

# Swimming

*The Maryland LMSC of United States Masters Swimming*

October 2013

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Master Swimming is a  
Journey

## Chairman Sez

This summer has seemed to fly by with our LMSC conducting three, attendance record setting, events consisting of one open water event and two pool meets for our "Outdoor" season. None of which could have taken place without the help of volunteers.

The upcoming 2013-2014 Carol Chidester Memorial Swim Series is set to go with all

six meets planned and sanctioned. These meets are fun, low keyed and FREE to our members that enter on line. Again, it's the volunteers who put in a lot of effort to make the series the success that it has become. The meet schedule and events for this season's Carol Chidester Memorial Swim Series are listed elsewhere in this newsletter.

Has anyone seen our LMSC logo? Would you like to design a logo for your LMSC?

If so, contact Michael Lee, our LMSC Treasurer, who has volunteered to oversee the project.

Did you notice that I used the terms our and yours when referring to the LMSC? That is because it is your LMSC. If you would like to get involved in the operation of your LMSC, please contact me directly.

Rand Vaillancourt, Chairman

## Minutes Maryland LMSC Board of Directors Meeting

*Date:* February 28, 2013

*Location:* University of Maryland Baltimore County  
Retriever Athletic Center

1000 Hilltop Circle  
Baltimore, MD 21250

*In Attendance:* Rand Vaillancourt, Chairman  
Tim McGough, Vice Chairman  
Erin Mathews, Secretary  
David Wendkos, Registrar  
Tim Methric, CHRM  
Mike Mardesich, AAA  
Shane Knipschild, AAA.

**A motion was made to accept the minutes of the General Membership Meeting 10/15/12, seconded, no discussion, vote taken, motion passed.**

### Report From Officers

1. Chairman – Rand Vaillancourt: We are up to date for USMS. There will be more to be discussed later on the agenda regarding Open Water events and Summer League meets.
2. Vice Chair - Tim McGough: No report
3. Treasurer – Michael Lee : (given by chairman) We are in the black. There are some open expenses that have not been submitted. Form 990N (IRS filing) has been completed.

Chairman called the meeting to order at 6:15 PM.

4. Registrar – David Wendkos: We have an application for a new club, Harford Area Masters Swimming (HAMS). That brings a total of four new clubs for this year. Two clubs did not renew for 2013, BAMF and OPMS. That is a net increase of two clubs. To date we have 718 individual members in our LMSC, which is a slight increase in membership for this time last year.

5. Secretary – Erin Mathews: General Membership Minutes have been submitted to USMS.

## Report From Committees

Swim Series - Dave Wendkos: David noted that he will be stepping down at the completion of the winter swim series.

Club Assistant is working on a program that will keep track of our swim series challenge. Currently this is done manually by Rand and David. Kevin Joubert has agreed to take over the position for the Summer Swim Series. ***A motion was made to have Kevin Joubert take over the Swim Series for the summer meets. The motion was seconded, no discussion, a vote was taken and the motion passed.***

*By Laws* - Tim McGough: No new changes recommended at this time.

### *Communications:*

a. Newsletter - Erin Mathews: Deadline for submission to the Spring/Summer Newsletter is April 30, 2013. Erin will be acquiring photos for publication in the newsletter.

b. Website - Mike Mardesich: The web site is up to date for content. This is an active entity and requires constant updating to keep information current.

c. Yahoo E Mail group: Mike Jacobson: no report

4. Officials – Rand Vaillancourt: There have been some changes to the rule book for 2013 and our usual officials have been notified of these changes.

5. Clinics - Nancy Brown: no report

6. Fitness - Tim Methric: no report

7. Open Water - Tim Methric: There is an OW insurance surcharge set by USMS of \$1,800.00 per event. USMS will absorb \$800.00, the \$1,000.00 balance will be deducted from monies due the LMSC's by USMS. This is set for an agenda item later in the meeting.

8. Postal /Long Distance - Tim Methric: no report

9. Coaches - Kevin Joubert: (given by chairman) Kevin is asking that the "grant or scholarship" for coaching certification be extended and to include level 3 certification. Any grants may be given subject to budget

availability.

10. Sanctions / Top Ten: Jill Springer: (given by chairman) Regarding Open Water sanctions, there have been significant changes. Including, but not limited to, an insurance surcharge, propeller guard requirements, and liability release wording. Based on last year's OW entries, an insurance surcharge fee of \$5 per entrant should cover most, but not all, of the surcharge. Regarding Top Ten: Reminder - It is the swimmer's responsibility to submit any swims outside of our LMSC to be considered for Top Ten.

11. Safety: Christopher Freigang; no report. (given by chairman) due to circumstances, Chris is unable to complete the duties of the Safety Officer.

Shane Knipschild volunteered to take on the position. ***A motion was made that Shane Knipschild be appointed Safety Officer. The motion was seconded. There was no discussion. The motion passed.***

Unfinished Business:

a. Summer Swim Series / Schedule:

Presented by Rand -

1- Proposed SCM June 2 @ Big Vanilla, Pasadena: Warm up: 4:30 PM Meet start 5:15 PM, officials to be provided by LMSC. Nancy Brown "volunteered" Barbara Cook to be the meet director. A budget limit of \$1,220.00 was proposed for the meet.

2- Proposed LCM @ UMBC: Date: July 27, 2013, Warm up 10 AM meet start 10:45 AM – 6 lanes will be used for competition, one 50 meter "buffer" lane and one 50 meter warm up/cool down lane. Officials will be provided by the host club (Maryland Masters). A budget limit of \$1,000.00 was proposed for the meet. ***A motion was made to approve the two pool meets as stated, seconded, there was discussion, a vote was taken. The motion passed.***

3- Proposed 1 mile Open Water at Centennial Lake: Date: May 12, 2013 (Mother's day), Entries closed: May 5<sup>th</sup>, \$10 discount for current MDLMSC members. Early registration discount (\$10) April 11<sup>th</sup>. Entries close May 5<sup>th</sup>. Note: The LMSC will provide \$1,000.00 seed money for this event, as we have done for the past two years.

b. LMSC Logo (contest) for web site: Originally presented by Michael Lee. It was suggested that a "prize" of \$100.00 (minimum) be awarded the winner of a LMSC logo contest. It was also suggested that an "entry fee" not to exceed \$5, be

assessed to each entrant. This would be a 50/50 prize or \$100.00, whichever is greater. It was generally agreed that Michael Lee, the proposer of the contest, be in charge of the "Maryland LMSC Logo Contest".

F - New Business

a. newsletter deadline: April, 30<sup>th</sup> (see above)

b. OW insurance fee/surcharge: (Open Water Committee report above). A motion was made that Effective immediately for all Open Water events in the Maryland LMSC - Add: \$5 Open Water insurance surcharge to all entries. This may be done by either designating the insurance surcharge (suggested) or increasing all entry fees by \$5 each. ***A motion was made to add a Five Dollar insurance surcharge for open water events, seconded, there was discussion, a vote was taken. The motion passed.***

c. Grants for Coach Certification: It was generally agreed that, depending on budget availability, grants may be given for coaching certification again this year.

***A motion from the floor to adjust the One Event Fee . After discussion, the motion was seconded. After further discussion, the motion was amended to read: "The MDLMSC fee for One Event entrants shall be not less than \$12 more than the USMS portion of the One Event Fee or equal to the USMS portion of the One Event Fee, whichever is greater. The new OEVT fee will be go into effect for all sanctioned events that are held on or after September 1, 2013". A vote was taken and the motion passed.***

Erin Mathews had previously suggested that in may be time for the LMSC to purchase a timing system for the LMSC. After discussion, it was decided that Erin will head up investigation into the cost a timing system for the LMSC.

***A motion to adjourn was made from the floor, seconded, no discussion. The motion to adjourn passed.***

The meeting was adjourned at 7:50 PM

Corrected minutes approved: June 29, 2013 by Board of Directors

Note: The original draft of the minutes as presented were incomplete and in notation form.

# Maryland Masters and AAA Swimmers Grab Gold and Smash Records at Maryland Senior Olympics

The annual Maryland Senior Olympics (MSO) swimming meet took place September 7 at the Germantown Indoor Swim center, Montgomery County. The program included 14 events in freestyle, backstroke, breaststroke, butterfly and individual medley over distances of 50, 100, 200 and 500 yards. A large representation of seniors (50 and older) competed from around the state, including 23 Maryland Masters and Anne Arundel Amphibian swimmers..

In fact, members of the two swim clubs captured 40% of the total gold, silver and bronze medals awarded; 98 in all. Seven MSO records were broken; all by Maryland Masters swimmers. Anne Schulte, age 54, set records for the 50-54 age group in the 100 Free, 100 IM, 50 Fly, and 50 Breast (chipping 2 seconds off the old mark). In her one other gold-medal win, the 50 free, she was off the record by a mere 5/100th of a second, with a time of 29.26. Nancy Brown, age 77, accounted for the other three record-breaking performances, in the 75-79 age group: 200 breast, 100 IM, and 50 back. An "Atta Gal" tribute is richly deserved by both Anne and Nancy. Congratulations!

Another inspirational performer was 93-year-old Doris Russell. She continues to evoke awe, wonder and affection among our swimmers because of her incredible commitment, grit and results over many years of competition. In this year's MSO meet she walked away with gold in the 100 free, 50 free, 50 back, and 50 fly. Yes, the 50 fly; it's not a typo!

Tom Powers, age 82, swam in the most events (8), for 6 golds and 2 silvers. The results for all 23 competitors follow:

**Doris Russell**, 93 Gold: 100 Free, 50 Free, 50 Back, 50 Fly  
**Alexander Eremchuk**, 87 Silver: 100 Free  
**John Collings**, 86 Gold: 200 Back, 100 Back, 50 Back, 100 Breast Silver: 500 Free  
**Tom Powers**, 82 Gold: 500 Free, 200 Free, 100 Free, 50 Free, 200 Back, 100 IM Silver: 100 Back, 50 Back  
**Yu-Jin Lee**, 79 Gold: 100 Free, 100 Breast  
**Nancy Brown**, 77 Gold: 100 Free, 50 Free, 200 Breast (record), 50 Back (record), 100 IM (record)  
**Marjorie Pearsall**, 75 Gold: 100 Back, 50 Fly Silver: 100 Free, 50 Free Bronze: 50 Back  
**Cliff Kelbaugh**, 72 Silver: 200 Back, 200 Free Bronze: 100 Back 5th: 50 Back  
**Joan Libby**, 72 Gold: 100 IM, 50 Fly Silver: 200 Back, 100 Free Bronze: 500 Free, 200 Free

**Lynn Foley**, 70 Gold: 500 Free, 200 Free, 100 Free, 50 Free, 200 Back, 100 Back

**John Hannon**, 69 Silver: 500 Free, 50 Back Bronze: 100 Free, 50 fly

**Carolyn Foster**, 68 Gold: 200 Breast, 50 Back Silver: 100 IM, 50 Breast

**Mike Brown**, 67 Gold: 100 IM, 100 Breast, 50 Breast, 50 Free

**Rand Vaillancourt**, 67 Gold: 200 Free, 200 IM, 50 Fly

**Jill Dorosz**, 65 Gold: 100 Free Bronze: 50 Breast

**Rosemary Dew**, 63 Gold: 200 Back, 100 Back, 100 IM Silver: 100 Free

**John Zarkowsky**, 63 Gold: 200 Free, 100 Free, 50 Free, 100 IM, 50 Back, 50 Breast

**Claudia Simpson**, 60 Gold: 200 Breast, 100 Breast, 50 Breast Silver: 50 Free Bronze: 100 Free

**Diane Blubaugh**, 57 Silver: 200 Breast Bronze: 100 Breast, 50 Breast

**David Mayeske**, 54 Gold: 500 Free, 200 Free, 200 Back Silver: 100 Free, 100 Back

**Anne Schulte**, 54 Gold: 100 Free (record), 50 Free, 100 IM (record), 50 Breast (record), 50 Fly (record)

**Carla Mazyck**, 53 Gold: 200 Free, 100 Back Silver: 100 Free

**Patrick Sebring**, 51 Gold: 100 IM, 100 Breast, 50 Breast, 50 Fly

**NOTE**: Remember that next year's 2014 Maryland Senior Olympics will be used to qualify for the 2015 National Senior Olympics.

## General Membership Meeting

*Maryland Local Masters Swim Committee*

October 15, 2012

The meeting was called to order at 6:05 PM by the Chairman.

The Chairman, Rand Vaillancourt, asked that only current Maryland LMSC members participate in the voting.

The Chairman announced that the current membership for our LMSC now stood at 870 members, and the club membership should be increasing by one, to 20, with the application of a new club from Charles County, RAID.

A motion was made to accept the minutes of the July 15, 2012 Board of Directors meeting that were published in the October newsletter. The motion was seconded.

The Chairman asked if there was any discussion or correction to the minutes. There was no discussion or correction offered from the membership. A vote was taken and the

minutes from the July 15, 2012 were passed as presented.

A motion was made to approve all of the actions taken by the BOD on behalf of the General Membership. The motion was seconded. The Chairman asked the membership if anyone had questions or needed to discuss any of the BOD's actions. There was no discussion or questions from the membership. A vote was taken to approve all of the actions taken by the BOD and the motion was passed by the membership.

A motion was made to amend the LMSC By Laws as follows: Add section 4.6 to read "Any appointed officer shall be eligible for election to the position at the time of the next General Membership meeting. If elected, the appointee shall then be subject to the term limitations in section 4.3 above." The motion was seconded.

The Chairman asked for discussion and comment from the General Membership.

There was no discussion or comment. A vote was taken to accept the amendment to the LMSC By Laws as presented. The motion was passed.

The next item on the agenda was the election of officers for the LMSC's BOD for a term of two years starting January 1, 2013.

The slate of officers presented for election by the nomination committee was:

Rand Vaillancourt for Chairman, to continue in office.

Tim McGough for Vice Chairman, to continue in office.

Michael Lee for Treasurer, to continue in office.

Erin Mathews for Secretary, first term in office.

David Wendkos for Registrar, first term in office.

The Chairman asked if there were any nominees from the floor. There were none.

A motion was made to elect the slate as presented. The motion was seconded.

A vote was taken to elect the slate as presented. The motion was passed.

A motion was made to adjourn the General Membership meeting. The motion was seconded. There was no discussion. A vote was taken and the motion to adjourn was passed.

The meeting was adjourned at 6:20 PM

Ratified: February 28, 2013 BOD meeting



## An Experience at the 2013 Convention

By: Mike Fanelli

This was my second convention. Four years ago I represented the New Jersey LMSC as the Sanction Chair. As a Maryland Delegate this was my first.

Swimming in many swim series and some open water swims I feel comfortable here in Maryland. I wanted to bring my experience and time to volunteer my services here as a board member.

Now as a Maryland delegate there I was in Anaheim CA attending the Fitness, Open Water, and Long Distance Committees. For the Open Water and Long Distance meetings many things were discussed, from new rules to trying to create festival type national championships. The Fitness committee is always trying to create interesting activities during practice. This for all ages and levels of swimmers. Getting the heart pumping and at the same time having fun.

Then there were seminars I felt like a kid back in school again. With all those power points and having to pay attention (there was important information those Power Points). One was about open water safety, what has to take place before, during, and after the event. Safety, safety, safety. The placement of boats, guards, kayaks (with experience), and spotters.

Next was the house of delegates, here is like being in congress voting on some new rules and legislation. There was the parliamentary procedure with Roberts Rule of Order which does keep everyone in order.

There were many debates on proposed legislative changes and then we voted for or against them.

I have also noticed what a level of commitment and lengths of service many people have here was very impressive

There were workouts three of those mornings that you had to be on the bus at 5:30 AM. They were held by coaches from around the nation. Thank goodness it was a large pool because over 80 delegates got up for these.

If you are interested first hand you can find the minutes from all the committees at the usms website click down on "for volunteers", click meeting minutes, and see for yourself how much information is being poured out here.



## NEWS FROM ANNE ARUNDEL AMPHILIANS

The AOSC closing for annual maintenance, has not stopped us. We have enjoyed the facilities and hospitality of our sister workout group at North Arundel Swim Center.

Our annual Congress of Frogs Summer Party was a great success. And I was happy to preside over the festivities and present to many of our members their own "Froggie Towel". A good time, good food and good friends.

Several of our Senior Frogs attended the Senior Games in Cleveland, Ohio in August. We not only had a great time, at a wonderful aquatic center, but enjoyed the sites (The Rock & Roll Hall of Fame, House of Blues, West Side Market and so much more) of Cleveland. It is very interesting to meet swimmers from all over the country and the world, who enjoy swimming as much as we do.

We started September with the Maryland Senior Olympics. And there was Gold for all our participants.

But as summer draws to a close, we look forward to the Carol Chidester Memorial Swim Series, as we will be hosting the January 19<sup>th</sup> and March 23<sup>rd</sup> meets. Hope to see you there.

I will close for now with a big thanks to all my volunteers that help to make our club fun and run so smooth.

Froggie

## Lat Oss Ga! Lets Go!

"So, why Sweden?" was a question I got a lot when I was in Kalmar, in the southern part of the Scandinavian country, this August for my first Ironman. True, similar events were happening in Canada and Louisville around the same time, but we (I traveled with three friends) were in the mood for a more distant trip. The clear advantage, for me, to traveling so far for an event like that was the emphasis it put on the actual event. "How far did we travel, how much hassle did we endure, how much money did we spend, all so I could do this? Better do well!" became something of a mantra throughout the day.

The whole trip was a build-up to Saturday. I went over my packing list and luggage three or four times before we left. I cleaned my bike more than I had ever. My shoelaces were at the perfect tightness. I had nearly a week to dedicate to getting into the right mindset to sustain activity for over thirteen hours.

Not to say that the same level of preparedness or focus isn't attainable while racing in your hometown. It's just that it is nice to be able to block out other worries and pretend, for a week, that you are a professional athlete who does nothing but train, prepare, and race.

Realistically, this kind of trip and dedicated week of "psych-up" can be done at most once a year, maybe once in a lifetime. Vacation time, money, and the patience of your travel companions (thank you a thousand times over, guys) are not in infinite supply. But if you can find a way, I'd recommend, let yourself "play pro" for a week sometime.

Joseph Mahach coaches with Charm City Aquatic Masters (USMS) and Merritt Athletic Swimming (USAS).

## Convention Report



Rand Vaillancourt

This year there were 284 voting delegates representing almost 60,000 master's swimmers and 23 LMSC's at the annual United States Masters Swimming convention held in Anaheim, California. Erin Mathews, Michael Fanelli and I spent most of the time attending meetings, volunteering our services and support for USMS, as well as voting on policies and legislation that will govern United States Masters Swimming for many years to come.

USMS is growing, and as part of that growth, the directors have begun the task of doing "in house" a lot of the work that has been done by outside contractors. In house membership registration is set to go on line with the 2014 registration year. Part of the legislation passed by the House of Delegates included a Two Dollar per year increase in dues for 2014, and for the next five years to follow, to provide the necessary capital to fund capital equipment, and investment in hiring staff, to meet the internal needs perceived by the Board of Directors. Other legislation passed includes a fee for club chapters, formerly called work out groups. Each "chapter" will now be levied a Twenty Five Dollar chapter fee for each chapter in that club. Both the additional dues increases and the chapter fee barely made it through the House of Delegates.

The insurance issue regarding open water events was handled in such a manner that what our LMSC Board of Directors passed at our last meeting will coincide with the USMS policy and no further action should be needed on the part of our LMSC.

I spent most of my time working as a member of the Rules Committee. Although this was a legislative year for the house, there were several rule changes that were passed as emergency rule changes. These changes will be reflected in the next issue of rule book. However, due to FINA requirements, some rules will be enacted before the publication of this newsletter. These rule changes involve changes in the touch rules for butterfly and breaststroke as well as clarification for backstroke turns.

All in all, this was a very busy and hotly contested convention – I'm glad it is over.

## INFORMATION REGARDING NATIONALS 2014

*Y NATIONALS 2014 will be held in Sarasota, Florida from 4/10 - 4/13th. The new ruling for someone who wants to attend the meet is that you must be a member of any Y 30 days prior to the meet. A group of us in the past have represented Greater Chesapeake YMCA by joining Talbot County YMCA and we hope to be able to do that again this year. Since the ruling has changed it could cost less than \$75 for our membership. We will be looking into that soon. We already have arranged to stay at the Best Western which is 5-10 minutes from the pool and 1-11/2 mile from the Sonesta Key Beach. The Best Western provides shuttle service back and forth from the beach, a free breakfast every morning at 6am and they also have a pool with a nice surrounding area. The cost for the rooms is \$129 per night plus tax. This Best Western was highly recommended to us by the Sarasota Y coach. We have blocked off 25 rooms. There is also walking access to restaurants and shopping of all kinds.*

*The Sarasota pool was host to the Pan AM games in June and according to those that went it is a great facility! Outdoors, of course!*

*We will be making travel arrangements to fly into Tampa and then vehicle rentals in order to travel to Sarasota etc.*

*If you are interested in going to Y Nationals this year, please contact Nancy Brown at [nancyceoff@cablespeed.com](mailto:nancyceoff@cablespeed.com) or 410 255 0699. Last year our team placed second with a group of 40+ swimmers, 98% of whom were over the age of 45. Just think what we could do with a more balanced team!*

*YOU do not have to change your USMS affiliation to attend the meet. However, relays will not count for USMS TopTen if all relay team members are not the same USMS affiliation, but do count otherwise for team scoring. And Since this meet is an approved meet, you do not have to be registered with USMS.*

*I hope you will seriously consider swimming at Y's this year!*

Nancy Brown

## The 2013-2014 Carol Chidester Memorial Swim Series

**FINAL: REVISED 9-4-13**

Maryland is hosting a 6-meet swim series for 2013-2014

- The meets are free to all registered USMS Maryland LMSC swimmers who register online. Swimmers from other associations are welcome for a fee of \$15 and must enter online.
- Deck entry fee is \$15 and will be permitted for Maryland LMSC swimmers only. (Fee waived for ages 60+). All Maryland LMSC 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 meets 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.

*The annual Maryland USMS general membership meeting will take place during the October meet at Dancell Family (Ellicott City) YMCA. Meeting details will be announced via the Maryland USMS email list and will be posted on our website.*

The **Swim Series Challenge** will include meets through February 2014. An award will be given each swimmer who competes in all of those meets or completes any **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.
- The 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 swimmers allowed. The relays will be swum according to standard USMS relay age groups (18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+).
- A preliminary meet program is usually provided to entrants the evening before the scheduled meet. Preliminary results will be provided no later than 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>
- Swimmers who enter online will be pre-seeded in the meet and in the meet program. Maryland LMSC 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 website.
- 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 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	Meet Director	Location	Warm-Up Time	Meet Start Time
October 20 (Sun.)	Mike Jacobson	Howard County**	4:00 pm	4:45 pm
November 10 (Sun.)	John Vail	Washington College	8:00 an	8:45 am
December 7 (Sat.)	Elizabeth Devlin	Easton Family YMCA	8:30 am	9:15 am
January 19 (Sun.)	Shane Knipschild	AOSC	3:15 pm	4:00 pm
February 8 (Sat.)	Barbara Cooke	Severna Park (SPY)***	5:00 pm	5:45 pm
March 23 (Sun.)	Shane Knipschild	AOSC	3:15 pm	4:00 pm

\*Check-in is not required except for distances of 400 yards or more and for Maryland deck registrations. Deck-entered relays are typically due before meet start – details posted on each online meet entry page.

\*\*The annual Maryland LMSC membership meeting shall take place during this meet.

Details will be posted on our website and via the Maryland email list.

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

All courses are Short Course Yards (SCY)

## MEET DIRECTOR CONTACTS

Mike Jacobson: [mikej@comcast.net](mailto:mikej@comcast.net)

John Vail: [john.vail@baybroadband.net](mailto:john.vail@baybroadband.net)

Elizabeth Devlin: [edevlin@pageturnersread.org](mailto:edevlin@pageturnersread.org)

Shane Knipschild: [Sktech01@comcast.net](mailto:Sktech01@comcast.net)

Barbara Cooke: [barbcooke5a@gmail.com](mailto:barbcooke5a@gmail.com)

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.

**ORDER OF EVENTS #1**

Sanction # 093-S008  
Dancell Family (Howard County) YMCA

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 200 yd Breaststroke
15. Mixed 100 yd. Butterfly
16. Mixed 200 yd. Backstroke

**ORDER OF EVENTS #4**

Sanction # 094-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. 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 #2**

Sanction # 093-S007  
Washington College

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

**ORDER OF EVENTS #5**

Sanction # 094-S003  
The Karen Stevens Memorial Swim Meet  
Severna Park (SPY)

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 #3**

Sanction # 093-S009 The Ann Johnsen Memorial  
Swim Meet  
Easton Family YMCA

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

**ORDER OF EVENTS #6**

Sanction # 094-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. 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

## Logo Contest

*Have you  
been to the  
LMSC  
website  
recently?!?*

**Michael Lee has volunteered to supervise a LOGO contest for the Maryland Local Masters Swim Committee, the official name for our LMSC.**

**The rules are simple:**

- The winning LOGO must represent the entire LMSC and not a particular club.
- The winning LOGO will become the property of the LMSC.

**There is no "entry fee" for the LOGO contest and there is a minimum prize of \$100.00 to be awarded to the winner.**

**For submission requirements, or other information, contact Michael Lee at [korthain@yahoo.com](mailto:korthain@yahoo.com).**

*What do  
you think  
of the new  
look!*

# Masters Swimming is a Journey!

*Erin Mathews - Convention Report*

This year at convention I had the extreme pleasure of being an on-deck coach for one of the practices. This year there was record attendance at the morning workouts before everyone settled in for a day full of meetings and seminars.

Being on the coaches committee has been a great experience. The monthly conference calls keep everyone on task and creates a strong sense of accountability. At convention we introduced our plan to continue to move coaching certifications in-house, rather than going through ASCA. What this means is that in the coming year, coaches will have the option to renew their coaches registration, but at an additional cost. This additional fee will allow the organization to continue to develop programs to certify masters coaches and provide benefits to the coaches. We also wanted to make the issue of Streamlines more exclusive, and encourage people to become certified for the good of the organization.

This coming year I will continue to serve on the coaches committee, specifically in the area of on-deck coaching at Nationals and online coaching.

Hopefully you are all aware that Summer Nationals are being hosted in our area at the University of Maryland. The Championship Committee approved the 5 day schedule, which will allow the distance swimmers to swim the 1500 and 800 and cut down on the time. For those of you that were at the 2000 Championship at UMBC you know how long the distance events took. The Championship Committee's big concern was that prior to the past Summer nationals in California, the 2000 meet had the largest attendance. Keeping that in mind, I hope that you all continue to train and I plan on seeing you there!!!

Also, I invite you to check out the latest US Video on their Youtube channel!!!!



Maryland Masters UMBC skipped practice and went to an O's game in August, it was a great decision"



Maryland Senior Olympics