

Across The Lanes

The Chairman's Lane By Fritz Lehman

Greetings everyone! I've missed the last couple of newsletters because life has been kind of hectic for me. A new job with new responsibilities plus I had surgery on my left shoulder at the end of 2003. I'm trying to get back into the swing of things now. Thanks to everyone who contacted me after the surgery.

I've thought for a long time that someone should write why she/he enjoys Masters swimming. I'm going to take a stab this month. In no particular order, here's why I like Masters swimming.

Bagels. Saturday morning bagels and coffee after the workout. It's what gets me out of bed in the morning. We have the best conversations on an ever-changing list of subjects. Thanks Christie for always keeping it lively. This part is better than the actual swimming workout. No offense to Sue who coaches most Saturday mornings. Your workouts are very good.

Kids. Not you twenty-something kids with whom I swim. I mean the real kids of swimmers on the team. I've watched a whole batch of my friends have kids. We get to be aunts and uncles to all of them. They come to the workouts in strollers and car seats. We get to pick them up, play with them, go to their birthday parties and just be around as they grow up. I can't wait for the next batch. You young guys and gals need to get busy.

Weddings! Folks on the team keep getting married. I even got to be in a wedding a couple of years ago. Jennifer and Sean Stringer invited me to be a groomsman at theirs. Imagine a young couple like that inviting someone twice their age to take part in the most important time of their life. I'll never forget it. I'm still not sure why but I think it's because I beat Sean in a 50 breast.

Workouts. They're kind of a necessary evil. In my lane(s) we've got swimmers in their 20's, 30's, 40's and Brian Lee in his 50's. Just picking on you Brian. The great part is once we get in the water, it's all equal. The younger ones cut us no slack, but, of course, we rub it in if those of us a little older have a good day. Throughout the pool we have swimmers from the 20s all the way up to Don Reynders

who is turning 80 later this year. Don, we're having a party, and then we'll do it again at 90. Be there or be square.

Parties. We have a great winter party. We have parties to sign up for meets. We have an annual party to vote on the very important club matters. We have birthday parties, and sometimes we have parties for no particular reason.

Meets. We do go to meets, and we do have fun. It's not for everyone, but you should try it at least once. Meets are also a place where I am able to see my other friends from other clubs in the state or around the country.

What's the common factor across it all? People. Masters swimming is about people. Fast, slow, young, old, short, tall. None of it really matters. What matters is that we all get out and try, and in the process we make a whole lot of friends. Thanks to all of my friends out there who make it fun for me. Without you, it would just be another form of exercise.



The Registrar's Lane By George Simon

During 2003 we implemented a change of our financial reporting and handling of checks. Raleigh Area Masters members will no longer have their additional \$10 fee deposited in the LMSC account and then transferred by the LMSC treasurer to the RAM Chapter monthly. Instead, RAM members pay the entire amount to RAM directly. Other than a couple days' delay to receive the check from the RAM treasurer, the process is working smoothly. The coordination of the Registrar with the LMSC treasurer and the subsequent registration transmittals to the National Registrar has worked smoothly with zero problems since implemented in February 2003.

This year on every type of registration form (renewals, web based html or pdf), swimmers were specifically requested to choose their method of newsletter delivery, email or bulk mail. The results out of 624 swimmer registrations processed by Saturday, March 6, 2004 are as follows: 297 prefer email delivery (47.6%), 148 with email addresses want hard copy (23.7%), 67 did not list an email address (10.7%), 112 who had email addresses did not make a se-

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lection (17.9%), 14 of the 112 not making a selection chose email last year. Due to the high volume of SPAM on the Internet, and the frequent changing of individual user IDs, it is not abnormal to have 10 to 20 email bounces for each newsletter or general information email. An attempt is made to verify an email address when a bounce is received to ensure it is not a typo when the address was entered into the database. While email is a good method of delivery, it is not perfect, and for those who choose to have our newsletter notification via email, it's possible they may never know about the availability of an issue.

Registration numbers appear to be higher this year than previous years. On March 6th 2004, the LMSC had 31 more 2004 members than on March 6th 2003 for 2003 members. Our 2003 membership was our all time highest at 720. 624 memberships have been processed as of Saturday March 6th; the same number was not processed until April 16th of last year. This can be attributed to some teams such as the brand new Twin Rivers YMCA Masters from New Bern with twelve net new members, and MAC in Charlotte as well as the Tar Heel Aquatic Team in Durham actively recruiting membership.

One activity that we need to continue planning for is the 2005 US Aquatic Sports National Convention to be held in Greensboro in September 2005. Our LMSC is responsible for hosting the USMS hospitality room. With the Triad area teams having small numbers, members from the LMSC will most likely be needed to help staff the room for the five days of the convention. The National organization pays for the supplies, but we need to plan to staff the hospitality suite and plan some type of function for USMS members attending the national convention. Also, we need assistance from our Greensboro folks in obtaining pool space for early morning swim practice. It would be very nice to have plenty of space convenient to the convention center. Someone needs to be appointed from the Triad area as the liaison to the USMS National Convention Committee.



Charlotte Swimmasters Sunbelt Championships **By Bernie White**

This year there were 193 swimmers from Georgia to West Virginia and Ohio who competed. By far the largest age group was Mens 40-44 with 21 competitors. Ruth Battle and Alis Woodard in the Womens 40-44 age group and Rebecca St Jean and Allison Hardy in the 30-34 age group engaged in the tightest competitions. Only two points separated each of the pairs.

After warming up in our meet, Chuy Gonzalez and Razvan Petcu swam a week later in the North Carolina Senior Meet (the young folks). There they won their events and made the Spring National cuts. Congratulations to Chuy in the 25-29 age group 100 fly in 49.5 and Raz in 30-34 age group 100 free in 45.99

Robert Poiletman aged up to the 60-64 age group and promptly set national records at the meet in both the 100 and 200 yard fly with times of 1:00.06 and 2:15.05.

The Asheville Masters edged out the Charleston YMCA Masters for high point in the Medium teams (5 to 14), and the Hilton Head Masters took top honors over Greensboro YMCA in the small teams division. Although RAM had fewer swimmers than MAC, they still took top honors in the large team group.

Thirtieth Annual Frank Clark Meet **hosted by Triad Masters Swimming** **By Craig Hertz**

On a beautiful rainy Saturday March 6th morning, TMS along with Greensboro Parks and Recreation hosted the 30th annual Frank Clark Meet. From the beginning the meet was gearing up to be a very memorable experience. With one of the largest number of entries in the past five years and more than twenty swimmers signing up for deck entries the 1:00pm time line came into a bit of question. For those of you unaware of the situation, as we all know one of the joys of sharing pool space is trying to accommodate everyone's needs. On this particular day *we* needed to host a Masters meet and *others* needed to celebrate birthdays. Thus at 1:00pm our pool time was up. Many thanks for the great understanding by the swimmers (we did have to re-seed the *entire* swim meet and re-post new heat sheets along with limiting the number of 500/1650 entries) and amazing leadership from our Meet Referee Bill Hensel, Timing System Operator Scott Padgett, and Computer Operator Tom Brewer. Once the meet started the events ran fairly smoothly.

Both Frank Clark and his wife Nancy were able to attend the meet, even if only for a short time due to prior obligations. Yet I regret to say that as Meet Director I was unable to pay them proper respects and acknowledge them during one of the breaks of the meet. So to you Mr. and Mrs. Clark I would like to thank and recognize you for all the work and support you have offered to both US and NC Master's Swimming, and I thank you for encouraging so many people to follow and become involved in the amazing sport of swimming.

**North Carolina Local Masters Swimming Committee
Awards For 2003
Presented January 24, 2004
By LMSC-NC Chairman Fritz Lehman
At The Charlotte SwimMasters Sunbelt Championships**



Sally Newell
Outstanding Female Swimmer
Swam 22 Top Tens in two age groups
19 were Top 5 with 4 number 1's



Clarke Mitchell
Outstanding Male Swimmer
Swam 22 Top Tens
16 in the Top 5 with 3 number 1's.



Jim Scherbarth
Inspirational Swimmer of the Year
He swam in last year's Charlotte meet accompanied by his wife of 55 years Mary; but within a month Mary passed away. Despite this significant loss he competed in the June 2003 National Senior Games placing 11th in the 50 back, 7th in the 100 back, and 4th in the 100 IM. Later that month he captained the first ever USMS 360+ Mens LCM 200 free relay and again in November anchored the USMS World first 360+ Mens SCM 200m relay.



Kemp Battle
Volunteer of the Year
As early as fall of 2002, the Asheville Masters program was in serious trouble with no organization, no coach, no organized practices and no regularly scheduled pool time. The future looked bleak.
Kemp volunteered to coach and revive the program. He created a not for profit organization, secured regularly scheduled work out times, conducted social events to help swimmers get better acquainted, encouraged swimmers to compete, and provided scholarship funds to assist those in need.

PERFORMANCE APTITUDES AND ATTITUDES

THE MAGNIFICENT BANANA

by Edward H. Nessel, R.Ph. MS. MPH. PharmD

In order to have a healthy lifestyle, consumption of at least five fruits and vegetables daily is something all athletes should strive for. And in my opinion, the best of all fruits especially for swimmers, is the magnificent banana. Any athlete worth his sweat and strain knows that there are several fine choices of this class of food that both satisfy taste and physical needs. But when one needs to really "fuel up," the choice should almost always be the banana. Research has shown that just two bananas can provide enough energy for a strenuous 90-minute work-out, making the banana the number one choice among the world's top athletes. The banana constitutes almost a completely balanced diet in combination with milk. The two foods supplement each other in an ideal manner and provide nearly all the needed nutrients to the body. We know that most fruits are near ideal as food...many are fat-free or nearly so, contain plenty of water, and have natural sugars. Some even have a few natural organic substances (hormones and proteins) that can positively affect various segments of the body's physiology. What, then, makes the banana such a standout among many beneficial choices and the most popular fruit in America?

Physical Aspects Of The Banana

First of all, the skin of the banana provides a natural covering to protect the fruit from exposure to potentially dangerous insecticides and other chemicals. (Even with washing, many fruits retain some contaminants that can present a potential problem down the road.) A medium-sized banana contains only about 110 calories (90 calories/100 grams of fruit), yet provides at least 76% water in a pleasant-tasting, soft-consistent package. There is no sodium (which could elevate blood pressure) and no cholesterol (which is indigestible to the animal world). Banana oil, as a flavoring, is quite palatable, is easily digested, and rarely causes allergies. In fact, the banana is one of the foods of choice for the very young as it is used to help settle and regulate their sensitive digestive tracts. It can also be used to help control an acid stomach due to its natural antacid capacity. Up to four grams of fiber per banana can act to keep intestinal health a consistent condition. Whereas many people suffer discomforting side effects taking in fiber supplements, consuming several bananas daily will most likely never be bothersome.

Chemical Aspects Of The Banana

There are several important physiological substances that are found in every banana. The carbohydrate content is probably the largest single class of nutrient in the banana.

As fruits mature and then age, their starch content converts to sugar content. A green banana, for instance, has about 7% sugars and 80% starch; the yellow banana has about 65% sugars and 25% starch. And the spotted and speckled banana is 90% sugars with only about 5% starch. The three quickly-absorbed natural sugars of the banana, sucrose, fructose, and glucose, allow for almost instant energy upon consumption. Since glucose is the prime sugar that the body needs to fuel the muscles and the only substance the brain can use as fuel for its functioning, it is a great choice for energy replacement. In addition, due to the sucrose and fructose content (which are transformed biochemically to glucose), the banana can also provide for an extended energy boost.

Bananas are famous for containing potassium (470mg each), an essential electrolyte that helps regulate blood chemistry and muscle activity. In fact, potassium (along with calcium and sodium) is extremely important in preventing the muscles from fatiguing and cramping during vigorous exercise. Potassium also presents something very important to sprint athletes: it helps to keep the acid content (pH) of the blood down. This has an important regulatory function when lactic acid builds up and causes the blood and muscle fibers to become too acidic. Too much acid (drop in pH), and the muscles shut down almost instantly. Anything that buffers this acid buildup will have the effect of allowing more vigorous muscular contraction for a longer period of time. The strong blood-pressure-lowering effect of potassium is such that the US Food and Drug Administration has now allowed the banana industry to make claims for the fruit's ability to reduce the risk of blood pressure and stroke. "The Research in New England Journal of Medicine" has shown that eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%! And other research has shown over time that students can boost their "brain power" and stay more alert by taking in two to three potassium-packed bananas a day (before, during, and after schooling).

Bananas are also rich in vitamin B6 (pyridoxine). This important vitamin is essential to the metabolic pathways of over 60 proteins, assists in red blood cell (RBC) production and helps regulate blood glucose levels. This together with its high iron content stimulates the production of hemoglobin (Hb) which aids in the maintenance of a healthy blood picture to prevent anemia and carry oxygen to working muscles.

The banana gives you 17% of your daily value of vitamin C

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(ascorbic acid); though not heavy on this nutrient, it does contribute an antioxidant effect which neutralizes free radicals (harmful waste products or highly reactive elements that can damage many tissues with which they come in contact). Vitamin C is also very important to the making of collagen which is the base material of much of the body's connective tissue (ligaments, tendons, cartilage).

It was mentioned above that there are certain organic substances in the banana that can alter the body's physiology; in this case, brain physiology. Two substances: tryptophan and nor-epinephrine can act in consort to reduce anxiety and depression. The tryptophan is metabolized to serotonin which has a calming effect, and the norepinephrine acts as a psychic stimulant.

BANANA RECIPES

BREAKFAST:

Sliced bananas to cold cereal; banana pan cakes or banana muffins; banana and yogurt shake; add bananas to bowl of mixed fruit with low fat yogurt.

LUNCH:

Add sliced bananas to fruit salad; eat a banana in addition to whatever you are eating; banana & peanut butter sandwich.

SNACK:

Banana by itself; make a "smoothie" with a banana and several other fruits and low fat yogurt or skim milk.

DESSERT:

Low fat banana milkshake; sliced bananas as a topping to fat-free frozen yogurt or low-fat ice cream.

Reprinted from the LMSC-NJ *Fastlane*, January 2004, page 3. Ed Nessel is the Masters swim coach and swim clinic coordinator at Rutgers University. He is a clinical advisor to the United States Running Association and the Medical Athletic Association. He was selected 1998 USMS Coach of the Year.



POOLS IN PARADISE / TAKE TWO – The Race Club

By Jim Enyart

Included in the October 2003 *Across The Lanes* (the USMS Convention Issue) was my experience discovering two aquatics centers in the upper Florida Keys. I finished my report noting "it's probably not too early for a little long-range thinking about your winter get-away to a not-to-distant paradise. Islamorada is a special place since you can take the family, enjoy the warmer weather, prepare for the Charlotte, Atlanta, as well as the Greensboro / Frank Clark meets, and not have to trudge through six inches of partly cloudy." Of course, I was wrong about the "six inches of partly cloudy"; there were seventeen inches in Charlotte and the Raleigh area did not escape unscathed either. Instead of

shoveling you could be pacing several world-class sprinters.

In the 12 February 2004 *Gold Medal Pass* U. S. Olympic Team eNewsletter there is an article written by an Associated Press reporter on "The Race Club", an international group of elite swimmers living and training together at the Islamorada Pool. I requested permission from the Associated Press to reprint the article, but they charge \$100. to place their report on a website which exceeded my budget by \$100. Accordingly, the following summarizes the salient points of the AP story. The entire AP article's URL is www.usolympicteam.com/goldmedal/021004_p_trc.html.

Olympic medallist Gary Hall Jr. founded the club just several months ago. He then invited many of the world's elite sprinters to participate. The Club's concept, not surprisingly, is that to become faster, swimmers should race against their world-class cohorts more often – a situation and privilege they now have each day. Two additional equally important objectives of the Club are to give swimming more visibility as well as to attract permanent funding in order that future Olympic-hopeful swimmers will have enough money to live on during their training.

Olympic sprinters from Great Britain, Cyprus, and South Africa have joined Gary Hall to train with the Club. Jon Olsen, coach of the Club, oversees a typical day that starts around 9 a.m. with two hours of workouts. Following the morning swim are activities such as boxing and weightlifting, and then there is the afternoon pool workout. In all, the team trains about six hours a day, six days a week. (Only our LCM National Medley and Free Relay Record holders in the 280 and 360 age groups work this hard.). Coach Olsen observes, "The level of competitiveness we see in competition, we have that now all the time in a practice setting."

As noted earlier the Race Club aims to help support up-and-coming swimmers, many of whom have had to crash on a friend's couch for a year at a time because dollars were so tight. Hall said. "There are different people recognized for their outstanding abilities and accomplishments in various countries. What we need to do is unite all the segregated efforts into one worldwide effort to promote the sport of swimming."

Well, it is nice the AP reporter was able to compose his/her story while enjoying the Keys. As luck and timing would have it, my aging mother-in-law moved from Islamorada to the Miami area last September. At least I will not be lapped in the 50 free while working out at the Homestead YMCA.

NORTH CAROLINA MASTERS SWIMMING
CLINIC FOR INTERMEDIATE SWIMMERS
MAY 21-23, 2004
MECKLENBURG COUNTY AQUATIC CENTER, CHARLOTTE, NC

Sanctioned by LMSC for NC, for USMS, Inc. Sanction Number 134-04

This clinic is dedicated to enhancing your swimming ability through stroke technique instruction, underwater video taping and review as well as on-deck commentary by professional Masters coaches during coached workouts. Susan Ingraham (San Antonio, TX) and Scott Rabalais (Savannah, GA) will be the head coaches of this clinic. Susan has been coaching twenty-five years. She was a nine-time All-American at the University of Arizona, qualified for the 1980 Olympic trials, and is a national record holder in the 800 relay. Susan is now coaching the Masters of South Texas, the third largest team in south Texas. Scott began coaching Masters swimmers in 1984. He has served as the coordinator and as a coach for the Masters swimming camp at the US Olympic Training Center several times. He is currently the Vice-President of USMS and contributes regularly to SWIM magazine as its fitness editor. He is the coach of the Savannah Masters team (host of the 2004 Long Course Nationals) as well as the swim team at the Savannah College of Art and Design. He has held numerous national records in distance freestyle events.

The format for the weekend is on the last page of this Newsletter. You will be notified by e-mail if there are any major changes. Underwater videotaping will be by Ty Segrest (Winter Park, FL), who uses the TRAC video system. This is a unique system in which the camera moves along with the swimmer, allowing both frontal and side views as the swimmer goes through the water. Each person's video will be reviewed by one of the coaches, and the tape (VHS format) is yours to keep.

This clinic will not focus on racing, but on learning swimming technique, self-improvement and planning your training cycles and workouts. By registering, you are confirming that you are in good physical health and have been swim training for at least eight weeks. You are encouraged to bring fins. Also bring towels plus warm attire for classroom time. Kick boards and pull buoys are at the pool, and swim caps will be provided. The camp is open to all swimmers who are registered with USMS (this is an insurance requirement; if you are not registered, go to www.ncmasters.org, and on the first screen, click Registration and print the form). Space is limited to 35 swimmers. Registration is on a "First Come Basis", which means when the registration form, a copy of your USMS registration card and a check for \$65.00 payable to LMSC for NC is received by Jerry Clark at 128 South Tryon Street, Suite 1565, Charlotte, NC 28202. Faxed registrations will not be accepted.

As you'll note on the Clinic Schedule / Registration page, the Charlotte area participants will be asked to come in at 7pm Friday evening to be taped (alphabetically) and critiqued by the coaches. This will save lots of time on Saturday. Charlotte swimmers please come early in order to do a reasonable warm up before entering the videotaping lane. The remainder of the participants will be filmed one at a time on Saturday. You will get out of whichever lane you're in, go to the film lane, be filmed, and then return to your workout lane to continue with the coached workout. Taping takes four minutes at the most; Ty Segrest will provide instructions once you are in the film lane.

Everyone will have to sign the standard USMS waiver when they arrive at the pool; no signed waiver = no swim.

USMS 2003 TOP TEN FOR SHORT COURSE METERS

NCLMSC swimmers had a great year with some excellent results in the 2003 SCM season. Congratulations to the following swimmers for placing in the USMS Top Ten for the 2003 Short Course season. Note: The issued list is Preliminary, and I went through the list manually, so I hope that I have not missed anyone's results. For more information on USMS Top Ten, visit the USMS web site at www.usms.org/comp/tt. Each person on this list is eligible to purchase a Top Ten patch with stroke segment. One stroke or relay segment comes with each patch; a patch with a relay segment costs \$5.00. Additional stroke or relay segments cost \$1.25 each. Make checks payable to Lake Erie LMSC, and send your information and the check to: [Tom Gorman](mailto:Tom.Gorman@LakeErieLMSC.org); P.O. Box 43824, Richmond Heights, OH 44143

Special recognition is due to Fritz Lehman who set a **World Record** in the 50m and 100m Back, and a **National Record** in the 200m Back. Congratulations!!

Other "All Americans" include; Sally Newell, Jennifer Stringer, Annamaria Gazda, and Henry Stewart who placed first in the nation for their age group in one or more events.

If your name or an event is missing from this list, please contact Alan Godfrey, 730 Parkham Lane, Raleigh, NC 27603-1787 (919- 755-3878) or email to AFGodfrey@aol.com.

Women	Swimmer	Place / Event (Time)
19-24	Jennifer O'Reilly	8th 100m Back; 9th 400m Free; 6th 200m IM.
	Ali Dickson	4th 100m Fly; 5th 200 Free.
	Annamaria Gazda	1st 50m Back [32.60] ; 2nd 100m Back; 2nd 100m I.M.; 6th 50m Breast.
	Kim Rice	2nd 1500m Free.
25-29	Jennifer Stringer	1st 100m Free [1.01.84] .
35-39	Pam Lindroos	3rd 50m Breast; 8th 100m Breast.
45-49	Robin Batchelor	8th 800M Free; 6th 200m Fly; 8th 200m IM; 6th 400m IM.
	Debbie Wilson	6th 1500m Free.
	Beverley Amick	8th 100m Fly.
50-54	Pat Sargeant	9th 50m Free; 7th 50m Fly; 10th 50m Back; 9th 100m IM.
55-59	Jeannie Mitchell	10th 1500m Free; 4th 50m Back; 6th 100m Back; 5th 200m Back; 9th 200m Fly.
65-69	Sally Newell	2nd 50m Free; 3rd 50m Back; 2nd 100m Back; 3rd 200m Back; 1st 50m Breast [47.04] ; 1st 100m Breast [1.42.87] ; 1st 200m Breast [3.48.88] ; 6th 50m Fly; 3rd 100m IM; 3rd 200m IM.
70-74	Suzanne Robbins-Bonitz	9th 50m Free; 2nd 50m Back; 3rd 100m Back; 4th 200m Back; 10th 50m Breast.

USMS 2003 TOP TEN FOR SHORT COURSE METERS
(Continued)

Men		
19-24	Jason Cooke	10 th 100m Fly.
25-29	Filipo Porco	5 th 1500m Free.
	Austin Walker	6 th 50m Breast; 7 th 100m Breast; 6 th 200m Breast.
40-44	Henry Stewart	9 th 50m Free; 5 th 100m Free; 1st 50m Fly [27.16] ; 10 th 100m Fly;
45-49	Fritz E Lehman	1st 50m Back 28.40 WR, NR ; 1st 100m Back [1.00.09 WR, NR] ; 1st 200m Back [2.13.36 NR] ; 6 th 100 IM.
	John Klein	8 th 50m Back; 6 th 100m Back.
	Tim Lehman	9 th 50m Fly.
65-69	Jerry Clark	8 th 50m Free; 2 nd 100m Free; 3 rd 200m Free; 4 th 400m Free; 9 th 50m Breast.
	Joel Jacobs	8 th 200m Back; 5 th 100m Breast; 5 th 200m Breast.
70-74	Clarke E Mitchell	8 th 50m Free; 4 th 50m Back; 4 th 100m Back; 5 th 200m Back; 4 th 50m Fly; 3 rd 100m IM.
	John Kortheuer	3 rd 100m Breast.
75-79	Lewis Petrie	9 th 100m Back; 6 th 100m IM.
80-84	Jim Scherbath	10 th 50m Breast; 9 th 100m IM.
90-94	Boyd Campbell	3 rd 200m Free.

	RELAYS	
Women		
120+	200m Medley	10 th (Sarah Katz, Adrienne Kramer, Ruth Battle, Abby Walker.)

USMS 2003 TOP TEN FOR LONG COURSE METERS

Errata

The following NC Masters competition achievements were inadvertently omitted from the last issue's listing of LCM Top Ten.

Women	Swimmer	Place / Event (Time)
45-49	Robin Batchelor	7 th 200m Fly
50 - 54	Jennie Rogers	10 th 100m Fly
55 - 59	Jeannie Mitchell	1st 50m Backstroke (40.59)
Men		
60 -64	Dick Kitchell	2 nd 200m Butterfly

UPCOMING 2004 MASTERS SWIMMING EVENTS

DATE	EVENT	LOCATION	POINT OF CONTACT
2004 Mar	Albatross Open, SCM - Montgomery Aquatic Center	Bethesda, MD	Jeff Roddin, 301-603-0528, jroddin@pvmasters.org
27, 28	Dixie Zone SCY Championships	Brentwood, TN	Becky Ramer, 615-604-4912 bramer@charter.net ; , Cheryl Ward, 703-359-5366, cherylaward@yahoo.com ;
Apr	Colonies Zone SCY Championships	George Mason Univ, Fairfax, VA	See your local Y aquatics director; www.ymcaswimminganddiving.org
15-18	YMCA Masters National SCY Championships.	Ft. Lauderdale, FL	Scott Allen; 919-605-0052 (h), shallen@nc.rr.com
May	1, 2 NC State Masters SCY Championships	Raleigh, NC	Greg Banks; 843-884-7880; gbanks@rcctherapy.com
29	2.4 Mi Lowcountry Splash	Charleston Harbor , Cooper River, Charleston, SC	Lin-Mark Computer Sports; 856-468-0010, lin-mark@lin-mark.com
Jun	13 Chesapeake Bay 4.4 Mi Swim and 1 Mi Challenge	Baltimore, MD	Dave Diehl, 301-314-5372(w), DD119@umail.umd.edu ;
Jul	11 Terrapin Masters 800/1500 Meet LCM	Univ of MD, College Park, MD	
31	Raleigh Area Masters LCM Invitational	Raleigh, NC	

USMS 2004 CHAMPIONSHIPS

DATE	EVENT	LOCATION	POINT OF CONTACT
4/22/2004-4/25/2004	2004 USMS Short Course Championships	Indiana University, Indianapolis, IN	Mel Goldstein, 317-253-8289, goldstein@mindspring.com
6/3/2004-6/13/2004	10th FINA World Masters LCM Championships	Riccione, Italy	www.fina.org/ mastersnews_riccione04.html
6/12/2004	2004 USMS 5K Open Water Championship	Atlantic Ocean, Fernandina, FL	Edward Gaw, edginc@att.net
8/12/2004-8/15/2004	2004 USMS Long Course Championships	Savannah, GA	Scott Rabalais, 912-927-7016, scottrabalais@compuserve.com

LMSC - NC Officers and Staff

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North Carolina Short Course Yards Championships

May 1–2, 2004



Sponsor: Raleigh Area Masters
Sanction by: LMSC for NC, for USMS, Inc. Sanction No. 134-03
Meet Organizers: Scott Allen
 Sue Haugh
 Fritz Lehman

Meet Referee: Pending

Facility: Pullen Aquatic Center, 410 Ashe Avenue, Raleigh, NC. The pool is 50 meters by 25 yards with a bulkhead dividing the competition area into an 8 lane x 25 yard competition pool and 10 lane x 25 yard warm up pool. Non-turbulent lane lines and an electronic timing system will be used. Competition pool is 16 feet deep. The pool will be measured

Rules: Swimmers must be registered with U.S. Masters Swimming (USMS). A photocopy of your current 2004 registration card must accompany your entry. One Event Registration will be available at the meet for \$16.00. The 2004 USMS rules shall prevail. Each swimmer will be limited to five events per day plus relays. Swimmers may enter either the 1650 or the 1000 Free, not both. **The 1650, 1000, and 500 freestyle races will be deck seeded. Even though you enter in advance, you must check-in or you will be scratched.**

Fees: Entry fees are \$3.50 for each individual event and a \$10.00 surcharge is added for automatic timing and pool rental. Relay fees are \$4.00 and must be paid at the meet. **Individual event fees must accompany entries and are non-refundable.** Make checks payable to **Raleigh Area Masters**. Send entries to: Fritz Lehman, 207 Glen Bonnie Lane, Cary, North Carolina 27511.

Deadline: Entry deadline to avoid late fees is April 28, 2004.

Late and deck entries will be accepted at \$5.00 per event.

Awards: Awards 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.

Event Times:

	Event	Warm Up Starts	Final Check In	Events Start	Final Deck Entries Accepted
Sat	1-4	8 am	8:15 am	8:30 am	8:15 am
	5–24	11:30 am	--	12:30 pm	12 pm
Sun	25-44	8 am	--	9 am	8:45 am
	45–46	--	10:30 am	--	10:30 am

Area Lodging: The Holiday Inn Brownstone (919) 828-0811 Clarion Hotel (919) 832-0501

Social: 6pm Saturday evening at Greenshields Brewery & Pub. Cost is \$16 per person in advance. \$20 on day of the meet. No reservations taken after 1pm on Saturday. Menu is Shepherd's Pie or Spinach and Walnut Ravioli or Southwestern Cordon Bleu. Bread/butter, salad, and soda/tea are included. Menu is subject to change.

LMSC-NC Meeting: There will be a meeting of the LMSC-NC in the Pullen Pool classroom immediately following the events on Saturday. All clubs need to be represented.

For More Information: Fritz Lehman, Meet Director (919) 481-9769 meetdirector04@yahoo.com

Entry Form

Name _____ Male Female USMS# _____
 Birth Date ___/___/___ Age ___ Club _____ Phone (____) _____ - _____
 Email Address _____

Circle event number and enter time in the space provided. Enter NT for No Time.

W	M	SATURDAY, May 1, 2004	Time	W	M	SUNDAY, May 2, 2004	Time
		Warm-up 8:00 a.m.				Warm-up 8:00 a.m.	
		Start 8:30 a.m.				Start 9:00 a.m.	
1	2	1650 Freestyle		25	26	100 I.M.	
3	4	1000 Freestyle		27	28	200 Butterfly	
		Start No Earlier than 12:30 p.m.		29	30	200 FREE RELAY	
5	6	200 I.M.		31	32	100 Backstroke	
7	8	MIXED 200 FREE RELAY		33	34	50 Breaststroke	
9	10	100 Butterfly		35	36	400 Medley Relay	
11	12	200 Backstroke				20 Minute Break	
13	14	50 Freestyle		37	38	200 Breaststroke	
		10 Minute Break		39	40	100 Freestyle	
15	16	200 MEDLEY RELAY		41	42	50 Butterfly	
17	18	100 Breaststroke		43	44	MIXED 200 MDLY RELAY	
19	20	200 Freestyle		45	46	500 Freestyle	
21	22	50 Backstroke					
23	24	400 I.M.					

For Official Use Only
 Amt. Recvd. _____
 Date _____

Checks to: **Raleigh Area Masters** No. of events ___x \$3.50 = \$
 Meet Surcharge = \$ 10.00
 Mail to: **Fritz Lehman** Meet Results Mailed for \$5 ea. = \$
207 Glen Bonnie Lane Social (Sat. night) \$16 ea. = \$
Cary, NC 27511 Total = \$

USMS WAIVER

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.

CITY OF RALEIGH WAIVER

IN CONSIDERATION OF THE ACCEPTANCE OF THE Raleigh Masters Masters SWIM MEET SPONSORED BY Raleigh Area Masters, TO BE HELD May 1 - 2, 2004 AT THE Pullen Aquatic Center POOL OF THE CITY OF RALEIGH, I HEARBY, MY HEIRS, EXECUTORS, ADMINISTRATORS AND ASSIGNS, RELEASE AND DISCHARGE THE CITY OF RALEIGH, PARKS AND RECREATION DEPARTMENT, THE PROMOTERS, MANAGERS, EMPLOYEES, AND OPERATORS OF THE Pullen Aquatic Center POOL FROM ANY INJURY OR LOSS WHICH MIGHT OCCUR DURING MY PARTICIPATION AND TRAVEL TO AND FROM THE SAID EVENT. I SPECIFICALLY RELEASE AND DISCHARGE THE SAID PROMOTERS AND SPONSORS AND THE CITY OF RALEIGH WHOSE FACILITIES ARE BEING USED FOR THIS EVENT, ETC., FROM ALL INJURIES OR DAMAGES ARISING FROM OR CONTRIBUTED TO BY ANY PHYSICAL IMPAIRMENTS OR DEFICIT I MAY HAVE, WHETHER LATENT OR PATENT, AND AGREE THAT THEY ARE UNDER NO OBLIGATION TO PROVIDE PHYSICAL EXAMINATION OR OTHER EVIDENCE OF MY FITNESS TO PARTICIPATE IN SUCH EVENTS, THE SAME BEING MY SOLE RESPONSIBILITY.

Print Full Name of Participant _____

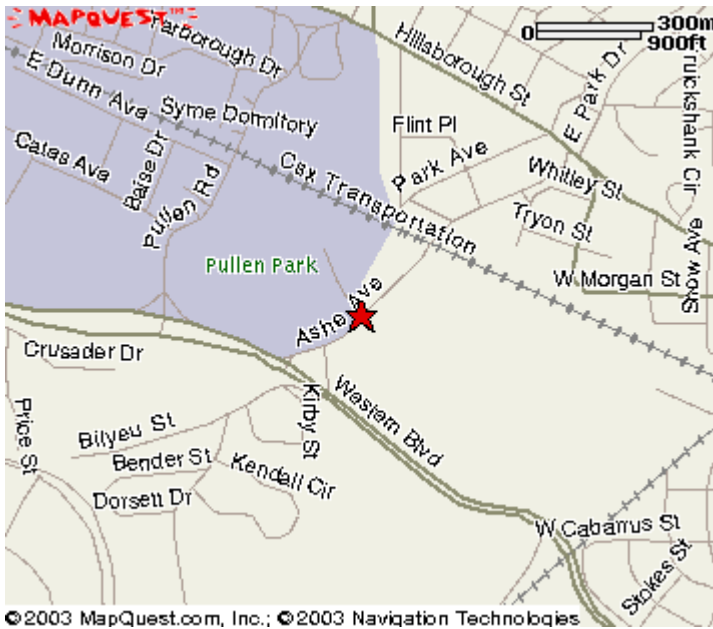
Signature _____ Date _____

Street Address _____

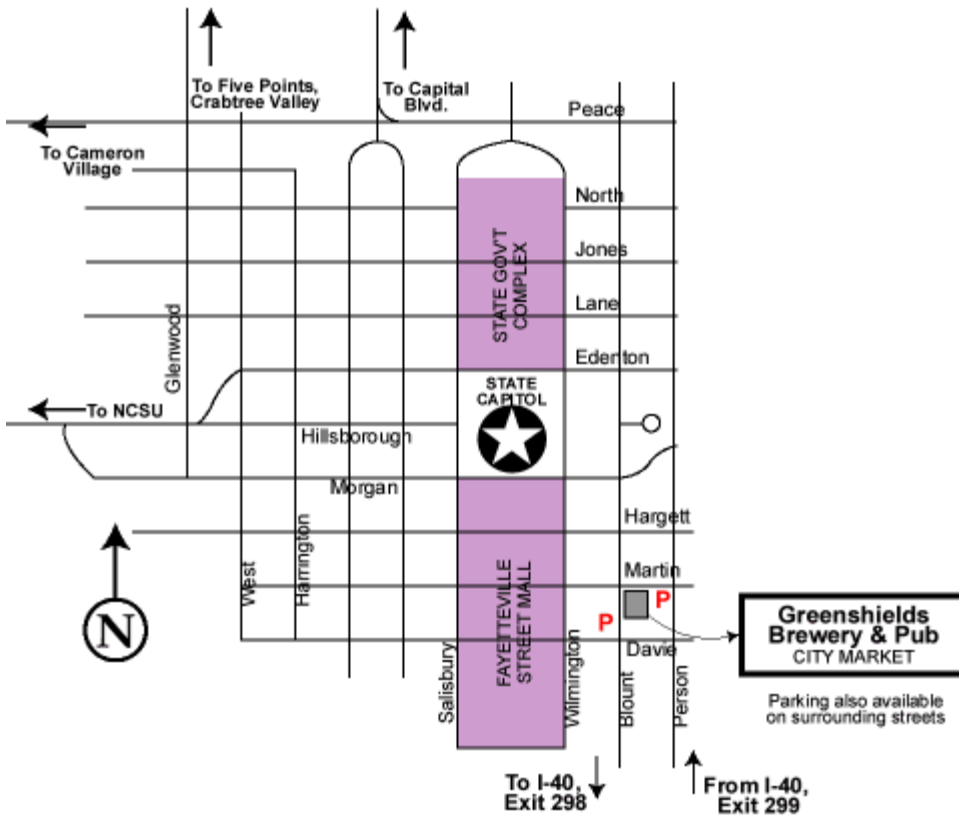
City _____ State _____ Zip Code _____

Signature on form is **REQUIRED!**
 Late or incomplete entries or entries postmarked after date due **MAY BE REJECTED!**
 Swimmers may be asked to show their USMS card at the meet.
 Swimmers are required to send a photo-copy of their current USMS card with their entry.

Pullen Park



Greenshields



NORTH CAROLINA MASTERS SWIMMING

CLINIC FOR INTERMEDIATE SWIMMERS

MAY 21-23, 2004

MECKLENBURG COUNTY AQUATIC CENTER, CHARLOTTE, NC

SCHEDULE AND REGISTRATION FORM

Proposed Format (may be revised later, but with advance notice to all entrants)

Friday May 21	7:00pm – 9:00pm	Charlotte area swimmers; filming & review
Saturday May 22	10:30 – 11:30	Classroom on freestyle fundamentals
	11:45 – 12:45	In-water session freestyle*
	1:15 – 3:15	Box lunch** and film review
	3:30 - 4:30	In-water session “energy systems”
	6:30 – 8:00ish	Group dinner*** (optional and dutch)
Sunday May 23	7:30 – 8:30	Classroom on back, breast, fly
	8:30 - 10:00	In-water session strokes
	10:30 – 11:15	Wrap up by coaches

----- cut here -----

REGISTRATION FORM – PLEASE PRINT CLEARLY

NAME: _____ Day Phone: _____ Eve phone: _____

ADDRESS: _____ CITY: _____ ZIP _____

EMAIL ADDRESS: (will not be distributed) _____

USMS #: _____ **MUST** attach copy of your USMS registration card

* Filming of out-of-town swimmers during this time.

** Yes, I want a box lunch (turkey sub) Saturday, and \$5.00 is enclosed.

*** At Southend Brewery & Smokehouse on South Boulevard.

FEE: \$65.00. Add \$5.00 for box lunch if checked above. Make checks payable to LMSC for NC and return **with copy of your USMS registration card** to Jerry Clark, 128 South Tryon Street, Suite 1565, Charlotte NC, 28202

Walking distance motels: Adams Mark (704) 372-4100; Hampton Inn Uptown (704) 373-0917; Four Points Sheraton (704) 372-7550; Hilton Garden Inn Uptown (704) 347-5972.