



The Georgia Masters Newsletter

Swimming in Georgia

March 2017

Don't Miss These Events

St Patrick's Day SCY March 25-26



The deadline for entries for the upcoming St Patrick's Day SCY Invitational at the Dynamo Swim Center is **March 23** (must be RECEIVED by that

date). Entries received after that date will be treated as deck entries. This is our first big Georgia meet of the year, and the first event of the 2017 Georgia Grand Prix series. The entry is on the Georgia website (www.georgiamasters.org) or https://www.clubassistant.com/club/meet_information.cfm?c=2396&smid=8680.

For distance swimmers, the 1000 free is limited to the first 30 swimmers, so be sure to list an alternate event, just in case.

Saturday, March 25, will have 2 sessions:

1. 1000 free – warmups are at 9:00am and the first heat starts at 9:45.
2. Second session starts no earlier than 10:30am for the remaining events.

Sundays session will begin at 10:00am with warmups at 9:00am.

Host team is **Dynamo Masters**. For questions, contact meet director Sam Wilson at Sam@Dynamoswimclub.com.

Georgia LMSC Mid-Year Meeting April 2

Our annual mid-year dinner meeting will held at **Rio Bravo** in Buckhead at 5:30pm on Sunday, April 2. We started this tradition several years ago- and have found it's nice to have another face-to-face meeting in addition to our annual meeting. Think of it as an opportunity to have a pleasant dinner with fellow swimmers, and we'll conduct a little business while we dine. This meeting is open to all. Please contact **Lisa Watson** at lisa.watson@ung.edu if you'd like to attend. We need a head count for the restaurant a couple of days before the dinner. We'll send out an electronic bulletin with directions to Rio Bravo shortly before the meeting.

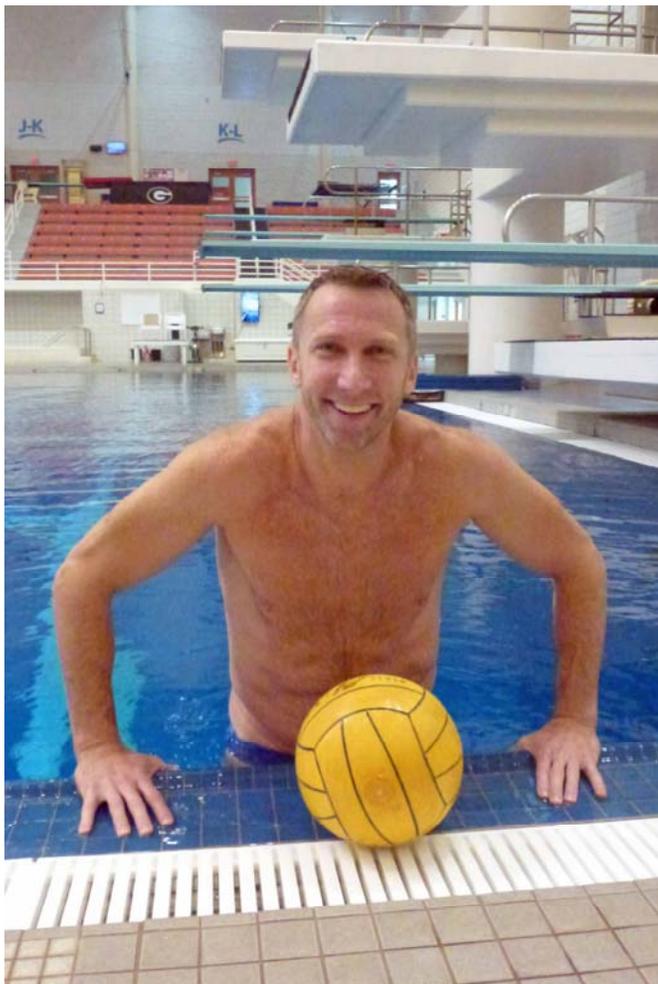
ART Spring Splash – April 23



Our next big swim event is the annual **Rainbow Trout Spring Splash** at Georgia Tech on Sunday, April 23. The meet info and entry are included in this newsletter and will also be posted on the Georgia and Dixie Zone websites. Warmups are at 9:00am and the meet starts at 10:00am. Positive check in is required for the 1650. Entry deadline is April 14 for paper entries and April 18 at 11:59pm for online entries. Paper entries received after the deadline will be assessed a \$10 late fee. Enter early, as no new heats will

be created for any late or deck entries. Contact meet director **Sean Fitzgerald** at Seanfit@gmail.com for questions.

This will be Sean's last time as meet director. He's moving to Vancouver! Thanks to Sean for serving as meet director for both the St Nick and Spring Splash meets throughout the years as well as his many other contributions to Georgia Masters swimming.



USMS Nationals – April 27-30

Note that the absolute deadline for entering the upcoming USMS Spring (SC) Nationals in Riverside, CA is **March 27**. Unlike other meets, this is an absolute deadline, with no late entries allowed. You can enter online by accessing the

USMS website (www.usms.org) and clicking on 'Nationals.'

2017 Grand Prix Series

The following events have been chosen for the 2017 Georgia Grand Prix Series:

- March 25-26 St Patrick's Day SCY
- TBA* Bulldog LC @ UGA
- July Georgia Games Open Water
- September 10 SSS Pentathlon (tentative date)

*Normally, the UGA meet is held the first Saturday in June. However, since we have a large number of swimmers participating in the Senior Olympics in Birmingham the following week, meet director Craig Page has been asked to move the date to later in the summer. We'll announce the revised date as soon as we know it!

The 2016 Grand Prix Series winners will be announced and awards given out at the St Pat meet on Saturday, March 25.

Meet Recaps

***W Gwinnett Park SCY
Recap --February 26***

Nice turnout of 35 swimmers to the annual West Gwinnett Park SCY Developmental meet which was held on Sunday morning, February 26. The meet was sponsored by the **Georgia Killer Whales**. This year we moved the meet date earlier in the year (February instead of April), so it can be a true warm up for St Pat, the Spring Splash, and other big SCY meets. Participating teams included: Atlanta Rainbow Trout (ART), Atlanta Water Jocks (AWJ), Andrew & Walter Young Y (AWYY), Dynamo Masters (DYNA), Y Grayfins (FINS), Gwinnett County Aquatics (GMAC), Georgia Killer Whales (GMKW), Lifetime Fitness

Masters (LTMS), Marietta Stingrays (RAYS), and Swim Atlanta Masters (SAMS).

Thanks to **Bill McCaffrey** and **Harry Heath** for officiating the meet, and to our wonderful volunteer timers: **Ian & Angela King, Riley & Sydney Spruiell, And Devin Petmecky** (thanks to swimmer **Kathy Spruiell** for providing these last 3 timers!).

Suwanee SCY Recap – March 4

By Elaine Krugman

On March 4, three Georgia swimmers competed in the 3rd Sewanee Masters SCY Invitational at the University of the South. Two challenges were offered: “Build a Mile” (1000, 500, 100, and 50-yard freestyle events) and “800 IM” (200’s of each stroke). Although **Leonard “Chip” Woody, Jr.** and **Jeff Cook** opted not to participate in either challenge, **Elaine Krugman** was drawn to the meet because of the “800 IM” competition. As it turned out, of the 78 swimmers, eleven competed in the “Build a Mile,” but only Elaine and the meet director, **Alex Bruce**, opted to take on the “800 IM” challenge.

Since each swimmer was allowed to compete in six individual events, Elaine also competed in the 400 IM for an “Ironman Pentathlon” and added the 50 Breaststroke as well.

Chip had a great day in his breaststroke events, beating out two others in his age group to place first in the 50 and 100. He also placed first in the 50 Fly and 100 IM. In the 200 Breaststroke, Chip came in second place.

Jeff’s big success of the day was placing first in the 50 Freestyle and beating his seed time. He also took advantage of the 25 yard races that were offered at the end of the meet and competed in the fly, breast, and free splash-n-dash events.



Chip Woody and Elaine Krugman

Elaine swam five of her races as the solo 55-59 age group woman and was beaten in the 50 Breaststroke by the only other woman in her age group at the meet. Her biggest success of the day (in addition to surviving the Ironman Pentathlon +1) was taking four seconds off her 200 breaststroke and racing her best time in four years. For her “800 IM,” she was awarded a Sewanee Masters Invitational t-shirt and swim cap.

In all, it was an enjoyable and well-run meet!

Other News

USMS 2017 REGISTRATION

If you have not yet renewed your USMS membership, be sure to do so as soon as possible to remain on the electronic mailing list! You can renew online or get a paper form from our Georgia website (click ‘Documents’ to access the 2017 form). For questions, contact our LMSC Registrar **Andy Rettig** at arettig@gmail.com

Water Polo!



Want to coach? Learn how to referee? The Georgia High School Water Polo Association (GHSWPA) would love to hear from you!

Did you know almost 500 kids play water polo in Georgia? That Georgia sends players to college varsity and club teams across the country? That water polo is one of the fastest growing youth sports? To keep up with our enthusiastic kids, the GHSWPA (www.gapolo.com) needs more coaches and referees. No experience is necessary to referee; the GHSWPA will get you ready. Prior experience is a great help with coaching but is not a requirement.

Also, if you know of a high school, school district or swim club that might want to start a water polo team, the GHSWPA is ready to help.

Please contact **Stu Sheldon** to learn more: stuartsheldon@bellsouth.net.

Learn more about the GHSWPA, including a list of current teams, here: www.gapolo.com.

How Swimming Helped Me

Anonymous

I am a 61 year-old swimmer who swims 3 to 4 times a week, usually 2500 yards at a time, mostly all at once. I was a competitive swimmer from age

12 until I graduated from Emory University in 1977. It was a great time for me to swim competitively. This was before Glynn Perry, Steve Lundquist, Kyle Miller and David Larson, all 1980 Olympic swimmers, and Lundquist and Larson participated in the 1984 Olympics. Life after college progressed with marriage, a family of 3 boys, and work.

Even though I continued to swim, there were times where a thousand yard swim constituted my workout, and my weight rose to a high of 228 pounds on my 5 foot 10 inch frame. For most of my adult life, I was walking around at 210 to 215, and it wasn't until my 40th high school reunion did I and my wife join weight watchers. I was able to lose 30 pounds and I maintain a weight of 185, give or take a few pounds. I've had high blood pressure, cholesterol, triglyceride, and diabetic symptoms all of which have been controlled by medication.

I do classify myself as a fitness swimmer, though my wife and I did participate in a Master's Meet in Atlanta on November 20, 2016. That's the date that my story begins. It was good to participate in a swim meet, though short course meters was new to me. I had no idea what my times would be, so I took a stab in the dark and went. Being in the 60 to 65 year old age group usually meant that I finished either second or next to last (first place) in my events. I did get to say hello to **Pat Eddy** whom I remembered from high school days, though I am a touch older than him. My best event was the 800m swim, clocking an 11:55. My wife and I finished the meet with smiles and we were both tired from our swims, but we felt good.

Let's move ahead to December 1, 2016. I was planning to do a 3000 yard swim, again a straight swim, no stops. I felt like it would take me 45 to 48 minutes to swim, but I stopped my swim 4 laps short because both shoulder joints were sore, and I had a slight "tingling" sensation from collarbone to collarbone. I chalked these sensation up to fatigue and took a shower. By the time I got dressed, my symptoms were gone. I usually swim every other

day, but the next swim time was a Saturday and there was a swim meet scheduled, so I got back in the pool on Monday the 5th, planning to swim 2500 yards, but got out after about 1850 yards with the same sore shoulders and fuzzy feeling around my collarbones. Once again, by the time I got dressed, the symptoms were gone.

I called my physician the next day, and an EKG looked normal to him, but he scheduled me for a nuclear stress test on December 15. He said nothing about swimming, so I got in the pool the next day, swam 50 laps, got out and felt fine.

Friday, December 9, my wife and I skipped our swim and drove down to Discover Mills shopping center to try and finish our shopping. We decided to walk around the shopping center, but by the time we had walked around once, both shoulders were sore again and instead of a tingling fuzzy sensation in my chest, I had a slight burning feeling. We pretty much went to the emergency room in Gainesville, GA after a short visit to our house.

My wife dropped me off in front of the emergency room, I walked in and told the nurse that I thought I was having a cardiac event. Blood tests resulted in an elevated troponin (heart enzyme) level. I had had a heart attack. By mid-afternoon, I was consciously sedated and had a heart catheterization. I can remember the physician telling me, "Well, it's worse than we thought. Looks like you will need four heart vessels grafted." Now it's Friday afternoon around 4:00pm. I was wheeled out of the cath room, saw my wife, and I remember saying, "can you believe this? Open heart surgery here I come." I spent the weekend on my back, had my surgery on Monday, December 12, and went home Friday, December 16.

How did swimming help me? I truly believe that my recovery was shortened because of my modest exercise routine, weight loss, and change of eating habits. I was out of work for a month, but was back in the pool after a month. It's now March, and I am swimming 2500 yards a workout. I still don't feel

completely "normal", but after surgery, this may be the new normal.

All of this happened in the span of 8 days, Thursday, December 1 to the 9th. I was lucky enough to figure out that something didn't feel right and I did something about it. My advice is to keep swimming/exercising, get your weight down if you can, do your routine visits with your doctor, and don't ignore unusual physical symptoms.

Jack Mitchell –Swim Accomplishments

By Walter Leen

Jack Mitchell passed away last month at the age of 90. He had experienced a stroke in late 2012 and recovered physically by June 2013. However, he never regained his ability to read.

Jack was a long time Georgia Masters swimmer who won eight United States National Champion gold medals in individual events and four in relays over a period that stretched from 1983 to 2013 when he last won a Silver medal in the Pan American Masters Championship in Sarasota; his last major competition.



Jack with Diann Uustal at the Pan American meet in Sarasota -- 2013

In 2010 he was a member of the Georgia Relay squad that was ranked #1 in the World in two events and individually was ranked #6 in the

World in two events. While best in backstroke and fly, Jack was a four stroke swimmers and won the National Championship in the LCM 400 IM at age 85 which earned his highest world ranking at #6 in 2011.

He was the top backstroke sprinter in the US from 2010 to 2012 winning gold medal champion in Georgia Tech, Auburn and Greensboro, NC. He achieved 215 Top Ten individual events swims and 46 relays. He earned All-American honors as the absolute fastest in the country six times and currently holds 14 Georgia Records –seven each in individual event and 7 in relays.



This 2010 group photo includes Jack (far right) as well as his long time swim team friend **Herb McAuley** (far left) who passed away a few years ago. Five of the 6 won high point award towels at the annual Florida Bridge the Bay meet.

(Editor’s note: Walter Leen looked after Jack for the last several years, handling some of his financial affairs and just being a good friend.)

Swimmer Profile – Tracy Collett
By Elaine Krugman

As a self-employed swim instructor (T.L.C. Swim is her business), coach, and competitive Georgia Masters swimmer, much of Tracy Collett’s life is spent in and around pools and water. From what I could tell during our interview, she wouldn’t want it any other way.



Although I’ve seen Tracy at swim meets, and we both swam at the 2014 FINA Masters World Championships, in Montreal; I haven’t had the opportunity to get to know her very well. It wasn’t until our phone conversation for this article that I really got a sense of the passion Tracy has for one facet of her swimming life in particular: teaching swimming and coaching Wounded Warriors for the Department of Defense.

A lot of swimming and coaching in her past led Tracy to pursue her passion for helping Wounded Warriors. She grew up swimming for the Tara Tarpons in Forest Park as well as her high school swim team, and then went on to swim for the University of Georgia for four years. During her fifth year at the university, Tracy coached for the Athens Bulldogs Swim Club.

Although the collegiate swimmer took a twelve-year break from swimming after graduation, she returned to the sport and the Tarpons to train for the 2008 Masters World Championships in Perth, Australia—a bucket list destination she was anxious to visit.

It wasn’t just seeing Perth that led Tracy back to the pool, though. “I realized that swimming is probably the only exercise I can do on a regular basis. It’s why I stay in it, to keep healthy.”

To keep motivated for training and competition, Tracy set a goal of earning a “big medal” (1st – 3rd places) at her first USMS Nationals, in Indiana. She achieved that goal by placing 3rd in the 400 IM.

Over the years, she also set a couple of state records in 200 Breaststroke, achieved five USMS Top Ten’s, and nine Relay Top Ten’s. In 2014, her 800 SCM Mixed Free Relay with Kim Hurst, Andrew Perry, and Justin Fournier placed 5th in the country and 8th in the world.



Always a smile on her face!

Currently, Tracy swims with Swim Atlanta, in Sugar Loaf, and is swimming for fitness with no specific competitive goals in mind. What does she see in her future? “I just want to stay in swimming; somehow, some way. Even if it’s just for exercise, that’s fine. If I make it to 90 years old, and if I can break some of **Anne Dunivin’s** records, that would be great, too. Swimming is so good for you!”

Besides, Tracy enjoys the social aspects of swimming and the “like-mindedness” of swimmers. In addition, she said, “I like the fact that [USMS is] so well-organized for national competitions and for local competitions if you just want to go to have fun. It’s so welcoming for everybody. Nationals are set up where you don’t even have to make cuts to go.”

Back to Tracy’s favorite aspect of her swim life, her true passion is helping others achieve their goals in the pool rather than achieving her own

swimming goals. She has worked over the past five years with Wounded Warriors, getting her start with the U.S. Marines. She also worked on a couple of projects with the Army. As Tracy describes her work, “I coach military who had never swum competitively growing up; they’re just getting into it post injury or illness.”

Tracy’s work with the Marines and Army led her to working with the Air Force as well. “The Air Force started doing ‘Introductory Camp’ where it’s the first time a lot these guys and girls had done anything post injury or illness. Some of them had not left their houses [since their injury or illness]. It’s their first social interaction and recreational activity. At those camps, I’m there to help teach.” Tracy teaches the beginners who do not know how to swim and may have been traumatized in the past.

Contracted by the Department of Defense for different camps when needed, Tracy was preparing to go to Tampa for SOCOM’s (Special Operations Command, including Navy Seals, Army Rangers, etc.) trials as their head coach, and then on to Camp Pendleton, in Oceanside, CA for the Marine Corp trials.

When the Marines have their trials (similar to Olympic swim trials), for the Warrior Games, seven other allied countries participate, including England. “Four years ago, Prince Harry came to watch the games that the Brits were participating in and enjoyed it so much he started the Invictus Games, which are international games for Wounded Warriors. In 2014, he did one in London. Last year they did one in Orlando at Walt Disney World. I was selected as the female U.S.A. coach. I can’t believe I met Prince Harry! I coached the 2016 Invictus team with Bobby Brewer who I also swam with at Tara Tarpons It was really, really cool. That might be one of my favorite (swimming) memories,” Tracy said with pride.

Tracy's unique experiences don't end there. One of the swimmers she had experience with was U.S. Army Sergeant Elizabeth Marks who went to the 2016 Paralympics and won a gold medal in breaststroke.

One of Tracy's SOCOM swimmers started a non-profit for veterans called R.O.V.E.R. (Regional Outreach Veterans Engagement Resources), and she directs swimming and other activities for the organization. They have gone swimming with the whale sharks at the Georgia Aquarium, competed in the South Padre Island Open Water Festival, and are planning a cage dive with great white sharks this fall!

If that isn't enough, Tracy also volunteers for one of Georgia Masters' swim teams. "I had been working with the Wounded Warriors for a while and wondered how to get more into the Paralympics side of it versus just the military games they have. I researched it and learned about Pat's team (the Nautical Milers, an intellectually impaired Masters swim team coached by **Pat Thoreson**). I called him up and asked if I could help. Unfortunately, they swim at the same exact times that I work (teaching swimming). I've been able to get to a few of their practices here and there, and I've helped out as a guide at open water swims (including the Georgia Games Open Water Meet)."

Tracy also volunteers with Athletes Without Limits, an organization of all intellectually impaired athletes in several sports. "They have a big international games (INAS Global Games), and I was asked by **Pat Thoreson** to help coach for swimming in Ecuador (in 2015). It was fantastic; I got to be an international coach! What a great honor."

Tracy's involvement with swimming and coaching over the years has taken her to many places, near and far. Between competing as a Masters swimmer in Perth, Australia, and coaching in Ecuador, she has traveled to some fabulous destinations. The first international trip Tracy ever took (and the first

time she was on a plane) was when she was in high school and went with her family to Holland for the Friendship Meet, an international swim meet for high school kids from around the world. After graduating from college, she traveled to Sweden to visit her Swedish UGA teammate (and "little sister").

"That is one of the things swimming has done for me. There are a lot of neat things that have happened to me because of swimming. They are great memories you can't really replace, because they're really unique," Tracy said, adding that one of the neat things was volunteering for the 1996 Olympics when they were in Atlanta and getting to be on the pool deck.

What is Tracy's favorite Masters memory? "The very first Nationals meet I went to I was on a relay with my club coach, **Bob Bugg**. It was really cool to be on a relay together with my coach!"

More than anything, though, I got the feeling while talking with Tracy that, above all, it has been her experiences with Wounded Warriors that have been the most gratifying.

As this passionate coach explained, "I have several people that I am still really good friends with who I keep up with all the time. Just watching them after they finish the swimming part, and watching them go do other things like get married, have kids; or, climb Mount Kilimanjaro with one prosthetic, or do the Paralympics. I've only had one swimmer in the Paralympics, but I've had ten people that I knew that competed in different sports. Just watching them thrive is what I really, really enjoy. Getting over the fact that they're injured and realizing they can have a normal life. I can't stand the term disabled, because I don't think it's appropriate. I like "differently abled."

"It really is rewarding. It's amazing. I had an Air Force captain cry he was so happy [that he learned how to swim]," Tracy expressed about one of her experiences.

The tears of joy flow both in and out of the pool, though. “Watching a triple amputee swim a 100 Meter Freestyle just nine months out of injury... There is always, always someone who makes you cry.”

Tracy concluded, “Until I started talking (in the interview), I hadn’t realized just how much swimming has brought to my life. You don’t remember your [swim] times or [where you placed in a race]; you definitely remember relationships and the adventures that you have. That’s the best thing. And, I really love the fact that I can do this, that I can swim forever.”

Atlanta Team Pentathlon

In January, during USA Modern Pentathlon national team qualifying competitions at the US Olympic Training Center in Colorado Springs, **Keith Berryhill** secured the 12th and final men's spot on the 2017 USA Pentathlon National Team. He went to Los Angeles February 22-26 to compete in the 2017 UIPM World Cup #1. Keith may be the oldest athlete ever to compete at the elite international level in the sport of modern pentathlon. In fact, he will join a select few over 40 athletes to compete at the elite international level in any Olympic sport.

Keith says that all of this hasn't really sunk in yet until he signed the paperwork to be added to the USOC drug testing protocol! He added that what's relevant for our local masters group is that you never, NEVER, give up on your dream and you are never too old! This sport is made for swimmers who can run a little bit. Think triathletes!!

Keith learned to fence in three years and learned to show jump a horse in 18 months. It's a one in a million shot for someone his age, but there are high school swimmers right here in Atlanta who are capable of making the 2020 or 2024 Olympic team in this sport!! Keith also recruits and coaches local athletes and hosts a regional qualifying competition USA Pentathlon here in Atlanta.



Modern Pentathlon is one of the oldest but most obscure sports in the modern Olympic games. It is the only sport that was invented specifically for the Olympic games. Based on the fact that the ancient Games were a warrior competition between the Greek city states, the “modern” pentathlon celebrates the skills of a 19th century cavalry soldier: swimming, running, fencing, shooting (pistol) and horseback riding (actually show jumping). Each of the disciplines are also individual Olympic sports. The traditional order of competition is fencing, swimming, riding, and a combined event of shooting and running. Since 2010, all events are contested in one day. Before that, the competition took place over five days. Like the decathlon in track and field, points are awarded for performance in each event and the winner has the most points at the end of the competition. This rewards consistency in each event, not excellence in any one event! The overall winner is never the best at anything, but good at everything.

Upcoming Events

March 2017			
25-26*	St. Patrick's Day SCY Invitational at Dynamo		
April 2017			
2*	Georgia LMSC Mid-Year Meeting-5:30pm at On the Border in Buckhead	1-2	St Petersburg, FL SCY
8-9	Dixie Zone SCY Championships – Cary, NC	23*	Atlanta Rainbow Trout SCY Spring Splash @ Georgia Tech
27-30	USMS Spring SC Nationals – Riverside, CA		
May 2017			
4*	Georgia LMSC Conference Call @ 7:15pm	4-7	YMCA SCY Nationals – Sarasota, FL
June 2017			
	Georgia LMSC Conference Call @ 7:15pm	10-11	Bulldog LC Invitational at UGA (tentative)
30-2	Dixie Zone LC Championships – Greenville, SC		
July 2017			
	Georgia LMSC Conference Call @ 7:15pm	8*	Georgia Games Open Water
August 2017			
	Georgia LMSC Conference Call @ 7:15pm	2-6	USMS Summer LC Nationals – Minneapolis, MN

Information on these and other Dixie Zone events can be found on the Dixie Zone website at www.dixiezone.org/Meets.htm.

*Dates in red are Georgia LMSC events.

Who Y'All Can Call

Name	Title	Phone	Email
Rob Copeland	Long Distance	(678) 817-1602	rob_copland@comcast.net
Donna Hooe	Coaches Chair	(912) 884-6456	rdhooe1@juno.com
Sean Fitzgerald	Vice-Chair	(404) 496-4422	seanfit@gmail.com
Bob Kohmescher	Newsletter Editor	(770) 722-2192	bobk340@comcast.net
Ian King	Member At Large	(678) 471-8483	ianeking_roswell@hotmail.com
Elaine Krugman	Contributing Editor	(678) 603-1543	ekrugman@aol.com
Bill Lotz	Member At Large	(404) 261-1906	blotz@mindspring.com
David Morrill	Safety	(770) 862-2533	latycar@latycar.org
Britta O'Leary	Member At Large	(636) 295-3222	b.boesing@gmail.com
Andy Rettig	LMSC Registrar	(678) 417-6411	arettig@gmail.com
Ed Saltzman	Treasurer, Records, Meet Sanctions, Communications	(770) 442-9075	swimsalt@bellsouth.net
Jeff Tacca	Member At Large	(404) 256-0733	jtacca@comcast.net
Lisa Watson	LMSC Chair	(770) 497-1901 (678) 717-3646	lisa.watson@ung.edu
Karol Welling	Secretary	(770) 631-9195	krw83@mindspring.com
John Zeigler	Fitness	(770) 972-7981	jvzeigler@bellsouth.net

Swim Websites

Name	Website
Athens Bulldog Swim Club	http://www.athensbulldogs.com
Atlanta Rainbow Trout	www.atlantarainbowtrout.com/
Atlanta Water Jocks	www.atlantawaterjocks.com
Chastain Park Athletic Club	www.ChastainParkAthleticClub.org
Concourse Athletic Club Masters	https://www.wellbridge.com/concourse-athletic-club/sandy-springs
DeKalb Aquatics Masters	http://daqswim.com
Dixie Zone	www.dixiezone.org
Dynamo Masters	www.dynamomasters.com/index.html
Frances Meadows Aquatic Center	http://www.gainesville.org
Fyns	http://www.fynsmasters.com
Georgia Masters Swimming	www.georgiamasters.org
Golden Isles Swimming	www.goldenislesswimteam.org
John P. Thayer YMCA Masters Swim	www.Columbusymca.com
Nautical Milers Special Needs Swim Team	http://www.facebook.com/NauticalMilersSwimTeam
Northwest Georgia Aquatics	www.teamunify.com/ganga
Richmond Hill Swim Club	http://richmondhillswimclub.com
Savannah Masters	http://www.tlb975.wix.com/mastersswimming
Stingrays Masters Swimming	www.stingraysswimming.com
Swim Atlanta Masters	www.swimatlantamasters.com/
Swim Macon Masters	www.swimmacon.com
Tiftarea Tidal Wave	www.tiftareatidalwave.com
Warner Robins Aquanauts	http://wraswim.com
Windy Hill Athletic Club Masters	http://www.midtown.com/windyhill

Georgia Teams & Clubs

Georgia Clubs			
Name	Abbr	Contact	Email
Andrew & Walter Young YMCA	AWYY	Iilonga Thandiwe	linz.t@mindspring.com
Atlanta Rainbow Trout	ART	Sean Fitzgerald	seanfit@gmail.com
Atlanta Water Jocks	AWJ	Lorenzo Benucci	lbenucci@gmail.com
Brad Akins YMCA Barracudas	BAYB	Meredith Carroll	meredith@gapiedmontymca.org
Chastain Park Athletic Club	CPAC	Jim King	jimkingusa@gmail.com
Concourse Athletic Club Masters	CM	Nancy Overheim	cacmasteratl@gmail.com
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	daqswim@bellsouth.net
Frances Meadows Aquatic Cnter	FMAC	Meghan Modisette	mmodisette@gainesville.org
Georgia Masters	GAJA	Lisa L Watson	Lisa.Watson@ung.edu
Golden Tiger Aquatic Club	GTAC	Nate Rhoads	nrhoads@brenau.edu
Gwinnett County Masters Club	GMAC	Destry Dispain	Destry.Dispain@gwinnettcounty.com
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	sbalkcum@ymcacolumbusga.com
Life Time Swim Georgia	LTMS	Ryan Bell	ryanbell@msn.com

Nautical Milers Special Needs Swim Team	NAUT	Patrick Thoreson	patrick_thoreson@yahoo.com
Northwest Georgia Aquatics	NWGA	Karney McNear	nwgaquatics@gmail.com
Northwest YMCA Grayfins	YGF	Muriel Cochran	murielcochran@gmail.com
Richmond Hill Swim Club	RHSC	Anne Cutchin	rhscswimcoach@gmail.com
Stingrays Masters Swimming	RAY	Ian Goss	rayscoach@gmail.com
Summit Family YMCA	SY	Mike Steele	mikes@ymcaatlanta.org
Tiftarea Tidal Wave	TTW	Dustin Bengston	tiftareatidalwave@gmail.com
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	keith.berryhill@windyhillclub.com
<i>Georgia Superteam (GAJA)</i>			
ASL Silverking TRI-Masters	ASLM	Kathleen Greely	aslcoachgreely@gmail.com
Athens Bulldog Swim Club	DAWG	Craig Page	craigwpage@gmail.com
Dynamo Swim Masters	DYNA	Coach Maria Thrash	mariat0202@aol.com
Fyns	FYNS	Raquel Terroba	Fyns.coach@gmail.com
Georgia Masters Killer Whales	GMKW	Lisa Watson	lisa.watson@ung.edu
Golden Isles Swimming	GIST	Betty Veater	betty@stmarkstowers.com
Lake & Mountain Hilltoppers	LMH	Bill Pave	wpave@windstream.net
Life Time Swim Alpharetta	ALPL	Ryan Moss	
Life Time Swim Johns Creek	JCL	Merrie Copeland	
Life Time Swim Woodstock	WSKL	Elizabeth Gibson	
Life Time Swim Atlanta	ATLL	Lauren Lamb	
Life Time Swim Sugarloaf	SUGL	Jonathan Sims	
Savannah Masters	SAVM	Donna Hooe	rdhope1@juno.com
Southside Seals	SSS	Rob Copeland	rob_copeland@comcast.net
Stingrays Masters	RAYS	Ian Goss	rayscoach@gmail.com
Swim Atlanta Masters	SAMS	Scott Davis	scot@swimatlanta.com
Swim Macon Masters	SMM	Tana Selby	tanatanas@bellsouth.net
Warner Robins Aquanauts	WRAM	Daniel Murray	coach@wraswim.com



Hosted by: Atlanta Rainbow Trout

USMS Sanction #: **457-S004**

Meet Director: Sean Fitzgerald

Date: Sunday, April 23, 2017

Time: Warm-ups at 9 AM, meet starts at 10 AM. A separate warm up pool will be available throughout the meet. **Positive check-in required for the 1650 by 9:30AM.**

Facility: Georgia Tech University Campus Recreation Center (CRC). 10 Lanes, Short-Course Yards. 10 Lanes for warm-up/warm-down continuously running through the meet. <http://www.crc.gatech.edu/aquatics/>

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

Address: 750 Ferst Dr NW, Atlanta, GA 30318. Parking Available in lot across Ferst Drive from the Campus Recreation Center (CRC) or behind the CRC on Tech Parkway/Please pick up a parking pass inside the facility.

Eligibility: The meet is open to all persons 18 years and older as of April 23, 2017.

Your age on April 23, 2017 determines your age at the meet. USMS REGISTRATION IS REQUIRED. **Please include a copy of your USMS card with your registration.** For GAJA teams, this is an in-state meet, so your team is your "chapter" not GAJA.

Events: Swimmers may enter up to 5 individual events.

Awards: Ribbons will be awarded for 1st, 2nd, and 3rd places. Team scores will be kept and the team with the highest scores will be announced as winners for the top 3 highest teams. There will be no team award. High point winners will be announced and will receive an award.

Timing: Touchpads/electronic timing with hand/stopwatch backup.

Scoring: Top eight finishers will score as follows: 9, 7, 6, 5, 4, 3, 2, 1 for Individual events and 18, 14, 12, 10, 8, 6, 4, 2 for relays.

Fees: \$40 covers facility and meet costs. Entries received after the deadline will be assessed a \$10 late fee.

Seeding: All events except for the 1650 Free will be seeded in advance and slowest to fastest. 1650 Free will be seeded slowest to fastest only after positive check-in has expired. **No exceptions will be made for missing the cutoff for positive check-in.** Men and Women will be seeded together based on time. "NT" entries will be seeded in the slowest heat. Relays will be deck-seeded and posted at the meet. Psych sheets will be posted at www.atlantarainbowtrout.com and at www.georgiamasters.org around April 20th.

Relays: Entries for the Medley Relays will be due by 10:00 AM. Entries for the Free Relays will be due by the start of event 10. Relays heat/lane assignments will be posted in various locations around the pool as soon as possible.

Entry deadline: Entries must be received by Friday, April 14th. Online entry will remain open until Thursday, April 18th at 11:59PM. Paper/email entries received after April 14th will be assessed a \$10 late fee. There is no late fee for online entry. No heats will be created to accommodate deck entries or after the meet has been seeded. Online Entry URL: https://www.clubassistant.com/club/meet_information.cfm?c=2176&smid=8645



Include a copy of your USMS Card!

Last Name:		First Name:		Middle Initial:
Date of birth:	USMS#:	Club Affiliation (<i>NOT GEORGIA MASTERS/GAJA</i>):		
Gender:	Email address:			

Circle the event number and provide your best Short-Course Yards (25 Yards) time or NT (No Time) for each event you plan to enter. No deck entries will be accepted for Individual events. Maximum of 5 individual events. **1650 limited to the first 30 entries.**

#	EVENT	Time (00:00:00)	#	EVENT	Time (00:00:00)
1	1650 Freestyle		12	50 Freestyle	
2	Women's 200 Medley Relay		13	200 Breaststroke	
3	Men's 200 Medley Relay		14	100 Butterfly	
4	Mixed 200 Medley Relay		15	200 IM	
5	200 Freestyle		16	100 Free	
6	50 Backstroke		17	200 Backstroke	
7	100 Breaststroke		18	50 Breaststroke	
8	50 Butterfly		19	Women's 200 Free Relay	
9	100 Backstroke		20	Men's 200 Free Relay	
10	100 IM		21	Mixed 200 Free Relay	
11	200 Butterfly				

Payment Info:

Meet Entry Fee:	\$40.00	Make Checks Payable to: Atlanta Rainbow Trout
<i>Late fee (after 4/14)</i>	<i>\$10.00</i>	Mail to: Sean Fitzgerald 847 Wildwood Rd NE, Atlanta, GA 30324

Entry must be received by Friday, April 14th.

Questions? ph:404-316-4860 (Sean) seanfit@gmail.com

Enter Online at: https://www.clubassistant.com/club/meet_information.cfm?c=2176&smid=8645

Please sign the waver on the back!



ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	