



# The Georgia Masters Newsletter

## Swimming in Georgia

### September 2017

#### A Message from our Outgoing Chair Lisa Watson

I have been proud to serve as the Georgia LMSC Chair for these many years (hard to believe it's been 30 years!). I am also delighted to turn over this position into the capable hands of **Ian King**, our incoming Chair. I will continue to serve the Georgia LMSC, currently as Vice Chair, and in whatever ways I can. Ian, I hope you enjoy your 30-year term!

#### A Message from our Incoming Chair – Ian King



It is such an honor and a privilege to step into the LMSC Chair role. I can't thank **Lisa Watson** enough for all her amazing work and efforts over the last 30 years. I am also so very happy she has agreed to remain on our Board as Vice Chair. I look forward to working with her and all our other officers and committee chairs. As I mentioned at our annual meeting, my ask of everyone is to please be patient with me as I "learn the ropes" so to speak. There is lots to be learned and it's not an overnight process. It's kind of like swimming the mile. If I take it out too fast, I'll crash and burn way before the finish. Rather...I'll ease into it, find a nice steady pace and try to finish strong! Keep on swimming!

#### Don't Miss These Events

#### *Collins Hill SCM Developmental Meet – October 29*

Our next Georgia event is the Collins Hill SCM Developmental Meet to be held on Sunday morning, October 29 at the Collins Hill Aquatic Center in Lawrenceville. You can find directions on the info page of the entry, which is included in this newsletter, and also posted on the Georgia Masters website at [www.georgiamasters.org](http://www.georgiamasters.org)

Warmups are at 9:00am and the meet will start at 9:30am. We should be finished by noon, so you'll have plenty of time to enjoy other things on your Sunday! As a developmental meet, the intent is to be able to get practice times for upcoming Category II meets in a relaxed, low-stress environment – perfect for the new Masters swimmer, the swimmer returning after a long hiatus from the water, and anyone trying to get some good SCM times. We even have 25 yard events for those who like super short sprints! Handheld watches are used for timing.

This meet is sponsored by the **Georgia Killer Whales**. For questions, contact meet director **Lisa Watson** at [lisa.watson@ung.edu](mailto:lisa.watson@ung.edu) or 770/497-1901 (please, no calls after 8:00pm. Deck entries or entries received after October 27 are accepted with a \$2 late fee surcharge.

**Volunteers Needed** As always, we need volunteer help with timing. If you are not planning to swim and have a Sunday morning to contribute, or are bringing family/friends to the meet who'd like something to do, please contact Lisa.

### ***St Nicholas SCM Invitational December 3***

Finish the 2017 competition year with the annual St Nicholas SCM Invitational, to be held on Sunday, December 3 at the Georgia Tech Aquatic Center. This meet is sponsored by the **Atlanta Rainbow Trout**. Thanks to **Guillermo Vargas** for stepping in as the new meet director (replacing **Sean Fitzgerald**, who has now moved to Vancouver). Questions for Guillermo can be directed to [guillermo.m.vargas@gmail.com](mailto:guillermo.m.vargas@gmail.com).

This meet will count as the final event in the 2017 Grand Prix Series. Info and entry will be sent out and listed on our Georgia website as soon as it is formalized. Stay tuned-but be sure to mark the date of **December 3** on your calendar!

### ***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
- June 17 Bulldog LC @ UGA
- July Georgia Games Open Water
- September 9 SSS Pentathlon

## **Meet Recaps**

### ***2017 World Police and Fire Games Recap***

By John Zeigler

**John Zeigler**, Senior Inspector, Department of Homeland Security, won 6 gold medals and 3 silver medals at the August 5- 15, 2017, Los Angeles games. John won the 70-74 mens 400 meter free, 200 I.M., 100 fly, 100 breast, and swam on two 70 plus relays with Florida Mavericks Masters swimmer, **Charles Weatherbee**, City of Miami Fireman, retired. John was second in the 100 back (losing to **Mikhail Ulybyshev**, Moscow

Police Service), and swam two miles from the Hermosa Beach city pier north to the Manhattan beach pier, placing second and battling a light wave chop and the current moving southward. The final event was a 2000 meter singles rowing machine race that John was winning the entire way until an Australian caught up and beat John by 2 meters. Game over, silver medal for the first time John ever rowed on the machine.

### ***Southside Seals Pentathlon Recap -- September 9***

Approximately 70 swimmers eagerly participated in the annual Southside Seals SCY Pentathlon, held on September 9 at the Steve Lundquist Aquatic Center in Jonesboro.

Participating Georgia teams included: Atlanta Rainbow Trout (ART), Atlanta Water Jocks (AWJ), Andrew & Walter Young YMCA (AWYY), Dekalb Aquatics (DAQM), Georgia Killer Whales, Golden Tiger Aquatic Club (GTAC), Nautical Milers (NAUT), Northwest Y Grayfins (NWG), Swim Atlanta Masters (SAMS), and meet hosts Southside Seals (SSS).

Thanks to meet director **Rob Copeland**, as well as **Mike Slotnick**, for organizing the meet. This meet will be included in the 2017 Grand Prix results.



**Dodi Thomas, Donna Guest, Murie Cochran, Leslie Landey**

Pentathlon winners are as follows:

**Sprint Pentathlon**

- Anna Beem (W18-24)
- Cathy Jones (W45-49)
- Michelle Watkins (W50-54)
- Muriel Cochran (W55-59)
- Cindi McCollough (W60-64)
- Dodi Thomas (W70-74)
- Sean Minton (M30-34)
- Douglas Carrington (M35-39)
- Dan Drees (M40-44)
- Eric Fors (M45-49)
- Ian King (M50-54)
- David Eng (M55-59)
- Pat Eddy (M60-64)
- Jay Scovill (M65-69)
- Earl Ferguson (M80-84)



**Karol Welling and Brian Vetter**

**Middle Distance Pentathlon**

- Megan Copeland (W25-29)
- Britta O’Leary (W30-34)
- Sylvia Gerbovaz (W40-44)
- Elizabeth Johnson (W45-49)
- Rebecca Hamilton (W65-69)
- Sue Ottosen (W70-74)
- Eric Solloway (M18-24)

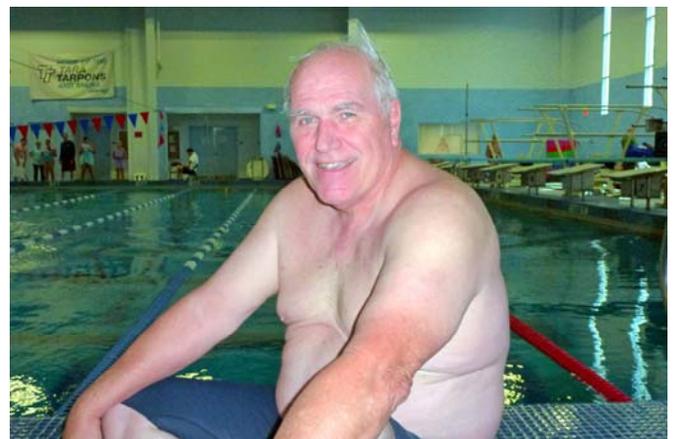
- Peter An (M25-29)
- Ramon Valle (M40-44)
- Craig Ray (M75-79)



**Stephanie Lemmons and Peter An**

**Ironman Pentathlon**

- Emily Wagner (W25-29)
- Marianne Countryman (W50-54)
- Ginger Penn (W60-64)
- Carlton Eaton (M50-54)
- Rob Copeland (M60-64)
- John Zeigler (M70-74)



**Stan Delair**

Congrats to these pentathlon winners and all pentathlon participants! Complete meet results can be found on the Georgia Masters website at [www.georgiamasters.org](http://www.georgiamasters.org)

## Other News

### **Georgia LMSC Annual Meeting September 9**

The full minutes of the Georgia LMSC Annual Meeting will be published on our Georgia Masters website. The meeting was held after the pentathlon meet. Everyone enjoyed the good food provided by **Rob Copeland** (thanks, Rob!) while we conducted our business.

This was an election year, and we did have a change in some officer positions. Our new LMSC Chair is **Ian King**. Former chair **Lisa Watson** has now moved to the Vice Chair position (vacated by Sean Fitzgerald with his move to Canada). Below is our list of officers for the next 2-year term:

- Chair – Ian King
- Vice Chair- Lisa Watson
- Secretary- Karol Welling
- Treasurer- Ed Saltzman
- Registrar- Andy Rettig
- Members at Large: Jeffrey Tacca, Bill Lotz, Britta O’Leary

Other current Board members include: Bob Kohmescher (newsletter editor), Elaine Krugman (contributing editor), David Morrill (Safety Chair), Donna Hooe (Coaches Chair), and John Zeigler (Fitness Chair).

Here are a few of the 2018 meets:

- February 25 (tentative date) – W Gwinnett Park SCY Developmental Meet
- March 17-18 – St Pat’s Day Invitational SCY at Dynamo
- May 10-13 – USMS SCY Nationals in Indianapolis

### **USMS Convention Recap**

The annual USMS convention took place in Dallas September 13-17, right at the tail end of Hurricane Irma’s trip through Georgia. Representing Georgia at the convention were **Rob Copeland, Sean Fitzgerald, Ian King, Ed Saltzman, and Lisa Watson**.

### **Dixie Zone News**

Dixie Zone Championship meets for 2018 were awarded to the following venues:

- SCY – Clearwater, FL (February 9-11)
- Open Water – Chattanooga, TN (first weekend in June)
- SCM – Coral Springs, FL (early December).

The Dixie Zone voted not to hold Dixie Zone LC Championships in 2018, in order to focus on the Pan Am Games being held that summer in Orlando.

The new Dixie Zone Chair was elected for the next 2-year term. Our new chair is our own **Ed Saltman**. Congratulations, Ed!

### **National Meets**

National meets have been awarded to the following bidders:

- 2019 SC – Mesa, Arizona
- 2019 LC – Mission Viejo, CA
- 2020 LC – Richmond, VA.

### **Dorothy Donnelly Service Awards**

These awards are given to 15 volunteers each year for their outstanding contributions to their LMSCs and USMS. One of these deserving winners for 2017 was **Sean Fitzgerald** (we call him our own, even though he’s now moved away to Canada). Well deserved, Sean and thanks again for you’ve done for our Georgia LMSC!

***Swimmer Profile –Leslie Landey***

By Elaine Krugman



After a four-year break from competition, **Leslie Landey**, 66, returned to the blocks to race in 2010, my first year as a USMS member. We both competed in Atlanta at the 2010 USMS Short Course National Championships; however, we didn't cross paths until we met up later that year in Peachtree City for our first Southside Seals Pentathlon. Leslie was very encouraging and supportive, something I will never forget.

Since Leslie's Pentathlon victory, she has swum some amazing races over the years. In all, she has earned a total of 13 USMS Top Ten Achievements and 9 Relay Top Ten's; three of which ranked number one in the country. One of those three relays landed Leslie in the American record books, along with her teammates.

Leslie's swimming roots trace back to Long Island where her father taught her to swim at age 5. She joined the summer swim team at age 9, and then made her dad proud by earning her first silver medal at age 10, racing the 50 backstroke in the championship meet at summer's end. Her dad hoisted her onto his back and carried her around the pool in celebration, giving her a feeling of accomplishment and confidence that she could do something well.

After that meet, **Bill Davis**, a renowned coach in the region called her mother and asked if Leslie would swim for his Long Island Swim Team. She swam with the team for two years before moving, and qualified to go to the Junior Olympics. She qualified 8th and came in 5th in her backstroke event. "In two years, [Coach Davis] inspired me to become the person I am today, because of his belief in me," Leslie told me during our phone interview. This was the beginning of what has proven to be many happy and successful years in the pool.

"It's very important for me to pay tribute to Bill Davis. I was a very insecure and quiet kid. The world of swimming really opened up my eyes and heart, and my ability to look at myself as being able to accomplish something pretty cool. He believed in me, and through believing in me, he inspired me to look at myself; and, all this self-confidence started to come forward. Swimming to me was the beginning of building my self-esteem as a person.

Thirteen years later, Leslie ran into Coach Davis at a swim meet in Dallas where she lived at the time. "I look across the deck, and I see Bill Davis. I couldn't believe it! He came over, looked at me and asked, "Leslie Rogers (her maiden name), are you swimming Masters?" Leslie never saw him again after that, and it bothered her until 1989 that she had to reply, "No."

Later that same year, Leslie's mom died at the age of 61 after a short battle with cancer. Feeling she had to do something for herself and her health, this

dedicated and determined swimmer decided to start a Masters team at her new home town, in Jackson, Mississippi. It was the first one for Jackson, so Leslie turned to Olympian **Jim Montgomery**, a friend from her previous home town in Dallas who knew all about starting a Masters team. She packed her bags for a road trip to Dallas, followed by another trip to Louisiana where she met up with **Scott Rabalais**, the head of Southern Masters Swimming. After gaining the knowledge and advice she needed, Leslie started her own Masters team that is still thriving today. "I was so proud of that accomplishment because I didn't think I could do it," adding that it was because of Bill Davis asking her if she was swimming Masters that she was motivated to do so.

Leslie's beloved coach has since died, but her tremendous gratitude for the man who had dedicated his life to coaching swimming continues to influence who she is as a person and swimmer.

Just as Davis had coached and helped mold the young backstroker, Leslie is finding joy in dedicating some of her time to coaching the Stingrays Swim Team. As she explained, "That's why I love coaching now, because if I can inspire one person that may not have it all together yet... I can show them all their strengths, and they can take that for the rest of life. This man inspired me to be a better person; I've got to do this for these kids now."

In addition to inspiring her swimmers to be better people, this resilient swimmer can teach them a thing or two about overcoming adversity. In 1970, a car accident resulted in a crushed pelvis. A doctor at the time told Leslie she would be in a wheelchair by the time she's 50. She defiantly replied, "No way!" That's when Leslie got motivated to return to swimming.

In addition to facing a lot of medical issues following the accident, Leslie was unable to have children. "When you have diversity in your life, you have two choices: You can take a positive path or a negative path... I wanted to turn all my

positive energy into swimming. I transferred the grief and put it into a good place. Along the way, swimming has really helped me do that; so, if I can help other people, I'm paying it forward. It's all about giving back. It's all about being thankful every day and giving back. There is so much to be thankful for."

One thing Leslie and her husband were very thankful for was being able to adopt a baby after three years of trying to get accepted. "It was the hardest job I ever applied for!" Leslie said; however, they finally got the call to adopt Nick when he was just 8 days old. "I was blessed to become a mother in 1982 when we adopted our son. This was the most joyous day in my life and still continues to be. We are so proud of the man and father he has become!"

After a few years of swimming on her own, Leslie joined USMS in 1991. Three years later, she had shoulder surgery. That doctor told her she wouldn't swim again; however, those familiar with this spirited Masters swimmer know how that turned out!

Leslie's greatest swimming success (and favorite Masters memory) came during the 2013 Pan American Masters Swimming Championships, in Sarasota, Florida. She was selected by Relay Coach **Donna Hooe** to swim with **Clarke Mitchell, David Miller, and Diann Uustal** on the 280-319 Mixed 200 LCM Freestyle Relay. Leslie responded to her teammate's encouragement by racing her fastest 50 meters ever, which was the difference in her team winning gold and breaking the American record.

"That was such an amazing opportunity," Leslie reflected. "Donna Hooe had put me on the relay, and to this day I thank her, because I was so blessed. I was the slowest person on that relay. I had only done a :37 for 50 meters... and I swam it in :34.69. I did it because Diann kept telling me, 'Leslie, it's one length. Give it everything you've got. I swam two seconds faster than I had ever swum, and we beat [Florida Gold Coast] by two

seconds... It speaks to other swimmers like Diann Uustal. We all help each other to be better people and better swimmers.”

The following summer, Leslie and I were part of a small group of Georgia Masters swimmers who competed at the FINA World Masters Championships, in Montreal. Again, she swam her heart out and brought home a medal (she is wearing in the above photo) to show for it.

“When we were in Montreal, after I won my medal for the 200 Back, I wept like a baby. I went back to when I was that eleven-year-old that won that first silver medal, because it meant so much to me. You work hard, you dedicate yourself, you do what you love to do, and good things happen. It’s wonderful!” Leslie said of her medal-winning race.

Last year, before traveling to North Carolina to compete at the 2016 USMS Short Course Nationals, in Greensboro, the 65-year-old experienced a bit of a humorous shock when she informed her swimmers about her pending absence. “I was telling my kids that I coach at the Stingrays that I was not going to be there, because I was going to be swimming [at Nationals], and [one of her swimmers said], ‘But, Coach, you’re a grandma!’ and I said, ‘Yeah.’ Then, she said, ‘You race other grandmas?!’ I never thought about that; I race other grandmas!”

After training for the Pan-Ams, Worlds, and other meets with Swim Atlanta over the past five years, this “Gramma” switched teams and is a new member of the Northwest Kennesaw YMCA Grayfins. She joined the “Y” to use their rowing machine and take yoga classes to supplement her swimming. “I have osteoporosis, and I need to do something weight-bearing... I need to take care of my bones better than I’ve been doing, and swimming doesn’t do that... I want to thank **Pat Eddy** for being a wonderful coach while I was with Swim Atlanta.”

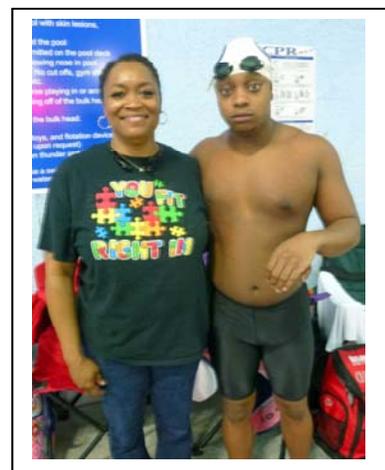
There is one thing I know for sure about Leslie. Whether it’s Swim Atlanta, the Grayfins, or some

other Masters team, this enthusiastic USMS swimmer will always find a home with a Masters swim team. “I enjoy the camaraderie and diversity of the swimming abilities in Masters, because it’s not only about fast people... To see a 94-year-old do a 100 fly, or (100-year-old) **Anne Dunivin** swim a 200 backstroke—how can you not get inspired by that? When I come home from a meet, I am so inspired to live my life more fully!”

Someday, when I (hopefully!) reach 90, I look forward to cheering “Gramma” on to record-breaking backstroke victories in the 100-104 age group. You go, girl!



Mike Stille



Ayana and JR Douglas

**Upcoming Events**

October			
13-15	Dixie Zone SCM Championships	29*	Collins Hill SMC Developmental Meet (entry enclosed)
November 2017			
4-5	SCM – Sarasota, FL	18	SCM – Nashville, TN
December 2017			
	LMSC Conference Call	3*	St Nicholas SCM Invitational at Georgia Tech
January 2018			
	LMSC Conference Call		USMS Hour Swim Postal Championship – through February 28
February 2018			
	LMSC Conference Call	9-11	Dixie Zone SCY Championships – Clearwater, FL
10-11	SCY – Auburn, AL	25*	W Gwinnett Park SCY Developmental Meet (tentative date)
March 2018			
	LMSC Conference Call	17-18*	St. Pat’s SCY Invitationa - Dynamo
April 2018			
	LMSC Conference Call		

Information on these and other Dixie Zone events can be found on the Dixie Zone website at [www.dixiezone.org/Meets.htm](http://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	<a href="mailto:rob_copland@comcast.net">rob_copland@comcast.net</a>
Donna Hooe	Coaches Chair	(912) 884-6456	<a href="mailto:rdhooe1@juno.com">rdhooe1@juno.com</a>
Bob Kohmescher	Newsletter Editor	(770) 722-2192	<a href="mailto:bobk340@comcast.net">bobk340@comcast.net</a>
<b>Ian King</b>	<b>LMSC Chair</b>	(678) 471-8483	<a href="mailto:ianeking_roswell@hotmail.com">ianeking_roswell@hotmail.com</a>
Elaine Krugman	Contributing Editor	(678) 603-1543	<a href="mailto:ekrugman@aol.com">ekrugman@aol.com</a>
Bill Lotz	Member At Large	(404) 261-1906	<a href="mailto:blotz@mindspring.com">blotz@mindspring.com</a>
David Morrill	Safety	(770) 862-2533	<a href="mailto:latycar@latycar.org">latycar@latycar.org</a>
Britta O’Leary	Member At Large	(636) 295-3222	<a href="mailto:b.boesing@gmail.com">b.boesing@gmail.com</a>
Andy Rettig	LMSC Registrar	(678) 417-6411	<a href="mailto:arettig@gmail.com">arettig@gmail.com</a>
Ed Saltzman	Treasurer, Records, Meet Sanctions, Communications	(770) 442-9075	<a href="mailto:swimsalt@bellsouth.net">swimsalt@bellsouth.net</a>
Jeff Tacca	Member At Large	(404) 256-0733	<a href="mailto:jtacca@comcast.net">jtacca@comcast.net</a>
Lisa Watson	Vice-Chair	(770) 497-1901 (678)717-3646	<a href="mailto:lisa.watson@ung.edu">lisa.watson@ung.edu</a>
Karol Welling	Secretary	(770) 631-9195	<a href="mailto:krw83@mindspring.com">krw83@mindspring.com</a>
John Zeigler	Fitness	(770) 972-7981	<a href="mailto:jvzeigler@bellsouth.net">jvzeigler@bellsouth.net</a>

***Swim Websites***

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

***Georgia Teams & Clubs***

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

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



**Malena Hankins, Marianne Countryman, and Ed Saltzman - Nationals**



If you're from Minnesota, you'll understand!

## IMMEDIATE CHANGES TO CONFORM TO FINA AND USA SWIMMING RULES

FINA approved amendments to the rules of competition on July 21, 2017 during the FINA Congress in Budapest. These changes are effective on **September 21, 2017**. Pursuant to articles 601.4.7B and 601.4.8, changes adopted in between meetings of the House of Delegates shall automatically be adopted unless USMS takes action to reject, amend, or repeal the change.

The USMS Rules Committee voted to affirm these changes during their meeting in conjunction with the annual meetings of the USMS House of Delegates on September 14, 2017 and have been adopted in the USMS Rules of Competition.

### Explanation of Change #1

FINA approved a change which alters the timing system requirements for world records.

1. FINA will no longer accept world records when the times are reported from manual (hand-held) watches.
2. FINA will no longer accept world records when the times are reported from a semiautomatic (automatic start with a button finish) primary timing system (i.e., when touchpads are not in use and the buttons are considered primary).
3. FINA will continue to accept world record applications from times reported by automatic timing (automatic start and touchpad finish).
4. In the event of a touchpad malfunction, FINA will accept world record applications from times reported by a semiautomatic backup timing system. The backup semiautomatic timing system may consist of three, two, or one button(s).

### Explanation of Change #2

FINA approved a change that alters the interpretation of the freestyle leg of individual medley and medley relay events. This change is effective for all USMS sanctioned and recognized meets, regardless of the length of the course (short course yards, short course meters, long course meters).

1. An October 2015 interpretation said that if a swimmer is in a position on or towards the back during the freestyle leg of an individual medley or medley relay, the swimmer is subject to disqualification. The rationale for this interpretation is that the rule prohibits swimmers from repeating a stroke during the last leg of these events. Being in a position towards the back constitute a legal backstroke, regardless of the type of stroke or kick used.
2. The September 2017 change permits swimmers to leave the wall during a turn in a position on or towards the back during the freestyle leg of an individual medley or

medley relay event without being subject to disqualification. This includes the breaststroke-to-freestyle transition and freestyle turns.

3. If swimmers leave the wall in a position on or towards the back, they must return to a position towards the breast before any kick or stroke.
4. Being on or towards the back at any other time during the freestyle leg of an individual medley or medley relay event is still an infraction subject to disqualification, regardless of any type of stroke or kick used.
5. It remains legal to be on or towards the back during any portion of a freestyle event. The restriction on body position only applies to the freestyle leg of an individual medley or medley relay event.

### Explanation of Change #3

FINA approved a change to the wording of the butterfly rule. This is not a substantive change.

1. A sentence reading “underwater kicking on the side is allowed” was deleted because it was regarded as duplicative wording.
2. FINA SW8.5 still permits underwater butterfly kicking up to the 15-meter mark in butterfly. The reference to “on the breast” is still interpreted as a position toward the breast, meaning that kicking on the side is still legal.
3. Therefore, there is no change in how the butterfly will be judged as a result of this change.

The complete text of the changes are included in this notice. Please direct all questions to the USMS Rules Committee Chair.

Charles Cockrell  
USMS Rules Committee Chair  
September 17, 2017

Changes to FINA rules that eliminate acceptance of world records using manual or semiautomatic primary timing systems. This change reflects only the FINA changes affecting world records to ensure that this information is accurately reflected in the rule book for members.

Note: F-3 is effective September 21, 2017 to reflect changes to FINA rules.

**103.6.6** The referee may assign two or more additional timers per lane dedicated to recording initial distances for USMS Top 10 purposes ~~or may assign three additional timers per lane to record initial distances for world records~~. The swimmer may request such additional timers for this purpose.

**103.18.5** **Records and Top 10 times using an Automatic Primary Timing System—** Secondary and tertiary times may be used to determine the official time as follows when the automatic primary timing system fails, provided the procedures in 103.17.3B are followed. See 103.17.3D for overhead video backup.

**A** World records, USMS records, and USMS Top 10 times may be established when the times are reported by an automatic primary timing system.

**B** World records, USMS records, and USMS Top 10 times may be established when the automatic primary timing system fails if the times are reported by a semiautomatic secondary timing system using three, two, or one valid button(s).

~~**C** World records may be established when both the automatic primary and semiautomatic secondary systems fail (no valid button times) if the times are reported by a manual tertiary system with three valid watch times.~~

~~**DC** USMS records may be established when both the automatic primary and semiautomatic secondary systems fail (no valid button times) if the times are reported by a manual tertiary system using a minimum of two valid watch times.~~

~~**ED** USMS Top 10 times may be established when both the automatic primary and semiautomatic secondary systems fail (no valid button times) if the times are reported by a manual tertiary system using a minimum of one valid watch time.~~

~~**FE** An initial distance or a relay leadoff leg may be used to establish world records, USMS records, or USMS Top 10 times when reported by an automatic primary timing system.~~

~~**GF** An initial distance or a relay leadoff leg may be used to establish world records when the automatic primary timing system fails and if the times are reported by a manual backup semiautomatic secondary timing system with using three, two, or one valid watch button(s) times.~~

~~**HG**~~ USMS records shall not be established for initial distances and relay leadoff legs using a manual backup system when the primary system fails.

~~**HH**~~ An initial distance or relay leadoff leg may be used to establish USMS Top 10 times when the primary timing system fails and the times are reported by a manual backup timing system with a minimum of two valid watch times. Note: If the secondary system is manual watches (no semiautomatic system), the requirements listed in 103.18.5C-~~**DE**~~ shall apply to the watch times.

**103.18.6 Records and Top 10 times using a Semiautomatic Primary Timing System—**  
Semiautomatic times are used to determine the official time as follows (or backup times when the semiautomatic primary timing system fails), provided the procedures in 103.17.3B are followed.

~~**A**~~ World records may be established when the times are reported by a semiautomatic primary timing system with three valid button times.

~~**BA**~~ USMS records may be established when timed by a three-button semiautomatic primary timing system and the times are reported by three, two, or one valid button times.

~~**CB**~~ USMS Top 10 times may be established when timed by a minimum two-button semiautomatic primary timing system and the times are reported by three, two, or one valid button times.

~~**D**~~ World records may be established when the three-button semiautomatic primary system fails (no valid button times) if the times are reported by a manual backup system with three valid watch times.

~~**EC**~~ USMS records may be established when the three-button semiautomatic primary system fails (no valid button times) if the times are reported by a manual backup system with three or two valid watch times.

~~**FD**~~ USMS Top 10 times may be established when the minimum two-button semiautomatic primary system fails (no valid button times) if the times are reported by a manual backup system with three, two, or one valid watch times.

~~**G**~~ An initial distance or a relay leadoff leg may be used to establish world records when reported by a manual backup timing system with three valid watch times.

~~**HE**~~ USMS records shall not be established for initial distances and relay leadoff legs using a manual backup system when the primary system fails.

~~**HF**~~ An initial distance or relay leadoff leg may be used to establish USMS Top 10 times when the times are reported by a manual backup timing system with a minimum of two valid watch times.

**103.18.7 Records and Top 10 Times using a Manual Primary Timing System—**

Manual times are used to determine the official time as follows, provided the procedures in 103.17.3B are followed.

~~**A** World records and USMS records may be established when the times are reported by a manual primary timing system with three valid watch times.~~

**BA** USMS Top 10 times may be established when the times are reported by a manual primary timing system with a minimum of two valid watch times.

~~**C** An initial distance or a relay leadoff leg may be used to establish world records when the times are reported by a manual primary system with three valid watch times.~~

**DB** USMS records shall not be established for initial distances and relay leadoff legs using a manual primary timing system.

**EC** An initial distance or a relay leadoff leg may be used to establish USMS Top 10 times when the times are reported by a manual primary system with a minimum of two valid watch times.

**Note: F-3 also requires modification to the reference table on page 29 for consistency**

	Automatic Primary Timing System	Semiautomatic Primary Timing System	Manual Primary Timing System
<b>World Records</b>	Touchpad time		
	Semiautomatic backup time with three, two, or one valid button(s) if the touchpad fails.	<del>Three valid buttons.</del>	
	<del>Manual backup time with three valid watches if the semiautomatic system fails (no valid buttons).</del>	<del>Three valid watches if the three-button semiautomatic system fails (no valid buttons).</del>	<del>Three valid watches.</del>
	Leadoff or initial split recorded by a touchpad.		
	Leadoff or initial split recorded by <del>three valid watches</del> <u>three, two, or one valid semiautomatic button(s)</u> if the touchpad fails.	<del>Leadoff or initial split recorded by three valid watches.</del>	<del>Leadoff or initial split recorded by three valid watches.</del>
<b>USMS Records</b>	Touchpad time		
	Semiautomatic backup time with three, two, or one valid button(s) if the touchpad fails.	Three-button system with a time calculated using the procedure in 103.17.3B	
	Manual backup time with two valid watches if the semiautomatic system fails (no valid buttons).	Two valid watches if the three-button semiautomatic system fails (no valid buttons).	Three valid watches
	Leadoff or initial split recorded by touchpad.		
<b>USMS Top 10 Times</b>	Touchpad Time		
	Semiautomatic backup time with three, two, or one valid button(s) if the touchpad fails.	Two-button system with a time calculated using the procedure in 103.17.3B	
	Manual backup time with one valid watch if the semiautomatic system fails (no valid buttons).	One watch if the two-button semiautomatic system fails (no buttons)	Two valid watches
	Leadoff or initial split recorded by two valid watches if the touchpad fails.	Leadoff or initial split recorded by two valid watches.	Leadoff or initial split recorded by two valid watches.

**Changes approved by FINA to modify the interpretation of freestyle in an individual medley or medley relay event.** The change means that swimmers must return to a position on the breast before any propulsive movement (kick or stroke). The change permits swimmers to leave the wall while on the back during the freestyle leg of an individual medley or medley relay event without being subject to disqualification. Being on the back at any other time during the freestyle leg of an individual medley or medley relay event is still an infraction subject to disqualification.

**Text of the FINA Rule after the change:**

**SW 9 MEDLEY SWIMMING**

**SW 9.1** In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

**SW 9.2** In Freestyle the swimmer must be on the breast except when executing a turn. The swimmer must return to the breast before any kick or stroke.

**SW 9.3** In Medley relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

**SW 9.4** Each section must be finished in accordance with the rule which applies to the stroke concerned

**USMS Rule Change:**

**101.6 Individual Medley**

The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

**101.6.1 Start**—The forward start shall be used.

**101.6.2 Stroke**—The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke, except that in the freestyle, the swimmer must be on the breast except when executing a turn.

**101.6.3 Turns**

A Intermediate turns within each stroke shall conform to the turn rules for that stroke, except that in the freestyle turn, the swimmer must return to the breast before any kick or stroke.

B The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

(1) **Butterfly to backstroke**—The swimmer must touch as described in article 101.3.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.

(2) **Backstroke to breaststroke**—The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.

(3) **Breaststroke to freestyle**—The swimmer must touch as described in article 101.2.4. Once a legal touch has been made, the swimmer may turn in any manner and must return to the breast before any kick or stroke.

**101.7.1 Medley Relay**—Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly; fourth, freestyle. Rules pertaining to each stroke as described in 101.6 (Individual Medley) used shall govern ~~where applicable~~. At the end of each leg, the finish rules for that stroke apply.

## **F-1 Informational Only – No Action Required**

<b>Action:</b> <b>Adopted</b> Defeated Adopted/Amended Tabled Withdrawn Pulled
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Change approved by FINA to eliminate the sentence that references underwater kicking on the side in butterfly. This change is not a substantive change. FINA SW8.5 still permits underwater kicking up to the 15-meter mark and the reference to “on the breast” is still interpreted as a position toward the breast.

### **Text of the FINA Rule Change:**

#### **SW8 BUTTERFLY**

**SW8.1** From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. ~~Under water kicking on the side is allowed.~~ It is not permitted to roll onto the back at any time, except after the turn after the touch where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

**No change is required to USMS rules in order to conform to FINA since this specific reference does not exist in the current rules.**



**Georgia Masters Swimming**  
**Collins Hill "Veteran's Day" SCM Developmental Meet**  
**Sunday, October 29, 2017**  
**Sanction No. 457-S006**  
**Held Under the Sanction/Approval of USMS, Inc. & Georgia LMSC**

**Time:** Sunday--Warm ups at 9:00 a.m. Meet begins at 9:30 a.m.

**Location:** The Collins Hill Aquatic Center (770/237 5647), which is an 8-lane SCM pool, is located on Collins Hill Rd in Lawrenceville. From I 85, go EAST on the Suwanee Rd exit (Exit 111) toward Lawrenceville – you would turn RIGHT if you are going north on 85. Go to the next traffic light at Old Peachtree Rd (which is Horizon on the other side), and turn LEFT. Old Peachtree will actually continue right at the next traffic light. Keep following Old Peachtree until you intersect the traffic light at Collins Hill Rd. This is a T intersection only going RIGHT off Old Peachtree. Go 1 mile south through the traffic light at Taylor Rd and turn RIGHT into the Aquatic Center at the traffic light at the bottom of the hill.

**Eligibility:** The meet is open to all persons 18 years and older as of **October 29, 2017**. USMS registration is required. If you are not registered, your application can be accepted at the meet. Be sure to include a copy of your USMS card with your entry.

**Events:** Swimmers may enter up to five events.

**Awards:** Ribbons will be awarded for 1st, 2nd, and 3rd places.

**Timing:** Hand-held stop watches will be used.

**Fees:** \$18.00 for up to 5 events; \$2.00 surcharge for deck and late entries (received after **October 27**). \$1.00 surcharge for entries without 3 x 5 index cards. Make checks payable to GEORGIA MASTERS. Mail to:

Lisa Watson  
804 Howell Court  
Duluth, Georgia 30096  
Phone #: (770) 497-1901  
[Lisa.watson@ung.edu](mailto:Lisa.watson@ung.edu)

**Entries:** Indicate events desired on the entry form--circle event # and provide seed time; use NT for No Time. Please fill out a 3 x 5 index card for each event entered. Include name, age, sex, event number/name, and seed time. EXAMPLE:

Bob Kohmescher	70 M
Event #: 6	1:46
100 yard breast	
(please leave room for timers)	

**Seeding:** Entries received by **October 27** will be seeded. Women's heats will precede men's heats. Sexes may be combined for some heats. NTs will be placed in slower heats, except for the 400m free, which is fast to slow.

**This is a CATEGORY I meet – Times do not count for Top Ten or records.**



# Georgia Masters Swimming

## Collins Hill "Veteran's Day" SCM Developmental Meet

### Sunday, October 29, 2017

### Entry Form

Name		Gender	Age	DOB
Address			Cell phone	
City			State	Zip
USMS#	Team		Email	

**Circle event number and enter seed time if known**

Seed Time	EVENT	Seed Time	EVENT
	1. 400m free/400m IM		9. 200m IM
	2. 50m Breaststroke		10. 50m Butterfly
	3. 100m Backstroke		11. 100m Freestyle
	4. 200m Butterfly		12. 200m Breaststroke
	5. 50m Freestyle		13. 50m Backstroke
	6. 100m Breaststroke		14. 100m Butterfly
	7. 200m Backstroke		15. 100m IM
	8. 25m Choice		16. 200m Freestyle
	9. Medley Relays		Freestyle Relay

**This is a Category 1 Developmental Meet – Times will not count for Top Ten or Records**

**Make checks payable to GEORGIA MASTERS**

All events	\$18.00	\$18.00
Late and Deck Entries	\$ 2.00	\$
No 3x5 index cards	\$ 1.00	\$
<b>TOTAL Amount Enclosed</b>		\$



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,  
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