

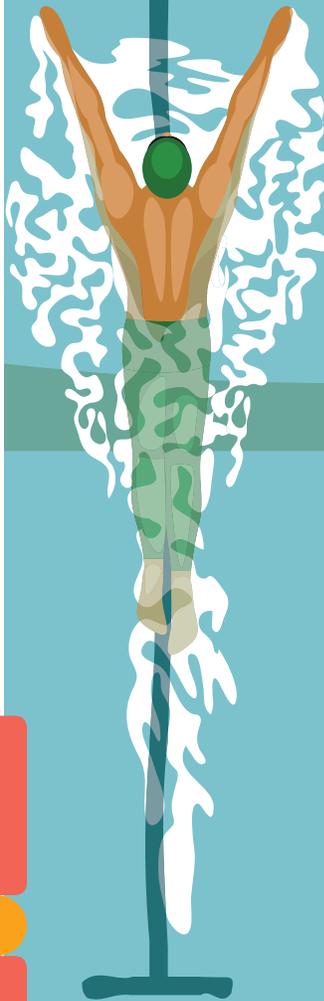
FALL 2016



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Volume 18, Issue 2

Maryland Swim Times



See you on the pool deck! It's time get back to smelling like chlorine.

CHAIR'S VIEW

Fall is in the air, and it's time to get back in the pool. That, at least, is my goal. I have been spending a lot of time this summer biking and running, but not much time swimming. I am hoping that all those other different activities will help make me stronger in the water. In the same way, there are a huge number of folks on the Board bringing a diversity of resources to their volunteer time that makes Maryland LMSC so much better than it would have been without their contributions. In a real sense, the Board has

become team and I am very proud to be a team member.

It's been a pleasure working with the many swimmers who tirelessly give their time on the Board, including Kristina Henry, Rand Vaillancourt, Michael Fanelli, Shane Knipshchild, Chris Frie-gang, and Jill Springer. We are holding the annual membership meeting at Washington College on November 13. We encourage everyone who is interested to attend. You'll note the membership meeting is being held in conjunction with second of six 2016-2017 Carol Chidester Memorial Swim Series swim meets hosted by local teams and sponsored by the Maryland LMSC. As many of us know, these meets are provided to the members free from charge. And speaking of membership, we ask that you save a tree when registering this upcoming year by checking the box opting to go with a paperless registration card. It's easy, and you can take your membership benefits wherever you go.

See you on the pool deck! It's time get back to smelling like chlorine.

Best,
Michael Lee



Maryland LMSC Makes Senior Olympics

Scores of senior swimmers filled Germantown Indoor Swim Center in Montgomery County on Sept. 17 to compete in this year's Maryland Senior Olympics swimming competition. The greater participation this year than in most years was because many wanted to qualify for the 2017 National Senior Olympic Games, held only every other year. In 2017, they will take place in Birmingham, Alabama, June 2-15. To qualify for a national swimming event one usually must place in the top three in that same event at the state level, though criteria can vary from state to state.

Fourteen Anne Arundel County swimmers competed this year in the program's 16 events, and they walked away with a huge share of gold, silver and bronze medals. In addition, all 14 qualified for one or more races planned for next June's National Senior Olympic Games.



Leading the way was Nancy Brown, who not only won gold in all four events in which she participated, but set a new MSO record in each one. Nancy set a bar that no other swimmer in the meet met or exceeded.

Mike Brown broke the 50 yard freestyle record in his age group, and captured three golds and two silvers in all. Joan Libby and Christine Jorgensen both won five golds, and other gold medalists were: Rand Vaillancourt (four), Carolyn Foley (two), Doug Irminger (two) and Diane Blubaugh, Ken Fligsten, & John Collings (1 each).

Two Marylanders who regularly swim for Anne Arundel County teams competing in and out of state deserve special recognition.

Doris Russell (Ellicott City), at age 96 the meet's "queen elder," won gold in the 50 free and 100 free.

Burt Bronk (Abingdon), 85, earned 5 golds: 200 back, 100 breast (record), 50 fly, 500 free (record), and 200 IM.

A.A. County swimmers and medals won, from oldest to youngest, are as follows:

John Collings, 89, Annapolis: Gold: 100 back; Silver: 200 back, 500 free; Bronze: 50 back; 4th, 100 free.

Tom Powers, 85, Arnold: Silver: 50 back, 50 breast, 50 free, 100 free, 200 free.

Nancy Brown, 80, Pasadena: Gold: 50 back (record), 100 back (record), 200 back (record), 400 IM (record).

Ken Fligsten, 78, Arnold: Gold: 200 IM; Silver: 50 fly; Bronze: 100 IM.

Joan Libby, 75, Annapolis: Gold: 100 back, 200 back, 100 breast, 200 breast, 200 free.

Bob Stewart, 74, Severna Park: Silver: 100 breast; Bronze: 50 breast, 50 free, 100 free.

Carolynn Foley, 73, Harwood: Gold: 50 free, 200 free; Silver: 100 back, 200 back, 50 free, 100 free.

John Hannon, 72, Severna Park: Silver: 50 fly; 4th: 50 back, 50 free, 100 free, 100 IM; 5th: 50 breast.

Christine Jorgensen, 71, Annapolis: Gold: 50 back, 100 back, 200 back, 50 breast, 100 free; Silver: 100 IM.

Rand Vaillancourt, 70, Pasadena: Gold: 200 fly, 200 IM, 200 free, 500 free; Silver: 400 IM.

Mike Brown, 70, Pasadena: Gold: 50 breast, 100 breast, 50 free (record); Silver: 100 free, 100 IM.

John Zarkowsky, 66, Annapolis: Silver: 50 fly; Bronze: 100 breast; 4th: 50 back, 200 IM, 500 free; 5th: 100 free.

Doug Irminger, 62, Severna Park: Gold: 50 back, 500 free; Silver: 100 free.

Diane Blubaugh, 60, Pasadena: Gold: 100 fly; Bronze: 100 back, 100 breast, 200 breast; 4th 50 breast.

Above, standing left to right are Tom Powers, Rand Vaillancourt, Doug Irminger, Joan Libby, John Collings, John Hannon, Ken Fligsten, Bob Stewart, and Mike Brown. Sitting are John Zarkowsky, Diane Blubaugh, Christine Jorgensen, Lynn Foley, and Burt Bronk. Missing from photos are Doris Russell and Nancy Brown.



Swim suits with the Maryland Flag

are now available at www.Agon-Swim.com. The instructions for finding the suit are:

Go to www.agonswim.com

Then click on "FEATURE"
Then type "Maryland"
Then scroll down to "Maryland State(Pasadena)" and click on it. (Not Maryland Masters) You will then see the Maryland Flag Suits

You will need to create an account to order the suit. For team name, you may use "Maryland Masters" or "Maryland State" or not associated with a team. I believe you can order a suit regardless of affiliation. It also appears that you can change your affiliation at any time.

The women's suits seem to run large. Some swimmers on the team found they would order a size two sizes down from their usual suit size. Contact Tess Bloomquist if you would like to try on a sample suit. She will have sample sizes to try on for then next 2 weeks.

Each suit is custom made. Please allow 2-4 weeks for your order. You should also check their return policy before ordering as a restocking fee may be charged. Our contact at Agon is Mary Jo Pursley at 1-877-718-9403 x853 or maryjo@agonswim.com.

Nancy Brown and Carolyn Foster met with a representative of the Anne Arundel Medical Foundation to present her with the \$250 that was collected from the sale of the Carol Chidester Memorial Swim Series caps. The check will be used in the Rebecca Fortney Breast Center of the Anne Arundel Medical Center.

Carol Chidester Memorial Swim Series Cap



USMS Masters Coach Certification
Baltimore, MD

USMS is hosting a
USMS Masters Coach Certification
Levels 1&2

Sunday, November 6, 2016

Courtyard Fort Meade
BWI Business District
2700 Hercules Road
Annapolis Junction, MD 20701

Who should attend?

- Current full-time, part-time or volunteer coaches who would like to explore the possibilities of coaching Masters swimmers as a profession.
- Anyone interested in supporting their existing team and coach.
- Anyone interested in starting a Masters Program.

What are the prerequisites?

- You must be a current USMS Member.

Certification Process: Upon successful completion of the classroom coursework, including all required applications and successfully completed tests, each person will be awarded USMS level 1 and 2 Certified Masters Coach certification. USAT members will also receive continuing education credits.

Registration and information:

<http://www.usms.org/content/coachcertsched>

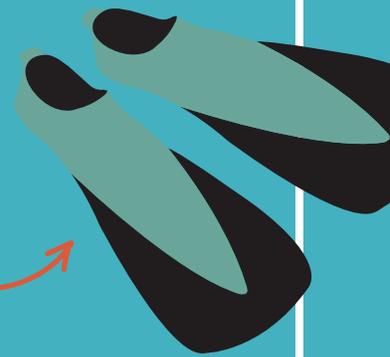
Contact: Marianne Groenings – mgroenings@usms.org



2016 USMS Convention Report Rand Vaillancourt



fins



September 21

8 AM–2:30 PM U.S. Masters Swimming BOD Meeting. This meeting is where the basic plan is laid out for what is to take place in the House of Delegates. Topics raised included a review and declaration of the conflicts of interest policy for USMS. Also, review of the 2017 budget, which included some increases in the club and workout group fees, as well as the establishment of a fee for recognized events. The College Club swimming initiative will be given a higher priority in the upcoming year. Again this year the hot potato was the discussion of the USMS transgender policy. This was not a surprise, since this has been a point of discussion in the Rules Committee since at least 2012. After a short break, the officers of USMS gave their reports. This took a long time, but no surprises. After the reports were presented the BOD accepted the reports. Again, no surprises. There was a break/recess. The meeting resumed at 5:30 PM and continued until 6:30 PM basically reaffirming the preparations of the House of Delegates (HOD) standing rules and procedure. At 7:00 PM the U.S. Aquatic Sports had their welcome reception. Basically, this is an opportunity to get a sense of what some of the other delegates have in mind and exchange some ideas, as well as getting a bite to eat. Long day, lots of listening and learning.

September 22

8:30-9:30 AM HOD #1
After the welcome address and a convention overview, we were addressed by those in charge of running USMS and given the opportunity to place floor nominations for At-Large Board of Directors. There were no floor nominations. After a few announcements the HOD was put in recess until 5:00 PM.

9:45 – 11:15 PM Zone Meeting
For those that do not know, our LMSC is in the Colonies Zone. I am the current Vice Chair which basically means that if the Chair is unable to perform I step in. The selection of the various zone meets were acted upon. There were no conflicts, so voting for them was a formality. If you really want to know dates and locations, they are listed on the USMS web site. David Diehl was opposed to be the zones at large director and was voted to represent our zone by acclamation.

11:30 AM-12:30 PM Officials Committee
The main point of this meeting was the “formal” introduction of the USMS certification program for officials. This is not the first time this has been discussed at convention, but now there is actually a program that

has been put in place where just about anyone may be certified as a Stroke & Turn Official and/or Starter. No program for Referee as of yet. Again, more information is available on the USMS web site.

2-3:15 PM Registration Committee
I attended this meeting at the behest of our registrar, Shane Knipschild. For 2017 USMS is going to initiate the early/multi-year registration starting on July 1. Also, an increase of the USMS portion of registration fees for Clubs, workout groups and membership was announced. New for 2017 a new fee for recognized events will be voted on in the HOD. There was a restatement of the USMS Membership Card Policy. No problem for our LMSC since we are in compliance. Point of note: Requesting your membership card to be sent by mail cost our LMSC, PERIOD. If it is at all possible please do not request that a card be mailed. It is no different that the card that may be printed on line.

3:30-4:45 PM Rules Committee #1
I am a sitting member of the Rules Committee and by definition we actually put together the rules that govern competition for USMS. It's amazing how we have to be so specific when it comes to using the English language, but a comma or semi colon misplaced may change the whole meaning of a rule. For this meeting we put the final touches on some actions to be recommended, or not to recommend to the HOD. Any changes to the rule book must pass the HOD.

5-7 PM HOD #2
The final slate of candidates for USMS officers were presented to the membership of the House. At this time, the candidates made their case why they should get our votes. We actually got to ask questions and get their prospective on what it takes to keep USMS viable. Next the USMS “Strategic Plan” was presented. Emphasis was placed on the USMS “brand” and how USMS was going to enhance the value of the brand through innovation, brand awareness, partnerships and value to members.

7-9:30 PM LMSC Social
This is where delegates get to mingle, exchange ideas, have a little fun, and hopefully get something to eat before calling it a (long) day.

September 23

8-9:15 AM Rules Committee #2
The agenda included rules requests from several other committees that required action by the Rules Commit-

tee. For what it is worth, some changes or additions require multiple committee endorsement before being presented to the HOD. Many times there is a conflict from one committee to another in their request. It is the responsibility of the Rules Committee to help iron out those conflicts and make recommendations back to the originating committees to put them in alignment.

10:45-11:45 AM Rules Committee #3

More of the same, plus, the transgender "hot potato" was put in our committee. After what seemed to be forever, a plan based on the FINA rules was returned to the Board of Directors for the BOD to consider. Again, the placement of punctuation(s) took a long time to resolve.

1:15-2:15 PM Workshop

One of the problems I have is deciding which workshop to attend when the schedule has several at the same time period. This year I chose the "Putting the USMS Officials Certification to Use in Your LMSC" workshop. Since this a new program I wanted to get up to speed with just exactly what would be required to get "certified". Actually, it doesn't appear to be that difficult – surprise – with an online course and test. Plus, get this, NO FEE as of now.

2:30-5 PM HOD #3

The HOD started off, after attendance, with the remembrance of those USMS members that passed since the last convention. This year our LMSC has several souls that have departed. Next the elections. This year they went quite smoothly without a runoff, or two or three which has happened in past years. Dave Diehl is our Zone rep. No surprise he was unopposed. Awards were presented for the various categories for volunteerism recognized within USMS. Then the forums - Rules, Long Distance and Legislation. The HOD delegates get to ask questions, make motions to amend and just about anything regarding the items presented to them to act upon. Again, this was quite civil compared to past conventions. At 5:15 the HOD resumed and the BOD, after some discussion and changes, presented the budget.

September 24

8-10:15 AM HOD #4

More committee reports were presented to the HOD. The Financial Presentation was given. Questions were asked and answered. The increases previously referred to were presented and rationalized.

11:30 AM-1 PM Round Table Lunch

This is a meeting of like LMSC officers. I meet with other LMSC Treasures discussing some of the problems and solutions for the position. By the way, lunch was not available.

1-1:30 PM Rules Committee #4

The changes that were adopted by USA Swimming for the upcoming year were discussed. Certain rule changes made by USA Swimming are automatically adopted by USMS unless specifically rejected or modified by the Rules Committee and the Rules Committee recommendation is passed by the HOD. There were changes made to how a world record, USMS record or top ten may be attained regarding the timing system requirements. Also, how a valid time is determined in the event of a primary timing system failure.

1:30-5:30 PM HOD #5

The Rules, Long Distance and Legislation committees presented reports to be approved by the HOD. The HOD voted on, and approved the final budget. Not too many words to describe what took a few hours to accomplish. The feedback session was the next to the last item. Delegates let the BOD know how they felt about this convention and made remarks and suggestions for upcoming conventions. And, finally, the BOD offered their closing remarks. We actually finished about 10 minutes early – that is rare.

7-10 PM United States Aquatic Sports Awards Banquet

Rowdy Gaines was the master of ceremonies. The major aquatic sports; Water Polo, Synchronized Swimming, Diving, United States Swimming and Masters presented awards for their respective sport. Nadine Day, past USMS president, was presented the Ransom J. Arthur award, the highest award for USMS.

Long hours, meeting after meeting with a year's worth of work crammed into a few days. If it weren't for the year round preparation involved by all of the committee members it could not be accomplished.



2016 USMS Convention

To test or Not to Test, That Is the Question

As reported by Delegate Jen Masquelier (ACSM)

For the first time in USMS History, we have begun to question our policy on testing Athletes, specifically transgender athletes. If we continue in the vein of complete inclusion, then we can't actually require that one group of people be tested and not the rest. However, if we don't require testing then we put women in the position to find themselves racing next to a female born in a male's body. Considering that males are in general, bigger and stronger physically, females born as a female would have a distinct disadvantage against a female born as a male. Since Title 9 women have been struggling to have equal footing in the sports arena. The concern is not about females who are transitioning to male. In fact, very few males in this particular discussion felt there was any reason to test at all, since they did not feel there would be any threat on their part in competitions.

FINA and USA Swimming have both adopted policies regarding transgender athletes. Will Masters decide to draw the line in the sand as well? FINA currently requires a competitor who has undergone male to female gender reassignment surgery after puberty to meet the following conditions: Hormone therapy appropriate for the assigned gender has been administered continuously and uninterrupted for a significant length of time, no less than a year, and must maintain a testosterone level that is less than 10nmol/L. If these requirements are not met, the swimmer may compete but her times will not be official. If a swimmer who has not undergone male to female sex reassignment surgery competes, she will not be eligible for official times as a female, however, she can compete as a female, with her time discreetly disqualified in the results.

Questions remain.

If Masters does decide to require testing, who pays for the testing?

How many days before the event should the swimmer be tested and how would anyone know that someone should be tested?

If we are going to require testing for testosterone levels, should we also be testing athletes for doping too?

These are questions for all of us to ponder, and this issue is not going away. We have only just started down this road.

Finding the Light

by Coach Erin
Maryland Masters - Head Coach @UMBC

You might not have this problem, but sometimes I have a hard time getting in the water. But there is something about being surrounded by swimmers, many of whom kicked my butt during the morning workouts at convention, that makes me want to get wet!

This convention I found another reason why I love masters swimming. While running to catch the elevator to my next meeting, the coach who taught me to swim stepped out. Obviously, I missed that elevator, snapped a pic, exchanged numbers and set a time to have a true catch up that night!

Coach Roy Dessloch, retired from coaching a few years ago, so I was truly surprised to see him at the USAS convention, let alone as the Chairman of the South Carolina LMS (USA Swimming). What I learned through our chat was that he was in too deep to ever truly leave his team. And he loves it. When he was approached to take over the chairman position, he couldn't turn it down, they needed someone to reorganize their LMC and he had the passion for it.

But what was really amazing to hear was how he planned a reunion for his swimmers from the 80s, and how when he travels he makes time to see his old swimmers, learn about their families, beyond the Facebook posts. Hearing him say that all of his swimmers are so special to him and seeing his emotions reflecting on his years of coaching, filled my heart.

His time is spent bettering his team, his swimmers (current and old), and the good of his LMC. He's happy. Swimming has been his whole life. The experiences he's had and lives that he's affected; it's absolutely astounding to think about. He said that catching up with his past swimmers, seeing where life has taken them, seeing me being involved with swimming and passionate about it, lights his path. So even though people more commonly say don't go towards the light, his light is guiding him to do good for the swimming world.

We all have our own reasons for jumping into that cold water for practice, so I'd like to ask you all to take a quick moment to reflect on why swim and then give yourself a high five for continuing to be awesome!

pullbuoy →



2016 USMS Convention

Mike Fanelli's ASCM, LMSC Secretary, Convention Report

This being my fifth USMS convention, the workload seems to be the same (a lot!). It's nice seeing many swimmers from different parts of the country, especially those you haven't seen in a year unless you went to a national swim meet or two. Risk Management had a nice welcome reception, which gave us the opportunity to meet and socialize with new and old delegates. At the House of Delegates (HOD) session, there were over 300 swimmers from all fifty states. USMS president Patty Miller welcomed us and new USMS CEO Dawson Hughes shared his plans for the coming year. At the Aquatic Sports Awards Banquet, we all had a chance to see our national committee members and those people we talk to once a month via conference call. Seeing old friends and making new ones makes it worth going to these annual conventions.

Highlights from the convention:

Attendance among 19 to 30 year olds has dropped and we were encouraged to increase participation in those age groups.

As a member of the Long Distance Committee, I helped with the rule book wording. For example, changing the water temperature took a long discussion.

All LMSC are encouraged to create Grievance Committees.

If anyone is interested in placing a bid for a Colonies Zones meet, please contact Natalie Taylor.



It's a Blast from the Past!

How many of the pictured can you name?

Some are still members of our LMSC.



The 2016-2017 Carol Chidester Memorial Swim Series

Maryland is hosting a 6-meet swim series for 2016-2017.

Meets are free to all registered Maryland LMSC Swimmers who register online. Registered swimmers from other USMS LMSC's are welcome for a fee of \$25 with online entry.

DECK ENTRY:

\$25 for Maryland LMSC swimmers (Fee waived for ages 65+). \$30 for non Maryland LMSC swimmers. Payable by cash or check made payable to: Maryland LMSC.

All swimmers who wish to deck enter must bring a copy of their USMS registration card. Swimmers may print their own copies by following the instructions on <http://mdusms.org>

New Maryland USMS registrations will be permitted on deck and will be exempt from the meet fee.

USMS renewals will not be permitted on the deck.

The exact dates, event lists and other details for each meet will be posted on our website as details become available. Preliminary details are provided in this announcement but are subject to change.

We encourage you and your teammates to attend the swim series. The meets are low-key and fun. There are post event "socials" at some meets.

GENERAL INFORMATION:

The annual Maryland USMS general membership meeting will take place during the November meet at Washington College. Details will be announced via the Maryland LMSC Yahoo Group email list and will be posted on our website.

The **Swim Series Challenge** will include meets through February 2017. An award will be given each swimmer who competes in all of those meets and/or completes any twelve (12) different individual events. Awards will be presented at the sixth and final meet.

Maryland teams will be scored using the Club Scoring method. Details are posted under "Results" on our website. Series awards will be presented at the March final meet.

CONDUCT:

All meets will be sanctioned and have two officials. All participants must be registered with **United States Masters Swimming (USMS)**. Visit <http://mdusms.org> for USMS registration and more information.

Most meets will be seeded strictly by time. In these meets men and women will compete together. Scores will be calculated, as usual, by age group and by sex.

Relays in all meets may be Mixed, Women, or Men. Mixed relays must consist of two men and two women. Swimmers may enter exactly one freestyle relay and exactly one medley relay. All members of a relay must be from the same registered club, no unattached relays allowed. The relays will be swum according to standard USMS relay age groups (18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, 95+).

A preliminary meet program is usually provided to entrants the evening before the scheduled meet. Preliminary results will be provided the day after the event, in most cases.

Each meet will use an on line entry system. The system will be accessible via <http://mdusms.org> at least 14 days before each meet, and will close at 9:00PM the Thursday prior to the meet. On the site click "Event", find the meet of interest, click on the link and follow the instructions.

Swimmers who enter online will be pre-seeded in the meet and in the meet program. Deck entries will be inserted into open lanes or into new heat(s) as required. Some events may have entry limits imposed and may be marked as "full" by the meet host/director, so swimmers who choose to deck enter may not be able to swim their favorite events. **Online entry is strongly encouraged.**

Each swimmer will be allowed to swim up to three (3) individual events and two (2) relays per meet (a medley and/or freestyle) unless otherwise posted on our web site.

Positive check-in at the meet for those who enter online is not required with the following exception: **Distances of 400 yards or greater shall usually require positive check-in before the meet.** Seeding of those distance events shall be done the day of the meet based on the actual people who complete a positive check-in to swim.

Each meet will have a minimum of 50-100 of each stroke, 100 & 200 individual medley, 200 freestyle, and a 200 of another stroke. The 500 freestyle and 400 individual medley will be scheduled in at least two of the meets. The course for all meets is expected to be short course yards (SCY).

Meet Director Contacts

Mike Jacobson:
mikej@comcast.net

John Vail:
vailjohn48@gmail.com

Mark Oliphant:
marko@usms.org

Shane Knipschild:
Sktech01@comcast.net

Traci McNeil:
channelswim@verizon.net

Directions for each meet, and other important details, will be posted on the online meet entry page for the meet. Check the website for these details.

Questions or comments contact the swim series chair/coordinator.
Rand Vaillancourt: Rand@usms.org

Meet results will be submitted to USMS's searchable database.

This notice is subject to change.

Changes to rules and individual meet details may be posted on our website.

MEET SCHEDULE

DATE TIME	MEET DIRECTOR	LOCATION	WARM UP TIME	START
October 16 (Sun.)	Mike Jacobson	Ellicott City	4:00 PM	4:45 PM
November 13 (Sun.)	John Vail	Washington College+	8:00 AM	8:45 AM
December 3 (Sat.)	Mark Oliphant	Talbot County	8:00 AM	8:45 AM
January 15 (Sun.)	Shane Knipschild	AOSC	3:15 PM	4:00 PM
February 11 (Sat.)	Traci McNeil	Severna Park (SPCC)*	5:00 PM	5:45 PM
March 19 (Sun.)	Shane Knipschild	AOSC	3:15 PM	4:00 PM

Check-in is required, for distances of 400 yards or more. Individual deck entry is typically due by the start of warm up. Deck-entered relays are typically due before meet start – details posted on each online meet en-try page. Details will be posted on our website and via the Maryland LMSC e mail list.

+The Maryland LMSC annual General Membership meeting will take place during the November meet.

*At 3:30 PM there will be a YMCA Nationals informational meeting for Maryland LMSC swimmers.

All courses are Short Course Yards (SCY)

The 2016-2017 Carol Chidester Memorial Swim Series

ORDER OF EVENTS

ORDER OF EVENTS #1

Sanction 096-S009

Dancell Family YMCA (Ellicott City)

The Rick Hrybyk Memorial Swim Meet

1. Mixed 100 yd. Freestyle
2. Mixed 200 yd. Butterfly
3. Mixed 50 yd. Backstroke
4. Mixed 100 yd. Breaststroke
5. Mixed 50 yd. Freestyle
6. Mixed 200 yd. Individual Medley
7. Mixed 50 yd. Butterfly
8. 200 yd. Freestyle Relay
9. 200 yd. Medley Relay
10. Mixed 200 yd. Breaststroke
11. Mixed 100 yd. Backstroke
12. Mixed 100 yd. Individual Medley
13. Mixed 200 yd. Freestyle
14. Mixed 50 yd. Breaststroke
15. Mixed 100 yd. Butterfly
16. Mixed 200 yd. Backstroke

ORDER OF EVENTS #2

Sanction 096-S007

Washington College

1. Mixed 200 yd. Individual Medley
2. Mixed 50 yd. Breaststroke
3. Mixed 100 yd. Freestyle
4. Mixed 200 yd. Backstroke
5. Mixed 50 yd. Butterfly
6. 200 yd. Medley Relay
7. Mixed 100 yd. Individual Medley
8. Mixed 100 yd. Breaststroke
9. Mixed 100 yd. Backstroke
10. Mixed 100 yd. Butterfly
11. Mixed 50 yd. Freestyle
12. Mixed 50 yd. Backstroke
13. Mixed 200 yd. Freestyle
14. 200 yd. Freestyle Relay

ORDER OF EVENTS #3

Sanction 096-S008

Talbot County YMCA

The Ann Johnsen Memorial Swim Meet

1. Mixed 200 yd. Individual Medley
2. Mixed 50 yd. Freestyle
3. Mixed 100 yd. Breaststroke
4. Mixed 200 yd. Freestyle
5. Mixed 100 yd. Backstroke
6. Mixed 50 yd. Butterfly
7. 400 yd. Medley Relay
8. Mixed 100 yd. Individual Medley
9. Mixed 200 yd. Breaststroke
10. Mixed 50 yd. Backstroke
11. Mixed 100 yd. Butterfly
12. Mixed 50 yd. Breaststroke
13. Mixed 100 yd. Freestyle
14. 200 yd. Freestyle Relay
15. Mixed 500 yd. Freestyle

ORDER OF EVENTS #4

Sanction 097-S002

Arundel Olympic Swim Center

1. Mixed 400 yd. Individual Medley
2. Mixed 50 yd. Backstroke
3. Mixed 200 yd. Butterfly
4. Mixed 100 yd. Freestyle
5. Mixed 200 yd. Breaststroke
6. Mixed 50 yd. Butterfly
7. Mixed 200 yd. Individual Medley
8. Mixed 100 yd. Backstroke
9. 400 yd. Freestyle Relay
10. Mixed 50 yd. Breaststroke
11. Mixed 200 yd. Freestyle
12. Mixed 100 yd. Butterfly
13. Mixed 100 yd. Individual Medley
14. Mixed 200 yd. Backstroke
15. Mixed 100 yd. Breaststroke
16. Mixed 50 yd. Freestyle
17. 200 yd. Medley Relay
18. Mixed 500 yd. Freestyle

ORDER OF EVENTS #5

Sanction 097-S009

Severna Park (SPY)

The Karen Stevens Memorial Swim Meet

1. Mixed 200 yd. Freestyle
2. Mixed 100 yd. Individual Medley
3. Mixed 100 yd. Backstroke
4. Mixed 50 yd. Freestyle
5. Mixed 100 yd. Butterfly
6. Mixed 50 yd. Breaststroke
7. 400 yd. Medley Relay
8. Mixed 200 yd. Butterfly
9. Mixed 100 yd. Freestyle
10. Mixed 200 Individual Medley
11. Mixed 50 yd. Backstroke
12. Mixed 100 yd. Breaststroke
13. Mixed 50 yd. Butterfly
14. 800 yd. Freestyle Relay

ORDER OF EVENTS #6

Sanction 097-S001

Arundel Olympic Swim Center

1. Mixed 400 yd. Individual Medley
2. Mixed 50 yd. Backstroke
3. Mixed 200 yd. Butterfly
4. Mixed 100 yd. Freestyle
5. Mixed 200 yd. Breaststroke
6. Mixed 50 yd. Butterfly
7. Mixed 200 yd. Individual Medley
8. Mixed 100 yd. Backstroke
9. 200 yd. Freestyle Relay
10. Mixed 50 yd. Breaststroke
11. Mixed 200 yd. Freestyle
12. Mixed 100 yd. Butterfly
13. Mixed 100 yd. Individual Medley
14. Mixed 200 yd. Backstroke
15. Mixed 100 yd. Breaststroke
16. Mixed 50 yd. Freestyle
17. 200 yd. Medley Relay
18. Mixed 500 yd. Freestyle

Maryland LMSC Board of Directors Meeting

Submitted by Michael Fanelli, Secretary

Date: Sunday April 10, 2016
Time: 1:45 pm
Location: Severna Park Community Center –
Recreation Center

Chairman called meeting to order at 1:45 pm

A-Attendance:

Michael Lee (Chairman) MARY, Shane Knipschild (Registrar) AAA, Rand Vaillancourt (Treasurer) AAA, Michael Fanelli (Secretary) ACSM, Kristina Henry (TCY), Patty Devanny (MARY), Traci McNeil (MARY), Nick Burley (MARY)

B- Motions:

1. Motion to accept bids for the summer swim series:
 - a. Frostburg State University Masters (SCM – date tbd)
 - b. Anyone Can Swim Masters (SCM or LCM – date tbd)
 - c. UMBC (LCM – July 24)

Motion by Nick Burley
Second Kristina Henry
Passed

1. Motion that the Officials Chair make arrangements for officials for LMSC swim series events. A host club may request, by name, officials, which must be approved by Official Chair.

Motion by Rand Vaillancourt
Second Nick Burley
Passed

1. Teams requesting use of Maryland LMSC timing equipment as part of the Carol Chidester Memorial Swim Series or the Summer Swim Series must have an individual certified by the proper Maryland LMSC representative to use and operate the equipment. Shane Knipschild will establish a Standard Operations Procedure (SOP), which includes setting up and breaking down of equipment, and will also train people to increase involvement.

Motion by Shane Knipschild
Second Rand Vaillancourt
No discussion
Passed

4. That the operator must be certified to configure and use the computer that is being used for the Colorado Timing System as well as the Colorado Timing System before being permitted to use the system for a meet.

Motion by Shane Knipschild
Second Rand Vaillancourt
No discussion, Passed

5. Accept the 2016 Budget as presented.
Motion by Rand Vaillancourt
Second Shane Knipschild
Passed

6. Accept the Quarterly Financial Statement
Motion by Kristina Henry
Second Patty Devanny
Passed

C- Report on Officers

1. Chairman- Michael Lee: Up to date with USMS duties
2. Vice Chairman- David Sugar: Not present, (given by Chairman) Nomination Committee is set
3. Secretary- Michael Fanelli: The minutes have been passed from May 30 and October 18, 2015. Nothing new to report
4. Treasurer- Rand Vaillancourt: In the black. The 2015 year end financials are completed and ready for review. The 2016 first quarter financial statement is ready for review. The 2016 proposed balanced budget is here and ready for approval. The USMS portion of the open water sanction fee is now \$100. Previous legislation passed by the BOD, so that we do not have to revisit every time there is change by USMS, makes the total sanction for Open Water events is now a total of 235.00 plus the proposed amount of any insurance surcharge.
5. Registrar- Shane Knipschild: Membership Statistics AT-a-Glance. We have 725 registered, 349 Men and 376 Women

D- Committee Reports:

1. Officials- Rand Vaillancourt: posted in minutes
2. Sanctions Chair-Jill Springer USMS O/W Sanction Fee is now \$100.00
3. Coaches Chair- Kevin Joubert resigned due to work obligations. We want to thank him for all the time and service he has put into the Board and wish him luck in the future.
4. Editor- Kristina Henry If you would like anything posted in the Newsletter you have until beginning of May
5. Safety- Shane Knipschild Nothing new to report

E. Unfinished Business:

1. Carol Chidester & Summer Series Swim Meet Protocols Update: Nick Burley 10/2015
2. Treasurer's spreadsheets: After April 15 Patty Devanny offered to provide a report on what treasures could do on a spreadsheet

F. New Business:
Refer to Section B: Motions

G.- Adjournment 2:55 p.m.

Froggie Sez: News from Anne Arundel Amphibians

Masters

If you are a Master Craftsman, be it in woodworking or karate, you are highly skilled. If you are invited to the Masters Golf Tournament, you are a proven winner (and making lots of money). If you have a Masters Degree, you have spent many years and much hard work to receive your degree. But Masters Swimming is different, we welcome all.

My Amphibians are a great example of all types of swimmers; from the knee knocking beginner, (I am afraid I'll embarrass myself) to the former Olympians. It gives me no greater joy than to see one of my beginning tadpoles, finish their event with a great big grin on their face. It does not matter if they finished first or last, they competed

and they finished a feat that they did not think possible. Or my more seasoned tadpoles, who might exclaim, "It's not like when I was twenty, but it sure felt good!"

Well, it's time to look ahead, the Carol Chidester Memorial Swim Series is right around the corner. I know that it will be a fantastic opportunity for my Amphibians and all other clubs to compete with Masters of our sport. And sitting on the deck talking to other swimmers and their supporters is great fun, too.

Happy Swimming,

Froggie

Plunging to Victory



LMSC Officers

Chair	Michael Lee
Vice Chair	Kristina Henry
Secretary	Michael Fanelli
Treasurer	Rand Vaillancourt
Registrar	Shane Knipschild
Sanctions	Jill Springer
Top Ten	Jill Springer
Coaches	Carolyn Voorhees
Officials	Rand Vaillancourt
Communications	Mike Mardesich
Editor	Kristina Henry
Webmaster	Christopher Freigang
Fitness	Carolyn Voorhees
Open Water	Justin Anderson
Postals	Michael Fanelli (Long Distance)
Safety	Shane Knipschild

Although retired for 112 years, plunge has its roots as an official Olympic event (1904). Masters swimmers may compete in the annual Severna Park Plunge hosted by SPY on February 11. Swimmers dive from the blocks to travel as far across the pool as possible without moving their arms or legs. Winners (men's and women's competitions) will receive a beautiful, hand-decorated plunger suitable for display in any home.