

SWIM *Maryland* TIMES

July 2006

United States Masters Swimming - Maryland LMSC

Volume 8 Issue 2

Fellow swimmers, this is our final issue as editors of the MD LMSC Newsletter. As Christine so aptly expressed, this is our "lame duck" issue. A new Board has been nominated. The past two years have been a time of learning how our local entity works, how we fit into the bigger picture of USMS, and how to make our state organization stronger. It was a time of transition and change.

We have witnessed an infusion of new energies and a commitment of time and talents that I want to honor. New teams have formed, and new swimmers in the state joined to make our organization more diverse and healthy. The general membership has increased significantly, as has the participation in the "Mini Series" Meets.

AND.... we experienced the workings of a Board, led by Patty Devanny, whose members accomplished what needed to be done. We wish the incoming Board the best!!

-Ruth and Christine

The Chairman Sez...

Welcome to summer! In the past it always seemed everyone cuts back their practice times and meets were few until September, but this is not the case anymore. Between long course and open water swims, there is an event happening every week. This year, we have worlds in California the first week in August and our association is sending a good number of swimmers to the meet. There are several long course meets in our region. Open water swims are also available, there's a little more travel but its well worth the effort. Our association will be sponsoring two summer swim series meets. On Sunday July 30, we will host a long course meet at UMBC warm-ups at 4pm, meet will start at 5pm. On Sunday August 20, we will host a short course meters meet at Talbott County YMCA, warm-ups at 9am, meet start at 10 am. For both meets you may swim 3 individual events and a relay. These meets are free to members of Maryland LMSC and for masters swimmers out of our LMSC the cost is \$5.00 a real bargain. Remember we try to run these meets very low key to encourage all swimmers to come to the meets. Please try to attend. Long course and short course meters meets are not held a lot so here's a golden opportunity to swim. The meet announcements will be posted.

The short course yards season has ended and our association was well represented at the zone meet in April. We had ten teams at zones from our LMSC .Our association sent a small group to USMS Nationals and we went in force, 55 + swimmers from several of our teams to YMCA Nationals and brought back the first place plaque for our effort. I have talked to several swimmers, who made a suggestion about trying to attend the national meets as one large team as Virginia, Colorado, gold coast master groups do. The board is looking into how these large other large teams do this, if each workout location

has its own separate identities in the LMSC or what their protocol is. We do not want a team or individual to feel that they must be part of one team but I will say it's a great feeling to be part of the group that brought back first place. I think this is something we as an association should take into consideration over the next season.

I was going to keep this short so let me just say a couple more things. We will have a new board starting in September for the association. The nominating committee has the slate of officers which are in the newsletter. I wanted to thank Mike Jacobsen, Ray Toy, Ruth Reiner, and Christine Jorgenson for all the work they have done for the association in the past term. Mike and Ray organized and ran an excellent swim series where all the meets have been well attended, Ruth and Christine for the excellent newsletter. There are more people to thank which I will do in the next edition but I wanted to spotlight these four who have done an excellent job for us. Have a great summer and see you at the pool.

- Patty

Important web sites:

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

Region - www.colonieszone.org

National - www.usms.org

Maryland LMSC Well Represented At National Meets

The USMS Short Course Championship Meet held at the Coral Springs, Fl. Aquatics Center and the YMCA Masters Meet at the International Swimming Hall of Fame Aquatic Center in Ft. Lauderdale were the venues for some fabulous swimming experiences. Fifteen MD LMSC swimmers competed at Coral Springs, and several swimmers placed in their events. Considering the competition at these National Meets, that's a feat unto itself.

Ashley Husich, Janice Bonner, Suzanne Gedney, Katherine Hennessey, Tobi Limke and Elizabeth Schlicher captured medals in their events. The relay teams of Frutchey, Dodd, Husich, and Fontana and combinations of Bonner, Gedney, Hennessey, Limke, and Schlicher took a 5th and two 6ths. Congratulations!

The Swimming Hall of Fame Complex and its surrounding environs (like the BEACH) produced some mighty fine swimming. Sixty-eight team members invaded the complex and contributed, each in their own way, to the fun that is inherent in this yearly "happening".

Records were broken by Jim O'Connor, Chris Ostrom, Doris Russell, and Nancy Brown (10) who set

new USMS records in the 100 and 200 backstroke. Relay records were broken by the teams of Jill Coleman, Ida Shiflett, Fran Weston, Marjorie Pearsall and Jack Illif, Pam Breza, Chris Ostrom, Marge Burley.

1st place awards went to Gladney McKay, Colleen Winans, Jill Springer, Nancy Sterling, Pam Breza, Marge Burley, Sally Illif, Fran Weston, Jill Coleman, Sarah Allnutt, Doris Russell, Nancy Brown, Pat McGarrity, Matt Marcy, Jim O'Connor, Bill Conroy, Chris Ostrom, Jack Illif, Chuck Eremchuk, Denzil Pritchard, and Ray Edelhoff. Anne Arundel County relay teams earned eleven (11) 1st place medals.

Kudos to all team members who contributed to the winning of the trophy cup for First Place!



Members of Anne Arundel County team show off 1st place trophies for both Women and Combined Team.

A Drum Roll Please...

The Nominating Committee, led by out-going Vice Chair, Rand Vaillancourt presents the following candidates for office commencing in September, 2006:

- Chair: Mike Jacobson
- Vice Chair: Tony Martino
- Secretary: Rand Vaillancourt
- Treasurer: Nick Burley
- Registrar: Karen Tucker

The Committee Chairs of "Sanctions", "Top 10", "Swim Series", "Web Master" and "Newsletter Editor" will be selected by the incoming Chair of the MD LMSC. All of these elected and chosen members function in an executive capacity, and meet several times a year in the interests of the LMSC membership.

As we go to press, a date for the Annual Meeting has not been established. All active members are encouraged to attend this meeting where alternates to the slate presented by the Nominating Committee may be presented, and the final slate will be approved. Other pertinent business will also be on the agenda. The meeting date will be posted on the MD LMSC Website.

LMSC Officers

Chairperson: Patty Devanny pdevanny@ fountainheadtitle.com 410-947-4669	ViceChairperson: Rand Vaillancourt coachrandv@ aol.com	Secretary: Kay Williamson Coachkay61 @yahoo.com	Treasurer: Nancy Brown nancygeoff@ Verizon.net	Registrar: Karen Tucker ktloves2swim@ msn.com
Sanctions: Jill Springer Springerjc@ comcast.net	Top Ten: Steve Hicks mdtopten@ gmail.com	Newsletter: Ruth Reiner ruthjreiner@ comcast.net	Swim Series: Mike Jacobson mikej@ comcast.net	Webmaster: Caroline Curtis daycaroline@ netscape.net

Team News - SPY

On June 17th, our team awards party was held at the Protzman's lovely home on the Magothy River.

Kay Williamson was introduced as the new coach replacing Gladney McKay who has retired after 10 years of coaching. We will miss Gladney and her great workouts and on-deck expertise. Kay has many years of coaching experience and will contribute a lot to our swimming program.

Awards were presented to:

- Lindsay Rudie - Swimmer of the Year
- Sally Iliff - Swimmer of the Year
- Gladney McKay - Outstanding Y Nationals Swimmer
- Pat McGarrity - Outstanding Y Nationals Swimmer
- Toby Shannon - Betty Taylor Spirit Award
- Bill Kirwin - Rookie of the Year
- Kristen Gizzi - Rookie of the Year
- Michelle Russo - Rookie of the Year
- Glenn Wangdahl - Most Improved
- Carolyn Foster - Most Improved
- Paul Cain - Coach's Award
- Bonnie Protzman - Coach's Award

Jack Iliff was recognized for making FINA Top Ten and being an All American. Recognition was also given to Sandy Swoboda and Christine Jorgensen for having done 15 Personal Best Times this year and to Record Breakers: Chris Ostrom, Doris Russell, Jim O'Connor, Marjie Pearsall, Jill Coleman, Ida Shiflett, Fran Weston, Gladney McKay, Nancy Sterling, Phil Kerr, Jill Springer and Nancy Brown.

Save the Date! SPY Maryland Masters is celebrating its 20th Anniversary on Saturday, September 16 at The Barn in Arnold. As of press time pertinent information is not complete, and will be disseminated via email. What is guaranteed is a fun time starting with Happy Hour, leading to a scrumptious dinner followed by good music. Y'all Come!

Coach Nancy Brown on TV

Early one morning, a little more than a month ago, I was pleasantly surprised to turn on the local Baltimore CBS TV station to see none other than Nancy being interviewed (without prepping, as she advises). Although the interview focused on the Coach's swimming acumen and her recent string of multiple National toppled records, Nancy kept plugging for Masters swimming in MD. Congratulations, Nancy, and the best to you in your efforts at "Worlds" in Stanford, CA!

USMS License Plates



You may recall reading several years ago in the Newsletter, that an effort was underway to procure "vanity" license plates with the USMS logo. For reasons unknown, the project never came to fruition. During our tenure as editors, Christine and I often mused about how much fun it would be to make this project happen before we "left the Board". I personally wanted nothing better hanging from the derriere of my Volvo wagon than the USMS Logo.

It appears that our "project" may become a reality. Let me bring you up to speed without boring you with the "bureaucratic" machinations. The MD MVA required that we have at least 25 members who have cars registered in Maryland. Happily, we have those names. Considering the fact that we are dealing with a multi-leveled, rule over-loaded entity, there were many hoops we were required to jump through.

Gratefully, Tracy Grilli of the National USMS office responded to our pleas for help. We even had help in the transcribing of the logo design by a member of the Board of the LMSC in Washington state!!

The Executive Committee of the USMS has, just this week, granted our request. It appears that we will be under the umbrella of the USMS, considering that we will be conforming with the use of the logo. This means that other residents of Maryland, no matter what LMSC they belong to, will be able to apply for the USMS plates.

The National office will delegate (at our suggestion), one person who will be the facilitator/expediter to the MD MVA.. Once approved by the MVA, anyone wanting a USMS plate will complete an application and send it to that representative.

For inquiries, please contact Christine at jorgensenc@yahoo.com or yours truly at ruth-reiner@comcast.net.

UMBC is looking for a coach for all Tuesday and Thursday evenings and to do one weekend practice a month.

Contact Carol Riley 410-747-4226 or email decleriley@verizon.net.

Salary is competitive.

How Many Swimmers Share Your Age Group?

Accepting the fact that I am a mediocre swimmer in my "age group", I wouldn't mind winning some medals for my effort. My rationale for not rating higher has been that my age group is over-crowded. When I recently read the USMS newsletter, "Streamlines", I happened upon some statistics, which shed some light on the subject. For those interested in age groupings, this may be of interest and even offer a surprise or two.

The data presented represents the distribution of members in the national USMS per age grouping. We have added comparable stats for our MD LMSC.

Age	National		Maryland	
	Women	Men	Women	Men
18-24	725	445	20	4
25-29	1401	954	27	24
30-34	1471	1311	28	18
35-39	1786	2056	43	31
40-44	2252	2617	59	38
45-49	2315	2958	45	38
50-54	1776	2486	22	27
55-59	1042	1843	9	22
60-64	591	1155	15	17
65-69	352	645	10	12
70-74	233	421	3	9
75-79	168	297	2	1
80-84	104	154	1	3
85+	65	99	2	2
Total	14281	17441	286	246

Or if you are interested in the percentage breakdown:

Age	National		Maryland	
	Women	Men	Women	Men
18-24	5.1%	2.6%	7.0%	1.6%
25-29	9.8%	5.5%	9.4%	9.8%
30-34	10.3%	7.5%	9.8%	7.3%
35-39	12.5%	11.8%	15.0%	12.6%
40-44	15.8%	15.0%	20.6%	15.4%
45-49	16.2%	17.0%	15.7%	15.4%
50-54	12.4%	14.3%	7.7%	11.0%
55-59	7.3%	10.6%	3.1%	8.9%
60-64	4.1%	6.6%	5.2%	6.9%
65-69	2.5%	3.7%	3.5%	4.9%
70-74	1.6%	2.4%	1.0%	3.7%
75-79	1.2%	1.7%	0.7%	0.4%
80-84	0.7%	0.9%	0.3%	1.2%
85+	0.5%	0.6%	0.7%	0.8%
Total	100.0%	100.0%	100.0%	100.0%

And Christine (a Swim Geek) has even calculated the percentile ages for each group. It looks like our LMSC is actually younger than the national average.

Percentile	National		Maryland	
	Women	Men	Women	Men
25 th	35.0	39.1	34.5	37.7
50 th (Median)	44.1	47.4	42.1	46.0
75 th	52.1	55.9	49.1	56.1

Swimmer of the Year

What team mate of yours or other swimmer in the Association has impressed you with their enthusiasm for the sport, the number of meets they participate in, their commitment to practice, the countless hours they log in support of the team? These are a few of the criteria for nominating them for "Swimmer of the Year". Then, of course, are the more obvious "credentials", such as achieving consistent personal best times, "Top 10" and other State and National honors, and breaking team, meet, state, national and world records.

I think you get the picture. Each one of you has someone whose profile fits inside this framework. Why not consider nominating them for "Swimmer of the Year"?

Please email outgoing Chair, Patty Devanny at pdevanny@fountainheadtitle.com by August 15th with your "Swimmer of the Year's" name.



The Maryland Swim Times is the newsletter of the United States Masters Swimming—Maryland LMSC.

Co-editors

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Swim Events Calendar

Date	Event / Contact info	Deadline
Jul 23	DCRP Long Course Meet - East Potomac Pool, Hains Pt., Washington, DC Max Kukoy, 202-250-5921, pvmasters.org ;	Jul 14
Jul 29	USMS 1 Mile Open Water Championships , Cleveland, Ohio, www.usms.org http://www.usms.org/longdist/ldnats06/1mientry.pdf	Jul 22
Jul 30	Maryland LMSC Summer Series LCM—UMBC , Mike Jacobson at (410) 493-5233 before 10pm or email: CoachMike@cmym.us	Deck Entry
Aug 4-10	2006 XI FINA world Masters Champs (LCM) - Palo Alto, CA www.2006finamasters.org	Closed
Aug 12	USMS 6+ Mile Open Water Championships (10 km) , Ft Collins, CO George Thornton, (970) 482-1818, louiset36@comcast.net	Closed
Aug 20	Maryland LMSC Summer Series SCM—Easton, MD Mike Jacobson at (410) 493-5233 before 10pm or email: CoachMike@cmym.us	Deck Entry
Aug 26-27	Colonies Zone LCM Championships - Fairfax, VA Eric Nordlund, 301-474-8382, ericswims@yahoo.com ; www.pvmasters.org	Aug 16
Sep 9	Lake Montclair 1& 2 Mile Lake Swims , Dumfries, VA Wayne White, 703-602-6880, www.vaswim.org	Sep 4
Sep 9	USMS 3–6 Mile Open Water Championships (5 km) , Lake Michigan, Chicago http://www.usms.org/longdist/ldnats06/5kentry.pdf	Aug 31
Sep 22	Maryland Senior Olympics - Aquatic Events http://pages.towson.edu/phadams or 410 704-4456	Aug 25
Oct 29	Patriot Masters Sprint Classic - Goerge Mason University, Fairfax, VA Cheryl Ward, 703-359-5366 , www.pvmasters.org	Oct 16
Dec 2-3	Terrapin Masters The Turtle and the Blue Moon SCM, U of Md Michael Lee: 301 474-1178, Korthain@yahoo.com	Nov 10
Dec 10	24th Annual Univeristy of Maryland 1000/1650 SCY, Catholic University David Diehl, 301-946-0649 H (before 9PM) or 301-314-5372 W , www.pvmaster.org	Dec 4
May 15 - Sep 15	USMS 5 and 10 Kilometer Postal Championships (50 meter pools only) http://www.usms.org/longdist/ldnats06/5k10kentry.pdf	Oct 1
Sep 15 - Nov 15	USMS 3000/6000 Yard Postal Championships (25 yard pools only) http://www.usms.org/longdist/ldnats06/3k6kentry.pdf	Nov 25

Please note that entries deadlines are usually the date the entry must be received, not postmarked.

Entry forms are provided in the newsletter for events sponsored by the Maryland LMSC, Colonies Zone, or National USMS only. Check web sites for other entry forms and details.



National USMS Awards

All American

To be recognized as attaining All American status, a swimmer must post the fastest time in an event/age group in at least one course of the three official courses (Short Course Yards, Short Course Meters, Long Course) or in one of the recognized Long Distance Championships. The following were so recognized for 2005.

Short Course Yards

W85-89 Doris B Russell

50 Fly 1:06.35

100 Fly 2:47.27

M50-54 Jim O'Connor

200 Fly 2:02.75

M90-94 Raymond Edelhoff

100 Breast 3:32.14

Short Course Meters

M60-64 Jack Iliff

400 IM 5:53.78

Relays

Joan Libby, Christine Jorgensen,
Nancy Brown, Sally Iliff

Long Distance

30-34 Kevin Joubert

10K Postal 2:36:37.47

>6 Mile Swim 3:00.3

Broken Records!

Congratulations to **Nancy Brown** who has broken the following **USMS National** records in 2006:

Nancy Brown W70-74

100 Back (SCY) 1:23.67 and 1:22.54

200 Back (SCY) 3:03.15

400 IM (SCY) 6:40.92

100 Back (SCM) 1:34.24

And the following Maryland swimmers set new Colony Zone SCY records at the meet in April.

Elizabeth Schlicher W20-14

1650 Free 18:42.0

Nancy Sterling W50-54

100 Free 1:03.9

Jim O'Connor M50-54

200 Fly 2:05.1

Nancy Brown W70-74

50 Free 33.35

100 Free 1:13.9

50 Back 39.48

100 Back 1:23.7

100 IM 1:26.1

200 IM 3:10.1

The Individual Short Course Meters Top Ten for 2005 was announced after the last newsletter. The following Maryland LMSC swimmers made the list.

Top Ten

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SCM

M25-29	Michael Iacchei	W35-39	Karen Wotton
7	100 Fly 1:00.94M	4	400 Free 4:48.88M
M60-64	Jack Iliff	W35-39	Kathy A Webster
1	400 IM 5:53.78M	4	200 Back 2:39.23M
4	50 Fly 30.86M	5	400 IM 5:44.07M
5	50 Breast 37.64M	6	200 Fly 2:49.40M
9	100 Free 1:05.34M	W45-49	Katherine A Branch
W18-24	Cynthia Neat	2	400 IM 5:49.23M
4	100 Fly 1:16.54M	3	200 Fly 2:45.27M
8	200 Free 2:26.18M	4	100 Fly 1:15.48M
W18-24	Katherine Niblett	W50-54	Nancy Sterling
9	50 Back 36.64M	5	200 IM 2:59.40M
W18-24	Melinda Apple	W60-64	Christine Jorgensen
3	50 Fly 32.54M	8	100 Back 1:45.35M
4	200 IM 2:43.97M	W60-64	Sally Iliff
W25-29	Jenny Harvey	2	200 Fly 3:40.42M
2	200 Breast 2:58.95M	3	100 Fly 1:41.40M
W25-29	Kathryn Vansickle	5	400 IM 7:51.93M
9	100 Free 1:03.36M	7	200 Free 3:11.03M
10	50 Breast 39.17M	W65-69	Beverly Little
W30-34	Kristin Tucker	8	50 Back 54.44M
5	50 Free 29.59M	W65-69	Nancy Brown
7	50 Fly 33.00M	2	50 Back 45.09M
		4	200 Back 3:35.94M
		5	200 Free 3:10.08M

More Awards

Top Ten - FINA

The international Masters swimming organization, Federation Internationale de Natation or FINA, has announced the Top Ten swimmers worldwide for 2005. These names should come as no surprise to member of the Maryland LMSC:



Short Course (Meters only)

M60-64	Jack Iliff		
2	400 IM	5:53.78M	
7	50 Fly	30.86M	
W35-39	Karen Wotton		
8	400 Free	4:48.88M	
W45-49	Katherine A Branch		
5	400 IM	5:49.23M	
4	200 Fly	2:45.27M	
W50-54	Nancy Sterling		
10	200 IM	2:59.40M	
W60-64	Sally Iliff		
3	200 Fly	3:40.42M	
W65-69	Nancy Brown		
10	50 Back	45.09M	
9	200 Back	3:35.94M	

Long Course

W50-54	Nancy A Sterling		
9	400 IM	6:40.24M	
W65-69	Nancy Brown		
10	800 Free	14:16.74M	
5	400 IM	8:06.10M	

Mini Series Challenge

As part of the Carol Chidester Swim Series, an award 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 this year.

Nick Burley	Scott Singler
Donna Brown	Jeffery Smith
Nancy Brown	Nancy Sterling
Robert Gensler	Susan Taylor
Richard Hrybyk	Raymond Toy
Christine Jorgensen	Rand Vaillancourt
Yu-Jin Lee	Tom Walsh
Carla Mazyck	Lynda Wiggins
Linda Rudie	

Anyone on the list who did not receive their award, should call Nancy Brown at 410-255-0699 (You will be glad you did)

The following Maryland LMSC swimmers received awards at the Great Chesapeake Bay Swim - June 11, 2006

4.4 Mile Bay Swim

3rd place overall Men - Brian Benda 1:32.42

Age

Place	Swimmer	Age	Time
1	Elizabeth Schlicher	24	1:43:48
5	Kevin Joubert	34	1:48:39
4	Jolanda Karten	33	1:59:54
5	Tobi Limke	31	1:59:58
2	Amanda Hudson	35	1:52:24
3	Annette Holmgren	41	2:01:34
5	Rebecca Mesarch	40	2:07:15
3	Russell Shiels	45	1:44:51
4	Kurt Pfaff	53	1:50:26
5	Philip Hoge	50	1:50:36
3	Viki Anders	56	3:12:37
2	Bill Conroy	62	2:14:43
4	Jack Iliff	61	2:19:40
1	Sally Iliff	60	2:49:34

1 Mile Challenge

1st place overall Men - Craig Jones 23:37

Age

Place	Swimmer	Age	Time
1	Chelsea Rasmussen	22	30:22
2	Jenny Harvey	29	27:12
3	Melinda Apple	25	27:20
3	Saman Nazarian	33	27:32
1	Betsy Coe	37	27:10
2	Natalie Janiszewski	39	28:32
3	Bonnie Protzman	38	30:33
3	Susan Taylor	48	35:58
5	Carole Owen	45	37:44
2	Elizabeth Gruber	57	39:40
1	Philip Kerr	71	31:19
2	George Murray Jr	70	35:34

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: Tuesday and Wednesdays at 7:00PM, Thursday and Fridays at 06:00AM
Contacts: Aquatic Director:Dana KIELTY:dkielty@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

University Of Maryland Baltimore County
Wilkins Avenue (near Rt. 695) Catonsville, Maryland
Lap Swim / Workout Times: M 5:30-7 am, TTH 6-7:30 am, 7:30-9:00 pm, SS 8-10 am
Contacts: Darlene Schaub at (410) 455-2679 or CoachDarlene@mindspring.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 - Eldersberg
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

2006 MARYLAND LMSC SUMMER SWIM SERIES

Meet #1 ~ Long Course Meters @ UMBC

Sanction #096-009 by the Maryland Association of U.S. Masters Swimming, Inc.

- WHEN:** Sunday, July 30th, 2006
Warm-up at 4:00 pm
Meet starts promptly at 5:00 pm; After the meet there will be a cook out.
- WHERE:** University of Maryland Baltimore Campus (UMBC) in Catonsville, Maryland
- FACILITY:** A modern, 8-lane, 50 meter outdoor pool. A fully electronic timing system and non-turbulent lane markers will be used.
- RULES:** USMS rules will apply. The standard age groups will be used for all events. **All swimmers must be registered with USMS.** USMS Registration forms will be present and accepted at the meet (the registration cost at the meet will be \$27, which is a discount of \$10 and is for new members only).
- ENTRIES:** This meet is FREE to all Maryland LMSC registered swimmers. All other LMSCs will be \$5 charge per swimmer, regardless of the number of events which are entered.
- Each swimmer is limited to 3 individual events and 2 relays.
- This meet will be deck-entered and the entry cards will **ONLY** be available at check-in table.

ORDER OF EVENTS

- | | | | | | |
|----|-------|-------------------|-----|-------|-------------------|
| 1. | 400 m | Individual Medley | 9. | 100 m | Breaststroke |
| 2. | 50 m | Butterfly | 10. | 100 m | Butterfly |
| 3. | 200 m | Freestyle | 11. | 50 m | Backstroke |
| 4. | 100 m | Backstroke | 12. | 200 m | Individual Medley |
| 5. | 200 m | Breaststroke | 13. | 200 m | Butterfly |
| 6. | 50 m | Freestyle | 14. | 100 m | Freestyle |
| 7. | 200 m | Backstroke | 15. | 50 m | Breaststroke |
| 8. | 400 m | Medley Relay | 16. | 400 m | Free Relay |
| | | | 17. | 400 m | Freestyle |

DIRECTIONS TO THE MEET

From the Baltimore Beltway (Rt. 695):

Exit 12, Wilkens Ave West. UMBC is ½ 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 stop light. 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.

2006 MARYLAND LMSC SUMMER SWIM SERIES

Meet #2 ~ Short Course Meters @ Easton, MD

Sanction #096-010 by the Maryland Association of U.S. Masters Swimming, Inc.

- WHEN:** Sunday, August 20th, 2006
Warm-up at 9:00 am
Meet starts promptly at 9:45 am; A cook out will be held after the meet.
- WHERE:** George Murphy Pool in Easton, Maryland
- FACILITY:** 6-lane, 25 meter outdoor pool.
- RULES:** USMS rules will apply. The standard age groups will be used for all events. **All swimmers must be registered with USMS.** USMS Registration forms will be present and accepted at the meet (the registration cost at the meet will be \$27, which is a discount of \$10 and is for new members only).
- ENTRIES:** This meet is FREE to all Maryland LMSC registered swimmers. All other LMSCs will be \$5 charge per swimmer, regardless of the number of events which are entered.
- Each swimmer is limited to 3 individual events and 2 relays.
- This meet will be deck-entered and the entry cards will **ONLY** be available at check-in table.

ORDER OF EVENTS

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

DIRECTIONS TO THE MEET

Address of George Murphy pool is 510 Port Street, 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.

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.



2006 Colonies Zone Long Course Championships

Sanctioned by Potomac Valley LMSC for USMS, Inc. #106-10

August 26 & 27, 2006

George Mason University McKay Natatorium • Fairfax, Virginia

Saturday Warmups: 1:00 pm • Meet: 2:00 pm

Sunday Warmups: 8:00 am • Meet: 9:00 am

Meet Director: Eric Nordlund (ericswims@yahoo.com, 301-474-8382, before 8:30pm)

Entries: Jeff Roddin (jroddin@pvmasters.org, 240-464-3982)

Facilities

George Mason University McKay Natatorium 50-meter competition pool using automatic timing. 8-lanes will be used for competition. A separate 6-lane 25-yard pool will be available for continuous warm-up/cool-down throughout the meet.

Meet Rules

Current US Masters Swimming rules apply. All swimmers must be registered with USMS. All swimmers must include a copy of their USMS registration card with their entry. Lap counter cards will be provided for the distance events, however, swimmers must provide their own counter to operate them.

Entries & Fees

Entries must be received by Wednesday, August 16. No deck entries will be accepted. Competitors may enter up to 5 individual events per day, plus relays. Send entries to:

Jeff Roddin, Entries
13548 Coachlamp Ln
Silver Spring, MD 20906-5835
240-464-3982

Relays

Relay Deck Entries will be accepted at the meet **before 1:00 pm for Saturday** and **before 8:00 am for Sunday**. They can also be mailed in with the entry form. Relays are \$10 each. Relay entry forms are available at www.pvmasters.org.

Awards

Medals will be awarded for first through third place in each event for each age group. Special Championship awards to the high-point team in Large, Medium, and Small team categories. Individual events are scored 9-7-6-5-4-3-2-1, relays 18-14-12-10-8-6-4-2.

Records

If a National or World Record is possible, please notify meet officials so that sufficient back-up timers can be provided.

Seeding

Except for the 800, events will be seeded slowest to fastest, men and women combined. No Time entries will be seeded in the slowest heat. The 800 Free will be limited to the first 32 swimmers entering the event with the fastest heat of swimmers swimming first.

The 800 Free

You must check in **Saturday before 3 pm** or you will be scratched.

Tee Shirts

Ray Novitske (USMS award winning artist) will design custom meet tee shirts. They may be pre-ordered for \$15.

Results

Results will be posted on the Potomac Valley Masters website (www.pvmasters.org) or by mail per request for \$5. Results will be submitted for USMS top-ten recognition.

Directions

From I-495 (Capital Beltway) take Exit 54, Braddock Road, west. Go about 5 miles to George Mason University. Before the stop light turn right onto Nottaway and park in Parking Lot C on the right. For Internet directions, the address is 4400 University Dr., Fairfax, VA 22030.

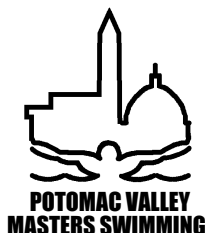
Hotels

Best Western, 3535 Chain Bridge Rd., Fairfax 703-591-5500; 2 miles
Comfort Inn, 11180 Main St., Fairfax 703-591-5900; 3 miles
Courtyard by Marriott Fairfax/Fair Oaks 703-273-6161; 2 miles
Hampton Inn, 10860 Lee Hwy, Fairfax 703-385-2600; 4 miles
Hyatt Fair Lakes 703-818-3181; 4 miles

Questions

Meet Director: Eric Nordlund, ericswims@yahoo.com
(301) 474-8382 (before 8:30pm please)

Entries: Jeff Roddin, jroddin@pvmasters.org, 240-464-3982



2006 Colonies Zone Long Course Championships

Sanctioned by Potomac Valley LMSC for USMS, Inc. #106-10

August 26 & August 27, 2006

George Mason University McKay Natatorium • Fairfax, Virginia

USMS # _____ Birthday _____

Name _____

Address _____

Club _____ Age _____ Sex _____
(as of 12/31/06)

Attach a copy of your USMS card here

Saturday August 26, 2006

Warmups: 1:00 pm • Meet: 2:00 pm

Event	Seed Time (LC Meters)
1) 400 Mixed Free Relay	Use Relay Form
2) 200 Mixed Medley Relay	Use Relay Form
3) 200 Free	_____ : _____ . _____
4) 50 Back	_____ : _____ . _____
5) 200 Breaststroke	_____ : _____ . _____
6) 400 IM	_____ : _____ . _____
7) 100 Fly	_____ : _____ . _____
8) 50 Free	_____ : _____ . _____
9) 200 Backstroke	_____ : _____ . _____
10) 50 Breaststroke	_____ : _____ . _____
11/12) 400 Medley Relay	Use Relay Form
13/14) 200 Free Relay	Use Relay Form
15) 800 Free	_____ : _____ . _____

Sunday August 27, 2006

Warmups: 8:00 am • Meet: 9:00 am

Event	Seed Time (LC Meters)
16) 400 Mixed Medley Relay	Use Relay Form
17) 200 Mixed Free Relay	Use Relay Form
18) 800 Mixed Free Relay	Use Relay Form
19) 100 Free	_____ : _____ . _____
20) 200 Fly	_____ : _____ . _____
21) 100 Breast	_____ : _____ . _____
22) 200 IM	_____ : _____ . _____
23) 100 Back	_____ : _____ . _____
24) 400 Free	_____ : _____ . _____
25) 50 Fly	_____ : _____ . _____
26/27) 400 Free Relay	Use Relay Form
28/29) 200 Medley Relay	Use Relay Form
30/31) 800 Free Relay	Use Relay Form

Surcharge \$ 25.00

Tee-Shirt (\$15) Please circle: S M L XL _____

Events @ \$5 each _____

Relays @ \$10 each _____

Results Mailed @ \$5 each _____

TOTAL ENCLOSED \$ _____

Results will be posted online at: pvmasters.org.

Check payable to: Potomac Valley LMSC.

Send entry to:

Jeff Roddin, Entries
13548 Coachlamp Ln
Silver Spring, MD 20906-5835
240-464-3982

RELEASE BY PARTICIPANT FROM LIABILITY: "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."

Signature _____ Date _____ Phone _____ Email: _____

Converting Yards to Meters

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
2. Multiply by 1.1
3. 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)

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.

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

