

Across The Lanes

The USMS Lane

Six months after the United States Aquatic Sports / USMS Convention the USMS Leadership produces their Mid-Year Report describing their purposes and accomplishments to advance our sport. The following is just a small extraction of their efforts. You are encouraged to learn more of their work at <http://www.usms.org/admin/nycu.shtml>. The report begins on page seven of the *Streamlines* issue.

EXECUTIVE COMMITTEE MID YEAR REPORTS PRESIDENT Jim Miller, MD (also includes International Liaison and USAS Representative reports)

The time since convention has been a blur of activity. This is clearly a time of change, as the demands upon the presidency continue to accelerate. The San Diego convention was a springboard to numerous new and exciting opportunities for USMS. So far the summary of events has included:

1. Successful bid to host the 2006 FINA World Masters Championships. During the course of this bid application process many representatives from all the aquatic sports came together to help plan and present the best bid possible. Michael Moore, President of the Pacific LMSC, has been instrumental in putting together a team of organizers to run a championship that will be a glowing example of what USMS has to offer the world of Masters sports. Michael went to Abu Dhabi to present the bid and answer questions from FINA. Michael's efforts paid off when the championship was awarded over well-qualified bids from Great Britain and Egypt. I also wish to thank Dale Neuburger, President of USAS, for all the assistance that he provided.

2. Strengthened relationship with ASUA. I made a trip to Puerto Rico to meet with Orban Mendoza, President of ASUA, and Jose De Jesus, Chairman of the Masters Technical Committee. The face to face meeting was a success and from that has arisen the first Masters ASUA Technical Committee meeting, which will be conducted in Orlando the last two days of our convention. We have the opportunity to host the Masters leaders for the Americas, highlighting the great work of our committees and House of Delegates. We have such an opportunity to showcase our vision of Masters with them.

3. Board of Directors Involvement. Many initiatives came

from you, and the work paid off. The Board of Directors went through weeks of deliberation considering the addition of staff. An assistant to the web master position passed and has been placed before the Finance Committee for consideration of funding. The web demands are coming at such a rate that a lot of catch-up is needed. This position is proposed for a six month period. During that time the HOD can decide how to best meet the needs of the organization from the standpoint of web communication. The second position was that of a consultant to assist in the analysis of the proposals before us for the national publication. The BOD has directed the Planning Committee to set the process of evaluation of governance in motion.

4. National Publication Renewal. We are currently evaluating five different publishing houses that have successfully submitted bids to be considered as our national publication. These evaluations are critical to all of the core objectives. Through this publication and the web we serve and educate our members and provide a product that will promote our growth.

5. National Board of Review. I have appointed Carolyn Boak as the first chair of the new NBR. She has submitted a list of fourteen people, who will comprise the pool of members that are available to hear grievances that are filed before USMS.

VICE PRESIDENT Scott Rabalais

The idea of USMS Regional Camps and Clinics is one which was passed along to the Coaches Committee for consideration. This goal, which in its realization would create a tremendous service to our members, is expected to be presented to the House of Delegates at our next convention. I have played a continuing role in the development of the Masters track at ASCA with the assistance of Bob Bruce, Coaches chairman, and Mel Goldstein, sponsor liaison. The USMS publication selection process is underway, and I was asked to help generate interest among publishers for proposals. Several quality proposals were submitted and are currently being considered. Your VP continues to participate in regular conference calls and contributes as deemed appropriate to discussion of the issues at hand. Of particular concern is that the direction of USMS continues to follow and achieve its core objectives of service, educate and build the membership. Along with the remainder of the EC, I look forward to another exciting convention in September.

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**USMS NATIONAL OFFICE MID YEAR REPORTS
USMS DATABASE ADMINISTRATOR
Esther Lyman**

It is always instructional to read last year's mid-year report before embarking on a new one and I was just reading my cheerful announcement that the installation of the new permanent identifier was proceeding well and fairly painlessly. That is still true, but this year is a different reality. Assigning the ID was simple compared to 'implementing' it this year. Last year was a matter of adding the new 'competitive' digits and the authorization character to the registration number – all handled by the software. This year there is a need to not only match each LMSC's own prior registrations but to everybody else's, including some 7,000 'legacy' ID's assigned to any All-American and Top Ten swimmers posted on the web page. Not so easy! But the registrars are still taking it in stride, proving again how very professional they all are even as they work in something that is not a profession, but which requires every bit as much expertise and effort. I can never say enough about the quality of this group of people. As of mid-April, we have booked 32,394 members with registration dates through April, or 76.4% of the 2003 total of 42,407 (net of transfers). It's a little hard to tell because of varying transmittal times, but my guess is that so far we are running about even with this time last year.

For those who are interested in the amount of competition within their age group, this is how the numbers break down for 2004 to date:

FINA Age	Women	Men	Total
19+	813	465	1278
25+	1541	1065	2606
30+	1657	1640	3297
35+	1956	2116	4072
40+	2426	2959	5385
45+	2149	2978	5127
50+	1639	2361	4000
55+	883	1725	2608
60+	505	1017	1522
65+	356	577	933
70+	243	449	692
75+	175	275	450
80+	102	177	279
85+	60	85	145
2004 YTD	14505	17889	32394

**USMS COMMITTEE MID YEAR REPORTS
CHAMPIONSHIP**

**Barry Fasbender, Chair
Jerry Clark, Vice Chair**

The following projects and discussions have taken place since the last convention:

2004 LCM Nationals in Savannah, Georgia: Lisa Watson is serving as the liaison for Savannah. This is a four-day meet this year. The meet will be deck seed and heat sheets available for the swimmers each morning except for the distance day.

2005 SCY Nationals in Fort Lauderdale, Florida: Debbie Cavanaugh is the meet liaison for the Fort Lauderdale nationals.

2005 LCM Nationals in Mission Viejo, California: Mark Gill is the meet liaison for the Mission Viejo nationals.

2006 National Championship Pool Venues: At convention last year the HOD approved not to host a LC National Championship in 2006 contingent upon FINA awarding the bid to USMS for the 2006 World Championships. FINA, the international governing body for aquatic sports, awarded the XI FINA Masters World Championships to the United States, where it will take place at Stanford University's Avery Aquatic Center in August 2006. Therefore, there will be no 2006 National Long Course Championship. 2006 National Short Course Championships Bids: Possible interest from Georgia Tech; Cambridge, Massachusetts; and Bakersfield California.

Medical Requirements for National Championships: Thanks to our Vice Chair Jerry Clark, the medical section of the National Championship Contract has been clarified. We have been requiring more of the Host than necessary as a result of ambiguous wording in the contract. Jerry worked with the USMS legal counsel and the past and present National Coordinator of Medical Care for National Championships to resolve this issue.

ACTION ITEMS

LCM Qualifying Times: We are exploring new ways of calculating National Qualifying Times for Long Course Nationals. The qualifying times for Long Course have always been much easier to achieve than those for Short Course. Also, the current method sometimes results in a faster qualifying time for an older age group than for the previous age group. The sub committee also needs to look at ways to limit the size of very large National Long Course Championships without making it more difficult to have a financially successful small National Long Course Championships.

SCM National Championships: We are working on the idea of a "tied-together" Short Course Meters Championships. Several Short Course Meters Championships would be held in different parts of the country with the times consoli-

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dated.

MARKETING COMMITTEE

Richard Burns, Chair

Doug Garcia, Vice Chair

Marketing has focused its attention and resources on a variety of initiatives. We began by responding to the EC's request to develop a strategic marketing plan for the organization. In light of the Planning Committee's initiative to evaluate USMS governance and what was considered to be some overlap in the assignments, we presented the EC with a framework to developing a strategic plan. To initiate marketing momentum the EC aligned marketing with the Zone Committee to create a pilot marketing program. The Utah LMSC:

1. Introduced email media training on a regular, periodic basis for LMSCs, newsletter editors, marketing and executive committee members, and requesting coaches. Working with Melissa Rinker, have received excellent response and positive comments.
2. Issued twelve news releases on a national basis and an additional ten to appropriate geographic-specific local media for local news
3. Dramatically increased distribution of media materials through full use of subscription release distribution service, touching 5,000 media contacts at least once through year.
3. Published article results have been seen in hundreds of publications, including a wide range: *Club Industry, Current Health 1, New York Times, Outside Magazine, Mesa Tribune, Senior Connections, Ms. Fitness, Mesa (AZ) Tribune, Orange County Register, St. Petersburg Times, Baltimore Sun, Pharmacy Times.*
4. Have achieved position of regular contributor to *active.com, HealthNewsDigest.com* - both of which have content picked up by many other media outlets.
5. Provided research, communications guidance for triathlon committee as a result of 2003 pre-convention meeting with tri committee.

PLANNING

Betsy Durrant, Chair

The subcommittee to study Structure and Governance is currently working through the VVMOST (Values, Vision, Mission, Objectives, Strategies, Tactics) process. All members of the HOD as well as the committee were asked to submit a list of what they value about USMS. The input was compiled and discussed. A list of USMS Values was created and approved. Using the Values List, a Vision Statement for USMS was discussed. The Vision Statement is in the final editing stage. As soon as it is complete and approved, the Values and Vision statements will be shared with all members of the HOD. A Mission Statement and Objectives are now being discussed.

ZONE COMMITTEE

Lynn Hazlewood, Chair

The Zone Committee has been moving forward to fulfill our rule book mandates as well as implement tasks assigned by the Executive Committee. The projects, which we discuss in monthly conference calls, will occupy the full year and some will extend into next year. Those projects are as follows:

1. LMSC Grants: The Grants Program Subcommittee, chaired by Mike Lemke, has put together a process to provide financial support for worthy LMSC projects. More information and application forms can be obtained at www.usms.org/admin/lmscservices/grants.shtml for those who are interested in applying for a grant. Submission deadline is June 1 with decisions made by July 1.
2. LMSC Workshops: The Communications Subcommittee, chaired by Rob Copeland, and the Zone Chair have joined forces with the LMSC Chairs Interest Group, headed by Michael Moore, to present five workshops at convention. These workshops are intended to provide information to LMSC officers to take back to their LMSCs. Workshops in development are: LMSC Chairs Networking, Communications, Club Mentoring, SWOT Training, and Management of Corporate Documents. More information on the workshops will be available as convention gets closer.
3. Communications: The Communications Subcommittee is also working on a plan to enhance communications between the national and local level. The project will involve elements such as identifying the target audience, specifying the message we need to get to the target audience, cross-LMSC communication, building a body of information from national committees to be conveyed to the LMSCs, and reviewing the methods used by USA-Swimming for communication with the local level.

DIXIE ZONE

Rob Copeland, Zone Rep

Since our last report the Dixie Zone has conducted two of our Zone championship events - our SCM championship in Marietta GA and our SCY championship in Brentwood TN. Both competitions were excellently organized, well attended, and had some phenomenal swims. Congratulations to all the participants and a heartfelt thank you to all the volunteers who made these events possible! Later this year the Dixie Zone is honored by being home to three national championships: The YMCA Masters National Championships, April 15-18 in Ft. Lauderdale FL, The USMS 5K Open Water Championships June 12 in Amelia Island / Fernandina Beach FL, and the USMS National LCM Championships, August 11-15 in Savannah GA. Not to

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mention that we are the home for the 2004 and 2005 USAS conventions in Orlando FL and Greensboro, NC. None of this would be possible without the dedication and commitment of our club, LMSC and zone volunteers. These folks continue to amaze me by their willingness to give so much of themselves for the sport we all love. Thanks! And I would be remiss if I didn't give special recognition to Dick Brewer our Dixie Zone webmaster (and so much more) for all of his efforts with our zone website and in communications that bring our zone together. Also thanks to Ed Saltzman for his contributions in keeping our Zone Top 10 and records current and accurate.

AD HOC LEGAL COUNSELORS

Patty Powis, Chair

Bruce Hopson, Vice Chair

AHLC has a number of issues that require legal guidance. The first is on-line registration. In 2003, AHLC opined on the validity of on-line signatures under the federal e-sign law and state Uniform Electronic Transactions Acts. The committee found that, as long as USMS complies with the dictates of those statutes, electronic signatures on releases for on-line meet registration and USMS registration should be enforceable. At that time, it was anticipated that USMS would come up with a standard, centralized method for meet registration that could be used by all LMSCs. Unfortunately, the demands on our database administrator/webmaster have been great and that just hasn't happened. As a result, our local clubs and LMSCs are itching to do on-line event registration and some may already be using a standard service (e.g. active.com) for event registration. AHLC needs to create concise and brief legal guidelines for on-line event registration to ensure that releases signed on-line will be valid. This will be a great service that will allow our clubs to move forward with on-line event registration while protecting USMS.

AD HOC USMS ENDOWMENT FUND

Doug Church, Chair

Following the convention last fall, the Board of Governors of the Endowment Fund awarded two grants which have now been funded. One grant went to The Counsilman Center for the Study of Swimming to provide seed money for a project that is being headed up by Dr. Joel Stager. Initial work has been conducted and a report should be available this fall on the initial findings. The second grant went to Arizona State University and their Exercise and Sport Research Institute headed by Bryan Morrison. Initial reports are expected on that project by convention time as well. In both cases, the amount of the grant was just under \$5,000.00 and that represents total grants to date from the Endowment of nearly \$15,000.00. This has all been made

possible by the generosity of Masters swimmers. The total Endowment Fund balance is now over \$150,000.00. Most encouraging of all is that fact that the percentage of USMS registered Masters who have taken advantage of the \$1 check off has increased each year since the inception of the program. Grant applications for the next funding cycle are being solicited now and if anyone is interested or has questions please contact me at Dchurch@cchalaw.com or P.O. Box 10, Noblesville, IN 46061.

US OLYMPIC COMMITTEE LIAISON

Hill Carrow

On February 24 and 25 I traveled to Colorado Springs, home of the US Olympic Committee. There I was able to meet with a number of executives, both with the USOC and with USA Swimming who have involvement with or who might have an effect on the sport of swimming, including US Masters Swimming. While I will provide more specifics in my report for the Annual Meeting, I was able to have very good discussions with Chuck Wielgus, CEO, and John Walker, our USMS Camp Liaison, among others at USAS. At the USOC I met with marketing, sports resources, and Community Olympic Development officials. It was a very productive trip and I look forward to sharing more details in my next report.

USMS LIAISON TO USA TRIATHLON

Cindy Hawkinson

We are working to encourage the clubs and teams in USMS, with the effort the Coaches Chair, to offer more clinics, camps and workouts specific to triathletes.

Goals for the upcoming months to convention:

- Successfully host 5 USMS booths at triathlon expos around the country. Suggestions for hosting include distributing a list of Masters teams and contact names & numbers with a few coupons for free trial workouts; pass out freebies (i.e., swim caps, t-shirts, etc.).
- Determine to the best of our ability by comparing data bases with USMS and USAT, how many members are registered in both organizations.
- With the assistance of Bob Bruce and the Insurance Committee, determine the possibility of dual-sanctioning events.
- Continue to update and encourage my 'triathlon volunteers' from around the country in ways to integrate triathletes into the master swimming programs as well as Masters swimmers to welcome the swimming newbies to the advantages and fun of Masters swimming. Here are a few ideas you might want to utilize:
 - a. Visit and/or offer to speak at tri clubs in the area. Make the talk light and fun; encourage triathletes that swimming in a pool is not nearly as scary as the mass pack at the start of a race.

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b. Promote and hold a triathlete specific clinic or workshop (consisting of a few practices) in the off season (January, February). Typically, it is too cold to bike outside so triathletes will need an alternative. Masters swimming is a great idea.

c. Have triathlete specific lanes or practices.

d. If your team or club host socials, promote a few to the triathletes. Encourage the swimmers to bring a triathlete friend or buddy up with them. Use ice breakers such as swimmer specific lingo or triathlete specific lingo and have them guess what it means. Such as 'on the top', 'swim circles', and 'T1 and T2'.



The LMSC-NC Secretary's Lane By Julie Rashid

**LMSC for NC QUARTERLY MEETING
May 1, 2004**

Members Present: Fritz Lehman (RAM – LMSC President), Margie Springer (RAM – LMSC Vice President), Julie Rashid (RAM – LMSC Secretary), Jerry Clark (CSM – LMSC Treasurer), George Simon (RAM – LMSC Registrar), Ceil Blackwell (RAM), Jeff Dugdale (THAT), Bernie White (CSM), Bob Husson (Twin Rivers YMCA), Susan Husson (Twin Rivers YMCA), Sari Paikoff (DAMA), Greg Sousa (DAMA), Sara Sousa (DAMA), Sarah Reilly (DAMA), Jim Enyart (SAC), Norman Macartney (Sports Center, Morehead Masters), Mary Young (Greensboro YMCA)

JANUARY 2004 MEETING OVERVIEW - Fritz
Changes to the bylaws were posted on the website this month. Some of the changes included accepting 18 year-olds into the LMSC although they cannot compete and expanded officers on the Board. There is a Publication/Awards position that Jim Enyart has filled, and a Coaches Committee position filled by Kent Battle. Julie Rashid now fills the Secretary position. All members approved the new Board.

BYLAWS - All

Jim Enyart proposed several changes to the bylaws. 1) change "LMSC" to read "LMSC for NC" throughout the document 2) In the duties and powers section in Article 4, add the word "collect", and 3) in Article 6 add proxies to the list. Jim moved to amend the bylaws and all approved these changes. Jim also brought up the Article 5 section that specifies that board member terms begin January 1 and references a 4th quarter annual meeting. There was a question as to changing this to read 1st quarter annual meeting

since they are usually in January during the Sunbelt Championship Meet in Charlotte. After discussions, no motion was made to have this changed.

REGISTRAR'S REPORT – George

The total number of registrants in the LMSC for NC as of April 30, 2004 was 655. This is an increase of 20 members from this time in 2003. George made a motion to not charge each chapter \$20 for the LMSC rulebook automatically. If chapters wanted the rulebook, they could get it themselves online or by ordering a copy. The motion was approved by all members and will be effective in January 2005.

TREASURER'S REPORT – Jerry

LMSC for NC took in \$8,192.00 and spent \$8,682.17 in the first quarter of 2004. As of 3/31/04, we had \$6,266.57 in our checking account and \$6,046.79 in a Certificate of Deposit.

SWIM CLINICS – All

LMSC for NC is hosting a clinic for the intermediate swimmers on May 22 in Charlotte. So far, we only have 20 people signed up and we need 35 to make the clinic a success. George will draft an email as a reminder to folks to sign up if they haven't already. If we can't fill all the slots with LMSC for NC members, then we will open it up to South Carolina members. A clinic in November 2004 is being planned for the faster swimmers. Fritz moved to subsidize \$1000 from LMSC for NC funds for this clinic. The motion was approved by all members.

NATIONALS – Fritz

Jeff Dugdale was a great motivation and support person at the Nationals recently and not only for LMSC for NC. Several people commented to Fritz about his overwhelming support to all the swimmers.

NATIONAL CONVENTION – All

LMSC for NC needs to select delegates to attend the September 2004 National Convention. It has been approved that Jerry and George attend. Fritz made a motion to fun monies for a coach to attend as well. All members approved the motion. Fritz and Kent will work on deciding who should attend.

ALL OTHER BUSINESS – All

Greensboro already has a pool lined up for their next meet. Alan Godfrey will submit record times

PERFORMANCE APTITUDES AND ATTITUDES

The NC SCY Championships Lane A Perspective By Norm Macartney Morehead City Sports Center Masters

When I was a kid the big three, baseball, football, and basketball dominated my high school's sport programs in Port Washington, New York. In the spring track and field entered the picture, but it was in baseball's shadow. And tucked along the sidelines were tennis with soccer the emerging unknown.

Swimming, as such, wasn't... though perhaps in another sense it was, to the extent that nobody gave it much thought: Long Island was surrounded by water and going to the beach "to swim" was sort of like going to the movie theater. And where did I fit in? No place. For a kid, being "no-place" isn't a good place to be; kids want to feel they belong.

My father was tuned in to his no-place kid and packed me off to a boarding school that had a swimming team -- as in a pool. I tried out for the team and, aside from the fact we practiced naked, nearly drowned because "swimming" in the Long Island Sound had amounted to not much more than muscle flexing for the girls.

Decades later... and here I am composing this piece for Across the Lanes having experienced the North Carolina Short Course Yards Championships, May 1-2, 2004.

I arrived on Saturday morning in time for a good warm up, lay out in the bleachers paralleling the end of the pool... and felt my heart thumping, not because of the warm up but because of the forthcoming meet: anxiety, but why? It's not as though this was the Nationals, and even so, you give it your best and, well, that's what it's all about. Following the first event the thumping from anxiety ceased, only to be replaced by the thumping from the convergence of everything that takes effect when a swimmer competes in a meet: a neuro, psycho, physio, socio stew that kicks in the instant the starter says, "Take your mark."

As the afternoon proceeded, I found my self becoming more absorbed in the torrent of action, and the meet became a giant pinwheel spinning on a hub of stored human energy. Then it was over, the pinwheel ceased, the process put to rest as people went about whatever during the evening; to begin anew on Sunday morning.

The anticipation, the warm up, the first event, the pinwheel

gaining momentum as I, once again, began spinning with the entirety of the all. But, with each swimmer contributing to the pin wheel effect; a unity was being created that was the sum of the individual histories that had prepared the race to mount their starting block. This unity described the character of the meet.

I represented eastern North Carolina. I wasn't alone in this placement: I came with another fellow. And there were swimmers from New Bern, Wilmington, and, well, that's all that comes to mind. Yet, no matter whether one is one or one of many, a meet has an inherent quality, a synergy, that enables the one to become part of a whole, that pinwheel to which I referred. To race is exhilarating and rewarding as it demands all the physical, mental, social, and spiritual senses to become engaged tends to call one back again. And I, as one, am grateful for it.



The NC Masters' Indy Championships Lane

Several NC Masters who competed in the 2004 USMS SCY Championships tell of their impressions of, experiences at, and lessons-learned from this major event. Their reports in alphabetical order follow:

Terry Conrad

I really enjoyed swimming with the NC Masters and then reading the experiences of my teammates. The summaries are great! Although I found the 40-44 bracket more competitive than the last time I swam SC Nationals (at age 36), the experience has inspired me to get to the weights and drop another 20 lbs.

I also was impressed, as many were, to see swims from Gary Hall, Jr. and Muhammad Sabir. I have to say I enjoyed Sabir's little posing display before he shattered the 50 fly record....it was fun to see the excitement in the air. If only I could miss my turn on a 50 free and clock a 20.15 like Gary Hall, Jr.!!!!

I especially liked being part of the relays -- and a potential state record for our mixed 35+ free relay.

Todd Dimsdale

I couldn't possibly itemize the things that I enjoyed this weekend, so I'll just focus on those things that are absolutely unforgettable.

- 1.) Shaving Charlie's head. What an honor. Charlie's shaved head and the Mona Lisa's smile share a similar magical quality. Women can't help but kiss it, and all men grudgingly accept it's perfection — and I got to be part of it!!
- 2.) Hanging out with 7 of the smartest, funniest, most inspiring people on the planet with nothing to do but swim fast, support each other, and share experiences.
- 3.) See Sabir Muhammad, Gary Hall, and Aaron Ciarla move through the water like sharks after Richard Dreyfuss.
- 4.) Dinner with swimming celebrity and really nice guy, Rowdy Gaines.
- 5.) Getting autographs from aforementioned superstars.
- 6.) Getting great coaching at a national meet.
- 7.) Seeing 1500 unique people overcome enormous challenges to be the best they can be and have fun doing it.

Swimming:

Day 1

50 breast - I didn't think it was possible to miss a breast stroke turn, but outside of my right ring finger fingernail, I did not touch the wall with my hands. Along with the lousy start and bad turn I could only improve from here. 29.4, 7th place, still don't have the state record (29.3).

200 free - Focused on Jeff's advice to swim through the 1st 50 with some reserve and really turn the kick on starting the third 50. Felt great, executed well. I had a bit much left at the end and could have gone faster, splitting 30.6 and 29.2 and the 3rd and 4th 50s. Happy with the race and time though, 158.3, 10th place.

200 mixed medley relay - 29.3 on the breast split. Didn't miss my turn this time, so I was disappointed with not improving my time from the morning.

200 free relay - led off 24.4. Generally a good race.

After the swimming was over my inner thigh felt like a coffee can with a few loose bolts in it. The pain grew through the afternoon and I was depressed because I thought my meet might be over. BUT...

Day 2

Considered scratching 100 IM, sleeping in, and hoping the leg would last through 200 breast, but that idea felt wimpy so...

100 IM - During warm up Jeff worked with me on increasing my turnover, and even allowing myself to spin to gain some speed. My execution was good including the most inefficient sloppy fast freestyle I have ever swum. 58.84 6th. Leg intact!!! Very pleased with the swim.

200 BR - Maybe over-focusing on my leg helped keep the butterflies down, but even though I thought I had a chance to win this one I felt quite calm. Almost nailed my target splits exactly. Comments were consistent - I was slow off the walls (lack of leg strength?) but had a more efficient stroke than everyone else. The guy who won broke the national record,

so I'm very pleased with second, and consider my leg holding out a miracle. 2:19.1, state record.

200 medley relay - this was fun and exciting. Everyone swam well. My 28.4 split came from a good start and focus on adding a stroke to each length. You're right Jeff. Turning over faster is swimming faster for me.

Icing the groin. Leg in one piece. Miracle.

Day 3

Now that I believe in miracles I feel like I can do anything.

200 IM - my best race of the meet. Last year I was out in 27.5 and died (2:11.4). The idea this year was to relax a bit on the first 50 and build the legs through each 50. All the work I did on backstroke with Jeff and Eric while rehabbing the leg paid off. 28.0 on fly swimming easy. Faster turnover on back with moderate kick. Kick like crazy in breast and free. As I turned to free it felt like I just dove in. 29.4 free leg. 2:08.0, 2nd place.

100 Br - I think I wasn't hungry enough for this one. Too satisfied going into the race. Last year out in 30.0, back in 33.0. This year out in 30.3, back in 32.9. 1:03.2, 3rd.

Going home - Traveling on a pass, trying to stand by for full flights. Miracles continued. Got home early. What a meet!! I'm psyched being on this team and about we can do next year. I have enormous gratitude to Jeff for being our leader and a great coach and Eric and Khaled for being there when needed to make us the force that we are!

Jon Klein

I had a fabulous time during our four days in Indy. The combination of swimming fast, team bonding, and being a spectator to some of the greatest athletes in the world made the experience memorable. Some of the great athletes I saw are well known names in swimming circles - Gary Hall Jr., Sabir Muhammed, Aaron Ciarla, Bill Specht, Richard Abrahams - others are less well known but no less great. These other less recognizable names include 90-year-old Woody Bowerstock who swam and set records in four events including the 1000 Free (that's right, he is 90). Eighty year-old Marjorie Newman swam the 200 Fly (and her last 25 was faster than Dan's was at the Charlotte meet two years ago). A blind 60 year-old guy swam the 100 Free. There were swimmers with pacemakers, cancer survivors, and all sorts of folks who have overcome obstacles to compete with their peers. One picture etched into my memory was of 28 year-old 6' 7" Sabir Muhammad talking with 5' 1" 80 year-old June Krauser woman with a puff of silver hair. It epitomized all that is good about Masters swimming.

NCMS really came together as a team and I must confess I enjoyed my teammates swims almost as much as my own. I

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had tears in my eyes after Bob's 200 Free. As usual the re-lays gave me another hit of adrenaline (I will need a 12 step program to get off the stuff). Outside of the pool we had great food and stories as recounted by Bob and Pam.

Sleep had a familiar pattern for me. Fell asleep early, slept well for a couple of hours, woke up way too early and couldn't get back to sleep. I stuck to my usual morning routine of oatmeal, TVP and yogurt. Got to the pool as soon as it opened in order to swim in the lane I would be competing in for the day and finish warming-up before the crowds came.

Here's what I did in the pool:

100 Fly- 57.29 (26.62 + 30.67) 8th place. Lifetime best swim. It felt OK but I can definitely go faster with a little race practice. It was only the 4th time I swam the event in a meet.

100 Back- 57.31 (27.66 + 29.65) 3rd place. Within .3 sec. of my best Masters swim. I can go out faster and just hang on. Jeff, I promise to do more dolphin kicks off the wall. Jeff commented that the guy next to me seemed to get his legs out of the water better on his start, and he did a better job on his underwater dolphin kicks. That guy also has a bathing suit named after him, has been on the cover of SWIM magazine as swimmer of the year, and he holds a pile of national and world records. I vowed to give him a run for his money in the next race.

50 Back- 26.77 3rd place. Within .1 sec. of my Masters best. I was even with Bill Specht and ahead of Scott Shake at the 25. Unfortunately the race was 50 yards and not 25. My transition from dolphin to swimming needs work (it always has, maybe this is the year I can fix it).

100 Free- 50.55 (24.27 + 26.28) 10th place. Within .2 sec. of my Masters best. Alas, my screen saver still says "Under 50 over 40". I must be out faster by being more explosive off the blocks. Jeff says I should be slapped around a little before my races.

200 Back- 2:07.47 (29.65 + 31.95 + 33.06 + 32.81) 4th place. Respectable time. I swam the race exactly as Jeff outlined, I just needed to be 1 second faster in each of the last two 50s.

50 Fly- 25.1 4th place. Lifetime best swim. I love this race. May have taken a couple too many underwater kicks.

50 Fly relay start- 24.31 Relay took 4th. Lifetime best swim.

50 Free relay start- 22.65 Relay took 8th. Lifetime best swim.

50 Free flat start- 23.37 Relay took 14th. Within .3 of lifetime best swim.

No complaints about my swims.

Thanks to all my old (read long-standing) NCMS friends as well as to my new NCMS friends for making this the most fun I have ever had at a swim meet. I look forward to seeing you again soon at the pool. Hopefully you will each recruit a swimmer to join us at future meets.

Rob Martz

The NC Masters comments and observations about the Indy Championships continue to be a source of inspiration and much laughter...It is a great testament to the enthusiasm of Jeff Dugdale and the group of his loyal followers to read their words and descriptions of success.

Maybe we need a glossary of official Masters terms and definitions, like the back pages in a textbook. The vocabulary list is already sounding like firecrackers, Bob's Bozo hair tufts, Pamela's discount suit repair, Charlie's foreskin jokes, Todd's groin ice, etc....quite a list of things to need to know if you swim with our group.

Clarke Mitchell

Relays are always fun -- but this year was exceptionally hilarious. Jon Klein did a great job putting us all together for the best finishes possible, but there's always a change at the last minute. That happened again this year when Joel Jacobs changed his mind and agreed to swim the free relay even with the closely following 400 IM which he had entered. That allowed us to swim in the 65+ 200 free relay.

When the four of us got up on the starting end of the pool, Joel was leading off with Dick Webber second, Mitch third and Jerry Clark anchor. Joel noticed that he was matched with Yoshi Oyakawa (Olympic medal winner in '52) for the first leg. We thought it would be a close race for the gold, and being far behind on the first leg was not a good omen!! Joel is a breast stroker and has vertigo, so he never does flip turns -- but under pressure, he decided he better go as fast as possible, which included a flip turn. He wasn't too far behind Yoshi when he got to the far end, but when he flipped the turn, he found that "someone moved the pool!!" He pushed with his legs, but the wall wasn't there!! When he looked up, he found that he was cross-ways in the lane. Meanwhile, Yoshi was churning like an egg beater in the lane next to him and was widening a tremendous lead with every second.

On the starting block, Dick Webber was saying "what the h--- is Joel doing down there??" He and I were pretty anxious, to say the least. Joel grabbed the gutter, got a breath and

(Continued on page 9)

pushed off for the second 25. All this time, Jerry was back in the crowd talking to the ladies and didn't know there might be a problem. At any rate, Joel finally got back to touch off Dick who swam a great 50 and made up some of the distance lost.

Mitch did his part and caught up a little more, but when the final leg came around, Jerry was still half the pool behind. Fortunately, the OHIO team had to substitute a slower swimmer for the anchor because Pete van Dyke was swimming on the 75+ relay. Jerry swam a terrific leg and caught the opponents at the turn. We finished first for the gold and had a lot of good laughs about the whole event. Lots of fun and it turned out well, too.

Joel got nicknamed the "Indy turn-meister" for his fabulous turn. The same four won the Medley Relay the next day, but there wasn't nearly as much trauma. The only glitch was that in the excitement of talking to Yoshi, Mitch forgot the entry card for the team and had to run down the slippery deck both ways to get it out of his bag and get back to the start before the horn !! Barely made it.

The whole meet was a lot of fun -- the fellowship the best part. We missed those who couldn't be there and enjoyed those who were. Swimming with others and getting to know them is great fun, but having non-swimmers on the deck is just as fun and important -- Jeff and Kemp Battle provided lots of support for all of us. I know we all appreciate their good work and insightful observations. They coached us to better results every time.

Sally Newell

After my flight from Greensboro to Charlotte, I boarded the second phase of my flight to Indianapolis. Who was sitting across the aisle from me but teammate, Dick Kitchell from Asheville. After Dick rented a car we drove directly to the pool, which was a relief to me after the hassle Suzanne, Mitch and I went through in finding the Rutgers pool last summer! Since Dick has family in the area I didn't see much of him after that. As Jon Klein noted, staying at the University Place Hotel was very convenient, facilitating access to the pool very easy, rain or shine.

To be honest, the highlight of the meet was having our coach, Jeff Dugdale from THAT on deck. He told me when to warm up, how far to swim, what I was doing wrong, and just before my race, he would tell me to "have fun". Following my races I became accustomed to look for him for feedback regarding my event. I would definitely vote for Jeff as the NC Masters' coach. He has impressive credentials and is very personable!

It was great making new swim friends from within our state; Pam, Rob, Joey, Erik, Bob, Jeff, Lindley, Todd and of course,

being with those "old" faces; Dick W., Dick K., Jerry, Mitch, Don, Joel, Charlie, Debbie, Robin, Jenny, Jeannie, Ruth and anyone else I might be unintentionally omitting.

I think everyone swam well. I do, however, remember that Jerry won most of his freestyle events, Jeannie and Lindley both performed well in backstroke events, Mitch was right up there in the backstroke, as was Pam Lindross in breaststroke. The men's 65+ medley relay placed first with Mitch, Joel, Dick W. and Jerry.

With only eight women, we placed second in both the Women's and Combined Small Divisions. The men placed fourth in the Medium Team Division.

I would hope more NC Masters will take advantage of our close proximity to Savannah in August when we can again excel!

Bob Schmitz

What a great bunch of folks and what a good time we had. Jon, Charlie, Jeff and I all flew out together on Delta. I sported a very bizarre hair cut. Allowing my kids to have their fun with the clippers the night before, my head was all shaved except for two 2-inch tufts of hair one over each ear. (Only Jon burst out laughing when he saw me. Everyone else was too polite?) No one said a word to my face during the trip but Jeff reported that behind me in the plane people were talking: "He lost a bet." "He got drunk and his friends did that to him," etc.

We hooked up with Pam and Eric in the Indy airport and all jumped in our \$87 (for the entire trip!) rental van. (Thank you Jon for the two coupons and Jeff for schmoozing the gal at the rental counter. "Hi Beatrice. You look lovely today. You know the blue in that scarf brings out the blue in your eyes. Could you help us with our rental car today....")

University Place is a great hotel connected to the pool by a long path through academic buildings and plexiglas tubes over the street. We left our rooms, walked over and had a great warm up in "one of the fastest pools in the world" as the notes over the urinals in the men's locker rooms informed us. You had to be fast as there was one, that's right, only one, toilet in the locker room for total of 5 twenty five-yard or meter pools in the complex. Weird.

After warming up we finished off our shaving in the showers. I had brought some razors and lent them to folks. Jon asked if the razor I had given him was new. "Why is it cutting poorly?" I asked. "Not cutting at all," Jon replied. I looked over. "You have to remove the little plastic blade protector Jon."

(Continued on page 10)

That evening the five fly-ins were joined for dinner by the four drive-ins, Joey his wife and two cute little girls who had made it from Durham in 10? hours. Jeff's buddy, Rowdy Gaines, joined us at the restaurant. Rowdy has Olympic gold and world records in 50, 100 and 200 free and now is the chief fundraiser for US Swimming in Bolder, CO. He's a hell of a personable nice guy. He rubbed my head, now without the tufts, for good luck.

Day One.

Poor night's sleep. Turned on the TV and finally fell asleep at 11pm. Woke up at 6 to meet people in the 2nd floor restaurant at 6:30, as I had understood, but no one was there. Continued to the pool without eating. New suit. Good warm-up, ready to go.

50 breast: 31.06 Concentrated on high hips with kick and driving hands fully into extension. Turn over was slow. I was disappointed, but I thought I should be able to swim great in the 200, as that was the pace I swam.

200 free: Goal: sub 2:00, Method: 1st 50 -- just swim, 2nd maintain, 3rd add the legs and 4th flat out. I felt great, powerful, and smooth. Swam as I planned and split 27.42, 30.34, 30.59, and 30.27... 1:58.62 – a lifetime best 1.5 seconds faster than HS and 4 sec faster than last year.

People said my stroke looked so smooth and beautiful.

Don Gilchrest who had last seen me swim in Charlotte four months ago said that he had never seen someone change their stroke so dramatically in such a short time. He said I used to splash and thrash through the water.

50 free split off a relay 23.82. At Tempe did a 23.54 lifetime best.

Out to dinner that night with the whole NC bunch, too much to eat. Charlie told us his condom and foreskin jokes. Couldn't sleep that night either. 11:30pm zzzz.

Day Two:

Slept in that the morning and got to the pool at 10. The meet was following its predicted timeline to within 5 minutes. Warmed up but no dives.

100 free: 53.71 compared to personal best of 53.20 on 1992 and 55.17 in Tempe. At the time I didn't think it was so good, but after I looked up at the times I had swum in the past I'm very happy. It did not feel like a smooth swim. Not clean, I got a little water on my first two breaths. Maybe I was digging my shoulders into the water too much. I wanted to break a 53, and I think I can.

200 Breast: I thought that I would do well in this event as I seemed to have the long smooth stroke down, and though I have not been swimming breast I am certainly in shape car-

diovascularly. It was not to be. I felt sluggish and heavy from the start and finished with a 2:33.48. (1:12.89, 1:21.59) -- six seconds slower than in Tempe. 50 free split 23.51 lifetime best

Enjoyed a fabulous dinner at a Chinese restaurant with just THAT and Don G. Still ate too much but got back to the hotel early. Charlie had treated everyone to dinner!

Went to Jeff's room to watch "Love Actually", a wonderful movie. It was fun. Jon, Eric, Pam, Charlie, Jeff and I sprawled out on the bed and floor laughing. I retired to bed at 9:30. No TV but read the Doc Councilman bio in the swim program. At last, a good night's sleep!

Day Three:

Got up at 5:45 feeling better rested. Ate breakfast and arrived at the pool at 6:30 to warm up. Felt slow and stiff.

Jeff said to warm up more. Warmed up 1200 or so and then did 6 x 25 from the blocks, fast. Also before each race I warmed up again perhaps 300 yards with 3-4 fast 12.5's and 2 fast turns. After each race cooled down with 3-400.

50 free 24.20 faster than HS. Personal best 23.66 in 1992.

Great off the block and into the water and great swim BUT dove too deeply, and though I was ahead at the start, everyone else was swimming, and I was still kicking to the surface. I can correct this.

100 breast: one last chance to redeem my breaststroke. A very decent race: 1:07.86. BUT on the third turn I missed the wall with my left hand. I think I took my eyes off the wall and looked to my left to glimpse the other swimmers, and that tilted my shoulders before the turn so my left hand couldn't reach. I knew I missed but I thought they will never catch it with all the splashing and commotion.

Wrong, I finished 4th but was DQ'd

Jumped in a Cab with Charlie, Jeff, Eric, Todd and a girl from Red Tide in NYC who had R Bell's palsy who said Charlie looked like a sophisticated art dealer, or Gandhi, and that I looked like a convict. She did pitch in \$10 for the cab, however, so she is forgiven.

Had a delightful ride back sitting between Charlie and Jeff, two great raconteurs.

I will be swimming in the state meet and try to fix a couple of things in my 50's and 100's. I hope that lots of other people will come too.

**2004 USMS Short Course National Championships
Indianapolis, Indiana
April 22-25, 2004**

NC Masters Swim To Second Place in Championships Small Team Division

The stage was set: A national championship meet at a central US location, a great organization that knows how to run big swim meets with no glitches, perhaps the fastest pool in the country, the winter months to train, and twenty-five NCMS swimmers signed up. Unfortunately two of those had to miss the meet with medical problems, so we were down to eight women and fifteen men when the Championships commenced. BUT, this group was prepared for the competition. We had a great blend of young and not-so-young swimmers, and with Jon Klein assembling the best combinations for relay teams, we all fell in step toward trying to swim our best individual times and win some team awards. Fortunately we were bolstered by the return of three great swimmers who had taken some years off from swimming in national meets. Yet it only took Lindley Fleury, Peter Hollett and Don Gilchrist a race or two to get caught back up with competitive racing.

We were fortunate to be able to share the enthusiasm of the Tar Heel Aquatic Team who train in Hillsborough under the support and guidance of Jeff Dugdale. An esprit d' corps has been developed in Hillsborough, and it managed to rub off on our entire team over the four days of the Indy Championships. For starters, Jeff asked a friend of his to have dinner with a bunch of us on Thursday night -- none other than Rowdy Gaines, a former Olympian and one nice guy. The enthusiasm of those present that night carried over to the next day's swims. **By Jerry Clark**

High fives to Jeannie Mitchell, Debbie Wilson, Jerry Clark, and the Men's 200 Free and Medley Relay Teams (Dick Webber, Joel Jacobs, Clarke Mitchell, and Jerry Clark) for their first place achievements.

Age group	Swimmer	Place / Event / Time
MEN		
25-29	Browning, D Joseph	22nd / 100 Fly / 1:12.43; 27th / 100 IM / 1:09.8; 9th / 500 Free / 6:16.50
30-34	Crankshaw, Erik C	2nd / 100 Fly / 54.32; 5th / 200 Free / 1:47.45; 3rd / 100 IM / 55.55; 5th / 100 Free / 48.95; 3rd / 200 IM / 2:00.52; 8th / 50 Fly / 25.02
40-44	Conrad, Terry J	20th / 100 Fly / 58.52; 12th / 400 IM / 4:51.31; 14th / 200 Fly / 2:18.83; 16th / 50 Back / 29.58; 15th / 200 IM / 2:12.78
	Lechner, Chris T	23rd / 100 Fly / 59.20; 28th / 200 Free / 1:58.07; 13th / 200 Fly / 2:18.57; 19th / 100 Free / 51.73; 13th / 50 Free / 23.54; 14th / 50 Fly / 26.17
45-49	Hollett, Peter G	22nd / 200 Free / 1:55.59; 23rd / 100 Free / 52.63; 11th / 500 Free / 5:15.88; 6th / 1000 Free / 10:54.33
	Dimsdale, Todd A	7th / 50 Breast / 29.43; 10th / 200 Free / 1:58.33; 6th / 100 IM / 58.84; 2nd / 200 Breast / 2:19.14; 2nd / 200 IM / 2:08.02; 3rd / 100 Breast / 1:03.23
	Klein, Jonathan E	8th / 100 Fly / 57.29; 3rd / 100 Back / 57.31; 3rd / 50 Back / 26.77; 10th / 100 Free / 50.55; 4th / 200 Back / 2:07.47; 4th / 50 Fly / 25.10
50-54	Gilchrist, Donald B	4th / 50 Breast / 31.05; 8th / 200 Free / 1:55.71; 4th / 400 IM / 4:46.81; 10th / 100 IM / 1:00.99; 2nd / 200 Breast / 2:26.40; 3rd / 200 IM / 2:09.78
	Schmitz, Robert	5th / 50 Breast / 31.06; 15th / 200 Free / 1:58.62; 19th / 100 Free / 53.71; 7th / 200 Breast / 2:33.48; 13th / 50 Free / 24.20
	Van Der Horst, Charles M	28th / 100 Fly / 1:07.36; 27th / 200 Free / 2:09.02; 24th / 100 IM / 1:08.03; 38th / 100 Free / 57.98; 32nd / 50 Free / 26.46; 21st / 50 Fly / 28.48
60-64	Kitchell, Richard W	4th / 100 Fly / 1:05.34; 2nd / 200 Fly / 2:28.90; 10th / 50 Fly / 29.50
65-69	Clark, Jerry	4th / 50 Breast / 35.93; 1st / 200 Free / 2:10.25; 1st / 100 Free / 57.28; 3rd / 50 Free / 26.27; 1st / 500 Free / 6:09.50; 1st / 1000 Free / 12:43.98
	Jacobs, Joel P	9th / 50 Breast / 38.09; 3rd / 400 IM / 6:44.98; 4th / 200 Breast / 3:05.02; 4th / 200 Back / 3:06.02; 7th / 100 Breast / 1:24.55
70-74	Mitchell, Clarke E	2nd / 100 Fly / 1:21.49; 2nd / 100 Back / 1:15.53; 2nd / 100 IM / 1:14.98; 2nd / 50 Back / 33.29; 3rd / 200 Back / 2:48.02; 2nd / 50 Fly / 31.47
	Webber, Dick N	9th / 200 Free / 2:45.77; 6th / 100 IM / 1:22.84; 9th / 100 Free / 1:08.67; 6th / 50 Free / 29.68; 4th / 50 Fly / 35.79

2004 USMS Short Course National Championships (Continued)

Age group	Swimmer	Place / Event / Time
WOMEN		
35-39	Lindroos, Pamela M	8th / 100 Fly / 1:03.68; 6th / 50 Breast / 33.74; 5th / 200 Breast / 2:36.84; 8th / 50 Fly / 29.09; 8th / 100 Breast / 1:13.16
40-44	Battle, Ruth M	4th / 100 Fly / 1:00.86; 6th / 100 IM / 1:05.49; 6th / 100 Free / 55.74; 4th / 50 Free / 24.83; 2nd / 50 Fly / 27.07
45-49	Batchelor, Robin H	4th / 1650 Free / 20:33.08; 2nd / 400 IM / 5:23.87; 5th / 200 Fly / 2:40.20; 5th / 500 Free / 6:06.29; 7th / 200 Back / 2:33.97; 7th / 200 IM / 2:35.70
	Fleury, Lindley A	4th / 100 Fly / 1:09.36; 2nd / 100 Back / 1:06.22; 12th / 100 IM / 1:10.35; 2nd / 50 Back / 30.26; 2nd / 200 Back / 2:26.65; 4th / 50 Fly / 29.43
50-54	Rogers, Jennie A	5th / 1000 Free / 14:22.60; 9th / 100 Fly / 1:34.71; 8th / 400 IM / 6:35.83; 8th / 200 Fly / 3:39.79; 14th / 500 Free / 7:07.57; 8th / 200 Back / 2:53.29
	Wilson, Debbie R	2nd / 1650 Free 21:01.38; 9th / 200 Free / 2:21.80; 2nd / 400 IM / 5:50.29; 6th / 500 Free / 6:13.33; 1st / 200 IM / 2:42.66
55-59	Mitchell, Jeannie R	7th / 50 Breast / 43.84; 1st / 100 Back / 1:18.36 ; 8th / 100 IM / 1:23.80; 2nd / 50 Back / 35.72; 1st / 200 Back / 2:47.47 ; 9th / 50 Free / 32.06
65-69	Newell, Sally	2nd / 50 Breast / 41.56; 3rd / 100 Back / 1:30.55; 3rd / 100 IM / 1:28.38; 5th / 50 Back / 42.17; 4th / 50 Free / 34.23; 2nd / 100 Breast / 1:30.82

RELAYS

PLACE / TIME / TEAM MEMBERS

35+ Mixed 200 Medley	21 st / 1:59.48 / Gilchrist, Donald B; Lindroos, Pamela M; Conrad, Terry J; Wilson, Debbie R
35+ Mixed 200 Free	14th / 1:41.69 / Klein, Jonathan E; Lindroos, Pamela M; Fleury, Lindley A; Conrad, Terry J
45+ Mixed 200 Medley	4th / 1:53.43 / Fleury, Lindley A; Dimsdale, Todd A; Klein, Jonathan E; Batchelor, Robin H
55+ Mixed 200 Medley	5 th / 2:14.99 / Mitchell, Jeannie R; Newell, Sally; Kitchell, Richard W; Clark, Jerry
45+ Women 200 Free	6th / 2:01.92 / Fleury, Lindley A; Batchelor, Robin H; Wilson, Debbie R; Mitchell, Jeannie R
45+ Women 200 Medley	8th / 2:16.07 / Fleury, Lindley A; Newell, Sally; Batchelor, Robin H; Mitchell, Jeannie R
25+ Men 200 Free	8th / 1:32.16 / Crankshaw, Erik C; Lechner, Chris T; Hollett, Peter G; Klein, Jonathan E
35+ Men 200 Medley	14th / 1:55.69 / Conrad, Terry J; Van Der Horst, Charles M; Lechner, Chris T; Hollett, Peter G
45+ Men 200 Free	5th / 1:38.19 / Dimsdale, Todd A; Gilchrist, Donald B; Schmitz, Robert; Van Der Horst, Charles
45+ Men 200 Medley	2 nd / 1:45.10 / Klein, Jonathan E; Dimsdale, Todd A; Gilchrist, Donald B; Schmitz, Robert
65+ Men 200 Free	1st / 2:00.32 / Jacobs, Joel P; Webber, Dick N; Mitchell, Clarke E; Clark, Jerry
65+ Men 200 Medley	1st / 2:11.08 / Mitchell, Clarke E; Jacobs, Joel P; Webber, Dick N; Clark, Jerry

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5th Annual "XMEN" Open Water Swim



Emerald Isle, NC

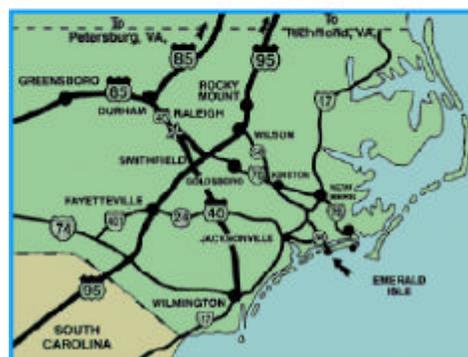
Saturday, August 28, 2004

5-Mile & 2-Mile Ocean Races

Race Course: The course begins at 7AM at the eastern Regional Beach Access of Emerald Isle (MM15). Participants will swim parallel to the beach, between bouys located immediately off the beach. Racers will swim to and around the appropriate buoy, then return to the starting buoy. (Please visit the website for directions to the race site).



Escorts: XMEN will provide several volunteer escort kayakers, but swimmers may bring their own escort (in a non-motorized craft). XMEN will not provide extra kayaks. Please see the website for information regarding local kayak outfitters.



Divisions: Swimmers will compete in the regular U.S. Masters Swimming (USMS) or USA Swimming sanctioned age and sex divisions.

Awards: Prizes will be awarded to the top three male and female finishers in each 2 mile or 5 mile race.

Entry Fee: **\$30.00.** Includes T-shirt, race cap, goody bag, and post-race refreshments. There is a separate **\$16.00 fee for participants 19 years or older** who are NOT registered USMS swimmers.

Entry Deadline: **August 14, 2004.**

Come Swim for a Good Cause

Proceeds from this year's swim will be donated to the **Carteret Currents**, a local age group swim team for youth between the ages of 8 and 18. Your donation will greatly aid the team in paying for coaches, pool fees and meet entries. The Carteret Currents swim at the Sports Center of Morehead City and the Cape Carteret Aquatic Wellness Center. Please contact Coach Charlie Gurganis at 252-726-8737 for more information.

For More Information on the XMEN 2004 Open Water Swim

Visit: www.xmenswimming.net, Email: altonboshoff@mindspring.com, Call: (919) 233-3861, or Fax: (919) 233-8909

XMEN 2004 Open Water Swim

Entry Form

Please return this form to

Make \$30.00 entry fee checks payable to:

Entry Deadline:

XMEN Swim
5012 Newcastle Rd.
Raleigh, NC 27606

Alton Boshoff

August 14,

Make \$16.00 one-day USMS participant fee checks payable to:

2004

LMSC for NC (for non-USMS registered participants 19 years or older)

Print Name: _____

Phone: _____ Email: _____
Day Evening

Address: _____
Street City State Zip

Sex: _____ Date of Birth: _____ Age: _____

Race Distance (check one): 5-mile _____ 2-mile _____

USMS or USA Registration Number: _____ (Please attach photocopy of valid membership card!)

USMS Club Affiliation: _____ Shirt Size (circle one): S M L XL XXL

- I will bring a personal escort and non-motorized escort craft to the swim.
 I would like to find out more about my friend/partner/spouse volunteering at the swim.

(For more information about volunteer opportunities during the 2004 swim, visit www.xmenswimming.net.)

Registration Amount Enclosed: (Please write separate checks for the entry fee and the one-day USMS participant fee.)

_____ + _____ = _____
(\$30.00 Entry Fee)---(\$16.00 one-day participant fee **for non-USA/USMS swimmers**) (Total amount enclosed)

USMS Sanction: Sanctioned by LMSC for NC for USMS, Inc. Sanction # 134-06 USA

Swimming Sanction: TBD

Liability Release: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible disability or death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY OTHER ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIM FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., USA SWIMMING, INC., THE NORTH CAROLINA LOCAL SWIMMING COMMITTEE, THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. *Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.*

Signature: _____ Date: _____

For More Information on the XMEN 2004 Open Water Swim

Visit: www.xmenswimming.net, Email: altonboshoff@mindspring.com, Call: (919) 233-3861, or Fax: (919) 233-8909

RALEIGH AREA MASTERS INVITATIONAL

LONG COURSE METERS MEET – SATURDAY, JULY 31, 2004

Sponsored by: Raleigh Area Masters

Sanction by: LMSC for NC, for USMS, Inc. Sanction No. NC 134-07

Pool: Optimist Park, 5900 Whittier Drive, Raleigh, N.C 27609. The pool is 50 meters by 25 yards. Non-turbulent lane lines and electronic timing system will be used. Continuous warm-up area will be available in the adjoining diving well. Shade tents will be provided in certain locations of the pool area. However, shaded space might be limited, so personal shading equipment is encouraged.

Rules: Swimmers must be registered with U.S. Masters Swimming (USMS). A photocopy of your current registration must be attached to your entry. USMS Registration and single event memberships will be available day of the meet. The 2004 USMS rules shall prevail. Each swimmer will be limited to five [5] individual events plus relays. **RE-MEMBER. AGE IS AS OF 31 DECEMBER, 2004.**

Fees: Entry fees are set at \$30.00 - this covers race fees, electronic timing, and pool rental. **Individual Event Fees must accompany entries and are non-refundable.** A late entry fee charge of \$5.00 is due with all entries received after the entry deadline. **Make checks payable to Raleigh Area Masters.** Relays are free of charge

Deadline: Entry deadline is July 28th, 2004.

Awards: Award ribbons will be given for 1st - 8th place in each age group in each event

Scoring: Scoring will be 9-7-6-5-4-3-2-1 for individual events and 18-14-12-10-8-6-4-2 for relays.

Seeding: NOTE: ALL HEATS WILL BE MIXED SEX AND SWUM SLOWEST TO FASTEST

Events: Warm-up begins at 7:30 a.m. Heats for the 400 begin at 8:30 a.m. with final check-in / entry at 8:15 a.m. Meet management reserves the right to re-deck seed based upon participation. Warm-up will be continuously available in the diving well adjacent to the pool. Deck entries for all events will be accepted, but prior entry is preferred and given preference.

Information: Julie Rashid (h) [841-1495](tel:841-1495)

Entries: Send entries to:

Julie Rashid
1300-206 Durlain Drive
Raleigh, NC 27614

E-mail: meetdirector04@yahoo.com to get answers to questions.

Web Page: <http://www.ncmasters.org>

Entry Form – RAM LCM INVITATIONAL-SATURDAY 31st JULY, 2004, 134-07

Name _____ Male / Female (Circle One) USMS# _____ - _____

DOB ____ / ____ / ____ Age on Dec 31, 2004 _____ Phone (____) ____ - _____

Club _____

**Circle event number and enter time in the space provided. Enter NT of No Time
SATURDAY, 7/31/2004 Optimist Pool – Raleigh, NC**

event	---Start 8:30 am---	Time
1	400 FREESTYLE	
2	200 IM	
3	200 OPEN FREE RELAY	
	BREAK	
4	200 BREASTSTROKE	
5	100 FREESTYLE	
6	50 BACKSTROKE	
	BREAK	
7	200 BUTTERFLY	
8	100 BACKSTROKE	
9	50 FREESTYLE	
	BREAK	
10	400 IM	
11	4 x 100 OPEN FREE RELAY	
	BREAK	
12	50 BREASTSTROKE	
13	100 BUTTERFLY	
14	200 BACKSTROKE	
	BREAK	
15	50 BUTTERFLY	
16	100 BREASTSTROKE	
17	200 FREESTYLE	
18	200 OPEN MEDLEY RELAY	
	BREAK	
19	1500 FREESTYLE	

--- Warm Up 7:30 am ----- Final
400 Check In - 8:15 am --

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO , I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING : UNITED STATES MASTERS SWIMMING , INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Print Full Name of Participant: _____

Signature: _____ Date: _____

Street Address: _____

City: _____ State: _____ Zip: _____