



SWIMTIMES

MARYLAND



October 2006

United States Masters Swimming-Maryland LMSC

Volume 9 Issue 1

The Chairman Sez...

Autumn is upon us, the convention is over, the 6 Annapolis ABC swimmers & support group are back from their round trip swim across the English Channel, our swimmers did well at worlds in California and everyone is getting back into the swim of things. Our association swim series will begin on October 14 at Howard YMCA. These meets are part of our association dues and therefore there is no charge to our association swimmers. It's a good way to track your progress and get to know other members of the association. At the meet on October 14 we will be holding our elections for the board. The new board will begin its term January 2007.

Good news, thanks to Christine Jorgensen and Ruth Reiner we have made good progress on getting Master Swimming license plates for Maryland. Everything has been approved on our side, the major obstacle holding up the production of the plates is the lock down of the prisons where the license plates are produced. We will keep everyone informed of the progress of the plates.

Finally, I would like to thank the outgoing board and all the members of the association for helping me in my time as chairman. I truly appreciate the support given me by the board. We made a lot of progress in getting more of our membership involved and I know the incoming will only improve our association.

I hope to see everyone around the pool.

Patty

Important Websites:

Local LMSC: www.maryland.usms.org

Region: www.colonieszone.org

National: www.USMS.org



"A champion is someone who goes so far they can't go another inch—and then they go that inch." -Unknown



Vote for the new Board of Directors - October 14th

**Chairman: Mike Jacobson – email: mikej@comcast.net
Before 10pm... 410-493-5233**

**Vice Chair: Tony Martino-email: aijm325@concentric.net
Secretary: Rand Vaillancourt -- email: coachrandv@aol.com
Treasurer: Nick Burley – email:goworkout@verizon.net**

Registrar: Karen Tucker— email: ktlovestoswim@msn.com
Sanctions: Jill Springer-email: Springerjc@comcast.net
Top Ten: Steve Hicks: email-mdtopten@gmail.com
Swim Series: Mike Jacobson email: mikej@comcast.net Before 10pm.
Webmaster: Caroline Curtis email-daycaroline@netscape.net

Newsletter: Cheryl Kinney email-dcherylkinney@hotmail.com
Looking for assistance, if interested please email me!



Maryland License Plates

THE GOOD NEWS - The Maryland Motor Vehicle Administration has approved our USMS Logo License plate submission and has ordered a sample plate through the Maryland Department of Corrections. The plate will consist of the USMS logo, the letters "SWM" and 4 numbers.

THE (sort of) BAD NEWS - Due to several serious incidents at the prisons, they are in a "locked down" status. Yes, the prisoners really do make license plates. As a result, there will be a delay in getting the sample plate. There is no estimate of when that will happen.

Once the sample plate has been created and approved by us, we can start ordering them. We will provide a special form for anyone interested. You will complete the form and submit it to us, along with a copy of your USMS registration card and \$25. Complete instructions will be provided with the form.

If you have expressed interest in the plate in the past, I will notify you directly when we have the forms and are ready to place orders. We will also provide an update on our web page. Thank you to everyone who has been patiently waiting for this to happen. It has been a loong process. Christine Jorgensen (jorgensench@comcast.net)

SPY NEWS:

20th party celebration! A huge thanks goes out to the planners Colleen Winans and Marie Lee (gourmet dinner). Great setting in the Ulmstead Barn with real china and a slide show by the Wandels not to be missed, dancing with dimmed lights went until the late hours. What an event! Some swimmers from the past came out to help celebrate. The Alcorta's, K. Gregory who coaches Masters in Va, Caroline Christensen and Betty Taylor's daughter. Thanks to all that helped this event happen and cheers to another 20 years!

News Flash-Break from Alcatraz! Sandy Swoboda and Chris Carlson did the Alcatraz swim in 58 degree water and SAID IT WAS an awesome swim!

ANOTHER Baby on the way for Bonnie and John due in May 2007!

Our new coach Kay Williamson replaced Gladney after 10 yrs of coaching!!
Kay is doing a great job!



The Diary of the Channel Swimmers



It's over in Dover! The ABCDEFGH (Arundel Breakfast Club Double England France Great Happening) Relay (Annette, Al, Jack, Erin, yours truly and Sally) completed a two-way crossing of the English Channel in that order last evening in 21 hours and 37 minutes. It was 10:49 over and 10:48 back reaching our goal of descending the second lap.

This was one miserable experience and the hardest thing I've ever done. We got to the dock and started out to sea around 8:15pm, a tad behind the original start time. We were warned to "hold on" as we left the harbor into troubled waters. About a six foot wave rocked the boat and there goes She Devil flying straight to the deck and I'm thinking we will have the quickest aborted swim ever.

The pilot held us up before we got started saying the French Coast Guard had advised him to abort the swim due to the consternation in French waters not only high seas but fog and very low visibility. She Devil told the pilot Lance Orem that we were here to swim, so let's swim. We would find out later that the boats' radar was not working on one of the busiest waterways in the world. Again no comfort here.

An assistant with the CSPF (Channel Swimmers and Pilot Federation) started the swim on land, along with Al's wife Leigh with a flashlight to guide the vessel into Shakespeare's Beach, this is where Annette would take off. She had to get off the boat, swim to shore, to officially start the swim.

The boat was rocking bow to stern and port to starboard simultaneously. Various drugs had been consumed. I decided on nothing given my incident free swim 5 years ago. Before Annette even got in the water Erin said to me "I'm scared." I'm thinking uh oh and we should abort and try again in the morning, an option they had given us.

CSPF really works in the interest of the swimmers and not what works best for their schedule. Annette got in and swam to the light. She got on shore hugged Leigh, posed for a photo op and waited for the observers to coordinate watches and sound the horn. We're off. Annette would swim hard as expected during the first hour. Erin whispered to me "I'm not going to make it" adding to what would become a litany of awe inspiring messages.

Erin was the first to churn. Annette finishes and Al is in the water. Annette (awarded the Best Faux Cheerleader Ever Award) announces the water is great, it's not as hard as it looks and then goes to the rail and blows somewhat canceling all of the confidence we had just gained from the pep-talk.

Di tells me she's not feeling too good; Di (awarded the Best Intentions Award) takes care of all but my special needs and is always there. Di blows and Di is now finished with support duties - to her credit she didn't seek or allow care just covered up in a blanket and held on for about 22 hours port to port.

Al nattily attired in a sharp looking trench-coat after his swim leg is over, is up on deck as Jack (Coldest Swimmer Award) is in the water, he asks, "Is Jack swimming starboard?" and when he received confirmation of same made his wobbly way to the port side and emptied his bilge earning him the (Best Mannered Barfer Award).

It's now time for Erin who looks like she "woke up dead." I said do you have your Speedo on and I got the slightest sway of the head suggesting not. I said do you need help? And I got the slightest nod of yes. Sally (The Rock Award) would tend to Erin (Biggest Guts Award) and anybody else along with swimming her legs.

I'm thinking we'll never make it we have no chance, what are we doing out here in pitch black rolling 5-7 foot seas and swirling winds. I was hoping someone would abort but each made their way. It's now Tuesday and the seas have not calmed and I'm due up and now I'm sick. I blow. I wretch so hard my throat still hurts at this moment, and at the time, I sounded like some wounded Australian squirrel.

Like the rest of us sickly swimmers I found the water a relief, a refreshment, a break from the boat even though I was being tossed about in high seas. Getting down and back up the six foot ladder in pitch black darkness was no easy task in of itself. I finished and now Sally is in the water.

It took me a good 30 minutes to get my Speedo off, long underwear tops and bottoms on, socks on, booties on, shoes on, long-sleeve shirt on, fleece pullover on, wool stocking cap on and finally my foul weather oversized jacket and gloves on. I'm sitting next to Di and shaking, it's about 2 in the morning now and she says you need to go below and warm-up before your next swim. I said I'm too sick to go below and she said get prone and shut your eyes. She still had it! As that worked and I dozed off for an hour or so and awoke alive.

Sally emerges from the water looking no worse for it and ready for a sandwich. Given the Endorox (a recovery high carb, high protein drink consumed daily in practice), I just downed ended back in the sea I'm highly impressed with anyone that can get anything to stay down (other then the crew - pilot, two mates, observer - Jack, Sally and Craig were the only ones that could). We walked over to Shakespeare's Beach for photos around noon today and then to Cullin's for the best mussels in Dover.

We are fine dining at the Sea Breeze tonight and all sans the Grubers off to Belgium tomorrow. Friday we make our way to London and home Saturday. The thoughts of swimming early and touring Paris, Scotland and London at length are just that. It's OK as we just can't keep smiling that smile.

Yet again, I'M A HAPPY MAN!

Love, like, sweet dreams, best regards as the case may be,
no longer a Rover in Dover,

Dad/Andy/Tubby/CAG
Dover, England UK
September 6, 2006 18:00

YMCA Nationals APRIL 12-15,2007-Indianapolis-

“Partying People who like to Swim”

Here are the facts so you can plan ahead.

⇒ Order of events is the same as last year except,

- * Women's and Men's 500 has switched days.
- * Medley and Free Relay is switched on Saturday and Sunday
- * Sunday events are the same except the 200 IM is after the relay
 - * 50 back is the last event on Sunday
 - * POOL IS STATE OF THE ART—FAST

Lodging and Plane arrangements are being worked on ... further information to come
January 12, 2007 Y dues need to be paid by each swimmer attending Y nationals

BEST OF ALL our TEAM has the Y National Champion title!!

Check out this site for further information
www.ymcaswimminganddiving.org

THE MARYLAND LMSC OF UNITED STATES MASTERS SWIMMING PRESENTS:

The Carol Chidester Memorial Swim Series

The 2006-2007 Swim Series will be similar to last season. Listed below are the main highlights:

- All six meets of the season will be free to all registered USMS Maryland LMSC swimmers, other LMSC swimmers are welcome, but it will cost them \$5 per meet. Registration forms will be available at the meet.
- Each meet will use an electronic timing system, if available.
- Each meet will have 50-100 of each stroke, 100-200 IMs and 200 Freestyle. The 500 free and 400 IM will be done at two of the meets.
- Each swimmer will be allowed to swim up to 3 individual events and 1 relay per meet.
- Meets results will be submitted to USMS's Results.net

We would like to encourage you and your teammates to attend the swim series. The meets are low-key and fun with a food social afterwards. The first meet will be held at the Howard County YMCA on Saturday, October 14.

Elections for the Maryland LMSC Officers will take place at the first meet of the season (October 14) and each registered Maryland LMSC member is encouraged to vote. A slate of officers will be presented and nominations from the floor will be accepted. This will be done on deck just prior to the relays.

All the swim meets will be deck entered. You will be required check in with the meet registrar to verify your current USMS registration (forms available to register will be at the meet). You will then be required to sign a waiver and given 3 meet entry cards. You will be required to turn in all your cards prior to the beginning of the meet to improve the seeding process.

All teams are asked 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. We will not be able to start the meet until we have adequate timers/runners.

The **Swim Series Challenge** for this year will only include the first five meets of the seasons (#1 to #5). An award will be given to each swimmer who competes in any 12 different individual events or who competes in all five meets. The awards will be presented at the swim social following the FINALE meet on March 24th.

MEET SCHEDULE:

<u>DATE</u>	<u>LOCATION</u>	<u>WARMUP TIME</u>	<u>ORDER OF EVENTS</u>
October 14	Howard County YMCA	4:00 PM	#1
November 11	Salisbury YMCA	4:00 PM	#2
December 9	Towson Univ.	4:00 PM	#3
January 20	AOSC	4:00 PM	#4
February 10 *	Severna Park	5:00 PM	#5
March 24	Talbot County YMCA	4:00 PM	FINALE

*A meeting at 3:00pm will precede the meet in February for everyone who is going to YMCA nationals with AACY.

CONDUCT:

- All meets will be sanctioned and 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 are sanctioned due to insurance requirements, meaning that all participants must be registered with **United States Masters Swimming (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 per meet.
- Everyone should volunteer to time, not just the host team.
- There will be a \$5 charge to swim in each of the six meets if you are **NOT** a **Maryland LMSC** registered swimmer. Please bring exact change.
- Cards **MUST** be turned in at the seeding table before the start of the meet. Before each event, pick up your card which will indicate your heat and lane assignment.

THE 2006-2007 CAROL CHIDESTER MEMORIAL SWIM SERIES

ORDER OF EVENTS #1 - October 14 - 4:00 Warm-Up

- | | |
|------------------------|-------------------------------|
| 1. 200 yd Freestyle | <i>USMS MD-LMSC Elections</i> |
| 2. 100 yd Butterfly | 8. 400 yd Relay** |
| 3. 100 yd Breaststroke | 9. 200 yd Backstroke |
| 4. 200 yd IM | 10. 50 yd Butterfly |
| 5. 50 yd Backstroke | 11. 100 yd IM |
| 6. 50 yd Freestyle | 12. 100 yd Backstroke |
| 7. 50 yd Breaststroke | 13. 100 yd Freestyle |

ORDER OF EVENTS #2 - November 11 - 4:00 Warm-Up

- | | |
|------------------------|--------------------------|
| 1. 200 yd Breaststroke | 8. 200 yd Relay** |
| 2. 50 yd Butterfly | 9. 100 yd IM |
| 3. 100 yd Freestyle | 10. 100 yd Breaststroke |
| 4. 100 yd Backstroke | 11. 50 yd Backstroke |
| 5. 50 yd Breaststroke | 12. 200 yd IM |
| 6. 50 yd Freestyle | 13. 200 yd Freestyle |
| 7. 100 yd Butterfly | |

ORDER OF EVENTS #3 - December 9 - 4:00 Warm-Up

- | | |
|------------------------|--------------------------|
| 1. 200 yd Butterfly | 8. 400 yd Relay** |
| 2. 50 yd Backstroke | 9. 50 yd Breaststroke |
| 3. 100 yd Breaststroke | 10. 200 yd IM |
| 4. 100 yd IM | 11. 100 yd Freestyle |
| 5. 50 yd Butterfly | 12. 100 yd Backstroke |
| 6. 200 yd Freestyle | 13. 50 yd Freestyle |
| 7. 100 yd Butterfly | 14. 400 yd IM |

ORDER OF EVENTS #4 - January 20 - 4:00 Warm-Up

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

ORDER OF EVENTS #5 - February 10 - 5:00 Warm-Up

- | | |
|-----------------------------|-------------------------|
| 1. 100 yd IM | 8. 200 yd IM |
| 2. 100 yd Backstroke | 9. 50 yd Backstroke |
| 3. 50 yd Freestyle | 10. 200 yd Freestyle |
| 4. 50 yd Breaststroke | 11. 100 yd Breaststroke |
| 5. 100 yd Butterfly | 12. 100 yd Freestyle |
| 6. 800 yd Free Relay | 13. 50 yd Butterfly |
| 7. The Plunge | |

ORDER OF EVENTS - FINALE - March 24 - 4:00 Warm-Up

- | | |
|-----------------------|--------------------------|
| 1. 200 yd Freestyle | 7. 400 yd Relay** |
| 2. 50 yd Breaststroke | 8. 100 yd Freestyle |
| 3. 100 yd Backstroke | 9. 200 yd IM |
| 4. 100 yd Butterfly | 10. 100 yd Breaststroke |
| 5. 50 yd Freestyle | 11. 50 yd Backstroke |
| 6. 100 yd IM | 12. 50 yd Butterfly |
| | 13. 500 yd Free |

RELAY RULES**

- Relays are either Freestyle or Medley and **MUST** be noted on the entry card.
- The relays in all meets can be Mixed, Women, or Men and **MUST** be noted on card.
- 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:

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.

Salisbury YMCA: Take US-50 East across the Bay Bridge, towards Salisbury. As you approach Salisbury, US-50 forks with US-50 Business Route. Stay right, this becomes US-50 Business Route and follow for 4.9 miles. Turn right onto Beaglin Park Drive and follow for 1.2 miles. Turn right onto South Schumaker Drive (4th Light) and follow for 0.6 miles and the Y is on the right. The address is 715 South Schumaker Dr. Salisbury, MD.

Towson University – Burdick Hall Pool: From 695, take Charles St. south. Turn left on Towson 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.

Talbot County YMCA: From West: take route 50E into Easton, MD. Just past the Easton airport, turn slight right onto MD 322 (Easton Bypass). Go 3 miles and turn left onto Peachblossom Rd. YMCA is immediately on the right. From East: take route 50W toward Easton, MD. Just past car dealerships (Volvo, Honda, Toyota), turn left onto MD 322 (Easton Bypass). Go 2 miles and turn right onto Peachblossom Rd. YMCA is immediately on the right.



Jersey Area Masters Swim Club Presents: The 3rd SCM Holiday Classic & Colonies Zone Championships

Friday, Saturday & Sunday, December 8-10, 2006
The College of New Jersey, Ewing, NJ

Sanctioned by New Jersey LMSC, Inc. for USMS, Inc. Sanction #: 076-S03

- Facility/ Warm-up:** The College of New Jersey Aquatic Center opened in 1987; divided by a moveable bulkhead, there will be 8 lanes used for competition. Lap lanes in the diving well will be available during the meet for warm-up and warm down. Diving only in designated one way sprint lanes. **Diving is not allowed in the separate warm-up area at any time.**
- Entries:** This event is open to USMS registered swimmers only. Swimmers may register for a maximum of 5 individual events per day, not including relays. Heat sheets and distance event psyche sheets will be posted at www.jerseyareamasters.com by Sunday the 3rd of December, including an estimated timeline & results. All entry discrepancies must be brought to the meet directors attention prior to the beginning of competition on the first day.
- Distance Check-in:** **The 1500, 800 & 400 meter freestyle & 400 IM require positive check-in.** Swimmers must check-in 1/2 hour before the start of the race. Heat sheets will be posted throughout the pool area once the events have closed.
- Schedule:** **Friday** 5:00 pm warm-up – 6:00pm start, **Saturday & Sunday** 7:00am warm-up – 8:00am start, there will be a 30-minute warm-up after the distance events on Saturday & Sunday morning.
- Seeding:** All 50-100-200 meter events will be pre-seeded. Events will be run in heats, slowest to fastest, with women swimming first. No time (NT) entries are discouraged; give your best-estimated time for the event.
- Age Groups:** Individuals: 18-24, 25-29, 30-34, etc. through 90+. Relays: total age of swimmers in the following categories: 76-99, 100-119, 120-159, 160-199, 200-239, + 40 year increments as high as necessary. Mixed relays must consist of two men and two women.
- Eligibility:** Open to all USMS registered swimmers. Swimmers must include a copy of their USMS card.
- Awards:** Distinctive awards will be given for first through third place teams in both small and large team divisions. The meet director will make divisions at a logical break point. Medals will be awarded for first through third place and ribbons for fourth through sixth place in individual and relay events.
Awards will not be mailed after the meet
- Scoring:** Individual Events: 1st through 8th place 9,7,6,5,4,3,2,1, Relays 1st through 8th place double points.
- Registration:** **All entries must be received by Wednesday, November 22, 2006. No late or deck entries!**
- Timing:** Electronic timing will be utilized. In the unlikely event that a malfunction occurs, the meet will continue on schedule with the use of alternate (stopwatch) timers. **If the possibility of a national or world record exists please notify the head official in advance of your race so back up timers can be in place.**
- Entry Fees:**
- | | |
|------------------------|---|
| Pool Surcharge: | \$10 per swimmer (Including relay only swimmers) |
| Individual Events: | \$5 per event |
| Relays (deck entered): | \$10 per relay (Entries due by 10:00am each day) |
| Long Sleeve Tee's: | \$15 per shirt pre-ordered (\$20 at the meet), custom designed for this event |
- Questions:**
- | | |
|--------------------|---|
| Meet Information: | Darek Hahn, 609-947-3780 or by e-mail at dhahn@jerseyareamasters.com |
| Local Information: | Vanja Sikirica, 443-570-9817 or by e-mail at vsikir5@ompus.jnj.com |

Local Hotels can also be found at www.jerseyareamasters.com

Jersey Area Masters Presents:

The 3rd SCM Holiday Classic & Colonies Zone Championships

Friday, Saturday & Sunday, December 8-10, 2006

The College of New Jersey, Ewing, NJ

Individual Meet Entry Form



Deadline:

Received by Monday, November 22, 2006

(A copy of your USMS card must be included with your entry)

Mail Entries to:

Jennifer Harnett, Registration Chairperson
1501 Parkside Ave., Apt. 12-O
Ewing, NJ 08638
609-771-2383

Make Checks Payable to:

JERSEY AREA MASTERS SWIM CLUB

Entries without USMS card attached will be returned to sender!

Name (as it appears on USMS card):			Please Supply the following information in case there is a problem with your entries:
Address:			Daytime Phone:
USMS number:	USMS Registered Team:		Evening Phone:
Birth date:	Age:	Sex:	E-mail address:

RELEASE OF LIABILITY BY PARTICIPANT:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise 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 OR 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. (Rule Book Article 203.1)

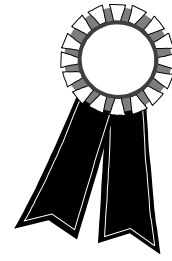
Signature: _____ Date: _____

Enter your **BEST SHORT COURSE METERS TIME** for each event you wish to swim.

W	M	Event:	Entry Time:
Friday, December 8, 2006			
1	2	800 Meter Freestyle	
3	4	1500 Meter Freestyle	
Saturday, December 9, 2006			
5	6	400 Individual Medley	
30 Minute Break			
7	8	100 Freestyle	
9	10	200 Butterfly	
11	12	100 Breaststroke	
13	14	50 Backstroke	
15	16	200 Freestyle	
17	18	50 Butterfly	
10 Minute Break			
19	20	400 Medley Relay	Deck Entered
	21	Mixed 400 Medley Relay	Deck Entered
22	23	800 Free Relay	Deck Entered
	24	Mixed 800 Free Relay	Deck Entered
25	26	200 Free Relay	Deck Entered
	27	Mixed 200 Free Relay	Deck Entered

W	M	Event:	Entry Time:
Sunday, December 11, 2005			
28	29	400 Freestyle	
30 Minute Break			
30	31	100 Individual Medley	
32	33	50 Freestyle	
34	35	200 Breaststroke	
36	37	200 Backstroke	
38	39	100 Butterfly	
40	41	200 Individual Medley	
42	43	50 Breaststroke	
44	45	100 Backstroke	
10 Minute Break			
46	47	400 Freestyle Relay	Deck Entered
	48	Mixed 400 Freestyle Relay	Deck Entered
49	50	200 Medley Relay	Deck Entered
	51	Mixed 200 Medley Relay	Deck Entered
Surcharge			\$ 10.00
Events @ \$5/Event			\$
Long Sleeve Tee-Shirt (\$15)			\$
Shirt Size (Please Circle):			S M L XL
Total Enclosed			\$

SWIM EVENTS CALENDAR



10/21-22/2006- Adult Swim Clinics - Fairland Aquatic Center, Laurel, MD
Petra Martin, 301-910-1826, petraadamkova@yahoo.com

10/29/2006 Patriot Masters Sprint Classic - George Mason University, Fairfax, VA
SCY; Cheryl Ward, 703-359-5366, cherylaward@yahoo.com;
www.patriotmasters.org/GMUPOct2006SprintClassicEntry.pdf;
Sanctioned by PV LMSC #106-11; Entry Deadline 10/16/2006

12/2-3/2006 Turtle and the Blue Moon SCM Meet - College Park, MD
SCM; Michael Lee, 301-474-1178, korthain@yahoo.com;
www.terrapinmasters.org/Terrapin-SCM-06.pdf
Sanctioned by PV LMSC #106-013; Entry Deadline 11/10/2006

12/10/2006 24th Annual University of Maryland 1000/1650 - Catholic University, DC
SCY; David Diehl, 301-946-0649 H (before 9pm) or 301-314-5372
<http://artemis.crosslink.net/~cherylw/meet1000.htm>; Entries received by 12/04/2006

12/8-10/2006 The 3rd Annual SCM Holiday Classic and Colonies Zone Championships Meet
Sheet and Entry Form Friday, Saturday, & Sunday, The College of New Jersey, Ewing, NJ
<http://www.jerseyareamasters.com/events/2006/holidayclassic/2006SCMColoniesZoneMeetSheet.pdf>.
All entries must be received by Wednesday, November 22, 2006. No late or deck entries!

12/15-17/2006-2006 New England LMSC SCM Championship and New England Masters
Workout Group Challenge - Boston University, Boston, MA
SCM; Great Bay Masters, 06scmchamp@greatbaymasters.org;
www.greatbaymasters.org/06scmchamp.php;

2/4/2007 Tropical Splash - Alexandria, VA
SCY; Michael Davey, 703-360-2631, hellespont@usms.org;
www.alexandriamasters.com/meet, Entries must be received by Tuesday, January 30, 2007

USMS Top Ten - SCY

This year we had a record 154 entries in the USMS Short Course Yards Top Ten! Forty-six swimmers made the list. Of special note is **Nancy Brown**, who aged up this year and made Top Ten for every single event in both age groups. She also placed Number One in 16 of the 18 events for the 70-74 age group. Also among first in the nation were **Doris Russell**, **Virginia Nicoll**, and **Jim O'Connor**.

Elizabeth L Schlicher W18-24	Marge E Burley W60-64	Jill Coleman W75-79	Jack Iiff M60-64
6 500 Free 5:34.83Y	4 100 Free 1:10.28Y	9 50 Free 42.14Y	10 50 Fly 27.75Y
2 1650 Free 18:41.96Y	6 200 Free 2:35.82Y	8 100 Free 1:36.82Y	7 200 Fly 2:54.38Y
3 200 Breast 2:32.39Y	6 500 Free 7:01.60Y	7 50 Back 48.77Y	6 100 IM 1:05.55Y
7 400 IM 4:59.07Y	3 1650 Free 24:05.81Y	4 100 Back 1:43.98Y	10 200 IM 2:29.57Y
Ashley Husich W18-24	4 50 Fly 34.33Y	2 200 Back 3:39.42Y	8 400 IM 5:36.29Y
7 100 Fly 1:03.17Y	6 100 Fly 1:27.59Y	7 50 Breast 55.94Y	Keith Harries M65-69
Katherine Hennessey W25-29	7 100 IM 1:22.42Y	6 50 Fly 54.51Y	7 100 Back 1:18.42Y
6 1000 Free 11:31.47Y	6 200 IM 3:02.03Y	7 100 IM 1:48.18Y	8 200 Back 2:55.89Y
10 1650 Free 19:25.18Y	4 400 IM 6:26.08Y	4 200 IM 4:01.01Y	Bob Johnston M65-69
Julia Lockhart W25-29	Sally M Iiff W60-64	Catherine Williams W80-84	9 50 Breast 36.89Y
7 100 Breast 1:11.26Y	9 1000 Free 15:16.72Y	7 50 Free 46.67Y	Philip B Kerr M70-74
Jenny Harvey W25-29	9 1650 Free 25:52.44Y	8 100 Free 1:49.98Y	10 1000 Free 15:15.54Y
9 100 Breast 1:11.51Y	3 200 Fly 3:16.51Y	8 50 Back 54.64Y	Yu-Jin Lee M70-74
7 200 Breast 2:34.23Y	Nancy Brown W65-69	7 100 Back 2:02.22Y	10 200 Fly 3:43.17Y
Danielle Devito W25-29	8 50 Free 33.70Y	8 100 IM 2:25.08Y	6 400 IM 7:01.18Y
10 200 Fly 2:23.03Y	9 100 Free 1:16.49Y	Sarah T Alnutt W80-84	John Collings M75-79
Hollie Kenney W30-34	6 200 Free 2:45.83Y	9 50 Back 55.74Y	8 400 IM 10:39.54Y
8 1650 Free 20:20.78Y	6 500 Free 7:28.47Y	9 100 Back 2:06.22Y	Alexander Eremchuk M80-84
Tobi Limke W30-34	5 1000 Free 15:33.75Y	8 50 Fly 1:22.31Y	8 50 Breast 52.14Y
6 200 Back 2:17.39Y	5 1650 Free 25:54.31Y	7 100 IM 2:23.78Y	Denzil L Pritchard M85-89
7 200 IM 2:20.42Y	2 50 Back 39.28Y	Doris Russell W85-89	10 50 Free 55.84Y
6 400 IM 4:58.34Y	2 100 Back 1:25.49Y	3 50 Free 50.06Y	8 100 Free 2:30.85Y
Suzanne Gedney W35-39	3 200 Back 3:09.64Y	3 100 Free 1:59.28Y	9 500 Free 15:46.08Y
10 1000 Free 11:40.28Y	7 50 Breast 46.59Y	3 200 Free 4:31.61Y	10 50 Back 1:06.83Y
8 1650 Free 19:28.57Y	7 100 Breast 1:43.98Y	4 500 Free 12:49.75Y	9 100 Back 2:27.71Y
Kathy Webster W35-39	6 200 Breast 3:40.46Y	1 50 Fly 1:04.22Y	8 200 Back 5:32.76Y
10 1650 Free 19:50.45Y	7 50 Fly 40.87Y	1 100 Fly 2:55.29Y	7 50 Breast 1:03.26Y
Seana Coffin W35-39	6 100 Fly 1:37.92Y	Virginia Nicoll W95-99	Raymond Edelhoff M90-94
2 50 Breast 31.99Y	6 200 Fly 3:46.49Y	1 50 Free 2:27.67Y	4 50 Free 1:10.51Y
Annette M Holmgren W40-44	8 100 IM 1:31.78Y	1 100 Back 5:43.27Y	5 100 Free 3:17.51Y
9 1650 Free 20:01.15Y	5 200 IM 3:12.31Y	Brian Luoma M18-24	4 50 Back 1:09.03Y
Gladney S McKay W45-49	3 400 IM 6:49.51Y	4 50 Free 21.70Y	2 100 Back 2:49.77Y
7 100 Free 58.53Y	Nancy Brown W70-74	7 100 Free 47.91Y	3 50 Breast 1:28.85Y
Jill C Springer W45-49	1 50 Free 32.57Y	10 200 Free 1:48.90Y	
7 50 Fly 28.68Y	1 100 Free 1:12.99Y	10 100 Back 57.81Y	
9 100 Fly 1:07.28Y	1 200 Free 2:42.61Y	Greg Smith M30-34	
Nancy A Sterling W50-54	1 500 Free 7:19.68Y	9 200 Back 2:06.70Y	
9 1000 Free 13:01.16Y	1 1000 Free 15:22.68Y	Stephen C Hicks M30-34	
8 100 Fly 1:12.51Y	1 1650 Free 25:47.23Y	9 400 IM 4:34.61Y	
9 200 Fly 3:00.75Y	1 50 Back 39.30Y	Ian Wrightson M40-44	
10 100 IM 1:11.87Y	1 100 Back 1:22.54Y	9 100 IM 57.30Y	
10 200 IM 2:40.36Y	1 200 Back 2:59.07Y	John H Geyer M45-49	
4 400 IM 5:46.73Y	6 50 Breast 49.94Y	10 1650 Free 18:42.02Y	
Ann Lallande W55-59	2 100 Breast 1:45.71Y	Jim O'Connor M50-54	
10 100 Free 1:07.74Y	1 200 Breast 3:49.65Y	10 50 Fly 25.62Y	
10 50 Fly 34.36Y	1 50 Fly 40.04Y	3 100 Fly 55.83Y	
Martha Betz W55-59	1 100 Fly 1:36.11Y	1 200 Fly 2:04.09Y	
6 50 Back 35.23Y	1 200 Fly 3:42.45Y	Nick E Burley M50-54	
9 100 Back 1:18.61Y	1 100 IM 1:26.07Y	8 200 Fly 2:16.29Y	
10 200 IM 2:56.92Y	1 200 IM 3:07.70Y	Bill Conroy M60-64	
Pam W Breza W60-64	1 400 IM 6:40.92Y	7 1000 Free 12:51.42Y	
6 50 Free 32.28Y	Lesley L Francis W70-74	9 1650 Free 21:04.91Y	
10 50 Back 40.29Y	9 1000 Free 19:35.80Y	Chris L Ostrom M60-64	
7 50 Breast 42.43Y	Ann Johnsen W70-74	10 1000 Free 12:58.03Y	
	7 200 Breast 4:10.63Y	9 50 Fly 27.73Y	

All Masters clubs
please submit
information to Cheryl
for the next News-
letter by _____

If you are interested
in working on the
Newsletter pls email
me also
dcherylkinney@hotmail.com

FINA World Championships

The Maryland LMSC was well represented at the XI FINA Masters World Championships held at Stanford University August 4-10. Congratulations to Nancy Brown who earned a gold medal in the 200 back plus two silvers and a bronze. And kudos to all the swimmers who participated in this prestigious event!

MARY Maryland Masters

Brown, Nancy F70

800 Free 13:52.87 3
200 Back 3:32.26 1
100 Free 1:22.99 2
200 Free 3:10.86 2

Johnston, Bob M70

100 Breast 1:35.08 6
50 Breast 40.35 4

Johnston, Bonnie R F54

200 Back 3:14.55 18
50 Free 34.81 40

Sterling, Nancy A F51

800 Free 11:50.87 19
100 Free 1:10.90 17
400 IM 6:57.00 14
50 Fly 36.20 17
200 IM 3:09.96 11

Swoboda, Sandy F43

800 Free 12:31.34 44
100 Breast 1:40.82 55
200 IM 3:27.07 62
50 Breast 44.44 41

TCYS Talbot County YMCA Sting-rays

Bruce, Elizabeth F45

100 Free 1:26.89 89

Friedman, Adam M36

100 Free 1:02.52 79
50 Free 28.96 89

Johnsen, Ann B F70

100 Breast 2:05.86 8
50 Fly 1:02.72 14
50 Breast 56.34 4
200 Breast 4:38.27 8
50 Back 1:01.77 21

Oliphant, Mark M44

100 Free 1:05.79 122
100 Breast 1:25.50 63
50 Fly 30.83 90
200 IM 2:45.64 61
100 Fly 1:13.37 55

NBAC North Baltimore Aquatic Club M

Bonner, Janice A F40

100 Free 1:06.48 25
100 Breast 1:30.70 31
50 Free 29.58 18
50 Breast 38.85 12

Gedney, Suzanne F38

800 Free 10:27.09 10
100 Free 1:11.23 44
200 Free 2:26.96 24
50 Fly 36.28 39
50 Free 31.85 41

Hennessey, Katherine F28

800 Free 10:13.14 9
100 Free 1:05.70 24
200 Free 2:20.88 15
400 Free 5:00.02 7

Langeheine, Dawn-Marie F42

100 Free 1:17.27 74
100 Breast 1:43.77 63
200 Free 2:52.53 61
400 Free 6:12.08 41

Limke, Tobi F31

200 Back 2:43.18 7
400 IM 5:58.14 14
200 IM 2:44.83 15

Mandel, Gil M40

100 Breast 1:18.23 33
50 Breast 34.08 33

Quitazol, Wendy F44

800 Free 11:19.27 25
200 IM 3:04.25 42

MERR Merritt Marlins

Fontana, Oky M37

100 Free 1:01.94 71
200 Free 2:21.80 61
50 Free 27.77 73
100 Back 1:11.87 18
50 Back 33.59 21

Hanson, Kara F33

50 Free 34.89 59

Wright, Mark M53

200 Breast 3:10.50 26
400 Free 5:27.01 36

Maryland Top Ten

The Maryland LMSC Top Ten for 2005-06 is now available on our web site at <http://maryland.usms.org/PDF/LOCTT06.pdf>.

There were 65 Maryland LMSC records broken this past year. Congratulations to the following record breakers.

Elizabeth Schlicher (W<25) 200 Y Breast, 400 Y IM

Seana Coffin (W35-39) 50 Y Breast

Gladney McKay (W45-49) 50 Y Free, 100 Y Free, 100 Y IM

Jill Springer (W45-49) 50 Y Back, 50 Y Fly, 100 Y IM

Nancy Sterling (W50-54) 1000 Y Free, 100 Y Breast, 200 Y Breast, 50 Y Fly, 100 Y Fly, 100 Y IM, 200 Y IM, 400 Y IM

Pam Breza (W60-64) 50 Y Free, 50 Y Breast
Carolyn Foster (W60-64) 100 Y Breast, 200 Y Breast

Marge Burley (W60-64) 50 Y Fly

Nancy Brown (W70-74) 50 Y Free, 100 Y Free, 200 Y Free, 500 Y Free, 1000 Y Free, 50 Y Back, 100 Y Back, 200 Y Back, 100 Y Breast, 100 Y IM, 200 Y IM, 400 Y IM

Jill Coleman (W75-79) 100 Y Back, 200 Y Back, 100 Y Breast, 200 Y Breast, 100 Y IM, 200 Y IM

Virginia Nicoll (W95-99) 50 Y Free, 100 Y Back

Brian Luoma (M<25) 50 Y Free, 100 Y Free, 200 Y Free

Brian Benda (M35-39) 200 Y Free

Pat Ballard (M40-44) 200 Y Free

John Geyer (M40-44) 500 Y Free, 1650 Y Free

Ian Wrightson (M40-44) 100 Y Breast

Jim O'Connor (M50-54) 100 Y Free, 50 Y Fly, 200 Y IM

Bob Hoyt (M55-59) 100 Y Free, 200 Y Free

Jack Iliff (M60-64) 100 Y Free, 100 Y Fly, 200 Y Fly

Bill Conroy (M60-64) 500 Y Free, 1000 Y Free, 1650 Y Free

Chris Ostrom (M60-64) 50 Y Fly

Keith Harries (M65-69) 100 Y Back

Denzil Pritchard (M85-59) 500 Y Free, 50 Y Breast

The heart of a champion beats under a swimsuit. – Anonymous

SWIM TEAM

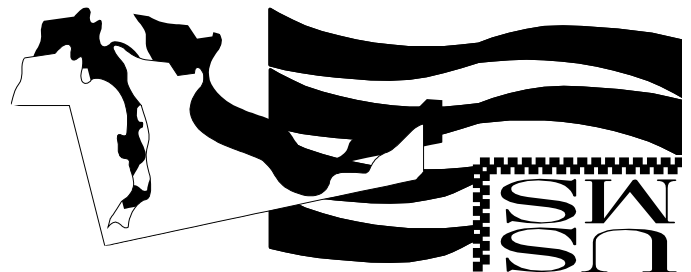
Membership Drive is now taking place for MD!

Bring a friend to join! Have them write on their application form, who referred them to Masters & let Cheryl know at dcherylkinney@hotmail.com

The ones who has the most friends join wins!

Exciting prizes! Building the Masters Program one Swimmer at a time.
Deadline March 1, 2007

Fitness • Fun • Fellowship • Fitness • Fun



*USMS, Maryland Association
C/O Cheryl Kinney
1 194 Baltimore Annapolis Blvd
Arnold MD 21012*

Places to Swim

The following information was taken from the USMS web site. Please check with the contact listed for the most current information.

Annapolis - 002-MARY Maryland Masters

Arundel Olympic Swim Center
2690 Riva Road Annapolis, Maryland
Lap Swim / Workout Times: MW 8- 9:30PM, S 8- 9:30 am - Lanes continuously available for laps
Contacts: Rand Vaillancourt (Pool) 410-222-7933 E-Mail coach-rand@usms.org

Arnold

Anne Arundel Community College
101 College Parkway Arnold, Maryland
Lap Swim / Workout Times: MWF 6-7 AM, 7:30-8:50 AM
Contacts: Donna Michael at 410-777-2316 or dcmichael@aacc.edu

Baltimore - CMSC Chesapeake Masters Swim Club

CCBC -Catonsville Campus
800 South Rolling Road Baltimore, Maryland
Lap Swim / Workout Times: TWTh 5:30-7:30 am, Sat 5:30-7:30 am, Sun 7:30-9:30 am
Contact: Mike Wehner Pool:410-455-4175, Home: 410-531-1219

Baltimore - Merritt Marlins

Merritt Club Canton
3401 Boston St., Canton Baltimore, Maryland
Lap Swim / Workout Times: Tue-Wed-Thur at 7:30PM at Canton, M-W-F at 6am Fort Avenue Pool
Contacts: Aquatic Director:Andrew Barranco; abarranco@merrittclubs.com and Coach:Oscar Fontana:swimpractice@verizon.net
Web Site: <http://www.merrittclubs.com>

Baltimore - NBAC North Baltimore Aquatic Club Masters

Meadowbrook Pool
5700 Cottonworth Avenue Baltimore, Maryland
Lap Swim / Workout Times: MTWUF 6-7 AM SA 6:30-7:30 AM SU 5:30-6:30 PM TU 7:30-8:30 PM
Contacts: John Cadigan (410)433-8300
Web Site: <http://www.mbrook.com/>

Catonsville - MARY Maryland Masters

University Of Maryland Baltimore County
Wilkins Avenue (near Rt. 695) Catonsville, Maryland
Lap Swim / Workout Times: Winter: M 5:00-6:15 am, TTH 6-7:30 am, 8:30-10:00 pm, Sun 8-10 am
Contacts: Coach David Amato @ djamato@gmail.com
Web Site: <http://www.marylandmasters.com>

Catonsville - CMYM Central Maryland YMCA Masters

Western Family (Catonsville) YMCA
850 South Rolling Road Catonsville, Maryland
Lap Swim / Workout Times: MW 8:45 PM to 9:45 PM
Contacts: Michael Jacobson at CoachMike@cmym.us
Web Site: <http://www.cmym.us>

Columbia - COLU Columbia Masters

Supreme Sports Club
7080 Deepage Drive Columbia, Maryland
Lap Swim / Workout Times: MWF 7:30-9:00 PM
Contacts: Adam Rutz at rutz@hotmail.com

Columbia - COLM Columbia Masters (Day program)

Columbia Swim Center
10400 Cross Fox Lane Columbia, Maryland
Lap Swim / Workout Times: M-F 10:30am to 11:45am
Contacts: Sue (410)730-7000

Cumberland

Cumberland YMCA
601 Kelly Road Cumberland, Maryland
Lap Swim / Workout Times: MWF 5:30-6:30 PM
Contacts: Jamie Miller (301)777-9622 or cuy_seaotters@hotmail.com
Web Site: <http://www.cumberlandymca.org>

Easton - TCY Talbot County YMCA Masters

Talbot County YMCA
202 Peachblossom Road Easton, Maryland
Lap Swim / Workout Times: SU 4:00-5:00 pm, WF 6-7:30 am
Contacts: Lynda Wiggins at LWiggins@goeaston.net

Easton - TCY Talbot County YMCA Masters

George P Murphy Aquatic Center (SCM)
510 Port Street Easton, Maryland
Lap Swim / Workout Times: SA 10:00-11:30 AM, W 7-8:30 PM
Web Site: <http://web.mac.com/markoli>

Eldersberg - MERR Merritt Marlins

Merritt Athletic Club - Eldersburg
1388 Progress Way Eldersberg, Maryland
Lap Swim / Workout Times: Lap Swim always available; Masters workouts: MW 6-8 AM
Contact: Kathy Gilbert, 410-549-8855 or KGibert@merrittclubs.com
Web Site: <http://www.merrittclubs.com>

Ellicott City - CMYM Central Maryland YMCA Masters

Howard County Family YMCA
4331 Montgomery Road Ellicott City, Maryland
Lap Swim / Workout Times: Tue-Thu 8:45 PM to 9:45 PM
Contacts: Michael Jacobson at CoachMike@cmym.us
Web Site: <http://www.cmym.us>

Millersville

Severna Park Racquetball & Fitness Club
8514 Veterans Highway Millersville, Maryland
Lap Swim / Workout Times: MW 7:30-9:00 pm, F 6:30 Ppm
Contacts: Sharon Musselman at waterlover@comcast.net or 410-987-0980

Pikesville - LBM LifeBride Masters

LifeBridge Health & Fitness
1836 Green Tree Rd Pikesville, Maryland
Lap Swim / Workout Times: TTh 6:15-7:30 am, Sun 7-8:30 am
Contacts: John Vargo 410-484-6800 x 200 or Marian Wasser waterworks27@yahoo.com

Pocomoke City - Delmarva Dogfish

Lower Shore Family YMCA
1900 Worcester Highway Pocomoke City, Maryland
Lap Swim / Workout Times: M-Th 6-8am and 7-8:30 pm, Fri 6-8:30am and 7-8pm, Sat 7am-4:30pm, Sun 1-4:30pm.
Contacts: Samantha Hand, swimwithsam@aol.com, 410-957-9622

Salisbury - DAMD Delmarva Aquatic Masters Dogfish

Mid-Delmarva Family YMCA
715 South Schumaker Drive Salisbury, Maryland
Lap Swim / Workout Times: Tue, Thur: 5:45-7 am and 7-7:45 am & Sat: 7-8:15 am
Contacts: Steve Hicks dogfishinfo@gmail.com
Web Site: <http://www.delmarvadogfish.com>

Severna Park

Woods Community Center
Severna Park, Maryland
Lap Swim / Workout Times: M,W, F 5:30-6:45 am, 9:30-10:30 am, TTH 7:30-9 pm, W 5:30 - 6:30 am, Sun 6:30-8am
Contacts: Nancy Brown 410-255-0699

Timonium - MAC Masters

Maryland Athletic Club
110 West Timonium Rd Timonium, Maryland
Lap Swim / Workout Times: MW 5:30-9:30 am, 7-8 pm, Sat 7:15-8:15 am
Contacts: Hollie Kenney (410) 453-9111

Towson - TAC Maryland Masters

Towson University Tigerfish
University Drive Towson, Maryland
Lap Swim / Workout Times: MWF 5:30-6:30 am, Sat 10-12n
Contacts: Coach Matt McDonough mmcdonough@towson.edu or 410-704-4843

Towson - MERR Merritt Marlins

Merritt Athletic Club - Towson
8757 Mylander Lane Towson, Maryland
Lap Swim / Workout Times: Lap Swim always available; Masters workouts MTu 6-8 pm, W 6-7 pm, Sat 8:30-9:30 am
Contacts: Andrew Barranco, Aquatics Director, (410) 821-0160
Web Site: <http://www.geocities.com/merrittmarlins>