



The Georgia Masters Newsletter

Swimming in Georgia

September 2008

Don't Miss These Events!

Peachtree City SCY Pentathlon – September 20

Info and entry form are included in this newsletter and also posted on the Dixie Zone website. This is a Category II meet (times do count for Top Ten & Records). Hosts are the **Southside Seals**. The facility is the Kedron Pool (**outdoors!**) in Peachtree City. See directions on the info page. For swimmers competing in the pentathlon, there are actually 3 choices of pentathlons:

- Sprint – 50s of each stroke, 100 IM
- Middle Distance – 100s of each stroke, 200 IM
- Ironman – 200s of each stroke, 400 IM

There will also be forms available for the National USMS Postal Pentathlon. You can use your results from this meet to compete in that if you choose. You also have the choice of competing in any 5 individual events of your choice, so pentathlon events are not required.

The meet will be held on Saturday morning, September 20. It's usually done my noon at the latest. Directly following the meet is a luncheon social at the nearby home of **Karol Welling** (no additional charge for meet participants).

For questions, contact meet director **Rob Copeland** at rob_copeland@comcast.net.

Georgia LMSC Annual Meeting – September 20

As has been our tradition for the last several years, we will have our Georgia LMSC Annual Meeting during the luncheon social (see above) for the Peachtree City meet at Karol Welling's home. Directions to Karol's from the pool will be posted at the meet. For those not attending the meet but coming just to the luncheon/Annual meeting, see the following directions:

Karol's address:
115 Stoneacre Curve
Peachtree City, Georgia
770/631-9195
Krw83@mindspring.com

This Month!!!
September 24-28

**2008 National
USMS Conference
Atlanta**

**We still need
volunteers!**

From I-85, take exit 61 (Peachtree City & GA 74). Go **south** for 8 miles (note: after 7 miles, you'll reach the Peachtree City city limits -- you now have 1 mile and 3 traffic lights to go.)

At the traffic light intersection of Kedron Dr & GA 74, turn **left**. On your left, you'll pass entrances to Region's Bank and Kedron Elementary School.

Pool entrance is just past there (on left). Continue on Kedron Dr past the pool entrance. The Stoneacre subdivision is the 2nd subdivision on the **left**. Turn left on Stoneacre Curve. Karol's house is at the bottom of the hill – white with blue shutters.

Karol advises people to park across the street (or at the pool-it's walking distance), unless they have a truck or bigger SUV. Karol will mark the cart path from the pool to her house-easy to follow!

For those from outside the Atlanta metro area, following are some nearby hotels:

- Holiday Inn & Suites 770/487-2330
- Hampton Inn (same phone number as above)
- Wyndham Peachtree Conference Center 770/487-2000
- Day's Inn 1/800/329-7466
- Sleep Inn 770/486-0044
- Best Western 877/455-1234

As mentioned in the above section, Peachtree City pentathlon swimmers have the fee for their luncheon already included in their entry fee. If you are coming to the luncheon meeting and **not** attending the meet, there's a \$5 surcharge. Delicious food – Karol is a fantastic cook!

Agenda items will include setting the 2009 Georgia calendar, as well as making final plans for the upcoming **USMS convention**, which will be the very next week – September 24-28 – at the downtown Hyatt Regency in Atlanta.

Please come support your team and your LMSC! Our LMSC can only be as good as the involvement of our members.

Recaps of Last Month's Meets

USMS Convention – September 24-28

Last chance to volunteer to help out at this year's USMS Convention in Atlanta's downtown Hyatt Regency . Our Convention Coordinator is **Karol Welling** (our very same luncheon hostess).

Please contact Karol if you have any time to volunteer during these days (Wednesday through Sunday).

Our responsibilities are manning and stocking the Hospitality Suite during the convention – so we need manpower and supplies. Karol's contact info is listed above (see **Annual Meeting** section). Also see Karol's list of what we need in another section of this newsletter.

St Nicholas SCM – Change of Date

Looks like our St Nick meet will be a little early this year. Due to Thanksgiving falling so late in November this year, our St Nick hosts **Atlanta Rainbow Trout** were not able to schedule the meet in December since other age group meets being held at Georgia Tech are being pushed back a week.

The new proposed (still tentative) date is **November 20** which is the Saturday before Thanksgiving. Swimmers can get an early start on getting in the Christmas spirit at this meet! More on this in the next newsletter.

LC Nationals Recap (from Donna Hooe)

Georgia was well represented this year at the 2008 Long Course Nationals in Mt. Hood, Oregon. I think we brought the hot weather with us to this meet. Temperatures reached over 100 degrees but in the shade there was a nice breeze to keep us a little bit cooler. Whoever said we needed our parka's was WRONG!

We (**Lou, Betty, Ginny, Francine, and Donna**) began our trip with a warm send off from our Pilot **Karol Welling**. She put us down very gently in Portland.

We will start with the Georgia Masters contingent who did a fantastic job finishing 30th in the combined Team, 18 in the women's division (**Lou, Betty, Ginny, Francine, Lisa, and Donna**), and 47th in the men's division (not bad for **Bob** and **Rob**). Once again we can say everyone came home with a medal.

Of course what would you expect from **Francine Williamson** at a national championship? How about another world record! Congratulations on a new world record in the 100 free 1:09.29. She also placed 2nd in the 200 free, 4th in the 50 back, 2nd in the 400 free and 1st in the 50 free.

Rob Copeland our leader and socialite extradinair finished with a 4th in the 1500 free. He swam so late Thursday evening it was amazing he managed a 9th in the 400 IM the following morning. **Rob** also demonstrated to everyone just how the distance per stroke drill on fly goes with 12 strokes for a 50 fly.

Bob Bugg began with a 1st in the 200 free, 3rd in the 100 fly, 4th in the 50 fly, 2nd in the 100 free and after stopping by to pick up his medals from the previous day found the 50 just getting started. So he went rummaging thru the lost and found bin to find a suit and sported a Blue 70 suit he found there for an 8th place in the 50 free. Way to go Guys!

On the women's side we will start with the Brunswick contingent (new to the Georgia Masters team) **MaryLou (Lou) Stephens** started off with a fabulous 1st in the 1500 free, 8th in the 200 free, 8th in the 100 free, 9th in the 50 back and 7th in the 400 free.

Betty Veater placed 4th in the 800 free, 9th in the 200 free, 4th in the 100 breast, 8th in the 400 free and 4th in the 200 breast.

Ginny Bryson placed 9th in the 800 free, 6th in the 50 breast, 7th in the 100 breast, and 5th in the 200 breast.

Donna Hooe managed a 7th in the 1500 free, followed up with an 8th in the 400 IM, 9th in the 200 back, 5th in the 200 fly and 8th in the 50 free.

Lisa Watson joined us Friday and placed 8th in the 200 back and had a great 50 back.

Relays are always the fun part of Nationals and this year everyone participated in at least one relay. I may have had to twist an arm or too but this was truly a team effort.

The mixed 200 Medley Relay of **Bob Bugg, Ginny Bryson, Rob Copeland and Donna Hooe** finished 15th in a tough 160-199 age group.

Sorry Lou and Lisa for twisting your arms but you have to agree you guys did well. The women's 200 Free Relay placed 5th with **Francine Williamson, Lou Stephens, Lisa Watson and Betty Veater** in the 240-279 age group.

Our final relay finished 4th in the 200 Medley Relay with **Francine Williamson, Ginny Bryson, Donna Hooe** and **Betty Veater** in the 200-239 age group. Everyone did a great job and most of all WE HAD FUN!

The **Atlanta Water Jocks** were well represented as well placing 40th in the overall team standings and 21st in the men's division.

Robert Brown placed 1st in the 400 IM, 6th in the 50 breast, 6th in the 100 breast, 4th in the 200 IM and 4th in the 200 breast.

Bob Couch placed 2nd in the 800 free, 2nd in the 400 IM, 7th in the 200 free, 6th in the 400 free and 3rd in the 200 IM.

Bart Graham placed 2nd in the 200 back, 6th in the 100 free, 3rd in the 50 back, 2nd in the 100 back and 3rd in the 50 free.

We also had a mother daughter combination who swam unattached this year, hopefully we can get them to swim with the Georgia Masters team next year. Welcome to **Ashley & Judith Prokopiak**. They both did well for their first nationals. **Ashley** placed 4th in the 800 free, 9th in the 200 free, 9th in the 50 fly, 10th in the 100 free, and 6th in the 400 free. **Judith** and I met on deck as we awaited our 400 IM heat together. She placed 6th in the 400 IM, 8th in the 100 free and 6th in the 400 free.

We also had a lot of support from **Ed Saltzman** (we do appreciate all you do to make these meets possible). On the way home Ed found himself getting to know the security guards at the airport, I was tempted to get a picture but didn't.

Sorry everyone. Ed, Ginny, Lou, Betty and I found ourselves surrounded by infants on our four and a half hour plane ride home, oh what fun! NOT!

International Police and Fire Games – August 19

John Zeigler won four events in the 2008 International Police & Fire Games on August 19 at the Orlando YMCA pool.

John won the 100 yrd breaststroke, 100 fly, 100 back, and 200 IM, setting new international games records in the 60 and over age group. John also set a record in the 50 breast with the time split on the way to the record in the 100 yard race. This is in addition to the 10 previous games record set by Zeigler since 1996 in Salt Lake City for 50-54, and Cocoa Beach in 2000 and Ottawa, Canada, in 2002, for the 55-59 age groups.

John Zeigler swam two relays with Florida Police officers from Orlando and Tallahassee, and a retired fireman for Miami, to finish second in the 200 medley relay to team Russia, and a third place free style relay to two Russian teams, in the 50 and over age group.

The games were held while tropical storm Fay was swirling past the Walt Disney World venues on Tuesday causing some disruptions of events scheduled at outdoor sites.

The games are held every two years, alternating between an American city and an foreign city as host.

Upcoming Events

September 2008

20* *Peachtree City SCY Pentathlon*
20* *Georgia LMSC Annual Meeting*
24-28 **USMS Convention- Atlanta*

October 2008

No events scheduled

November 2008

1-2 *Columbia, SC -- SCM*
9* *Collins Hill 'Veteran's Day' SCY Developmental Meet*
20* *St Nicholas SCM Invitational @ Georgia Tech (tentative date)*

December 2008

No events scheduled

* Georgia LMSC meet.

Dixie Zone Website

For information about meets in the Dixie zone, visit:

<http://www.dixiezone.org/Meets.htm>

Deadline for Next Newsletter

If you'd like to add something to our next newsletter, please send it to Bob at bobk340@comcast.net by **September 29.**

Who Y'All Can Call

Lisa Watson, LMSC Chair	(770) 497-1901 or (678) 717-3646	lwatson@gsc.edu
Sean Fitzgerald, Vice-Chair	(404) 496-4422	Seanfit@gmail.com
Bob Kohmescher, Newsletter Editor	(770) 587-2192	bobk340@comcast.net
Ed Saltzman, Treasurer, Communications, Records, Sanctions for Swim Meets	(770) 442-9075	es7204@att.com
Bill Lotz, LMSC Registrar	(404) 261-1906	blotz@mindspring.com
Pat Frank, Coaches Chair	(404) 272-1312	ticoachpat@yahoo.com
Karol Welling, Secretary	(770) 631-9195	krw83@mindspring.com
Jeff Tacca, Member at Large	(404) 256-0733	jtacca@comcast.net
John Zeigler, Fitness	(770) 972-7981	jvzeigler@bellsouth.net
Rob Copeland, Safety & Long Distance	(678) 817-1602	rob_copland@comcast.net

Swim Websites

Georgia Masters Swimming	www.georgiamasters.org
Atlanta Rainbow Trout	www.atlantarainbowtrout.com/
Aiken-Augusta Swim League	www.swimasl.org/masters.htm
Atlanta Water Jocks	www.atlantawaterjocks.com
Augusta Masters Riptides	www.augustariptides.com
Dynamo Masters	www.dynamomasters.com/index.html
Dixie Zone	http://www.dixiezone.org
Greater Augusta Swimming	www.gasswim.com
Savannah Masters	www.savannahmasters.org
SwimAtlantaMasters	www.swimatlantamasters.com/

Georgia Teams & Clubs

Team/Club	Abbr	Team Rep	Phone
Americus Blue Tide	ABY	Tim Demott	(229) 924-3863
Atlanta Rainbow Trout	ART	Sean Fitzgerald	(404) 496-4422
Atlanta Water Jocks	AWJ	Lorenzo Benucci	(404) 441-3352
Greater Augusta Swimming	GAS	Jeffrey Rout	(864) 333-2939
Marlins Masters	LINS	Yit Aun Lim	(770) 516-3668
Oxford College Swim Club	OXSC	Anthony Gonzales	(770) 784-4675
Stingrays Masters	RAY	Keith Berryhill	(770) 427-6717

Georgia Superteam (GAJA)

Team/Club	Abbr	Team Rep	Phone
GEORGIA	GAJA	Lisa Watson	(770) 497-1901
Aiken-Augusta Swim League	ASLM	Adam Byers	(706) 495-8468
Americus Blue Tide	ABT	Tim De Mott	(229) 924-3863
Augusta Masters Rip Tides	AMRT	Jenny Baldowski	(706) 556-1476
Classic City Masters	CCM	Raymond Woller	(706) 549-0515
Dynamo Swim Club Masters	DYNA	Maria Thrash	(770) 457-7946x20
Georgia Masters Killer Whales	GMKW	Lisa Watson	(770) 497-1901
Habersham Masters Swim Team	HMST	Katie Ralston	(706) 754-3650
Hurricane Masters Swim Team	HURR	Brian Jennings	(706) 561-2547
Savannah Masters	SAVM	Walt Weed	(912) 656-5562
Southside Seals	SSS	Karol Welling	(770) 631-9195
Swim Atlanta Masters (Duluth)	SAMS	Kim Hurst	(678) 442-7946
Swim Atlanta Masters (Roswell)	SAMS	Kim Hurst	(678) 442-7946
Zaban Sharks	ZS	Ashley Kornblut	(678) 812-3861



2008 Georgia Masters SouthSide Seals Swim Team Peachtree City Pentathlon

Saturday, September 20, 2008

Warm-ups 9:00 Meet Starts 10:00 am

Sanctioned by GA-LMSC for USMS, Inc.: Sanction Number 458-S06

Hosted by Peachtree City - SouthSide Seals Swim Team

Meet Director – Rob Copeland, Meet Referee – Ralph McCrory



- Facilities:** Kedron Fieldhouse and Aquatic Center
202 Kedron Drive, Peachtree City, GA 30269
One eight lane – 25 yard pool – competition course, with a four lane warm-up/warm-down pool.
Electronic timing. Deck space for 100+ swimmers, and spectators.
- Directions:** From 1-85 take Exit #61 (GA-74) South, towards Peachtree City. Go 8.4 miles to stop lights at Kedron Drive. Turn Left on Kedron Drive, the Kedron Fieldhouse/Aquatic Center driveway is 0.2 miles on your left.
- Eligibility:** Open to all 2008 registered United States Masters Swimming (USMS) members 18 years or older as of September 20, 2008.
- Rules:** 2008 USMS rules apply.
- Entries:** Maximum of five individual events, plus two relays. You may enter any events you choose. However, to be eligible for one of the 3 pentathlons, you must enter as follows:
Sprint Pentathlon – 50 Fly, 50 Back, 50 Breast, 50 Free, plus 100 IM
Middle Distance Pentathlon – 100 Fly, 100 Back, 100 Breast, 100 Free, plus 200 IM
Iron Man Pentathlon – 200 Fly, 200 Back, 200 Breast, 200 Free, plus 400 IM
- Deadline:** Entries must be received by September 18th. Mail your entry form, copy of your 2008 USMS card, and check for \$25.00 payable to SouthSide Seals to:
Rob Copeland
100 Grouse Point
Fayetteville, GA 30215
- Deck Entries** will be accepted up until the start of the meet, at a fee of \$30.00. Deck entrants will be seeded into open lanes of existing heats.
- Information:** Contact Rob Copeland – Phone: (404) 667-7902 E-Mail: rob_copeland@comcast.net
- Seeding:** All events are pre-seeded and timed finals. Heats are seeded and swum from slowest to fastest, with men and women seeded together.
- Awards:** Ribbons for 1st through 3rd places by age group and men and women for individual events. Men and Women Pentathlon winners (lowest cumulative time for the 5 events) in each age group and for each Pentathlon distance (Sprint, Middle Distance & Iron Man) receive special awards!
- Fees:** \$25.00 - Individual event fees must accompany entries and are non-refundable. Make checks payable to SouthSide Seals. Deck entrant fees are \$30.00.
- Warm-Up:** The pool will be available for warm-up from 9:00 to 10:00 am. Warm-up/warm-down lane(s) will be available during the entire meet.
- Relays:** Relay swimmers must be entered in at least one individual event. Relays will be deck entered. Relay entry forms will be provided and must be submitted 45 minutes before the relay event.
- Social:** A social gathering and the Georgia LMSC Annual Meeting will follow the meet. The social is free to all meet entrants and \$5.00 for each non-entrant. Last year, everyone had a great time, so don't miss out. Details and maps will be available at the meet.

2008 Georgia Masters – SouthSide Seals Swim Team – Peachtree City Pentathlon

September 20, 2008

Name: _____
 Address: _____
 City/State/Zip: _____
 Sex: ____ Age (as of 09/20/08): _____
 USMS # _____ Club: _____
 Telephone: _____
 E-Mail: _____

REMEMBER:
 ___ Complete information above and attach USMS card Right
 ___ Sign and Date the Liability release
 ___ Include a check for \$25.00, payable to SouthSide Seals
 ___ Plus \$5.00 for each additional social attendee
 ___ Mail to Rob Copeland; 100 Grouse Point; Fayetteville, GA 30215

Your entry will not be processed without a copy of your 2008 USMS Registration Card. Attach copy **HERE**.

Event #	Distance	Stroke	Group	Seed Time (or NT)	
1	400	Medley	RELAY	Deck Entered	➤ Circle the Event # and enter your yards seed time or NT for no time. ➤ Limit of five individual events. ➤ All Relays will be deck entered. ➤ Warm-up at 9:00 am ➤ Meet starts at 10:00
2	400	IM	Iron Man	____:____.____	
3	500	Free	Non-Pentathlon	____:____.____	
4	100	Fly	<i>Middle Distance</i>	____:____.____	
5	50	Back	Sprint	____:____.____	
6	200	Free	Iron Man	____:____.____	
7	200	IM	<i>Middle Distance</i>	____:____.____	
8	50	Fly	Sprint	____:____.____	
9	200	Breast	Iron Man	____:____.____	
10	100	Free	<i>Middle Distance</i>	____:____.____	
11	100	IM	Sprint	____:____.____	
12	200	Free	RELAY	Deck Entered	
13	200	Mix Medley	RELAY	Deck Entered	
14	200	Back	Iron Man	____:____.____	
15	100	Breast	<i>Middle Distance</i>	____:____.____	
16	50	Free	Sprint	____:____.____	
17	200	Fly	Iron Man	____:____.____	
18	100	Back	<i>Middle Distance</i>	____:____.____	
19	50	Breast	Sprint	____:____.____	
20	200	Mix Free	RELAY	Deck Entered	
21	200	Medley	RELAY	Deck Entered	

Liability Release: "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 _____