

# SWIMMING *Maryland* TIMES

June 2008

United States Masters Swimming - Maryland LMSC

Volume 11 Issue 1

## INSIDE THIS ISSUE:

- Letter from the Chair
- 2008 Summer Swim Series Notice
- Elections of Officers
- Convention Delegates
- Local Team News
- Demographics
- Board of Directors
- Fitness & Open Water Article
- Nationals



## The Chairman Sez...

Welcome to summer edition of the newsletter! I expect everyone is getting ready for out door swimming (practices, competition, fitness or just plain having fun). The wrap-up of the Maryland Winter Swim Series was concluded on March 29th at the US Naval Academy. We had 191 swimmers from 22 different teams, our largest Swim Series Meet ever! We had lots of people and teams pitch in to make this meet a great success. I want to especially thank Mark Oliphant and the TCY team for making the extra effort with the online registration and check-in. There is no way we could have deck entered that many people (my fingers get tired just thinking about it). Also I would like to thank Tom Slear who helped arrange for this meet and our LMSC Board Meeting.

Just around the corner we are kicking off the Summer Swim Series on June 28th. In addition, we are dedicating this Swim Series to Ann B. Johnson, the TCY swimmer and coach, who passed away this year. The locations of the meets will be the Big Vanilla (Pasadena), Easton and UMBC. These meets are a great opportunity to meet local fellow swimmers in a low key event. The cost of these meets is FREE to all Maryland Association members and only \$10 per person for swimmers from other USMS LMSCs. Online entry will be available for each of these meets so please check out <http://Maryland.usms.org> for more information.

Online registrations continues to be working and this is the preferred method of registering for USMS. You are still able to complete a form by hand and mail it with a check to the Registrar, Karen Tucker, but using the online registration tools allows you to pay by credit card too. When you pay online you will also be able to print a membership card directly from the website.

This new system also helps limit the number of "rush" registration renewals at our swim series meets. All these

renewals slow down our ability to check-in everyone and start the meets on time. We will no longer allow renewal "on deck" at any of the swim series meets. If you are a new member registration you will still be allowed to register on deck at these meets.

Many times I get asked on how our Association is doing. This year I can say that our growths is continuing and we are at the largest we have ever been (over 630 members) and its only June. We are still looking for ways to grow our current base and support all of our and future members. We have completed a survey of the LMSC and we will post the results on our website. The survey shows that we are doing good but we can still do better. So look out for some changes, starting with the Summer Swim Series.

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

- Mike Jacobson

### USMS Web Sites:

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

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

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

### MD Association Email list:

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

### Subscribe to Email list:

[mdusms-subscribe@yahoogroups.com](mailto:mdusms-subscribe@yahoogroups.com)

# 2008 The Ann Johnsen Memorial Swim Series

Maryland is planning 4 summer meets for 2008:

- The meets will be free to all registered USMS Maryland LMSC swimmers. Other LMSC swimmers are welcome for a fee of \$10 per meet. (Exception: long-distance meet. See below.)
- Each meet will use an online meet entry system. Deck entry will be permitted.
- Each swimmer will be allowed to swim up to 3 individual events and 2 relays per meet.
- Meet results will be submitted to USMS's Results.net

Based on our recent survey, we've made some changes:

- Varied meet start times (Saturday morning, Saturday afternoon, Saturday evening, Sunday morning)
- Added a family fun relay
- Added a long-distance meet
- Scheduled two meets of all co-ed ("mixed") events
- Scheduled a pentathlon

We encourage you and your teammates to attend the swim series. The meets are low-key and fun. You will be required to check-in with the meet registrar to verify your current USMS registration. Check-in is required even if you provided meet entries online. All swimmers must be registered with USMS. You are no longer permitted to register with USMS at the meet. Online USMS registration is now available at <http://Maryland.usms.org>.

All teams are asked to provide timers at each meet, not just the host team. We will not be able to start the meet until we have enough volunteers.

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

Meet #1—June 28 (Sat) / Big Vanilla / 3pm

Meet #2—July 12 (Sat) / Easton / 5pm

Meet #3—July 13 (Sun) / Easton / 8am

Meet #4—August 9 (Sat) / UMBC / 7:30am

\*See last page of the newsletter

for events listing



## Officer Elections & Convention Info

Election of LMSC Officers will be held this year and Tony Martino, Vice Chair, is heading up the Nominating Committee and planning the election. Contact him if you are interested in running for an office. The Officers are a 2 year position with a 2 term limit. The only Officer position that is open for this election due to term limits is the Registrar.

If you are interested in attending the 2008 USMS National Convention as one of the Maryland Delegates please let the Maryland LMSC Chair know by June 15th. To be a candidate for the convention you should be active in the Maryland LMSC as a Board of Directors, Officer or Committee member. The Board and Officers will vote on the submitted delegates by the end of June. This year's convention will be held on September 24-28 at the Hyatt Regency in Atlanta, Georgia.

## Swim Series Challenge

As part of the Carol Chidester Swim Series, an award (\$20 Gift Certificate and Goggles) is given to each swimmer who competes in any 12 different individual events or who competes in all five meets. The following swimmers met that challenge for the 2007-2008 swim season:

Donna Elshafei	Emad Elshafei
Rachel Frentsos	Robert Gensler
John Heiges	Lisa Hertz
Stephen Hicks	Elizabeth Hogan
Yu-Jin Lee	Tom Walsh
Kevin Joubert	Cindy Konits
Carla Mazyck	Erik Mezick
Geary Schuchhardt	Tyler Shores
Raymond Toy	Rand Vaillancourt

**Great Job Everyone!!!**

### LMSC Officers

**Chairperson:**

Michael Jacobson  
mikej@comcast.net  
410-493-5233

**Sanctions:**

Mark Oliphant  
lane8@mac.com

**ViceChairperson:**

Tony Martino  
Ajim325@  
concentric.net

**Top Ten:**

Jill Springer  
springerc@comcast.net

**Secretary:**

Rand Vaillancourt  
coachrandv@  
aol.com

**Swim Series:**

Mark Oliphant  
lane8@mac.com

**Treasurer:**

Nick Burley  
goworkout@  
verizon.net

**Newsletter:**

Lou Coronas  
lcorones@hotmail.com

**Registrar:**

Karen Tucker  
ktloves2swim@  
msn.com

**Webmaster:**

Michael Jacobson  
mikej@comcast.net

# Team News

## Maryland Masters

There is a new MD Masters satellite club, coached by Brent Humphries, that has just started in the evenings at the North Anne Arundel County Pool. For information regarding practice times, contact Brent at humphries597@comcast.net or call his cell, (443)454-3909.

Congratulations to Chris Ostrom! 41 years ago Chris swam at the University of California at Santa Barbara when they won College Nationals. His team is being inducted into the Gaucho Hall of Fame. Way to go!

## HUB City Masters Gators

We are one of the newer teams with 2 members at this time but plans to grow. Allen Burch

## Anne Arundel Amphibians

Here is the latest on our newly formed swim team, the Anne Arundel Amphibians (AAA), aka the Fun Falling Frogs( see the t-shirt!). We named ourselves Anne Arundel Amphibians because we are comfortable both on the land and in the water, with golfers, runners, triathletes, and swimmers all represented in our group. (Of course there are many other sports represented, but who can name them all??)

In January, 158 swimmers from 13 clubs competed at the Arundel Olympic Swim Center in Annapolis. With such good turnout, there was some very fast swimming and, as always at Masters' meets, there was a lot of great camaraderie. This is the first meet in which we participated under our new club name, the Anne Arundel Amphibians, and we did quite well, garnering 3<sup>rd</sup> in combined scores, 5<sup>th</sup> in women's and 2<sup>nd</sup> in men's. And, after the meet, we had a terrific social held at the Atlantic Arts Gallery, a great spot for a get-together just minutes away from the pool. Amidst modern art and Audubon prints (the Gallery's showings change regularly), about 40 folks enjoyed the freely flowing drinks and readily accessible eats. Kudos to Margo Whiteside and Kathy Kern who prepared the spread in a most appealing way! And many thanks to the social committee members Liz Hogan and Lou Coronas and especially to Carrie Liller, whose employment at the Gallery made it possible in the first place!

One of our swimmers, John Burroughs, was stationed in Liberia in 2007. He became involved in an organization called Right to Play and asked our club to help out. Carrie Liller coordinated the contributions, and we received gracious acknowledgement letters that included the following:

"Right To Play uses specially-designed sport and play programs to improve health, build life skills, and foster peace for children and communities affected by war, poverty, disease. Working in both the humanitarian and development contexts, Right To Play has projects in more than 20 countries in Africa, Asia, and the Middle East. In

# Team News

Liberia alone, Right To Play has trained more than 500 coaches and teachers, involving over 30,000 children in both sport and play. Right To Play also commits to providing basic sporting equipment and to its up-

keep. The economic challenges faced by the organizers are substantial and outreach is critical to sustain these programs. It has been an honor to support such a worthy cause. For further information about Right To Play, check out the website: [www.righttoplay.com](http://www.righttoplay.com)



## Talbot County YMCA

As many of you now know, Ann Johnsen passed away suddenly on Tuesday, December 18, 2007, at the Memorial Hospital in Easton. Ann was the head coach for TCY, a mentor, and a dear friend to us all. We held a memorial service for Ann at the Church of the Brethren in Easton on January 19. Pastor and fellow masters swimmer Jody Gunn presided over the service, which also included the Choral Arts Society and Hospice (both organizations where Ann was actively involved).

Ann's family from New York attended, and following the service we drove to the meet in Annapolis. Thank you to the Maryland LMSC for a program change that allowed us to swim the 200 breaststroke in Ann's honor. It was Ann's favorite event, and her family got to see 12 swimmers from TCY in the first 2 heats. Thanks to coach Glenn Mills, we were all ready for the race and no one was DQ'd! We're now officially the "Ann Johnsen 200 Club". And we are grateful to the LMSC for naming the 2008 Summer Swim Series after Ann.

Our team is doing well — we've added a half dozen new swimmers in the past few months. Some of our team is shown in the picture right before our home meet in October. And in April, we hosted a great meet at the Naval Academy. Kudos to everyone who made it possible!



# More Team News

## Navy Masters

The Navy Masters team is wrapping up their season for the summer. We swim September through May, then relinquish our lanes to the Naval Academy for the summer. Many of the Navy swimmers will join Coach Jenn at Truxtun Park over the summer.

We have a lot of triathletes in the group who are now putting their training to the test in multisport events. So, it's exciting and rewarding to see the fruits of their labor!

## Columbia Masters

We've had a great year over in Columbia. Our roster is bigger than ever. While we've qualified lots of swimmers for nationals over the years, we finally sent one... Dawn Lawrie! We've also had some of our swimmer be very successful in various triathlons including Timerman, Columbia and Iron Girl. The night program is now under the tutelage of Greg Morris.



The Columbia Masters are participating in the American Cancer Society's Relay for Life in early June. As a part of their fundraising, they are selling **SwimmerGirl Calendars for a Cure**. Each month is a gorgeous photograph of yet another of our beautiful swimmers! They are \$20 with all proceeds going to the American Cancer Society. If you want one, please email Coach Sue at [sue.mangan@verizon.net](mailto:sue.mangan@verizon.net)

## Central Maryland YMCA Masters

CMYM started the year with a group effort at the Howard County YMCA for the USMS One Hour Postal Swim. We had 23 people, who swam a total of 82755 yards (or 50.15 Miles). The average yards per person was 3598 (2.18 miles). Mark Cronin led the men with 4440 yards, while Toni Cheney led the women with 4260 yards. Our team came in 14th in the Medium team division (our highest place so far).

At the end of January, Philippe Homassel's mother passed away in France. The team quickly got together and made a Donation to the Cystic Fibrosis Foundation in her memory. Philippe's son has Cystic Fibrosis and you

can read more about him at <http://cf.homassel.com/>. In March, Susan Elliott's mother, Clare Mosmiller, passed away and the team made a donation to Sister Academy in Baltimore City in her name.

At the end of April we started our Monday morning Severn River swims with the DCRP team. Even with the mild winter, the water and air temps have remained chilly. Also members of our team have started weekly bike rides on the Columbia/IronGirl Triathlon routes. And supported the Mid-Maryland Triathlon Club's open water practices at Sandy Point.

The Columbia Triathlon has grown into a great event for our team. We had 30 members compete in this triathlon. It was also the last event for team members Bonnie and Ramiro Mougey who moved to Thailand right after the Triathlon. Now our team is getting ready for the Bay Swims and Eagleman triathlon on June 8th.

## Health Unlimited Masters

We are now in our 3rd season and have grown to 60 members strong. Highlights of our program are "Fish Out Of Water Parties" hosted once a month by team members. Our women's team placed first in the Montgomery Ancient Mariners Albatross meet for the second year in a row. The Holiday Water Polo matches have stopped being polite and become rather competitive especially the women. We invite any masters swimmers to a "pseudo" water polo match at our non-traditional pool (one lane is shallow enough to stand in if you are a dishonest player.) Health Unlimited host an adult and youth triathlon in September. Please check it out.

## Baltimore Area Triathlon Club

The BATC masters, being triathletes, are into full swing. In April the BATC held a swim clinic for it's members at the Merritt Athletic Club in Towson. The clinic was a good success with 14 members attending the clinic. The clinic included both lecture and in water section that covered the basics of freestyle and also open water specifics. The clinic finished with video analysis and each participant received a workout plan focusing on the technique issues seen in the video session.

The BATC has begun it's monthly open water swim / bike / run workouts at the Hammerman Area of Gunpowder Falls State Park in Baltimore County. 32 athletes from the local area attended the workout which included a 1,000 yard open water swim. These workouts are open to all athletes not only BATC members, for more info please see [www.baltimoretriathlon.org](http://www.baltimoretriathlon.org).

The first race for most of the BATC masters swimmers was the Columbia Triathlon in Howard county. Over a dozen members completed the hilly race in excellent conditions. The next race for the BATC will be the Cascade Lake Tri in Hampstead Maryland. 23 members will be among the 300 people signed up for the race. Particular to the BATC Masters Swimmers, Brian Benda will be looking to defend his overall title at the BaySwim in June.

# Even More Team News

## Delmarva Aquatic Masters Dogfish

We sponsored Nanticoke Swim and Triathlon in early May was a huge success, even if the buoys kept moving :) Nice job to those who swam the 3+ miles and those who did the triathlon, either individually or as a team. Big kudos to the many Dogfish who organized and put this event on!

Our very own Melissa Cullen, Nancy Murphy, Betsy Rogan and Nancy Sterling represented Mid-Delmarva Y at YMCA Nationals in Fort Lauderdale. With a little help from other Marylanders, they brought home the 2nd place team trophy in addition to individual hardware. They had vastly improved times in their events and all had a blast. Let's get a big group together to attend next year...start planning and training now!

We look forward to upcoming open water events and multisport seasons. Come down to Ocean City for the Captain Craig One Mile Swim on July 12, run by Ocean City Beach Patrol. The Dogfish are organizing an open water swim meet for sometime in late summer...watch for details. Woof, Woof!

## North Baltimore Aquatic Club

Congratulations to NBAC Masters Swimmers for reclaiming the small team division title first won by NBAC in 2005. NBAC Masters Swimmers went on the compete at Short Course Nationals, bringing home several top finishers. Our team also took first place small team at The Tampa Bay Marathon Swim. We have several swimmers competing in the upcoming Bay Swim. And we are looking forward to more fun and competition this year!

# Md Registered Swimmer

Club	Total
MARY	235
AAA	66
NAAC	52
COLU	42
CMYM	40
HUH	36
TCYS	32
MERR	27
NBAC	25
DAMD	18
MACM	9
BATC	6
HCMG	3
UNAT	42
<b>Total</b>	<b>633</b>

Have you ever wondered about the sizes of the different teams in the Maryland LMSC? Here is the current registered swimmers for the Maryland LMSC. For a listing of all the current registered Maryland LMSC swimmers, see the USMS Maryland website.



[Maryland.usms.org](http://Maryland.usms.org)

# Board of Directors of MD LMSC

Per the Maryland LMSC Bylaws each registered team in the LMSC get a voting position on the Board of Directors. Also if the team has 50 to 99 registered USMS members then it gets a second voting position on the Board of Directors. Finally if the team has a 100 or more registered USMS members then it gets a third voting position on the Board of Directors. Below is the current list of Board of Directors for the Maryland LMSC. If you have any updates or corrections please email them to the Maryland LMSC Chair at [mdchair@usms.org](mailto:mdchair@usms.org)

Club	Reps	Directors
AAA	2	Liz Hogan, Lou Corones
BATC	1	Kevin Joubert
CMYM	1	Ray Toy
COLU	1	Sue Megan
DAMD	1	Steve Hicks
HCMG	1	Allen Burch
HUH	1	Amethyst Tymoch
MACM	1	Guy Palmer
MARY	3	Patty Devanny, Nancy Brown, Ann Linz
MERR	1	Oscar Fontana
NAAC	2	Jennifer Bistrack, TBD
NBAC	1	Dawn Marie
TCYS	1	Mark Oliphant

The Board of Directors have the responsibility of attending (or their designates) the Board Meeting and to propose programs and policy for the Maryland LMSC. The Board of Directors, along with the Officers are the only ones allowed to vote on LMSC business. For more information see the LMSC Bylaws (available on the website). Below is the list of the current Maryland LMSC Officers and Committee Chairs.

Position	Officer
Chair	Michael Jacobson
Vice Chair	Tony Martino
Secretary	Rand Vaillancourt
Treasurer	Nick Burley
Registrar	Karen Tucker
Committee	Chair
Coaches	Kevin Joubert
Top Ten	Jill Springer
Communications	Mark Oliphant
Newsletter	Lou
Scantions	Steve Hicks
Swim Series	Mark Oliphant

# Swim Events Calendar

Date	Event / Contact info	Deadline
June 18-22	<b>IGLA Championships hosted by DCAC at UMD in College Park, MD</b> <a href="http://www.igla2008.org/individual.php">http://www.igla2008.org/individual.php</a>	See Website
June 21	<b>USMS 2008 1 Mile Open Water Championships - Madison, CT</b> <a href="http://www.usms.org/longdist/ldnats08/">http://www.usms.org/longdist/ldnats08/</a>	June 16th
June 28	<b>Maryland LMSC Summer Swim Series #1 - Pasadena, MD</b> <a href="http://Maryland.usms.org">http://Maryland.usms.org</a>	June 28th
July 12	<b>USMS 2008 2-Mile Cable Championships - Charlottesville, VA</b> <a href="http://www.usms.org/longdist/ldnats08/">http://www.usms.org/longdist/ldnats08/</a>	June 30th
July 13	<b>Maryland LMSC Summer Swim Series #2 - Easton, MD</b> <a href="http://Maryland.usms.org">http://Maryland.usms.org</a>	July 13th
July 14	<b>Fran Schnarr Memorial 5k Open Water Championships-Huntington Bay, NY</b> <a href="http://www.usms.org/longdist/ldnats08/">http://www.usms.org/longdist/ldnats08/</a>	July 5th
July 14	<b>Maryland LMSC Summer Swim Series #3 - Easton, MD</b> <a href="http://Maryland.usms.org">http://Maryland.usms.org</a>	July 14th
July 19	<b>17th Annual Maryland Swim for Life 1, 2, 3, 4, and 5 Mile, Chester River MD</b> <a href="http://www.swimdca.org/Swim4Life.html">http://www.swimdca.org/Swim4Life.html</a>	July 19th
July 20	<b>DCRP 27th Annual LCM Meet Hains Point Washington, DC</b> <a href="http://www.swimdcrp.org/">http://www.swimdcrp.org/</a>	TBD
Aug 9	<b>Maryland LMSC Summer Swim Series #4 - UMBC</b> <a href="http://Maryland.usms.org">http://Maryland.usms.org</a>	Aug 9th
Aug 14-17	<b>USMS Long Course Nationals in Mount Hood, OR</b> <a href="http://www.usms.org/comp/nationals.php">http://www.usms.org/comp/nationals.php</a>	June 30th
Aug 23-24	<b>Terrapin Cup/ 2008 Colonies Zone meet</b> <a href="http://www.terrapinmasters.org/upcoming-pool.htm">http://www.terrapinmasters.org/upcoming-pool.htm</a>	Aug 11th

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

**Business Card Ads**

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\*Issues are June and October, Contact the Newsletter Editor for more information

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# Go the Distance

by Lynn Foley      *Anne Arundel Amphibians*

Being a person who likes to get her money's worth and needing all the swimming help I can get, I decided to look over the Master's Swimming web site.

A program called "Go the Distance" (GTD) jumped out at me and I joined only to find that I was one of five hundred and some, who were keeping track of how many yards, meters or miles they swam each month. The organizer, my new GTD pal Mary, welcomed me and sent me an Excel spread sheet that I now use to track my swimming. From the colorful pie chart, I can see at a glance what month I swam the most, and from another graph, how many miles I am predicted to finish by the end of the year.

I thought the prediction of 200 + miles was impressive until the beginning of February when the mileage of all five hundred plus participants became available. Someone with a lot more time and energy than I had completed over 200 miles in the month of January alone. To make matters worse, I noticed that people a lot older were swimming a lot further than I was.

My competitive spirit kicked in and I decided to practice four times a week rather than my usual three. At the end of two and a half months, I had earned the right to purchase a blue "Go the Distance" swim cap proclaiming that I had completed 50 miles. I don't need that many swim caps so I plan to skip the 100 and 150 mile caps, but I'm surely going to purchase one when I hit 200 miles.

GTD has been a lot of fun and a definite incentive to get me in the water more often. April results for GTD are available on the USMS web site. Swimmers can join at any time by e-mailing Mary, usmsgtd@yahoo.com and she can be your GTD pal, too. Look under What's New on the USMS home page, www.usms.org, for more information. Keep swimming!

<http://www.usms.org/fitness/content/gothedistance08>

## Mathmatics of Open Water Racing

by Kevin Joubert      *Baltimore Area Tri Club*

### Basics

In open water you have two sources of velocity

1. your movement relative to the water
2. and the water's movement relative to the land.

To figure out your total time you need to add or subtract these two velocities together. If you are swimming straight into or straight away from the current, the math is pretty easy.

Let's talk about a typical open water swimmer as someone who can do 30 minute miles in open water, that is to say that his velocity relative to the water is 30 minute miles or 2 miles per hour.

### You never get it all back

In a loop course, any sort of current will subtract from the speed. On the downriver leg you don't get back everything you lost on the upriver leg. I had four hours to think about this on a long drive back from a race which had taken MUCH longer than expected to finish. It didn't take too long to figure it out and here it is.

### Why?

Take our typical swimmer who will be at a race that travels directly against the current for 1.5 miles and directly with the current for 1.5 miles in a loop. This is pretty much exactly what we had at 10K Nationals in Long Island last summer. Now suppose that the current is running at 1 mile per hour that day.

Without current, the swimmer could cover the 1.5 miles in:

$$\frac{1.5mi}{2mi/hr} = .75hr$$

or 45 minutes

So for the two legs of the course, upstream and downstream, the swimmer would need **90 minutes**.

However on the day with the current, on the upstream leg it takes:

$$\frac{1.5mi}{2mi/hr - 1mi/hr} = 1.5hr$$

or 90 minutes, twice as long!

You need to subtract the velocity of the water. Therefore the downstream leg will take less time, in this case:

$$\frac{1.5mi}{2mi/hr + 1mi/hr} = 0.5hr$$

or 30 minutes so your downstream leg **IS** faster than it would be normally.

But the total time for the loop on a day with a current to **120 minutes**, 33% longer than normal.

Of course the numbers are different depending on the day and swimmers, but at the 10K Nationals, most of the really fast people expecting to swim in the low 2 hours for the 10K took over 3 hours; about a 33% difference.

So if the times are very slow at the next open water race, before you start to question the race director for putting out a long course, or start to doubt your preparation, remember the large effect that currents can have on race times.



# Ymca Masters Nationals

Everyone went home with a medal!!!! Here is the list of **1st place finishers:**

- |                        |                           |
|------------------------|---------------------------|
| 2 Bob Johnston 70-74   | 7 Nancy Brown 70-74       |
| 7 Jill Coleman 75-79   | 5 Raymond Edelhoff 95     |
| 6 John Collings 80-84  | 1 Suzanne Gedney 35-39    |
| 1 Ann Linz 55-59       | 5 Steve Muchow 40-44      |
| 1 Jim O'Connor 50-54   | 1 Chris Ostrom 60-64      |
| 6 Doris Russell 85-89  | 4 Linda Shoenberger 60-64 |
| 4 Frances Weston 65-69 | 4 Liz Schlicher 25-29     |
| 1 Sarah Springer 18-24 |                           |

Three of Linda Shoenberger's firsts were Y National records in the 1000, 500, & 200 free!



### 1st place relays:

- 18+ 200 Women's free  
Jill and Sarah Springer, Suzanne Gedney, Liz Schlicher
- 18+ 200 Mixed medley  
Sarah Springer, Gil Mandel, Steve Muchow, Suzanne Gedney
- 75+ Men's 400 free  
Burt Bronk, Geoff Revett, Chuck Eremchuk, John Collings
- 55+ Women's 400 free \*\* (Y National record)  
Bonnie Johnston, Susan Marinzal, Ann Linz, Linda Schoenberger

Hi, everyone. Well, the Y team is back and we did an outstanding job this year! We placed 2nd overall, which I feel is awesome!, out of 52 teams and 558 swimmers!

The Y had an outstanding social - a boat dinner cruise which they plan to do again next year. The dates for next year are 4/16 - 4/19. Mark your calendars!!! And start saving your money so you can go.

Highlights this year for our team were Nancy Sterling swimming the 50 back and 200 back. What an inspiration!!!! The patriotic morning was also inspiring with Nancy and Cliff leading us in the invocation, the National Anthem and Lee Greenwood's Proud to Be an American. Everyone wore red, white and blue that day and an American flag was waving. Awesome. Then we had the entire Libby family swimming and son Tim and Matt Marcy playing their guitars and singing at our beach party - a beautiful night - moon, ocean, palm trees, warm breeze. Wonderful. And a moment that I will hold dear in my heart forever - swimming with my daughter, Jill, and my granddaughter, Sarah.

Thanks to all of you for coming to the meet and all the people who didn't swim but who helped out. WE ARE A TEAM WHETHER YOU COMPETE IN THE MEET OR CHEER FOR US AND HELP OUT ON DECK!!!! Everyone who went contributed to our 2nd place victory. Even Gary, who swims for Sarasota, was there to help us with the suite, pictures etc.!!!! And how's about Ray Edelhoff,

95, participating, and Doris Russell, 88, swimming the 100 fly and immediately following with the 200 free! And how's about Linda Shoenberger, a newby, setting 3 Y records and the relay team of Bonnie Johnston, Ann Linz, Sue Marinzal and Linda setting a new 400 free relay record in the 55+ race!

Special thanks to Marie Lee for taking care of the suite, taxiing people to the hospital, airport, hotel, pool, etc. etc etc. and to Brenda Kelbaugh and Linda for picking up all our awards. Amazing! Another highlight for me was to have some of the old timers come back and swim this year and Marge Rudie flying in from Colorado! Love to all, Nancy Brown (There were many more special moments I know I've forgotten.)

## Places to Swim

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

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

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



The 2008 USMS [Long Course National Championships](http://www.usms.org/comp/lcnats08/) will be held August 14-17 at the Mt. Hood Community College Aquatic Center in Gresham, Oregon. The complete set of [meet information](#) is now available for this meet. Swimmers are encouraged to [enter the meet online](#) to help reduce errors and processing time. The Aquatic Center is one of the deepest and fastest pools in the nation, and the meet organizers are planning several social functions for visiting swimmers. Don't miss out on what promises to be a great event.

Read more at <http://www.usms.org/comp/lcnats08/>

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# THE MARYLAND LMSC OF UNITED STATES MASTERS SWIMMING PRESENTS

## THE 2008 ANN JOHNSEN MEMORIAL SWIM SERIES

<u>ORDER OF EVENTS #1</u>		<u>ORDER OF EVENTS #2</u>		<u>ORDER OF EVENTS #4</u>	
<u>June 28 - 4:00p Warm-Up</u>		<u>July 12 - 5:00p Warm-Up</u>		<u>August 9 - 8:00a Warm-Up</u>	
1	200 m Individual Medley	2	1500 m Freestyle	1	400 m Freestyle
3	50 m Backstroke	4	400 m Individual Medley	3	100 m Butterfly
5	100 m Breaststroke	6	<b>BREAK</b>	5	<b>400 m Free Relay</b>
7	50 m Butterfly	8	800 m Freestyle	8	200 m Backstroke
9	200 m Backstroke	10		10	100 m Breaststroke
11	50 m Freestyle	12	<u>ORDER OF EVENTS #3</u>	12	200 m Freestyle
13	100 m Individual Medley	14	<u>July 13 - 8:00a Warm-Up</u>	14	200 m Individual Medley
15	<b>200 m Free Relay</b>	16	<b>200 m Medley Relay</b>	16	100 m Backstroke
18	<b>200 m Medley Relay</b>	19	50 m Butterfly*	18	200 m Butterfly
21	200 m Breaststroke	22	200 m Freestyle	20	100 m Freestyle
23	100 m Freestyle	24	100 m Backstroke	22	200 m Breaststroke
25	50 m Breaststroke	26	50 m Freestyle*	24	<b>400 m Medley Relay</b>
27	100 m Backstroke	28	200 m Breaststroke		<b>BREAK</b>
29	200 m Freestyle	30	200 m Backstroke	27	50 m Butterfly
31	100 m Butterfly	32	100 m Individual Medley*	29	50 m Backstroke
33	400 m Freestyle	34	100 m Breaststroke	31	50 m Breaststroke
			<b>FAMILY FUN RELAY</b>	33	50 m Freestyle
		10	100 m Butterfly		
		11	50 m Backstroke*		
		12	200 m Individual Medley		
		13	100 m Freestyle		
		14	200 m Butterfly		
		15	50 m Breaststroke*		
			<b>Pentathlon Awards</b>		

NOTE: For meets #1 and 4

- Men's event numbers are listed to the left
- Women's event numbers are to the right
- Mixed relays will be run (but the event number does not appear in the grid)

Note: For meets #2 & #3:

- All events are mixed men and women
- Events are seeded strictly by time

\*denotes pentathlon events in Meet #3

**RELAY RULES\*\***

- Relays are either Freestyle or Medley and **MUST** be noted on the entry.
- The relays in all meets can be Mixed, Women, or Men and **MUST** be noted.
- The July 13<sup>th</sup> Family Fun Relay is a 100 m relay comprised of 2-4 family members of any age.
- All members of a relay team **MUST** be from the same registered team (no unattached swimmers allowed).
- Mixed relays **MUST** consist of two men and two women.
- The relays will be swum according to standard USMS relay age groups (18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+).

**Directions to Swim Series Meet Locations:**

**Big Vanilla:** 26 Magothy Beach Road, Pasadena, Maryland

**From the South:** from route 50, take I-97 North to MD Route 100 EAST. Take a LEFT on MAGOTHY BEACH ROAD. Big Vanilla is on the left.

**From the North:** from the Baltimore Beltway, take Route I-97 South to MD Route 100 East. Take a left on MAGOTHY BEACH ROAD. Big Vanilla is on the left.

**Easton (George P. Murphy Pool):** 510 Port St, Easton, MD 21601

**From West:** take route 50E into Easton, MD. Just past the Easton airport, turn slight right onto MD 322 (Easton Bypass). Go 2.6 miles and turn left onto Port Street. Pool is immediately on the left.

**Easton -- From East:** take route 50W toward Easton, MD. Just past car dealerships (Volvo, Honda, Toyota), turn left onto MD 322 (Easton Bypass). Go 2.5 miles and turn right onto Port Street. Pool is immediately on the left.

**UMBC: From the Baltimore Beltway (I-695):** Exit 12, Wilkens Avenue West. UMBC is on the left. Turn into the first entrance by the police station. Take right at the stop sign at the top of the hill. Go through the next stop light. The pool is at the foot of the high-rise building at the bottom of the hill.

**From I-95:** Take the Catonsville exit (Rt. 166/195). Follow the exit ramp over the bridge and bear right onto the campus. The pool is directly ahead of you at the stop sign.

# Converting Yards to Meters and Back

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

## Yards to Long Course Meters:

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

exceptions:

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

## Long Course Meters to Yards:

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

## Yards to Short Course Meters:

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

## Short Course Meters to Yards:

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

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

