

New Registration Form

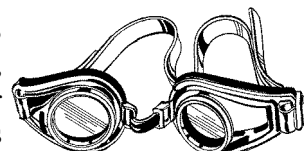
As we approach the end of the 2002 USMS registration year, the Maryland LMSC has a total of 419 swimmers. This is almost the same as last year's final total of 425. There are 218 women and 201 men. The largest age group is Women 40-44. The largest team is Maryland Masters with a total of 333 members. Other registered teams in 2002 included Howard-Catonsville YMCA, Merritt Marlins, Maryland Athletic Club, Bowie Aquatic Club, and Monocacy Aquatic Club Masters.

Due to the higher than usual number of lost cards in the past year, we have decided to institute a \$2 charge for replacement cards. Please keep your USMS registration card in a safe place.

Renewals for 2003 can be submitted beginning November 1. There is a new form that must be used this year. You will notice that the dues have increased. The official statement from the USMS national office is as follows:

United States Masters Swimming is a dynamic, growing organization, dedicated to providing the highest level of service for its members. During the last decade, we have experienced a substantial increase in services for our members. These services include communications information and resources, such as the USMS web site and the USMS National Publication, SWIM Magazine – plus liability and secondary accident insurance coverage for individuals, clubs, officials, and meet hosts, toll-free access to the National Office, coaching resources and programs, and free, web-based publications. Continued support for these services requires a necessary financial commitment, and it has been 12 years since USMS last increased dues.

Therefore, delegates at the annual USMS convention held in Dallas September 11-15, approved a dues increase of \$5 per swimmer effective for 2003 member registrations. This change applies to full-year and partial-year dues, and *it represents only the USMS portion of membership dues*. Each LMSC's total annual dues include local and national dues, which are combined into one registration fee. Since LMSCs determine their own local dues, there will be variances in total registration fees between LMSCs. Any local dues increases would be determined by and communicated from the LMSCs, and reflected in the total fee.



The matter was given careful consideration, and the resolution was unanimous. USMS is perhaps the best kept secret in adult fitness, and it also continues to be the best bargain. We appreciate your understanding as USMS renews its commitment to offering a program that will continue to benefit you and provide great enjoyment. “

<div style="display: flex; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-size: 8px; margin-right: 5px;">LAYOUT AND DESIGN BY SHERI FISHMAN</div> <div style="margin-left: 10px;"> <p>inside . . .</p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <h1 style="margin: 0;">2003</h1> <h2 style="margin: 0;">Registration</h2> <h1 style="margin: 0;">FORM</h1> </div> </div> </div>	<table style="width: 100%; border-collapse: collapse;"> <tr><td>___ New Registration Form _____</td><td style="text-align: right;">page 1 ___</td></tr> <tr><td>___ Maryland LMSC Annual Meeting Minutes _____</td><td style="text-align: right;">page 2 ___</td></tr> <tr><td>___ USMS License Plates in Maryland _____</td><td style="text-align: right;">page 3 ___</td></tr> <tr><td>___ 2002 Convention News _____</td><td style="text-align: right;">page 3 ___</td></tr> <tr><td>___ The Carol Chidester Memorial Swim Series _____</td><td style="text-align: right;">page 4 ___</td></tr> <tr><td>___ National Short Course Yards _____</td><td style="text-align: right;">page 6 ___</td></tr> <tr><td>___ Masters Swim Calendar _____</td><td style="text-align: right;">page 8 ___</td></tr> <tr><td>___ Swimming the English Channel _____</td><td style="text-align: right;">page 9 ___</td></tr> <tr><td>___ 2003 YMCA Nationals _____</td><td style="text-align: right;">page 10 ___</td></tr> <tr><td>___ Websites _____</td><td style="text-align: right;">page 10 ___</td></tr> <tr><td>___ This & That _____</td><td style="text-align: right;">page 10 ___</td></tr> <tr><td>___ 2003 Registration Form _____</td><td style="text-align: right;">page 11 ___</td></tr> </table>	___ New Registration Form _____	page 1 ___	___ Maryland LMSC Annual Meeting Minutes _____	page 2 ___	___ USMS License Plates in Maryland _____	page 3 ___	___ 2002 Convention News _____	page 3 ___	___ The Carol Chidester Memorial Swim Series _____	page 4 ___	___ National Short Course Yards _____	page 6 ___	___ Masters Swim Calendar _____	page 8 ___	___ Swimming the English Channel _____	page 9 ___	___ 2003 YMCA Nationals _____	page 10 ___	___ Websites _____	page 10 ___	___ This & That _____	page 10 ___	___ 2003 Registration Form _____	page 11 ___
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Minutes for Maryland LMSC Annual Meeting

September 7, 2002

Barbara Protzman's House

Present: Nancy Brown (SPY), Luke Daniel (NBAC), Mark Hurley (MERR), Michael Jacobson (HCYM), Bob Johnston (TU), Bonnie Johnston (TU), Barbara Protzman (UMBC), Raymond Toy (HCYM), Rand Vaillancourt (AOSC)

The meeting commenced at 10:40 AM

The meeting adjourned at 12:45 PM.

Respectfully submitted,

Raymond C. Toy,

Secretary, MD LMSC

For 2003, Viki Anders is planning on submitting the "Plunge for Patients" 1-mile Ocean Swim to the USMS Championship committee for the 1-mile Open Water National Championship.

As for 2004, no timely bids were submitted for SC Nationals, so Indianapolis submitted one in response. Three bids were submitted for LC Nationals, Indianapolis; Savannah, GA; and New Orleans, LA. Given the lack of interest for SC Nationals, it appears that LC Nationals will be held in either Savannah or New Orleans.

In other news, the 2006 FINA World Masters Championships might be held in the USA.

- USMS Conventions alternate their emphases between Rules and Legislation. This year's convention will be focused on rules. Some of the issues that are scheduled to be on the table included: The removal of the Recall Rope due to the single false start rule.
- The streamlining of the Championship meet selection process to simply keep it within the confines of the Championship committee and not moving the proposal to a vote in the House of Delegates.
- Discussion of proposals to shorten the duration of Championship meets (particularly LC Nationals). An informal discussion here concluded that nobody would be happy no matter what.
- Pool measurement. How to do it, and for which meets verification would be necessary.
- Status of foreign swimmers.
- In an emergency action, the creation of two additional kinds of membership will be discussed. "Affiliated membership" is designed for groups who are interested in Masters swimming, but not interested in actually swimming. "Allied membership" is an organizational membership designed for groups that also participate in competitive swimming (i.e. USS, YMCA, USA Triathlon, etc.)

Coming back home to Maryland, Mark suggested the possibility of an LMSC-wide fundraising swim as a Memorial for the Families affected by 9/11. Nancy pointed out that this idea, although certainly worthy, could be problematic for SPY since they will be participating in a fundraising Swim-a-thon for the community center in which they reside. Furthermore, the February Fitness Frolic (Contact person: Bill Conroy) is also a popular local event for the Johns Hopkins Hospital Oncology Center. Mark offered to explore the possibility of using Merritt Athletic Club -Towson's pool. He will report back to the group at a later date.

Kudos to Emily Watts (UMBC) who swam the 10K for the USA race in New Jersey the same day as the LMSC meeting. Also, a very special congratulations to Annette Holmgren and Julie Peterson of SPY who swam the English Channel.

The Bay Swim people have announced that the 2003 Bay Swim will take place on June 8th. With that thought in mind, the end of the

Mark gave a quick report on the progress on Maryland State Vanity license plates. He showed the group a picture of what it might look like. Production would be a fairly easy thing to accomplish on this end. The plates would cost \$25.00 each and no profit is being made on their sale. On the USMS national administration end, Barb reported that most of the people she contacted in USMS loved the idea. However, there are a few more hoops to be cleared before the USMS logo can be used. Mark is looking into using a different logo as an alternative

The group then moved to the Carol Chidester Swim Series. The following schedule has been suggested.

Meet #1 ...October 19, Howard County YMCA

Meet #2 ...November 9, Meadowbrook

Meet #3 ...December 14, Towson University

Meet #4 ...January 18, Arundel Olympic Center

Meet #5 ...February 8, Woods Community Center

Championship ...March 15, UMBC

The criteria for the series award will be participation in 12 different events over the course of the swim series or participation in every available meet (including the championship meet). Coaches are also encouraged to use the meets to fulfill the requirements of the USMS Check-Off Challenge. Other meets of interest include:

SCM Colonies Zones (Rutgers)... Dec. 7,8, 2002

Terrapin Masters 1000/1650 Meet... Dec. 8, 2002*

UMBC Winter Meet... March 1,2, 2003

UMBC 1000/1650 Meet... April 6, 2003

Last Chance Meet (TBD)... May ?, 2003

SC Nationals (Tempe, AZ)... May 15-18, 2003

LC Nationals (Rutgers)... Aug. 14-17, 2003

In the event that other programs want to host meets within the LMSC, they are encouraged to be creative in using resources such as the USMS Postal meets to provide an incentive to attend these meets in addition to the Carol Chidester meet series.

The conversation then turned to the Colonies Zone, USMS, and the USMS Convention. Our two delegates for convention will be Katherine Branch and Cheryl Kinney.

The Colonies Zone has not yet received any bids for the SCY Championships. George Mason University might submit a bid. (*They did submit a bid on 9/10/02.)



year LMSC banquet is tentatively being planned for May 31st. Patty Devanny will look into pricing for the Knights of Columbus Hall in Catonsville. Mark will find out about the cost for the Baltimore Streetcar Museum which would operate antique streetcars for this event. Mike volunteered to check out the Electronics Museum near BWI. The idea of a speaker (perhaps someone like Michael Phelps) was also floated to the group. Luke said he would check on Michael's availability.

The idea of a clinic was floated to the group, but there was no response to this idea.

Because of the nature of special events, Mark suggested that a committee be formed specifically to deal with such issues. No further action was taken concerning this proposal.

Senior Olympics will take place October 4th and 5th at Towson University. Rand is the main contact person this year. Although the deadline is passed, coaches are encouraged to inform their eligible swimmers to participate.

In the same spirit, Ray discovered that Maryland holds a State Games. He will investigate the possibility of working with the State Games people to host a Long Course meet as part of the games.

Finally, Mark showed the group some brochures he made for his program at Merritt. Because of his experience in Public Relations both with the Department of Public Safety and Correctional Services and with the Baltimore Streetcar Museum, he said that he believed that he could be helpful to the LMSC in promoting USMS to the media. The group agreed that his expertise could indeed be an asset to the LMSC and so he is now authorized to act as Public Information Officer on behalf of the LMSC. In addition, Barb mentioned that he will also be taking over duties as webmaster for the Colonies Zone website.

USMS License Plates in Maryland

We are in the process of finalizing plans to provide our members the opportunity to order a Maryland license plate for U.S. Masters Swimming. The design by Mark Hurley of the Merritt Marlins includes the USMS logo with a sequential number. The cost for the affinity plate is only \$25, the same as any other Maryland plate. In order to submit the application to the state, a list of 25 interested car owners is needed.

If you are interested, please email Barb Protzman at swimbarb@hotmail.com or call (410) 788-2964. Please supply your complete name (as you use with the MD MVA) and your current license plate number.

The plate will be available to all USMS registered swimmers who live in Maryland, including those in the Potomac Valley LMSC. Once final approval is received from USMS and the state, applications will be submitted through Barb Protzman.



2002 CONVENTION NEWS

The 2002 USMS Convention was held Sept. 11-15 at the Dallas/Ft Worth Hyatt Regency. Over 200 Masters attended the convention that also included 1000 additional people for USA Swimming, Diving, and Synchronized Swimming. Attending from Maryland were Katherine Branch, Cheryl Kinney, and Barb Protzman.

The top USMS awards for the year were:

- ◆ Ransom Arthur Service Award – Jane and Hugh Moore from Washington state
 - ◆ Coach of the Year – Jim Montgomery (1976 Olympian) of Dallas Area Masters.
 - ◆ International Swimming Hall of Fame Masters Inductee – Laura Val
- USMS Championships were awarded for 2004 at convention:
- ◆ 2004 USMS Short Course Nationals – Indiana Natatorium, Indianapolis, IN April 25-28
 - ◆ 2004 USMS Long Course Nationals – Chatham County Aquatic Center, Savannah, GA August 11-15
 - ◆ 1-Mile Open Water – Johns Hopkins/Maryland Masters (Wildwood, NJ)
 - ◆ 1-3 Mile Open Water – Rogue Valley Masters
 - ◆ 3-6 Mile Open Water – Fernandina Beach (FL)
 - ◆ 6+ Mile Open Water – Metropolitan Swimming (NY)
 - ◆ 2-Mile Cable – Indy Swim Fit
 - ◆ 3/6000 yard Postal – Central Oregon
 - ◆ One Hour Postal – Tamalpais (CA)
 - ◆ 5K/10K Postal – St. Louis Area Masters

Other major decisions made at convention:

- ◆ National dues will increase \$5 for 2003. There has not been a dues increase in over ten years. Increased insurance premiums, increased programs, and the requirement to have a balanced budget were the main factors for the increase.
- ◆ 2003 Short Course Nationals at Arizona State University will be entirely deck-seeded. Except for the distance day, swimmers will be required to check in by 6 pm the day before their event. Heat sheets will be available for everyone in the morning for that day's events.
- ◆ 2003 Long Course Nationals at Rutgers University will have a 5-day format. Day one will be Wednesday with only the 1500 free. Day two will be the 800 free and a few other individual events. You will be allowed to swim both the 1500 and 800 if you meet the national qualifying time (NQT) for one of the events. Remember that you can enter 3 events at nationals without having to meet the NQTs.
- ◆ National Championship meet hosts now have the option of seeding the men and women together in events 800 meters or longer. This could save considerable time in running the meet.
- ◆ Effective January 1, 2003, all pools holding sanctioned events must be measured to verify that the pool is the correct length. Measurements must be done using a steel tape measure that is longer than the length of the pool. Both of the outside lanes plus one middle lane must be measured (with touch pads in if they will be used for the meet) There is no negative tolerance allowed. Pools with a moveable bulkhead must be measured both before the meet and at the end of each session. If there is already a pool length certificate on file with the USA-Swimming LSC, that will be accepted.
- ◆ USMS will support a bid for the 2006 FINA World Masters Swimming Championships in the USA. The meet was last held in the USA in 1994. The 2004 World meet will be in Italy.
- ◆ A copy of the birth certificate or passport of the swimmer will be required with the application for USMS National records. This had previously only been required for World records.

Colonies Zone News from Convention:

- ◆ Mark Hurley of the Merritt Marlins in Maryland will be the new webmaster for the Colonies Zone website (www.colonieszone.org).
- ◆ 2003 Colonies Zone SCY Championship will be held at George Mason University (Fairfax, VA) April 11-13.
- ◆ The Colonies Zone Dorothy Donnelly Service Award was presented to Jeff Roddin of Potomac Valley.

The Carol Chidester Memorial Swim Series

This year's Swim Series features meets at all the same facilities as last year. There have been some minor revisions to the orders of events to better serve as through the season. Encourage all your teammates to attend. The meets are low-key and fun with a social afterwards. The first meet will be held at the Howard County YMCA on Saturday, October 19. The meet will focus on the short individual events.

Once a month, an open meet will be held at one location for all Maryland swimmers. These are informal, low-key meets. These meets will give everyone an opportunity to swim different events and meet new swimmers. The host team will sponsor a social after each meet. Some socials will request a donation; some may be at restaurants.

There will be a \$3 fee at each of the five regular swim series meets in order to cover the cost of the officials. Please bring exact

change to simplify things for the host team. These five meets will be deck-entered, and you will be required to turn in all your cards just prior to the beginning of the meet to improve the seeding process. All participants must be registered with USMS.

The championship meet will be pre-entered, and team scores will be kept by workout groups. The times from all meets will be submitted for National and local top ten.

All teams are requested to provide timers at each meet, not just the host team. Everyone needs to pitch in and help to make these meets enjoyable for all Masters.

The swim series challenge this year will be the same as last year. An award will be given to each swimmer who competes in any 12 different individual events during this series of six meets, or who competes in all six meets. The awards will be presented at the Maryland LMSC awards party in June.

MEET SCHEDULE:

<u>DATE</u>	<u>LOCATION</u>	<u>WARMUP TIME</u>	<u>ORDER OF EVENTS</u>
October 19	Howard County YMCA	4:30 PM	#1
November 9	Meadowbrook	4:30 PM	#2
December 14	Towson Univ.	4:30 PM	#3
January 18	AOSC	4:00 PM	#4
February 8 *	Severna Park	5:00 PM	#5
March 15	UMBC	3:00 PM	Championship Meet

*A meeting at 3:30 will precede the meet at SPY in February for everyone who is going to YMCA nationals.

CONDUCT:

- All meets will be sanctioned and must have two officials, which will be paid for by the LMSC. The officials will be arranged by the LMSC, not the host team.
- All the meets must be sanctioned due to insurance requirements, meaning that all participants must be registered with USMS.
- If electronic timing is used, one timer per lane is sufficient. If not, there must be a minimum of 2 timers per lane.
- A swimmer is limited to 3 individual events and 1 relay, or 2 individual events and 2 relays in each meet.
- Everyone should volunteer to time, not just the host team.
- There will be a \$3 charge to swim in each of the five regular meets. Please bring exact change.
- There will be a \$6 fee for the championship meet.
- Arrive on time to warm-up and pick up 3x5 cards to enter your events. Cards must be turned back in before the start of the first event. Before each event, pick up your card that will indicate your heat and lane assignment.

THE CAROL CHIDESTER MEMORIAL SWIM SERIES

ORDER OF EVENTS #1 - October 19 - 4:30 Warm-Up

- | | |
|--------------------------|------------------------------|
| 1. 200 yd Free/Med Relay | 9. 200 yd Anything |
| 2. 50 yd Freestyle | 10. 100 yd IM |
| 3. 100 yd Breaststroke | 11. 25 yd Freestyle |
| 4. 25 yd Butterfly | 12. 50 yd Butterfly |
| 5. 50 yd Backstroke | 13. 100 yd Freestyle |
| 6. 100 yd Butterfly | 14. 25 yd Breaststroke |
| 7. 50 yd Breaststroke | 15. 100 yd Backstroke |
| 8. 25 yd Backstroke | 16. 400 yd Free/Medley Relay |

ORDER OF EVENTS #2 - November 9 - 4:30 Warm-Up

- | | |
|--------------------------|------------------------|
| 1. 200 yd Free/Med Relay | 9. 100 yd Breaststroke |
| 2. 100 yd Butterfly | 10. 200 yd Freestyle |
| 3. 100 yd Freestyle | 11. 200 yd IM |
| 4. 50 yd Breaststroke | 12. 50 yd Backstroke |
| 5. 100 yd Backstroke | 13. 25 yd Choice ** |
| 6. 200 yd Choice ** | 14. 50 yd Freestyle |
| 7. 25 yd Freestyle | 15. 100 yd IM |
| 8. 50 yd Butterfly | 16. 800 yd Free Relay |

ORDER OF EVENTS #3 - December 14 - 4:30 Warm-Up

- | | |
|--------------------------|------------------------|
| 1. 400 yd Free/Med Relay | 10. 100 yd Freestyle |
| 2. 50 yd Backstroke | 11. 25 yd Freestyle |
| 3. 200 yd Freestyle | 12. 500 yd Freestyle |
| 4. 100 yd IM | 13. 100 yd Butterfly |
| 5. 50 yd Butterfly | 14. 200 yd Choice ** |
| 6. 25 yd Choice ** | 15. 50 yd Freestyle |
| 7. 100 yd Backstroke | 16. 100yd Breaststroke |
| 8. 400 yd IM | 17. 800 yd Free Relay |
| 9. 50 yd Breaststroke | 18. 500 yd Freestyle |

ORDER OF EVENTS #4 - January 18 - 4:00 Warm-Up

- | | |
|--------------------------|-------------------------|
| 1. 200 yd Free/Med Relay | 9. 50 yd Butterfly |
| 2. 200 yd Freestyle | 10. 100 yd Freestyle |
| 3. 50 yd Breaststroke | 11. 25 yd Freestyle |
| 4. 100 yd Butterfly | 12. 500 yd Freestyle |
| 5. 50 yd Backstroke | 13. 100 yd Backstroke |
| 6. 25 yd Choice ** | 14. 200 yd IM |
| 7. 100 yd IM | 15. 50 yd Freestyle |
| 8. 200 yd Choice ** | 16. 100 yd Breaststroke |

ORDER OF EVENTS #5 - February 8 - 5:00 Warm-Up

- | | |
|--------------------------|-----------------------|
| 1. 400 yd Free/Med Relay | 10. <i>The Plunge</i> |
| 2. 100 yd IM | 11. 200 yd IM |
| 3. 200 yd Choice ** | 12. 100 yd Butterfly |
| 4. 50 yd Freestyle | 13. 25 yd Choice ** |
| 5. 50 yd Breaststroke | 14. 100 yd Freestyle |
| 6. 25 yd Freestyle | 15. 400 yd IM |
| 7. 100 yd Breaststroke | 16. 50yd Butterfly |
| 8. 200 yd Freestyle | 17. 100 yd Backstroke |
| 9. 50 yd Backstroke | |

ORDER OF EVENTS - Championship Meet - 3:00 Warm-Up

- | | |
|-----------------------------|----------------------------|
| 1. 400 yd Medley Relay | 11. 50 yd Breaststroke |
| 2. 50 yd Freestyle | 12. 100 yd Butterfly |
| 3. 200 yd Butterfly | 13. 200 yd IM |
| 4. 100 yd IM | 14. 200 yd Breaststroke |
| 5. 50 yd Backstroke | 15. 100 yd Freestyle |
| 6. 100 yd Breaststroke | 16. 200 yd Backstroke |
| 7. 25 yd Novice Freestyle * | 17. 25 yd Novice Choice ** |
| 8. 200 yd Freestyle | 18. 50 yd Butterfly |
| 9. 100 yd Backstroke | 19. 400 yd Free Relay |
| 10. 400 yd IM | 20. 500 yd Freestyle |

** "Choice" means either Backstroke, Breaststroke, or Butterfly.

The relays in all meets can be either Mixed, Women's, or Men's.

The relays will be swum according to standard USMS relay age groups (19+, 25+, 35+, 45+, 55+, 65+, 75+, 85+).

* Novice events are restricted to new swimmers in their first year of competition.

Directions to Swim Series Meet Locations:

Howard County YMCA: Located on Rt. 103 across from the Long Gate Shopping Center. From Rt. 29, exit at Rt. 100 East. Take the first exit, Long Gate Pkwy, and bear right. Turn left on Rt. 103 (Montgomery Rd). The YMCA is on your right. From Rt. 95, Take Rt. 100 West to the Long Gate Pkwy exit and bear right.

NBAC - Meadowbrook Pool: From 695, take Rt. 83 south (JFX). Exit at Northern Parkway and go east. Turn left (north) at the second traffic light on Falls Road. Turn left at the second light on Smith Ave. Take the first left on Cottonworth Ave. The pool is on the left, next to the Northwest Ice Rink and across from the Mt. Washington Post Office.

Towson University – Burdick Hall Pool: From 695, take Charles St. south. Turn left on Towsontown Blvd. Turn right at the second light on Tower Dr. The pool is in Burdick Hall on your right. Park in the first lot on your right.

Arundel Olympic Swim Center: From 695, take Rt. 97 south to Rt. 50 east. Take the first exit #22, Aris T. Allen Blvd/Rt. 665. Take the first exit onto Riva Rd. south (right). Go thru 3 lights. The Arundel Olympic Swim Center is about 50 yds. ahead on the right, next to Annapolis High School.

Woods Community Aquatic Center: (Formerly Severna Park YMCA) From 695, take Rt. 97 south to Benfield Blvd. east. Take a right on Evergreen Rd at the traffic light at the Severna Park High School. When the road ends at Baltimore Annapolis Pike, Woods is straight ahead. Take a right, then 2 lefts to parking.

UMBC: From the Baltimore Beltway (Rt. 695), take exit 12, Wilkens Ave. west. Turn left at the end of the exit ramp. UMBC is 1/2 mile on the left. Turn into the first entrance by the police station. Take a right at the stop sign at the top of the hill. Go through the next stoplight. The pool is at the foot of the high rise building at the bottom of the hill. From Rt. 95, take the Catonsville (Rt. 166/195) exit. Follow the exit ramp over the bridge and bear right onto the campus. The pool is directly ahead of you at the stop sign.

SUNDAY EVENING SHORT COURSE RELAYS

Julie Peterson (25-29) ... 1650 free – 7 th Emily Watts (30-34) ... 1650 free – 7 th ... 200 back – 10 th Kaitlyn Jones (30-34) ... 100 back – 2 nd ... 200 back – 1 st ... 50 fly – 10 th ... 100 fly – 10 th Deborah Zimic (35-39) ... 400 IM – 7 th Deborah Zimic (40-44) ... 500 free – 8 th ... 1000 free – 4 th ... 200 fly – 7 th ... 200 IM – 7 th ... 400 IM – 3 rd Carolyn Voorhees (40-44) ... 50 free – 9 th ... 100 free – 9 th ... 100 IM – 9 th Katherine Branch (40-44) ... 200 back – 8 th Bridget Vache (45-49) ... 200 free – 6 th ... 500 free – 9 th ... 1000 free – 6 th ... 100 brst – 9 th ... 100 fly – 8 th ... 100 IM – 10 th ... 200 IM – 8 th ... 400 IM – 5 th Bonnie Johnston (50-54) ... 50 free – 9 th ... 100 free – 8 th ... 200 free – 10 th ... 50 back – 6 th ... 100 back – 7 th ... 200 back – 4 th	Pamela Breza (55-59) ... 50 free – 8 th ... 100 free – 7 th ... 50 brst – 6 th ... 100 brst – 9 th ... 200 brst – 10 th Lynne Bragg (55-59) ... 50 free – 9 th ... 200 free – 10 th Sally Iliff (55-59) ... 200 fly – 5 th Nancy Brown (65-59) ... 50 free – 4 th ... 100 free – 5 th ... 200 free – 2 nd ... 500 free – 3 rd ... 1000 free – 2 nd ... 1650 free – 1 st ... 50 back – 2 nd ... 100 back – 2 nd ... 200 back – 2 nd ... 50 brst – 4 th ... 200 brst – 3 rd ... 50 fly – 2 nd ... 100 fly – 1 st ... 200 fly – 1 st ... 100 IM – 5 th ... 200 IM – 3 rd ... 400 IM – 2 nd Jill Coleman (70-74) ... 50 back – 6 th ... 100 brst – 19 th ... 50 fly – 7 th ... 100 fly – 6 th ... 100 IM – 6 th ... 200 IM – 10 th ... 400 IM – 7 th	Catherine Williams (75-79) ... 50 free – 8 th ... 100 free – 9 th ... 200 back – 9 th ... 200 IM – 9 th Doris Russell (80-84) ... 50 free – 4 th ... 100 free – 7 th ... 200 free – 8 th ... 500 free – 8 th ... 50 fly – 3 rd ... 100 fly – 2 nd Sean Perschy (19-24) ... 50 free – 5 th John Enterline (55-59) ... 50 free – 10 th ... 50 back – 8 th ... 50 brst – 9 th Chris Ostrom (55-59) ... 50 brst – 8 th ... 50 fly – 3 rd ... 100 fly – 7 th ... 200 IM – 8 th Bill Conroy (55-59) ... 1650 free – 10 th Bob Johnston (65-69) ... 50 brst – 2 nd ... 100 brst – 2 nd ... 200 brst – 2 nd Lou McComas (70-74) ... 50 back – 10 th ... 100 back – 6 th ... 200 back – 4 th ... 200 brst – 10 th Kenneth Flynn (70-74) ... 50 brst – 8 th Walter Sompayrac (85-89) ... 50 free – 9 th ... 100 free – 6 th ... 100 back – 6 th Raymond Edelhoff (85-89) ... 100 free – 10 th ... 50 back – 7 th ... 100 back – 7 th ... 50 brst – 9 th ... 100 brst 6 th
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<u>WOMEN</u>			
W 25+ 800 Free Relay	2 nd	Julie Peterson Amy Pittroff Deb Zimic Emily Watts	W 45+ 200 Free Relay 6 th Susan Marinzal Barb Protzman Ann Linz Joanne Kane
W 35+ 200 Free Relay	6 th	Carolyn Voorhees Gladney McKay Colleen Chandler Susan Jones	W 45+ 200 Medley Relay..... 7 th Marti Betz Susan Marinzal Barb Protzman Joanne Kane
W 35+ 200 Medley Realy	9 th	Susan Jones Colleen Chandler Carolyn Voorhees Gladney McKay	W 55+ 200 Free Relay..... 2 nd Nancy Brown Sally Iliff Frances Weston Pam Breza
W 35+ 400 Free Realy	1 st	Carolyn Voorhees Colleen Chandler Gladney McKay Susan Jones	W 55+ 200 Medley Relay..... 2 nd Joan Libby Pam Breza Sally Iliff Frances Weston
W 35+ 400 Medley Relay.....	2 nd	Gladney McKay Colleen Chandler Susan Jones Carolyn Voorhees	W 55+ 200 Medley Relay..... 9 th Frances Haywood Ruth Reiner Margery Rudie Barbara Wandel
W 35+ 800 Free Relay	6 th	Gladney McKay Nancy Watson Hulie DiBlasi Carol DeClue	W 65+ 200 Free Relay..... 3 rd Catherine Williams Betsy Rogan Vanda Nohinek Frances Haywood
			W 65+ 200 Medley Relay..... 6 th Catherine Williams Vanda Nohinek Doris Russell Betsy Rogan

MEN

M 19+ 400 Free Relay..... 9th Ray Toy
Sean Perschy
Craig Markwardt
Kimo Phillips

M 25+ 800 Free Relay..... 9th John Siebs
David Ofstead
Kimo Phillips
Ray Toy

M 35+ 400 Medley Relay 10th Mike Collins
Steve Jones
Patrick Sebring
Phil Hoge

M 45+ 400 Free Relay..... 10th Bill Conroy
Kurt Pfaff
Al Gruber
Andy Grannell

M 45+ 800 Free Relay..... 8th Phil Hoge
Gary Trimble
Luke Daniel
Frank Ganoczy

M 55+ 200 Free Relay..... 6th Chris Ostrom
Jack Iliff
Carl Christensen
Gary Trimble

M 55+ 200 Medley Relay 6th Jack Iliff
Gary Trimble
Chris Ostrom
Carl Christensen

M 55+ 400 Free Relay..... 3rd Chris Ostrom
James Forsythe
Carl Christensen
Gary Trimble

M 55+ 400 Medley Relay 2nd James Forsythe
Gary Trimble
Chris Ostrom
Carl Christensen

M 65+ 200 Free Relay..... 5th Phil Kerr
Tom Powers
Frank Ganoczy
Yu-Jin Lee

M 65+ 200 Medley Relay 6th Phil Kerr
Bill Rodgers
Yu-Jin Lee
Tom Powers

M 65+ 400 Free Relay..... 3rd Yu-Jin Lee
Tom Powers
Frank Ganoczy
Bill Rodgers

MIXED

Mixed 35+ 400 Medley Relay.... 4th John Protzman
Carol DeCLue
Luke Daniel
Gladney McKay

Mixed 35+ 800 Free Relay..... 10th Pat Sebring
Linda Rudie
Diane Blubaugh
Ted Rudie

Mixed 55+ 200 Free Relay..... 4th Chris Ostrom
Pam Breza
Sally Iliff
Gary Trimble

Mixed 55+ 200 Medley Relay.... 3rd Jack Iliff
Pam Breza
Chris Ostrom
Sally Iliff

Mixed 55+ 400 Free Relay..... 6th Art Libby
Jack Iliff
Joan Libby
Sally Iliff

Mixed 55+ 400 Free Relay..... 9th Frank Ganoczy
Jill Coleman
Daryl Platt
Yu-Jin Lee

Mixed 55+ 400 Medley Relay.... 3rd Joan Libby
Gary Trimble
Sally Iliff
Jack Iliff

Mixed 55+ 800 Free Relay..... 2nd Chris Ostrom
Joan Libby
Sally Iliff
Jack Iliff

Mixed 65+ 200 Free Relay..... 3rd Phil Kerr
Nancy Brown
Frances Haywood
Yu-Jin Lee

Mixed 65+ 200 Free Relay..... 9th Frank Ganoczy
Vanda Nohinek
Betsy Rogan
Tom Powers

Mixed 65+ 200 Medley Relay.... 3rd Nancy Brown
Yu-Jin Lee
Phil Kerr
Frances Haywood

Mixed 65+ 400 Medley Relay.... 1st Jill Coleman
Yu-Jin Lee
Nancy Brown
Phil Kerr

Mixed 65+ 800 Free Relay..... 2nd Yu-Jin Lee
Nancy Brown
Jill Coleman
Phil Kerr

Mixed 75+ 200 Free Relay..... 1st Doris Russell
Geoff Revett
Catherine Williams
Alexander Eremchuk

Mixed 75+ 200 Medley Relay.... 1st Catherine Williams
Geoff Revett
Doris Russell
A. Eremchuk

MASTERS SWIM CALENDAR, 2002-2003

- Oct. 19 Swim Series Meet #1, Howard County YMCA
- Nov. 9 Swim Series Meet #2, Meadowbrook
- Dec. 7-8 Colonies Zone SCM Championships, Rutgers University
- Dec. 14 Swim Series Meet #3, Towson University
- Jan. 18 Swim Series Meet #4, Arundel Olympic Swim Center
- Feb. 8 Swim Series Meet #5, Severna Park
- Mar. 1-2 Maryland Masters Winter Meet, UMBC
- Mar. 15 Swim Series Championship, UMBC
- Apr. 6 Maryland Masters 1000/1650, UMBC
- Apr. 11-13 Colonies Zone SCY Championships, George Mason Univ.
- Apr. 24-27 YMCA Nationals, Sarasota, FL
- May 15-18 USMS SCY Nationals, Arizona State University in Tempe
- June 8 The Great Chesapeake Bay Swim
- Aug. 14-17 USMS LCM Nationals, Rutgers University

SWIMMING THE ENGLISH CHANNEL

On September 1, Julie Peterson (age 25) and Annette Holmgren (age 37) of the Annapolis group successfully swam across the English Channel. Both landed at Fort Mahon at Ambietest (4 nm south of Cap Gris Nez). Julie's time was 13 hours 23 mins. Annette's time was 11 hours 27 mins.

ANNETTE'S ENGLISH CHANNEL EXPERIENCE

The alarm went off at 2:30am, which made for a short night. Craig got all my food together the night before so all I had to do this morning was eat. A little difficult to do with all the apprehension I was feeling.

We met Mom & Dad down in the lobby and left for the dock at around 3:15. The walk was like the Green Mile! But very excited to be going even though there was a slight wind.

When we got into the parking lot we met up with Jules and her crew who were also very excited, except for Stephanie who just wanted to sleep. Lance and my observer showed up a little later and in the mean time Craig

and Dad loaded up the boat with all our food. Craig is a great Swim Mom!! (he wanted to make Di proud of him)

We left the dock at 4:00 and arrived at Shakespeare Beach around 4:20, and all I could think of was all the dark water training I did with you all at Laura's place. It really paid off. The dip to the beach was less than 10 yards, and I didn't pay any attention to any rocks that I may have encountered, just as Julie said. I LOVE ROCKS! We launched at exactly 4:37am on September 1, 2002.

The horn blew and we were off. It was quite easy to find the boat and follow it even though it was dark, my light stick glowed brightly in the night. I swam for an hour before my first feeding, and felt surprisingly GREAT and the water felt so warm, I just new I could do it! After the first feeding we went to every half hour, and the observer was very impressed at my feeding technique (all thanks to Maureen). I was so surprised that I did not get bored at all and what I was really thinking about was the relay and whose turn it was in the water. The conditions worsened during the swim, and I saw the bottom of the boat more times than I care to remember. I did have to change my breathing pattern also because every time I took a breath on the left I was taking in water. Seemed like I adjusted fine to one-sided breathing, but it was not my preference and when ever possible I would bi-lateral breathe.

It was about my 8th hour when Craig said the French shore was in sight and that I should have about 1.5 hours left to swim. I was just pumped, that would put me in around 9 hours and 30 minutes, I couldn't believe it, this was too easy. Unfortunately within sight of the cape the current caught us and as I swam my heart out the cape slowly slipped from view. Very devastating, but my crew was a major boost, and kept me going. For the next two hours we were battling both current, wind and waves and basically made no head way, but was continually being swept to the south. Going into the 10th hour at my feeding Craig gallantly stated for me to hold on for another 20 minutes and the tide will turn and I will be pushed into the French Shore. The previous two hours were just brutal. I could hold on for another 20 minutes, and sure enough he was right. After that I felt like I just coasted into France, landing on a wonderful sandy beach with the French (Andy's People) giving me a standing ovation, with hugs and kisses.

While waiting for Craig to launch from the boat, I tried to have several conversations with the French, who spoke no English and I no French, but managed to convey the fact that I had just swam for Dover

in 11 hours and 27 minutes. They were so impressed that one of the gentlemen took off his sweater and let me wear it while Craig swam ashore.

We got several pictures with the Maryland flag and of course with the ABC [Annapolis Breakfast Club] flag with the townsfolk. I was in quite a bit of a hurry to return to the boat because it was very chilly on the beach, so Craig and I packed up and swam the 1/2-mile back to the boat. Where awaiting was an elated crew and hot chicken soup!!

The never-ending trip back needless to say was similar to last year. It is almost as if the Channel needs to punish you for defeating her!! And I did Defeat HER!!! I am a HAPPY MAN!!!!

The next challenge is to sample every pub in town!! I must catch up with Craig on this endeavor!

Like my title, You Don't Do It Alone, I would like to thank each and every one of you for your support, encouragement and contribution to making my dream a success.

JULIE'S STORY

We are done!!! We made it - Annette in 11 hours and I finished in 13 hours 23 minutes. We left at 4:30 am from Shakespeare Beach. The dark was easy. There are fewer rocks on Shakespeare Beach, although, as Annette has told you, I love rocks. We were only in the dark for 1 - 1.5 hours then it started to get light. I briefly noticed the sunrise and my Mike (not to be confused with Mike Oram, the pilot) got a few pictures of me swimming with the sunrise in the background.

The first 6 hours were easy, then 6-9 were not too bad either. Sometime after that I noticed my body breaking down a bit and sometime after that I had to relieve myself of some of the sea water I had been swallowing (while in the water) but don't worry Maureen, I didn't need anything but a little mouth wash and it was back to business.

I could see France from fairly far away. First it was gray then as I got closer I could see colors (brown beach, green trees, houses). Although, it took forever to go the last 3-4 miles. I knew it was 3-4 miles (just one little Bay swim - no big deal - right?) but those last 3-4 miles an hour, maybe more. I think this was because of the wind and current and the tides.

Finally landed at France - on a BEACH with a fort (the exact same place that Annette landed hour or so earlier!!! I thought it was difficult to walk when we landed so I sort of walked/crawled out of the water and then sat down on the beach for a few minutes. A few (30 or so) French people came over to me, one offered his towel and I sat for a few more minutes. He noticed the ABC temporary tattoo on my ankle and asked about it, saying that the other girl that landed earlier also had one! Then someone helped me walk back into the water and we headed home.

The boat back to England was not the perfect storm like last year, but it was long and rocky. Got rid of more seawater that I had swallowed then laid flat on my back (just like last year) for the rest of the way. Mike Oram's boat was a bit different than Lance's boat but still couldn't move the whole way back.

Got back and basically ate bread and drank water then went to bed. Had to relieve myself of more seawater one more time back at the B&B. Feeling much better this morning. We all slept in. My arms have never been this sore before - my legs and neck are a bit sore too. I do not plan on swimming today and maybe not tomorrow either since we might go to Paris. May do a bit more swimming in Dover Harbor before we leave just cause it is beautiful.

2003 YMCA Nationals Websites

The 2003 YMCA Masters Nationals will be held in Sarasota, FL on April 24-27. This year, the first day will be the 1650 free and 400 IM, with no relays. We will be staying at the Helmsley Sandcastle resort on Lido Key, absolutely gorgeous! See www.helmsleyhotels.com.

Travel has been blocked with Southwest Airlines 4/23 - 4/27 for \$259 (14 seats remaining) and 4/23 - 4/29 for \$216 (3 seats remaining). The flights leave BWI around 7am and return from Tampa around 6:30pm. A deposit of \$26 to Nancy Brown is required which is fully refundable until 3/1. Contact Nancy if interested at (410) 255-0699 or email: nancygeoff@myemailstation.com.

You will need to be an Anne Arundel County YMCA member by 1/20/03. Renewals will be sent out by the Y around the first of December. The cost will be \$58 per adult, \$51.50 for seniors, and \$65 for a family.

It's time to regain our title so come join us in our attempt and victory celebration! The Y National meeting is 2/8 at 3:30pm at SPY before the miniseriess meet. Contact Nancy for more details.

There are several websites that provide a wealth of information about Masters swimming. Please visit them. The USMS website has a very active discussion forum that has very useful, and sometimes amusing, information.

- ◆ www.usms.org
- ◆ www.colonieszone.org
- ◆ <http://maryland.usms.org>

From the Maryland LMSC website, you can connect to the team websites for Maryland Masters at UMBC, Howard-Catonsville YMCA Masters, and the Merritt Marlins.

This & That

- ◆ The Towson Tigerfish Masters' teammate Dave McNeely (age 59) competed in the 2002 U.S. Triathlon Championships in Idaho this August. He finished 4th in his age group and was selected to join the U.S. team that will compete at the World Triathlon Championships in New Zealand in December 2003. Anyone in New Zealand at that time is welcome to drop by and cheer Dave on!
- ◆ Bill Kevtkas, UMBC and AOSC, will be competing in the 2002 Hawaii Ironman Triathlon on October 19. Good luck, Bill!
- ◆ Congratulations to Krissy Corbett Jenkins (UMBC) and husband Jake on the birth of their daughter, Ryleigh Michelle, on July 26.
- ◆ There must be something in the water at UMBC! Rachel and Jerry Frentsos are expecting their first any day now. Amy and Matt Pittroff are expecting their first baby in February. Sherri and Matt Leimkuhler are expecting #2 in early April.

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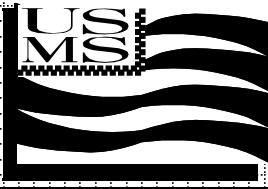
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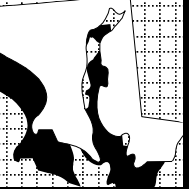
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(410) 947-4669

Fitness:

Gladney McKay
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MD 21012,
(401) 518-6223



2003 REGISTRATION FORM



REGISTER USING THE NAME YOU WILL USE FOR COMPETITION. PLEASE PRINT CLEARLY

(CHECK ONE) NEW REGISTRATION RENEWAL OF #092 _____

LAST _____ FIRST _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE () _____ WORK PHONE () _____

E-MAIL _____ DATE OF BIRTH ____/____/____ AGE ____ SEX ____

PLEASE SEND MY NEWSLETTER BY: E-MAIL (preferred) OR REGULAR MAIL (CHECK ONE)

USMS TEAM _____ WORKOUT LOCATION _____

MUST BE A VALID A REGISTERED TEAM. THOSE FROM 2003 INCLUDE MARYLAND MASTERS, NBAC, PAX RIVER STINGRAYS, HOWARD COUNTY YMCA, MARYLAND ATHLETIC CLUB, COLUMBIA MASTERS, BOWIE AQUATIC CLUB, OR UNATTACHED. CHECK WITH YOUR COACH.

RELEASE OF LIABILITY

I, THE UNDERSIGNED PARTICIPANT, INTENDING TO BE LEGALLY BOUND, HEREBY CERTIFY THAT I AM PHYSICALLY FIT AND HAVE NOT OTHERWISE BEEN INFORMED BY A PHYSICIAN. I ACKNOWLEDGE THAT I AM AWARE OF ALL THE RISKS INHERENT IN MASTERS SWIMMING (TRAINING AND COMPETITION) INCLUDING POSSIBLE PERMANENT DISABILITY OR DEATH AND AGREE TO ASSUME ALL OF THOSE RISKS. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS AND DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. IN ADDITION, I AGREE TO ABIDE BY AND BE GOVERNED BY THE RULES OF USMS.

X

SIGNATURE (REQUIRED) _____

DATE _____

USMS, MARYLAND ASSOCIATION MEMBERSHIP FEE:

\$30.00

I WISH TO MAKE A CONTRIBUTION TO:

THE INTERNATIONAL SWIMMING HALL OF FAME FOUNDATION

IN THE AMOUNT OF:

THE UNITED STATES MASTERS SWIMMING FOUNDATION

IN THE AMOUNT OF:

TOTAL ENCLOSED:

MAKE CHECKS PAYABLE TO:

USMS, MARYLAND ASSOCIATION

MAIL COMPLETED FORM AND CHECK TO:

**BARBARA PROTZMAN
7919 MAIN FALLS CIRCLE
BALTIMORE, MD 21228**

MEMBERSHIP EXPIRES: 12/31/2003

BENEFITS OF MEMBERSHIP INCLUDE:

- SECONDARY **ACCIDENT INSURANCE** IN ALL USMS SANCTIONED MEETS WHERE ALL COMPETITORS ARE USMS REGISTERED AND USMS MEMBER OR USS CERTIFIED COACH SUPERVISED PRACTICES WHERE ALL PARTICIPANTS ARE USMS REGISTERED SWIMMERS.
- SUBSCRIPTION TO **SWIM MAGAZINE** DURING THE LENGTH OF MEMBERSHIP YEAR (FROM \$7.00 OF THE ANNUAL DUES).
- SUBSCRIPTION TO THE **SWIM TIMES NEWSLETTER** AND ALL OTHER PERIODIC MAILINGS FROM THE LOCAL MASTERS SWIMMING COMMITTEE.

WHICH 2003 BIG MEETS

WOULD YOU BE INTERESTED IN ATTENDING ?

- MARYLAND MASTERS WINTER MEET MARCH 1-2, UMBC, MD
- COLONIES ZONES APRIL 11-13, GEORGE MASON UNIV.
- YMCA NATIONALS APRIL 24-27, SARASOTA, FL
- USMS NATIONALS MAY 15-18, TEMPE, AZ