MARCY	NCAC
	KIM REYNOLDS	CAST	SEAN RILEY	MVP
	SUZANNE WILSON	LOBC	CHRISTIAN WARNER	OCY
9 & 10 :	SARAH COOK	BYB	TODD ANDERMAN	BYB
	MELISSA LAGUE	HYST	NICHOLAS BRUNELLI	BSC
	KRISTEN LANDRY	GMSC	CARLTON CRONIN	HYST
	KATE MOODY	GMSC	JAMES HUGHES	MEM
	SCARLETTE QUIGLEY	MVP	JUSTIN MORTIMER	MSSC
11 & 12 :	LARA ALLARD	SAC	DANIEL BAZYLEWICZ	BYB
	AMY BLUME	CONY	BRENDAN DRYSDALE	BYB
	ABBY BRETHAUER	MSSC	JOSH FRIZ	SSA
	JACKIE ERRECART	BYD	STEPHEN MAHER	BSC
	JAIME LEDUC	BYD	KEVIN RILEY	MVP
13 & 14 :	LISA BUSHNELL	BGSC	ETHAN CROSBY	GMSC
	EMILY DEPPE	SSA	SPENCER HAWKINS	MEM
	KERRIANNE KALBKO	PVAC	MIKE LEWIS	SSA
	AMANDA KIROUAC	GMSC	WILLIAM MAHER	BSC
	JESSICA TUCKER-MOHL	SSA	SHANE RAYMOND	CCSC
15 & 16 :	SARA GREENBAUM	BGSC	MATT CRAVEN	MEM
	AMANDA HALL	BGSC	CARL ERICKSSON	MEM
	MICHELE LABRIE	SSA	SPENCER HAWKINS	MEM
	KIRSTIN NAGLE	SSA	RYAN PARKINSON	GMSC
	SUSAN TRAINER	BGSC	DENIS SIRRINGHAUS	BGSC
17 & 18 :	SARA GREENBAUM	BGSC	CHRIS ANDERSON	BGSC
	SUE KRESEL	NCAC	ALEX CUNHA	NEB
	WENDY ROWE	BGSC	CHIP HABERSTROH	NEB
	NICOLE RUTKOWSKI	MEM	ROB RINDONE	BGSC
	SANET SIRRINGHAUS	BGSC	ROB WILEY	BGSC
	BRITTANY WILSON	SSA		
OPEN :	MICHELE LABRIE	SSA	ALEX CUNHA	NEB
	JULIE MITCHELL	BGSC	CARL ERIKSSON	MEM
	KIRSTIN NAGLE	SSA	CHIP HABERSTROH	NEB
	NICOLE RUTKOWSKI	MEM	ROB WILEY	BGSC
	JESSICA TUCKER-MOHL	SSA	KEVIN WILLIAMS	MEM

## OUTSTANDING SWIMMERS, LONG COURSE, 1992--1993

8 & under:	CONNIE BROWN	MVP	BRIAN FISKE	HYST
	ANNIE GOLDSTEIN	BSC	CHRISTIAN KIENZLE	MBM
	VALERIE GROW	CAST	RYAN MIDDLEMISS	MVP
	JENNIE KNOTT	WBC	SEAN RILEY	MVP
	ELIZABETH LOPEZ	SWST	CHRISTIAN WARNER	BGSC
9 & 10 :	JULIA CIAMPA	BGSC	C. J. CRONIN	HYST
	ANGELA GROCCIA	TRAC	BOBBY CROWDER	RAMS
	MELISSA LAGUE	HYST	ERIC DI IULIO	MSSC
	ASHLEY MARLENGA	PSC	ROBERT SCHOTTER	CAST
	TERESA MCRANN	WSC	JEREMY TILLMAN	WYST
11 & 12 :	CAITLIN BOTTOMLEY	ABF	GREG BILTON	MBM
	JAMIE CAIL	SSA	BRIAN DONOVAN	PVAC
	ANGELA CAPRIGNO	HYST	BRENDAN DRYSDALE	BYB
	KRISTY MARTIN	GMSC	TOMMY KEANE	MBM
	AMY VERRAULT	SSA	ERIK VENDT	MBM
13 & 14 :	KARRI CHARPENTIER	GMSC	TOMOHIRO HAGIYA	MBM
	EMILY DEPPE	SSA	SPENCER HAWKINS	MBM
	KERRIANNE KALBKO	GMSC	WILLIAM MAHER	BSC
	KRISTEN LOZEAU	GMSC	SHANE RAYMOND	CCSC
	ALLISON VENDT	MBM	GUY YIMSAMVUAY	MVP
15 & 16 :	LISA BUSHNELL	BGSC	CARL ERIKSSON	MBM
	AMANDA HALL	BGSC	SPENCER HAWKINS	MBM
	KIRSTIN NAGLE	SSA	TAD KREMEN	MBM
	CAROLINE PALMER	SSA	RYAN PARKINSON	GMSC
	JESSICA TUCKER-MOHL	SSA	DENIS SIRRINGHAUS	BGSC
17 & 18 :	TORY FLEMING	BGSC	ALEX CUNHA	NEB
	MICHELE LABRIE	SSA	CARL ERIKSSON	MBM
	JULIE MITCHELL	BGSC	CHIP HABERSTROH	MBM
	DAWN REPPUCCI	BGSC	MATT LAKE	SSA
	NICOLE RUTKOWSKI	MBM	ROB RINDONE	BGSC
OPEN :	AMANDA HALL	BGSC	RAY BROWN	BGSC
	MICHELE LABRIE	SSA	DEAN FREDETTE	SSA
	NICOLE RUTKOWSKI	MBM	CHIP HABERSTROH	MBM
	JENNY THOMPSON	SSA	JAMES HAMRICK	BSC
	DEDE TRIMBLE	UN	KEVIN WILLIAMS	MBM



# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

NOVEMBER 1993

IN THIS ISSUE: QUALIFYING TIMES FOR NE SENIOR, AGE GROUP, TEN & UNDER CHAMPIONSHIPS & SILVER & BRONZE CLASSICS; QUALIFYING TIMES FOR USS NATIONAL & JUNIOR NATIONAL CHAMPIONSHIPS; NE SHORT COURSE CALENDAR UPDATE; NEW TEAMS; SHAVING POLICY; ELECTED BOARD MEMBERS....

CONGRATULATIONS to JENNY THOMPSON (SSA) who was named SWIMMER OF THE YEAR at the United States Swimming convention in Los Angeles!

#### NEW ELECTED OFFICERS:

At the New England Swimming Annual Meeting on October 2, 1993 the following officers were elected:

CHAIRMAN	:	MARC ALLEN
VICE CHAIRMAN	:	KEN CUNHA
SECRETARY	:	KATHLEEN MILLOY
TREASURER	:	GLENN HERRICK
SENIOR CHAIRMAN	:	JIM MCCOMBS
AGE GROUP CHAIRMAN:	:	ANNE HAWKINS
BOARD OF REVIEW	:	PRISCILLA DAVIS
		BRUCE MOHL
		ISABELLE FRASER
		JOE BERNAL
		ROY COATES
		JIM MURPHY
		KAITLIN MCLAUGHLIN

#### TOP TEN AND OUTSTANDING SWIMMER LISTING CORRECTIONS:

Our apologies to the following swimmers who were omitted or incorrectly listed in the October newsletter:

Add to OUTSTANDING SWIMMERS, EIGHT & UNDER, short course:

KERI SULLIVAN WAC                      DAVID BAZYLEWICZ BYB

Add to TOP TEN SWIMMERS, short course:

ABF: Elizabeth Cooper                      OCY: Chantal Menard

Add to TOP TEN SWIMMERS, long course;

HYST: Anna Christiansen                      NEB: Katie Joyce

Corrections and additions to times in the books will be available at the banquet and will be mailed to teams.

The Board of New England Swimming will meet on Monday, November 8, 1993 at 7 pm at the Nashua Country Club, Nashua, NH. The Technical Committee will meet at 5:30 pm.

**SHAVING POLICY:**

The following policy was passed at the Annual Meeting. It was ratified at the meeting of the Board of New England Swimming on October 11, 1993. The policy is effective immediately. Teams that have not yet sent out their meet information should include it in the information. All teams should include the policy in coaches packets. All teams should make their coaches and athletes aware of the policy.

**There will be no shaving at any New England calendar meet or at any other competition receiving a New England Swimming sanction. This includes no shaving in the showers or elsewhere on the swimming venues.**

**CONGRATULATIONS** to **JOHN ONEILL (PAC)** and **KEVIN SALISBURY (CSC)**. Their tape, "TAKE YOUR MARK! A PARENTS' GUIDE TO COMPETITIVE AGE GROUP SWIMMING," won the "Creative Ideas Contest" at the ASCA clinic in September. The tape is available through the Varsity Swim Shop (1-800-622-2120) and through ASCA.

**COURSES FOR COACHES: SAFETY TRAINING FOR SWIM COACHES**, October 30, 1993, Dover, NH, 12 noon--6:30 p.m.

**CPR (update)**, October 31, Dover, NH

Contact: Amy Parratto, 603-749-2869

**NEW ENGLAND SWIMMING MEETING MINUTES:** Several New England Swimming teams have expressed interest in receiving copies of the minutes of the Annual Meeting and the New England Swimming Board meetings. Any team that would like to receive copies of these minutes should send a note to the office indicating the address that you would like the minutes sent to. It can be an address other than the official team address.

**NEW TEAMS (TEAMS REGISTERED FOR 1994 THAT WERE NOT REGISTERED IN 1993):****MALDEN YMCA**

Michele Pittman  
34 Quincy Street  
Medford, MA 02155

**MALY****MIDDLEBORO YMCA SEA DEVILS**

Everett Clark  
61 E. Grove Street Box 1363  
Middleboro, MA 02346

**MYSO****CEDARDALE BASS SWIMMING**

Barb Toohey  
931 Boston Road  
Haverhill, MA 01835

**CBS****NORTH SHORE PIRANHAS**

Andrew Meyers/Helen Chervitz  
JCC NS 4 Community Road  
Marblehead, MA 01945

**NSP****WATERTOWN WAVEMAKERS SWIM TEAM**

Matt Laramie  
25 Whites Avenue  
Watertown, MA 02172

**WWST****LEVIATHAN AQUATICS**

R. Tucker Gilman  
8 Victor Place  
Rutland, VT 05701

**LEVI**

NEW ENGLAND SWIMMING SHORT COURSE CALENDAR, 1993—1994 updated :

## OCTOBER:

- 30--31: HYST SPECIALTY PENTATHLON & RELAY MEET Paul Memont  
508-373-7094
- 31: ABF FALL PENTATHLON Lance VenDenBerghe  
508-543-1404
- 31: HRY SENIOR DEVELOPMENT MEET Sharon Ryder  
413-296-4058

## NOVEMBER:

- \* 6--7 : GREG LAWSON MEMORIAL TEAM SPECIALTY MEET James Lawson  
**Attleboro High School** 401-658-1132
- \* 6--7 : NEB TEAM SPECIALTY MEET Jan Harris  
**University of Massachusetts/Boston** 617-769-5788
- \* 6--7 : CCSC TEAM SPECIALTY MEET John Whittaker  
508-759-7586
- 12--14: CAY JUNIOR CLASSIC SPECIALTY MEET Bill Hanlon  
617-596-8636
- 12--14: CAST TEAM SPECIALTY MEET (trials & finals) David Cardillo  
401-231-0637
- 19--21: MVP TEAM SPECIALTY MEET Denis Gagne  
603-893-2516
- 26 : SAC MINI MEET Mariella Allard  
508-655-7012
- 27--28: SSA TEAM SPECIALTY MEET Bruce Mohl  
603-868-7249
- 26--28: HRY & EB "A (B)" MEET Sharon Ryder  
413-296-4058

## DECEMBER:

- \* 3--5 : SSSC TEAM SPECIALTY MEET Joan Yaeger  
617-396-1121
- \* 3--5 : YSS TEAM SPECIALTY MEET **CANCELLED**
- \* 3--5 : NCAC WINTER CLASSIC TEAM SPECIALTY MEET Marilyn Vasil  
603-632-5022
- 11--12: EBAC TEAM SPECIALTY MEET Betsy Thorpe  
**East Providence High School** 508-222-2938
- 11--12: OCY "C/B" MEET Darlene McGrath  
617-986-6803
- 17--19: MBM ~~TEAM~~ SPECIALTY MEET (trials & finals Kim Kredich  
for older swimmers) 401-751-2249
- 18--19: TRAC & CSC CHRISTMAS TEAM SPECIALTY MEET Marianne McVoy  
508-842-1883
- 18--19: EST SPRINT MEET James Powers  
603-642-8424

## JANUARY:

- 7--9 : MVP TEAM SPECIALTY MEET Denis Gagne  
603-893-2516
- 8 : SAC TEAM SPECIALTY MEET Jane Robichaud  
508-653-4692
- 8 : PVAC SENIOR DEVELOPMENT MEET Maureen Mikuszewski  
413-596-8269
- 9 : PVAC PENTATHLON Betsy Thorpe  
508-222-2938
- 15--16: EBAC TEAM SPECIALTY MEET Sharon Ryder  
**East Providence High School** 413-296-4058
- 15--16: HRY "B/C" MEET

- |  |                                    |
|--|------------------------------------|
| *22--23: HYST SNOWBALL CLASSIC TEAM SPECIALTY MEET             | Paul Memont<br>508-373-7094        |
| *22--23: GMSC TEAM SPECIALTY MEET                              | Steve Landry<br>508-652-5326       |
| 28--30: CAY/BYB TEAM SPECIALTY MEET                            |                                    |
| 28--30: BAT TEAM SPECIALTY MEET<br>Wheaton College, Norton, MA | Abby Hurlbut<br>617-729-4216       |
| FEBRUARY:  |                                    |
| 5--6 : ABF WINTER TEAM SPECIALTY MEET                          | Lance VanDenBerghe<br>508-543-1404 |
| 6 : GMSC MINI MEET   | Kelly Bagin<br>508-249-5168        |
| 11--13: CCSC TEAM SPECIALTY MEET                               | John Whittaker<br>508-759-7586     |
| 18--20: BRONZE CLASSIC   | **                                 |
| 18--20: SAC AGE GROUP/SENIOR QUALIFIER                         | Mariella Allard<br>508-655-7012    |
| 25--27: TEN & UNDER CHAMPIONSHIPS (NEB)                        | **                                 |
| MARCH:   |                                    |
| 3--6 : AGE GROUP CHAMPIONSHIPS                                 | **                                 |
| 10--13: SENIOR CHAMPIONSHIPS                                   | **                                 |
| 18--20: SILVER CLASSIC (NCAC)                                  | **                                 |

- \* TEAM SPECIALTY WEEKENDS--same events (including relays, at all sites  
 \*\* Entries for these meets will be sent out by the NE office.

FOR MORE DETAILS CONCERNING THESE MEETS, CONSULT YOUR AUGUST NEWSLETTER.

**NEW ENGLAND SWIMMING OFFICE:** Mary Riddell  
 20 Cleveland Road  
 Needham, MA 02192  
 617-449-0270

**OFFICE HOURS:** Monday : 8 a.m.--2 p.m.; 7:30 p.m.--10 p.m.  
 Thursday: 8 a.m.--2 p.m.

**NOTE:** The New England Office will be closed from Friday, October 22 through Sunday, October 31.



1994 SPRING & SUMMER SENIOR NATIONAL CHAMPIONSHIP TIME STANDARDS

WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LC		SCY	SCM	LC
23.89	26.59	27.19	50 FREE	20.79	22.99	23.89
51.29	56.49	58.39	100 FREE	45.19	49.89	52.29
1:50.79	2:02.09	2:05.79	200 FREE	1:39.19	1:49.89	1:54.29
4:52.69	4:12.79	4:23.09	400/500 FREE	4:28.39	3:52.39	4:02.29
10:01.09	8:43.39	9:01.89	800/1000 FREE	9:20.99	8:10.89	8:23.99
16:46.89	16:36.09	17:11.99	1500/1650 FREE	15:34.99	15:17.79	16:06.19
57.09	1:02.69	1:05.99	100 BACK	50.79	56.59	58.89
2:01.79	2:14.99	2:20.79	200 BACK	1:49.29	2:01.39	2:06.89
1:04.89	1:12.49	1:14.79	100 BREAST	56.59	1:02.89	1:05.69
2:19.29	2:35.79	2:39.19	200 BREAST	2:02.59	2:17.49	2:21.99
56.79	1:02.39	1:03.79	100 FLY	49.79	54.59	56.59
2:03.69	2:15.99	2:18.89	200 FLY	1:49.79	2:00.19	2:05.39
2:04.79	2:17.69	2:23.59	200 INDIV MEDLEY	1:51.49	2:03.19	2:09.39
4:24.69	4:51.89	5:01.29	400 INDIV MEDLEY	3:58.49	4:24.09	4:34.79
3:34.59	4:00.09	4:03.49	400 FREE RELAY	3:07.09	3:27.79	3:36.79
7:43.09	8:37.59	8:46.09	800 FREE RELAY	6:55.79	7:42.29	7:53.79
3:59.19	4:26.59	4:31.19	400 MEDLEY RELAY	3:29.79	3:54.39	3:58.59

QUALIFYING PERIOD: SPRING MEET: MARCH 23, 1993 through entry deadline.  
 SUMMER MEET: JULY 26, 1993 through entry deadline.

1994 JUNIOR NATIONAL CHAMPIONSHIP TIME STANDARDS

WOMEN				EVENT DESCRIPTION	MEN		
SCY	SCM	LC	SCY		SCM	LC	
24.59	27.39	27.79		50 FREE	21.79	24.09	24.79
53.09	58.49	1:00.29		100 FREE	47.29	52.19	53.99
1:54.19	2:05.89	2:09.09		200 FREE	1:43.19	1:54.29	1:58.29
5:03.29	4:21.89	4:30.69		400/500 FREE	4:39.69	4:02.09	4:09.79
10:22.19	9:01.79	9:15.99		800/1000 FREE	9:40.09	8:27.59	8:42.49
17:24.29	17:13.09	17:46.69		1500/1650 FREE	16:14.29	115:56.39	16:43.39
59.29	1:05.09	1:07.89		100 BACK	53.09	59.09	1:01.39
2:06.99	2:20.79	2:26.09		200 BACK	1:55.09	2:07.89	2:12.39
1:07.59	1:15.49	1:16.99		100 BREAST	59.59	1:06.19	1:08.79
2:25.59	2:42.89	2:45.19		200 BREAST	2:09.79	2:25.59	2:30.19
58.59	1:04.39	1:05.79		100 FLY	52.09	57.09	58.99
2:08.89	2:21.69	2:24.59		200 FLY	1:54.89	2:05.79	2:11.99
2:09.49	2:22.89	2:27.79		200 INDIV MEDLEY	1:56.49	2:08.79	2:13.59
4:34.79	5:02.99	5:09.69		400 INDIV MEDLEY	4:09.59	4:36.29	4:45.79
3:37.19	4:02.99	4:07.39		400 FREE RELAY	3:12.79	3:34.29	3:41.89
7:49.79	8:45.09	8:56.29		800 FREE RELAY	7:05.69	7:53.29	8:07.49
4:01.29	4:28.89	4:36.39		400 MEDLEY RELAY	3:36.09	4:01.49	4:08.89

QUALIFYING PERIOD: SPRING MEET: MARCH 23, 1993 through entry deadline  
 SUMMER MEET: JULY 26, 1993 through entry deadline

## NEW ENGLAND SWIMMING TEN &amp; UNDER CHAMPIONSHIP TIMES--1993--1994

WOMEN		8&U	MEN	
LCM	YDS	EVENTS	YDS	LCM
	18.29	25 FR	18.59	
46.39	42.39	50 FR	42.49	47.29
152.69	138.39	100 FR	140.49	151.99
	22.99	25 BK	23.29	
100.59	51.59	50 BK	51.59	101.69
	25.99	25 BR	26.69	
105.69	58.99	50 BR	58.99	106.19
	22.99	25 FL	23.99	
103.49	100.79	50 FL	102.19	114.29
	148.99	100 IM	154.39	

WOMEN		9-10	MEN	
LCM	YDS	EVENTS	YDS	LCM
39.89	34.99	50 FR	34.99	39.89
129.99	118.99	100 FR	118.99	129.99
313.79	249.99	200 FR	249.99	313.79
47.59	41.69	50 BK	42.69	48.69
144.69	131.99	100 BK	132.99	145.99
53.79	47.19	50 BR	47.49	54.19
158.59	143.99	100 BR	143.99	158.59
47.09	41.29	50 FL	41.29	47.09
149.49	135.99	100 FL	135.99	149.49
	129.99	100 IM	129.99	
336.59	309.99	200 IM	312.99	339.99

**NOTE:** These times are for **short course championships only**.  
No times are listed for Silver Classic since ten and unders will not be included in that meet this year

**BRONZE CLASSIC TIMES** (for 9 & 10 only) are .01 slower than the minimum time for 9 and 10 times for Ten & under Championships. Note that 8 and unders do not swim at Bronze Classic.

All times must be achieved after September 1, 1993.

## NEW ENGLAND SWIMMING AGE GROUP AND SILVER CLASSIC TIMES—1993—1994

WOMEN			11-12	MEN		
LCM	YDS	SILVER	EVENTS	SILVER	YDS	LCM
32.79	28.79	30.99	50 FR	31.29	28.89	33.19
111.99	102.59	107.79	100 FR	108.49	103.19	113.79
234.19	214.79	225.79	200 FR	228.79	217.29	236.99
520.89	556.79	615.61	500 / 400 FR	631.38	608.29	539.99
38.49	33.69	37.19	50 BK	37.39	34.09	40.99
123.99	113.19	119.99	100 BK	121.89	115.29	125.99
43.69	37.89	41.29	50 BR	41.49	38.39	45.99
135.29	122.59	128.69	100 BR	129.29	124.89	141.89
36.19	31.99	34.79	50 FL	35.49	32.99	38.99
123.99	111.99	119.09	100 FL	119.69	115.69	132.09
	112.19	119.09	100 IM	119.19	112.79	
256.99	234.99	245.59	200 IM	251.29	238.09	304.49

WOMEN			13-14	MEN		
LCM	YDS	SILVER	EVENTS	SILVER	YDS	LCM
30.89	27.19	28.89	50 FR	28.29	26.09	29.99
107.79	58.99	103.59	100 FR	59.99	56.59	106.59
225.49	207.09	214.99	200 FR	213.99	203.79	224.09
505.49	538.99	553.89	500 / 400 FR	549.99	532.99	459.99
1040.1	1145.99		1000 / 800 FR		1122.99	1031.4
1938.2	1911.69		1650 / 1500 FR		1850.29	1907.9
118.59	108.59	113.99	100 BK	112.09	106.49	118.99
247.99	225.99	239.99	200 BK	236.59	223.99	243.99
130.49	117.59	124.09	100 BR	119.49	113.29	126.19
313.29	246.99	304.49	200 BR	253.69	241.99	309.99
116.49	106.99	113.29	100 FL	109.69	104.39	115.09
249.59	230.99	242.99	200 FL	234.59	231.99	253.99
244.59	224.99	236.79	200 IM	234.39	221.99	245.69
549.99	506.99	521.98	400 IM	530.89	506.29	551.29

**NOTE:** These times are for short course only.

**BRONZE CLASSIC TIMES** are .01 slower than minimum time for Silver Classic.

All times must be achieved after September 1, 1993 with the exception of 1000/1650 freestyle which may be achieved after May 1, 1993.

## NEW ENGLAND SWIMMING AGE GROUP AND SILVER CLASSIC TIMES—1993—1994

WOMEN			15-16 / 15-18	MEN		
LCM	YDS	SILVER	EVENTS	SILVER	YDS	LCM
30.19	26.99	28.49	50 FR	27.29	24.49	28.29
105.59	58.19	102.39	100 FR	58.49	53.49	101.69
220.69	205.49	213.19	200 FR	205.99	156.99	213.49
458.79	533.39	545.89	500 / 400 FR	525.27	515.69	441.09
1033.69	1132.99		1000 / 800 FR		1058.39	1004.59
1959.29	1908.99		1650 / 1500 FR		1822.39	1859.39
118.09	106.59	111.19	100 BK	107.69	102.59	111.99
245.99	223.99	236.79	200 BK	225.59	216.19	234.79
128.39	115.79	121.99	100 BR	114.99	109.89	119.59
311.99	242.69	255.39	200 BR	242.99	232.29	256.49
112.99	105.29	111.29	100 FL	105.39	100.79	108.99
245.39	227.29	235.59	200 FL	225.19	214.99	240.19
241.99	221.99	231.99	200 IM	226.59	213.59	232.29
545.99	459.99	515.29	400 IM	508.69	449.99	524.89

**NOTE:** These times are for **short course only**.

**Age Group Times** are for 15 and 16 year olds only.

**Silver Classic Times** are for 15 through 18 year olds.

**BRONZE CLASSIC TIMES** are .01 slower than minimum time for Silver Classic.

## NEW ENGLAND SWIMMING SENIOR CHAMPIONSHIP TIMES

WOMEN		SENIORS	MEN	
LCM	YDS	EVENTS	YDS	LCM
29.79	25.89	50 FR	22.99	26.99
104.29	56.09	100 FR	50.89	58.59
216.99	200.49	200 FR	150.59	206.99
447.49	522.99	500 / 400 FR	459.89	433.09
1005.99	1111.99	1000 / 800 FR	1029.99	939.99
1929.99	1840.59	1650 / 1500 FR	1759.99	1839.99
113.99	103.49	100 BK	58.99	109.19
239.29	217.29	200 BK	208.99	230.99
126.29	112.99	100 BR	104.99	115.99
303.29	237.69	200 BR	223.29	249.29
110.49	102.39	100 FL	56.09	104.79
238.19	219.39	200 FL	208.99	225.89
238.99	215.99	200 IM	206.79	224.79
537.99	450.29	400 IM	434.19	519.99

All times must be achieved after September 1, 1993 with the exception of 1000/1650 freestyle which may be achieved after May 1, 1993.

**SEED CARDS:** Seed Cards are available through the New England Office. The cost for plain cards is \$22 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$19 per thousand. There is no minimum, and the cards may be split any way between boys and girls.

If you want initials on the cards, the price for 1,000 cards is \$31, including mailing. If the cards are picked up in Needham, the cost is \$28. If you want 2,000 or more cards with initials, the cost is \$26 per thousand, including mailing, or \$23 per thousand if the cards are picked up in Needham. The minimum order for cards with initials is 1,000 cards.

\*\*\*\*\*

**NEWSLETTER PLUS SUBSCRIPTIONS:** Please check the expiration date of your subscription to NEWSLETTER PLUS. Subscriptions may be ordered through the New England Office for \$10 per year. Clubs do not have an expiration date on their labels since all registered clubs receive one free subscription with their registration.



**United States Swimming  
New England**

20 Cleveland Road Needham, MA 02192

011 SFFLD MA OCR #3



FIRST CLASS

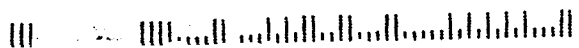
**PIONEER VALLEY AQUATIC CLUB**

Isabelle Fraser

125 Franklin Road

Longmeadow, MA 01106

**PVAC**





# NEWSLETTER PLUS



AN OFFICIAL PUBLICATION OF NEW ENGLAND SWIMMING

DECEMBER 1993

IN THIS ISSUE: TOP 16 REPORTABLE SWIMS FOR LONG COURSE, 1993;  
1994 TOP 16 REPORTABLE TIMES; POSTAL DISTANCE MEET;  
TECHNICAL COMMITTEE REPORT; RULES FOR SANCTIONS,  
APPROVALS, & COVERED COMPETITION.....

CONGRATULATIONS to the NEW ENGLAND SWIMMERS who participated in USS CAMPS  
this fall in Colorado Springs, CO.

EAGLE :	CAROLINE PALMER	SSA	AMANDA HALL	BGSC
	MICHELE LABRIE	SSA	SUSAN TRAINER	BGSC
GOLD :	JESSICA TUCKER-MOHL	SSA	BETH ELIE	PVAC
	DIANA LIBERTY	SSA		
SILVER:	SPENCER HAWKINS	MEM	KATE SANDERS	SSA
	ALLISON VENDT	MEM	KRISTEN LOZEAU	GMSC

ADDITIONAL MEET:

JANUARY 15--16:	YSS TEAM SPECIALTY	Mary Beth McCaffrey
	Lincoln-Hancock Community School	617-828-6225
	Quincy, MA	

HAVE ANY OLD TROPHIES SITTING AROUND YOUR BASEMENT PICKING UP DUST?

If so, send them to: FRANK KEEFE  
402A Yale Station  
New Haven, CT 06520

He reuses them for the SPECIAL OLYMPICS. The postage may cost a bit, but  
it is tax deductible. (Please no medals or ribbons.)

Kait McLaughlin

The Board of New England Swimming will not meet in December. The next meeting  
will be Monday, January 10, 1994 at 7 pm at the Nashua Country Club, Nashua, NH.

CONGRATULATIONS TO ALL THESE NEW ENGLAND SWIMMERS WHO ACHIEVED  
NATIONALLY REPORTABLE TIMES DURING THE 1992-1993 LONG COURSE  
SEASON!

10 and Under:

Tercsa McRann	UN	50 Back (36.27), 100 Back (1:19.73)
C. J. Cronin	HYST	50 Free (30.66), 100 Free (1:07.00), 200 Free (2:26.24), 50 Fly (33.85)

11 and 12:

Jamie Cail	SSA	50 Free (28.77), 100 Free (1:00.80), 200 Free (2:10.94), 400 Free (4:34.17) 100 Back (1:09.43), 100 Fly (1:09.00), 200 IM (2:26.90)
Bridget Vezina	NWSC	50 Breast (36.66)
Greg Bilton	MBM	50 Breast (35.47), 100 Breast (1:18.18)
Nick Brunelli	ABF	50 Free (28.07)
Jabula Butler	BGSC	50 Back (32.61)
Brian Donovan	PVAC	100 Back (1:10.08), 200 Free (2:11.74)
Brendon Drysdale	BYB	200 Free (2:12.70), 400 Free (4:40.87)
Erik Vendt	MBM	200 Free (2:12.64), 400 Free (4:34.85), 100 Breast (1:19.00), 200 IM (2:30.88)
Bernal's Gator SC	BGSC	200 Medley Relay (2:18.28)
(Maurissa Riley, Ryan Cesare, Kristin LeFevre, Lauren Tracey)		
Seacoast Swimming Association	SSA	200 Medley Relay (2:16.67)
(Allison Messier, Abby Dowd, Jamie Cail, Amy Verreault)		
Mass Bay Marlins	MBM	200 Medley Relay (2:13.66)
200 Free Relay (1:57.09)		
400 Free Relay (4:15.41)		
(Erik Vendt, Greg Bilton, Tom Keane, Mike Monaghan)		

13 and 14:

Lisa Busnell	BGSC	100 Free (1:00.19), 100 Back (1:08.58)
Karri Charpentier	GMSC	100 Breast (1:16.91)
Emily Deppe	SSA	100 Back (1:08.13), 200 Back (2:24.43), 200 IM (2:27.79)
Julie Lapinsky	TRAC	100 Free (59.95)
Kristin Lozeau	GMSC	400 IM (5:08.97), 1500 Free (17:45.66)
Katina Maistrellis	BGSC	50 Free (27.77)
Kate Sanders	SSA	1500 Free (17:45.56)
Allison Vendt	MBM	100 Back (1:05.82), 200 Back (2:18.36), 200 Free (2:09.38), 200 IM (2:26.35)
Spencer Hawkins	MBM	100 Back (1:02.96), 200 Back (2:13.83) 200 IM (2:17.07), 400 IM (4:54.93), 100 Fly (1:00.85)
William Maher	BSC	50 Free (25.65), 100 Free (55.90), 100 Back (1:03.83), 200 Back (2:17.99) 200 IM (2:19.00)



## NEW ENGLAND NATIONALLY REPORTABLE SWIMS (continued):

13 and 14 (continued):

Shane Raymond CCSC 200 Back (2:19.00), 200 Fly (2:11.66)

Guy Yimsamvuay MVP 100 Back (1:04.55)

Greenwood Memorial SC GMSC 400 Free Relay (4:12.46)

(Katie Cline, Alison Whitney, Karri Charpentier, Kerrienne Kalbko)  
800 Free Relay (9:04.07)

(Karri Charpentier, Alison Whitney, Kristin Lozeau, Kerrienne Kalbko)  
400 Medley Relay (4:40.07)

(Caralyn Menne, Karri Charpentier, Kerrienne Kalbko, Katie Cline)

Mass Bay Marlins MBM 400 Medley Relay (4:45.91)

(Allison Vendt, Katie Zimbone, Erika Lazar, Nancy Hackett)

Seasocast Swimming Association SSA 800 Free Relay (9:15.56)

(Kate Sanders, Emily Deppe, Erica Allen, Shelly Jackson)

400 Medley Relay (4:44.67)

(Melissa Frechette, Emily Deppe, Shelly Jackson, Malissa Blais)

Mass Bay Marlins MBM 800 Free Relay (8:50.99)

(Tomohiro Hagiya, Mike Schulte, Mike Dowling, Jon Kissida)

Merrimack Valley Pirates MVP 400 Medley Relay (4:27.25)

(Alex Fain, Anthony Sakakeeny, Kevin Riley, Guy Yimsamvuay)

15 and 16:

Lisa Busnell BGSC 50 Free (27.47), 100 Free (58.54),  
200 Free (2:05.77)

Amanda Hall BGSC 200 Back (2:17.83), 100 Fly (1:03.38),  
200 IM (2:21.21), 400 IM (4:56.69)

Anne Iacobucci BSC 200 IM (2:22.47), 400 IM (4:59.42)

Diana Liberty MVP 1500 Free (17:24.41)

Caroline Palmer SSA 100 Fly (1:03.50), 200 Fly (2:17.10)

Nicole Rutkowski MBM 1500 Free (17:25.40)

Melissa Sessoms BGSC 100 Back (1:05.94)

Sue Trainer BGSC 50 Free (26.92), 100 Free (57.54),  
200 Free (2:07.34)

Jessica Tucker-Mohl SSA 200 Free (2:06.17), 400 Free (4:25.99)

Spencer Hawkins MBM 100 Back (59.47), 200 Back (2:06.72)

Tad Kremen MBM 200 Back (2:12.37)

Ryan Parkinson GMSC 200 Back (2:11.35)

Mike Scarbo MBM 800 Free (8:38.39)

Denis Siringhaus BGSC 400 Free (4:04.21), 800 Free (8:20.64),  
1500 Free (15:59.14), 200 Back (2:10.76)

Seacoast Swimming Association SSA 800 Free Relay (9:05.21)

(Kelly Gittlein, Karen Anderson, Susan Cherwinski, Melissa Burns)

Seacoast Swimming Association SSA 800 Free Relay (8:34.38)

(Mike O'Connor, Mike Lewis, Wes Wrightson, Jon Quimby)

## NEW ENGLAND NATIONALLY REPORTABLE SWIMS (continued):

17 and 18:

Amy Holt	BGSC	200 Back (2:21.16)
Michele Labrie	SSA	200 Free (2:05.09), 200 Fly (2:20.17)
Julie Mitchell	BGSC	400 Free (4:25.63), 800 Free (8:58.96), 1500 Free (17:07.17)
Dawn Reppucci	BGSC	200 Fly (2:19.05)
Nicole Rutkowski	MBM	200 Free (2:04.78), 400 Free (4:19.17), 800 Free (8:53.18), 1500 Free (17:07.68)
Greta Steffenson	MBM	800 Free (9:05.52)
Jamie Corbett	SSA	200 Back (2:09.90)
Carl Eriksson	MBM	100 Free (52.62)
Chip Haberstroh	MBM	200 Fly (2:06.18), 200 IM (2:08.60), 400 IM (4:28.86)
Tad Kremen	MBM	100 Back (59.86), 200 Back (2:09.69)
Alex Kurmakov	MBM	50 Free (24.02)
Pedro Montiero	UN	200 Fly (2:05.17)
Gene Sutherland	BGSC	100 Back (58.98), 200 Back (2:06.10)
Tom Williams	MBM	200 Breast (2:25.32)
Bernal's Gator SC	BGSC	400 Free Relay (4:03.14)
(Kelly Gouldson, Sara Greenbaum, Tory Fleming, Sanet Siringhaus) 400 Free Relay (4:05.39)		
(Kelly Gouldson, Tory Fleming, Sanet Siringhaus, Julie Mitchell) 800 Free Relay (8:41.07)		
(Wendy Rowe, Tory Fleming, Julie Mitchell, Kelly Gouldson) 800 Free Relay (8:52.03)		
(Sara Greenbaum, Sanet Siringhaus, Kelly Gouldson, Julie Mitchell) 800 Free Relay (8:58.30)		
(Wendy Rowe, Dawn Reppucci, Tory Fleming, Amy Holt)		
Mass Bay Marlins	MBM	400 Medley Relay (4:47.72)
(Kerry Kearns, Erin Powers, Christine Jensen, Jen Schmid)		
Bernal's Gator SC	BGSC	400 Medley Relay (3:59.43)
(Gene Sutherland, Chris Anderson, Rob Rindone, Sal Suau) 400 Free Relay (3:39.71)		
Sal Suau, Gene Sutherland, Rob Wiley, Chris Anderson)		
Mass Bay Marlins	MBM	400 Free Relay (3:39.50)
(Kevin Stockton, Chip Haberstroh, Tom Williams, Jeff Marks) 800 Free Relay (7:50.15)		
(Carl Eriksson, Kevin Stockton, Chip Haberstroh, Alex Kurmakov) 400 Medley Relay (4:02.37)		
(Tad Kremen, Tom Williams, Jeff Marks, Carl Eriksson)		

**TECHNICAL COMMITTEE:**

At the November meeting of the Board of New England Swimming, the Board voted to accept the following recommendations of the Technical Committee.

**NUMBER OF EVENTS AT CHAMPIONSHIP MEETS:**

At Age Group and Ten and under Championships, a swimmer may enter a maximum of SEVEN events. At Senior Championships, a swimmer may swim a maximum of SEVEN events.

**NEW ENGLAND SENIOR CHAMPIONSHIPS--QUALIFYING TIMES:**

**LONG COURSE METER ENTRY TIMES:** All swimmers must have achieved the minimum qualifying long course time standards from the first day of Long Course Senior Championships through the entry cut off date. These times will qualify the swimmer for Short Course Senior Championships and the next Long Course Senior Championships.

**SHORT COURSE YARD ENTRY TIMES:** All swimmers must have achieved the minimum qualifying short course time standards from September 1 through the entry cut off date. These times will qualify the swimmer for Short Course Senior Championships and the next Long Course Senior Championships.

**ENTRY TIMES FOR 1650 (1500) and 1000 (800) FREESTYLE EVENTS:** All swimmers must have achieved the minimum qualifying time standards (yards or meters) from May 1 of the previous year through the entry cut off date. For 1994 Short Course and Long Course Senior Championships, these times may date from May 1, 1993.

**SHORT COURSE METER ENTRY TIMES:** Short course meter times must be converted to short course yard times by multiplying by 0.9049 and appear on the entry form as yard times. Therefore, swimmers with short course meter times must achieve the yard cut (converted) during the short course yard qualifying period.

**BONUS EVENTS:** A swimmer who has qualified for New England Senior Championships in one event may swim one additional bonus event. A swimmer who has qualified for New England Senior Championships in two events may swim two bonus events. A swimmer who has qualified for New England Senior Championships in three events may swim three bonus events. The swimmer must have swum these events during the qualifying period and must have met the 15--16 or 15--18 Age Group Championship minimum qualifying time standard. No swimmer may swim more than three bonus events.

**HEAD SWIM COACH** needed for small USS team in Framingham, MA. For more information, please call Judy @ 508-688-6418 or send resume to: SAC, 5 Elmcrest Circle, Walpole, MA 02081.

**NEW TEAMS FOR 1994:****WEDGEWOOD FITNESS CENTER**

Laurie Robinson  
RD5 Box 650  
Montpelier, VT 05602

**WEYMOUTH WAVES**

Catherine Vaughn  
75 Finnell Drive  
Weymouth, MA 02188

WW

**EAST BRIDGEWATER YMCA STINGRAYS**

Brian Cameron  
635 Plymouth Street  
East Bridgewater, MA 02333

**EBYS****DIVERSIFIED AQUATICS RENEGADES**

Reid Christen  
72 Hull Street #2  
Belmont, MA 02178

DARE

## RULES FOR NEW ENGLAND SANCTIONS, APPROVALS, AND COVERED COMPETITION

SANCTIONS: ALL USS TEAMS RUNNING INVITATIONAL MEETS WITH OTHER USS TEAMS MUST BE SANCTIONED. COST \$15.00 A DAY, PLUS \$200.00 DEPOSIT.

TIME TRIALS IN CONJUNCTION WITH AN INVITATIONAL MEET MUST HAVE A SEPARATE SANCTION. COST \$15.00 (ONE TIME FEE, EVEN IF TIME TRIALS RUN OVER DIFFERENT DAYS).

CAMPS RUN IN NEW ENGLAND--\$15.00

SWIM-A-THONS MUST BE SANCTIONED--NO CHARGE

\*\*\* ALL SWIMMERS AND COACHES MUST BE REGISTERED.

DUAL MEETS & TRI-MEETS CAN BE CONSIDERED ORGANIZED PRACTICES AND ARE AUTOMATICALLY COVERED WITH NORMAL INSURANCE. THERE ARE NO DUAL MEET LEAGUE BLANKET SANCTIONS.

\*\*\* ALL SWIMMERS AND COACHES MUST BE REGISTERED.

APPROVED: A NON-USS TEAM INVITING USS TEAMS TO THEIR MEET. APPROVAL FOR INSURANCE ONLY FOR USS MEMBERS. THEY MUST BE ACCOMPANIED BY A USS COACH MEMBER. USS RULES AND REGULATIONS MUST BE FOLLOWED. FEE--\$15.00.

COVERED: A USS TEAM INVITING NON USS TEAMS TO PARTICIPATE IN COMPETITION. ALL PARTICIPANTS MUST OBTAIN AND SIGN A RELEASE FORM OBTAINED FROM US SWIMMING, 1 OLYMPIC PLAZE, COLORADO SPRINGS, CO 80909-5770. PHONE NUMBER 719-578-4578. THESE FORMS MUST BE FILLED OUT BEFORE THE MEET TAKES PLACE.

.....  
ALL REQUESTS FOR ANY OF THE ABOVE MUST BE SENT TO: ISABELLE FRASER  
125 FRANKLIN ROAD  
LONGMEADOW, MA 01106

THESE REQUEST SHOULD INCLUDE THE APPLICATION FOR SANCTION. THESE ARE GIVEN OUT WHEN A TEAM IS NOTIFIED THEY HAVE BEEN AWARDED A MEET. THEY CAN ALSO BE OBTAINED FROM MARY RIDDELL, 20 CLEVELAND ROAD, NEEDHAM, MA 02192 or FROM ISABELLE FRASER. ALSO INCLUDED SHOULD BE A DRAFT OF THE MEET INFORMATION. NO MEET INFORMATION SHOULD BE MAILED OUT WITHOUT A SANCTION NUMBER ON IT. ONCE THE DRAFT HAS BEEN RECEIVED AND CHECKED, THEN A SANCTION NUMBER WILL BE ISSUED BY MAIL, THIS NUMBER SHOULD APPEAR ON ALL MEET INFORMATION.

.....  
ADDITIONAL INFORMATION: DUAL MEETS (TRI-MEETS, ETC.,) MAY BE SANCTIONED--COST \$15.00 (EVEN IF OVER TWO DAYS). MEET INFORMATION SHOULD BE SENT TO ISABELLE FRASER WITH THE APPLICATION FOR SANCTION. NO OVC'S CAN BE WRITTEN UNLESS THE MEET OR TIME TRIAL WAS SANCTIONED. IF A TEAM IS CONSIDERING A TIME TRIAL, THEN AT LEAST TWO TEAMS MUST BE INVOLVED WITH AT LEAST FIVE SWIMMERS ON EACH TEAM. THE COST IS \$15.00.

IF ANY FURTHER INFORMATION IS REQUIRED, PLEASE CONTACT ISABELLE FRASER (413-567-2239) OR MARY RIDDELL AT THE NEW ENGLAND OFFICE (617-449-0270).

1994

SEP 8, 1993

NATIONAL AGE GROUP REPORTABLE TIMES  
LONG COURSE - GIRLS

EVENT	10 & U	11-12	13-14	15-16	17-18
50 FREE	:31.29	:28.89	:27.89	:27.49	:27.29
100 FREE	1:08.89	1:02.69	1:00.39	:59.49	:59.29
200 FREE	2:29.99	2:15.79	2:10.19	2:07.49	2:06.99
400 FREE	-	4:45.49	4:32.69	4:25.99	4:26.99
800 FREE	-	-	9:21.99	9:08.99	9:06.99
1500 FREE	-	-	17:56.99	17:27.99	17:28.99
50 BACK	:36.59	:33.39	-	-	-
100 BACK	1:18.89	1:11.09	1:08.39	1:06.89	1:06.39
200 BACK	-	-	2:26.09	2:22.89	2:22.09
50 BREAST	:40.69	:36.79	-	-	-
100 BREAST	1:29.89	1:20.39	1:16.99	1:15.29	1:15.59
200 BREAST	-	-	2:46.29	2:42.39	2:41.99
50 FLY	:34.29	:31.19	-	-	-
100 FLY	1:17.69	1:09.59	1:05.99	1:04.69	1:04.99
200 FLY	-	-	2:25.79	2:21.09	2:20.99
200 I.M.	2:48.09	2:33.09	2:28.39	2:24.39	2:23.99
400 I.M.	-	-	5:10.79	5:04.09	5:02.99
200 FREE RELAY	2:16.99	2:01.89	1:57.19	1:58.49	2:04.99
400 FREE RELAY	-	4:28.49	4:14.69	4:13.99	4:20.29
800 FREE RELAY	-	-	9:17.29	9:19.99	9:29.99
200 MEDLEY RELAY	2:33.59	2:17.39	2:11.89	2:13.99	2:15.99
400 MEDLEY RELAY	-	5:01.59	4:44.39	4:46.99	4:51.99

NATIONAL AGE GROUP REPORTABLE TIMES  
LONG COURSE - BOYS

EVENT	10 & U	11-12	13-14	15-16	17-18
50 FREE	:31.19	:28.09	:25.89	:24.89	:24.19
100 FREE	1:08.49	1:01.49	:56.59	:54.19	:52.99
200 FREE	2:27.89	2:13.59	2:02.69	1:58.59	1:55.09
400 FREE	-	4:41.69	4:20.49	4:09.99	4:04.19
800 FREE	-	-	9:04.09	8:38.99	8:29.99
1500 FREE	-	-	17:20.29	16:29.99	16:18.99
50 BACK	:36.89	:32.79	-	-	-
100 BACK	1:19.39	1:10.29	1:04.39	1:01.39	:59.99
200 BACK	-	-	2:17.89	2:11.89	2:09.69
50 BREAST	:41.19	:35.79	-	-	-
100 BREAST	1:30.49	1:19.09	1:11.49	1:08.99	1:06.49
200 BREAST	-	-	2:35.49	2:29.29	2:24.79
50 FLY	:34.09	:30.89	-	-	-
100 FLY	1:16.89	1:08.79	1:01.69	:59.49	:57.39
200 FLY	-	-	2:17.99	2:10.49	2:06.99
200 I.M.	2:47.69	2:32.19	2:18.39	2:14.49	2:09.99
400 I.M.	-	-	4:54.59	4:43.99	4:35.99
200 FREE RELAY	2:15.99	2:00.59	1:49.99	1:46.99	1:45.99
400 FREE RELAY	-	4:29.99	3:58.99	3:53.99	3:42.69
800 FREE RELAY	-	-	8:54.99	8:35.99	8:15.99
200 MEDLEY RELAY	2:33.29	2:16.69	2:02.99	2:02.99	1:58.99
400 MEDLEY RELAY	-	5:04.39	4:29.99	4:20.39	4:09.99

1994

SEP 19, 1993

NATIONAL AGE GROUP REPORTABLE TIMES  
SHORT COURSE - GIRLS

EVENT	10 & U	11-12	13-14	15-16	17-18
50 FREE	:27.79	:25.59	:24.49	:24.09	:24.19
100 FREE	1:00.79	:55.39	:52.79	:52.09	:52.19
200 FREE	2:11.99	1:59.59	1:53.89	1:52.39	1:51.99
500 FREE	-	5:18.19	5:02.39	4:57.79	4:57.79
1000 FREE	-	-	10:27.39	10:15.99	10:15.99
1650 FREE	-	-	17:25.99	17:11.99	17:12.99
50 BACK	:32.09	:29.19	-	-	-
100 BACK	1:09.09	1:02.09	:58.99	:57.69	:57.99
200 BACK	-	-	2:06.99	2:04.69	2:04.99
50 BREAST	:35.79	:32.49	-	-	-
100 BREAST	1:17.99	1:10.09	1:06.79	1:05.59	1:05.89
200 BREAST	-	-	2:24.39	2:21.69	2:22.19
50 FLY	:30.39	:27.89	-	-	-
100 FLY	1:08.49	1:01.29	:58.29	:57.59	:57.69
200 FLY	-	-	2:08.39	2:05.99	2:06.89
100 I.M.	1:09.09	1:02.89	-	-	-
200 I.M.	2:28.99	2:14.99	2:08.89	2:07.19	2:06.89
400 I.M.	-	-	4:32.69	4:27.39	4:28.99
200 FREE RELAY	1:57.39	1:46.19	1:42.49	1:43.59	1:52.99
400 FREE RELAY	-	3:52.99	3:42.99	3:43.59	3:55.99
800 FREE RELAY	-	-	8:04.79	8:07.99	8:29.99
200 MEDLEY RELAY	2:13.39	1:59.49	1:55.69	1:56.59	2:06.99
400 MEDLEY RELAY	-	4:22.59	4:06.89	4:08.29	4:28.99

NATIONAL AGE GROUP REPORTABLE TIMES  
SHORT COURSE - BOYS

EVENT	10 & U	11-12	13-14	15-16	17-18
50 FREE	:27.49	:24.49	:22.49	:21.49	:21.09
100 FREE	1:00.19	:53.39	:48.99	:46.79	:45.69
200 FREE	2:10.49	1:56.19	1:47.09	1:41.99	1:40.29
500 FREE	-	5:12.39	4:48.19	4:35.99	4:31.19
1000 FREE	-	-	10:01.59	9:32.89	9:23.99
1650 FREE	-	-	16:47.99	15:57.99	15:48.99
50 BACK	:31.99	:28.39	-	-	-
100 BACK	1:09.09	1:00.79	:55.69	:52.59	:51.49
200 BACK	-	-	1:59.99	1:53.59	1:51.19
50 BREAST	:35.79	:31.19	-	-	-
100 BREAST	1:17.99	1:07.89	1:01.49	:59.19	:57.69
200 BREAST	-	-	2:14.59	2:09.39	2:05.19
50 FLY	:30.29	:27.09	-	-	-
100 FLY	1:08.09	:59.79	:54.39	:51.79	:50.49
200 FLY	-	-	2:01.29	1:54.99	1:51.99
100 I.M.	1:09.19	1:01.39	-	-	-
200 I.M.	2:28.39	2:11.59	2:00.69	1:55.59	1:52.59
400 I.M.	-	-	4:17.29	4:06.49	4:01.59
200 FREE RELAY	1:57.19	1:44.79	1:35.99	1:33.69	1:31.99
400 FREE RELAY	-	3:53.39	3:27.79	3:23.09	3:12.99
800 FREE RELAY	-	-	7:44.09	7:29.29	7:08.99
200 MEDLEY RELAY	2:13.89	1:57.49	1:46.89	1:44.79	1:43.09
400 MEDLEY RELAY	-	4:21.69	3:51.79	3:45.99	3:36.99

National Age Group Distance Swimming Meet  
December 1 1993 - March 30 1994

Sponsors: USS Open Water Swimming Committee and you Local Swimming Committee.

**SANCTIONED BY NEW ENGLAND SWIMMING NE 4-7**

Sanction: This meet must be sanctioned by your LSC.

Location /Time: Contestants swim in a 25 yard pool of their choice either at practice, in a special meet, or as part of a swim-a-thon.

Events: This meet will be contested for both sexes in the following age groups and distances. There is a separate age group for each age since national records are kept in that manner. The records are listed in the USS Ruled and Regulations.

9 year - 1000 yards	14 year - 3000 yards
10 year - 1000 yards	15 year - 3000 yards
11 year - 2000 yards	16 year - 3000 yards
12 year - 2000 yards	17 year - 3000 yards
13 year - 3000 yards	18 year - 3000 yards
Open - 5000 yards	

13 - 18 years may choose to swim the 3,000 in the age group, the 5,000 in the open category, or both. Split times for the 3,000 enroute to the 5,000 will be accepted, but must be written on the entry form.

Entries: Your LSC Open Water Committee Chairman will have a postal meet for for you to record the results of your team. Please use this form to record the results of your team. This form contains the following information: Coach's name, club name & address, phone, LSC, and swimmers' name, age, sex, USS number, and time. Be sure the official in charge of the meet signs the results to verify they are correct. Send the results to NATIONAL MEET DIRECTOR: SCOTT WALKER, 505 NORTH SPRINGINSGUTH, SCHAUMBERG, IL 60193. Due: April 10, 1994.

Awards: Caps will be given to the top eight finishers in each age group. Each LSC has the option of providing their own local awards, (ribbons, caps, certificates, T-Shirts) and charging a local fee. There is no fee for the national entries.

Questions: Karen Burton (719) 488-0939, or Scott Walker (708) 980-2143

**COACHES MAY OBTAIN ENTRY FORMS FROM THE NEW ENGLAND OFFICE**

20 Cleveland Road  
Needham, MA 02192

**NEW ENGLAND SWIMMING OFFICE:** Mary Riddell  
20 Cleveland Road  
Needham, MA 02192  
617-449-0270

**OFFICE HOURS:** Monday : 8 a.m.--2 p.m.; 7:30 p.m.--10 p.m.  
Thursday: 8 a.m.--2 p.m.

**SEED CARDS:** Seed Cards are available through the New England Office. The cost for plain cards is \$22 per thousand, including mailing. If the cards are picked up in Needham, the cost is \$19 per thousand. There is no minimum, and the cards may be split any way between boys and girls.

If you want initials on the cards, the price for 1,000 cards is \$31, including mailing. If the cards are picked up in Needham, the cost is \$28. If you want 2,000 or more cards with initials, the cost is \$26 per thousand, including mailing, or \$23 per thousand if the cards are picked up in Needham. The minimum order for cards with initials is 1,000 cards.

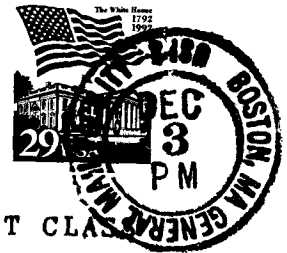
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**United States Swimming  
New England**

20 Cleveland Road Needham, MA 02192



**SANCTION CHAIRMAN**

Isabelle Fraser  
125 Franklin Road  
Longmeadow, MA 01106