



Across The Lanes

The Chairman's Lane

By Joe Gosha

Holiday Greetings to all from Concord! I have been selected by the current North Carolina LMSC Board and chapter representatives to serve as our LMS Committee Chairperson for the next two years. I consider it to be a privilege and an honor to be able to serve you – the members who have invested your time, energy, confidence, and resources in our sport and organization.

I say these words not merely as the obligatory salutation of one who has been chosen to be a leader. Rather, I truly do recognize that your investment is worthy of a leader – a team of leaders actually - who will each do his or her best to enhance the value of the collective investment of our organization's members. More about the other members of the leadership follows; you'll also be meeting others of the group through their own contributions to this newsletter.

Like many of you, I started swimming competitively early in life. My commitment to the AAU program I participated in was sporadic, and I didn't get truly serious about competing until junior high school. Nevertheless, by the end of high school, I was burned out — also like many of you. I didn't care if I ever saw lane lines again. For the next thirty years I enjoyed playing and coaching other sports until the debilitating effects of aging and gravity rendered my continuing to do so an impossibility. That's when I rediscovered the pool.

When I first returned to the pool a couple of years ago, I rather cavalierly thought I was doing so in order to become an accomplished competitor at an elite level. While many of our number have thoughtfully set, and are fully achieving, such great goals for themselves, my initial thoughts were neither well considered nor realistic. I have since had to determine what I really want out of swimming. I've concluded that for me, being a fitness swimmer for life, who nonetheless still enjoys competing, is an altogether reasonable objective. Becoming a National Champion isn't likely in my cards.

I probably don't need to tell most of you that the great attribute of Masters Swimming is that both types of objectives and approaches – and many others as well – are all fully at home here. Top tier, fitness, multi-sport, beginning, and returning swimmers all are important constituents of our community, as are coaches, record keepers, meet

hosts, sponsors and volunteers.

I'm getting to know, or know better, the other members of our new North Carolina Masters leadership team. Kemp Battle from Asheville Masters is serving as Vice Chair, Elizabeth Nowak from the Tar Heel Aquatic Team is our Secretary, and Jerry Clark from Charlotte Swim Masters continues as our Treasurer. Henry Stewart and Dan Schad from the Raleigh Area Masters serve as our Top Ten Records and North Carolina Records (respectively) coordinators, and George Simon, also from RAM, is the oftentimes unsung hero whose yeoman service as Registrar keeps us all connected to one another and to USMS. Speaking of keeping us all connected, Jim Enyart from the Wilmington Y Masters does an outstanding job as our Newsletter editor. I personally have benefited greatly from the advice and encouragement given me by our outgoing Chairperson Fritz Lehman. I am glad that he will be continuing to serve us all in an advisory role as Past Chair.

I mentioned my desire to find ways to enhance the value of your membership in the North Carolina LMSC of USMS. The other officers, staff, and I have already begun discussing activities to achieve just that. Adding new and different types of events and clinics to our calendar we believe will appeal to an ever-broader segment of our existing membership. We hope these new activities will also encourage current non-members to take the plunge and join USMS. Additionally, we are attempting to identify other groups of adult swimmers within the state who have not been previously aware of us, but for whom we can provide valuable services and opportunities in the future. One such group, for example, might be high school swimmers who do not swim in college, or who didn't go to college, but who would love the opportunity to still challenge themselves with competition.

Many of you participate in the USMS online forum. I have been asked to investigate whether or not a similar bulletin board type of interactive communications might be possible for, and useful to, our North Carolina membership. This is another area in which I anticipate reporting that we are adding value to the investment you have in our organization.

I look forward to meeting many more of you during the coming year at our various events. In the meantime, feel free to contact me at jophesgo@juno.com with any comments, questions or suggestions you might have.

The Acting Secretary's Lane By Jerry Clark

Annual Meeting
Local Masters Swim Committee for North Carolina
October 29, 2005

The annual meeting of the LMSC for NC was held at the Sportsplex Facility in Hillsborough, NC Saturday October 29, 2005. Fritz Lehman, the chairman of the LMSC called the meeting to order and opened the discussion regarding a slate of nominees for officer positions.

The nominees were:

For Chairman – Joe Gosha from Salisbury, NC
For Vice Chairman – Dr. Kemp Battle from Asheville, NC
For Secretary – Elizabeth Nowak from Durham, NC
For Treasurer – Jerry Clark from Charlotte, NC

Chairman Lehman said he had several proxies, all of which were in favor of the slate of officers listed above. The registrar of the LMSC, George Simon, will continue as an officer as will the Past Chairman Fritz Lehman. A vote of those members present was taken, and this slate was unanimously approved.

Henry Stewart will continue as our Top Ten chairman, Jim Enyart as the editor of our newsletter "Across The Lanes" and Daniel Schad as our records recorder. We are grateful for their services.

Jerry Clark announced that a third quarter financial report had been sent out to the then current officers. A final calendar year end financial report will be submitted to the national office of USMS and to the newly elected officers along with these minutes in early January 2006. Jerry also suggested we consider having longer meetings twice each year rather than continuing with four meetings per year on Saturday afternoons after swim meets. This would allow us to discuss issues in a more thorough manner. Everyone seemed to like this idea.

Fritz Lehman stated that he would send an electronic copy of the revised by-laws of the LMSC for NC to Joe Gosha, the newly elected Chairman.

Respectfully submitted for the annual meeting.

The Registrar's Lane By George Simon

Tis the Season

I really hope you all have not been too bothered with all of the emails I send out: announcements of events to come, reminders about deadline dates for meet entries, Newsletter availability, and, of course, the dreaded request for your fees at renewal time. For those of you who have provided me with your email address and keep it current, I sincerely thank you. It is the easiest way to communicate.

If you are reading this from a hard copy, and have not provided me your email, then please do so. It helps when there are questions and certainly provides information in a much more timely manner. Your email ID is safe from being sent advertising or spam, as it is not provided to anyone outside of our local organization. There are also size limitations that would prevent a virus from being sent and from anyone who is not already on the list.

For the registration renewal notifications, this year is the second year of the experiment to send invoices to those swimmers who have provided email addresses. I tried something new this year to make the forms more readable on your screen as well as easier to read when printed. Some of you do not have your email software configured so it will show the HTML (hyper text mark up language) **highlighting** which makes it easier for me to process when I receive your renewal. I hope it did not cause any of you too many problems if it didn't print correctly. From the 350 registrations I have received so far, only about 3% seem to have not printed correctly. If you have any feedback on the invoicing, please feel free to express your opinions to me.

For your information, I have been active at a National USMS level almost since becoming NC's Registrar, and now have been appointed the Chair of the USMS Registration Committee. Our biggest challenge this year is to specify and hopefully contract someone to implement a national on-line registration system so that you can register on-line with your charge card and not have to mail a signed form and check to your Registrar each year. It is going to be a major challenge, as there are fifty-three LMSCs, 500+ clubs, and many different pieces of required information such as different fees throughout the LMSCs. Keep your

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fingers crossed that my committee will be able to implement this in a year's time. It will be challenging, especially this year with all of the demands of USMS hosting the World Championships.

For those of you who have not registered for 2006, our deadline for providing the publisher of *USMS SWIMMER* has been moved up by two weeks, allowing for the National Office to receive the registrations from each of the fifty-three LMSC registrars, process them, and provide the mailing lists. If you do not renew your registration before year's end, you may not receive the March/April issue of *USMS SWIMMER*. Our new magazine is, in my humble opinion, very good for adult fitness as well as competitive swimming.

The Dixie Zone USMS At Large Director's Lane By Jerry Clark

At Large Members USMS Board of Directors

Editor's Note: With the new USMS governance infrastructure that includes both At Large Directors from the Zones and Chairmen from the Zones, I asked Jerry Clark, the At Large Director representing the Dixie Zone to distinguish the roles of the two positions. Jerry's explanation follows:

There are eight At Large members on the new USMS board along with the seven other board members. Additionally,

former presidents and a legal counsel are non-voting board members. Each At Large member is elected from a different one of the eight Zones in the United States (ours is the Dixie Zone). The At Large members were told at the first board meeting that we're not to represent our respective zones, but rather to focus on large concepts that USMS might engage itself in for furthering its mission in the immediate future.

We are not allowed to chair any committees, but we can serve on one if we so choose. The reasoning for this is to keep us from spending time on details of committee assignments. We do have a vote on board matters, and we do participate in the two quarterly conference calls. We also attend both the mid-year board meeting as well as the one at annual United States Aquatic Sports conventions in September.

The other seven USMS board members are the president, the treasurer, and the secretary along with four vice presidents under whom a good many specific responsibilities fall. These folks will be working hard with the committees assigned under them. These seven people constitute the Executive Committee, which busies itself with more day-to-day matters, and it votes on matters deemed not to be of full board importance.

I hope this helps the understanding of the USMS governance structure

PERFORMANCE APTITUDES AND ATTITUDES

Dehydration. .. You Don't Want to Go There!

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

If you find yourself in a state of *dehydration*, you made a mistake. Whether you are preparing for intense competition, trying to maintain a sustainable physiology during vigorous training, or partaking in the inevitable all-important recovery ... if there simply is not enough liquid bathing the *internal* environment of the body, then impaired performance and delayed and/or poor recovery will mostly be what we see. And diminished physical performance is not the only possibility. Mental acuity can be compromised in a dehydrated state.

Most "civilians" walk about day-to-day in a state of at least partial dehydration (and not able to be at their best) only to become aware that something is not right when challenged physically with intermittent vigorous exercise. A serious athlete in a state of dehydration, as stated above, made a mistake, and it should not be taken lightly. One of the

"dictums" of physiology is to "*drink before you are thirsty and after you are not.*" Relying on the body's thirst mechanism is fool's play at best. In fact, the older one gets, the less reliable the *thirst alert* becomes. In much of the population (almost 40%) the thirst mechanism is so weak that it is often mistaken for hunger.

There are several seemingly sophisticated preparations available to athletes today, either already in liquid form or in need of water to make the correct mix. Many serve the purpose, or at least claim to, of fueling the muscles, or providing a recovery environment for "spent" or damaged muscles, or replenishing what has been lost electrolyte-wise due to the body's heat-dissipation mechanism of sweating. *But the single most important element needed to make any of these preparations work is water.*

It may seem ironic that *swimmers*, literally "bathing" in water throughout their in-pool training, *can become dehydrated*. *Swimmers sweat like any other athlete training*

vigorously; it just can't be noticed in water. Ask any swimmer who forgets his/her drinking bottle to practice how the mouth soon feels like a bed of cotton. And this is made worse if the ambient air and water temp are allowed to rise to where heat is no longer able to be dissipated from the body moment-to-moment or with outdoor swimming in a cooler, but less humid atmosphere which only serves to hasten the drying effect of inhaled air.

Water is second only to oxygen in importance to life. A young healthy male's total body weight is about 60% water; that of a young woman's is about 50%. We can survive losses of up to 40% of our body weight in fat, carbohydrate, and protein; but a water loss of only 9% to 12% of total body weight can be fatal. Approximately two thirds of the water in our bodies is contained inside our cells (intracellular fluid) bathing necessary cellular elements with substances that sustain life. The remainder is outside the cells (extracellular fluid) performing tasks of transporting fuel and water to and from metabolism-oriented structures.

Water Balance during Exercise

Water plays several critical roles in exercise, mostly related to the blood's capacity to carry various elements (oxygen, glucose, fatty acids and amino acids, carbon dioxide and other metabolic wastes) to and from functioning cells of all the organs. *Water also plays a large role in heat dissipation from exercising muscles and the maintaining of blood pressure as well as cardiovascular functioning during physiologically stressful moments.*

An interesting relationship occurs when the body is forced to handle vigorous exercise. *Metabolic oxidation occurring during muscular contractions actually produces water as a physiologic by-product.* The more muscular contraction, the more water produced *but this is still only a fraction (maybe a tenth) of the water lost through other means:* evaporation through the skin, evaporation through the body's action of moisturizing inhaled and exhaled air, and excretion from the kidneys and the large intestine.

At rest the kidneys excrete about two ounces (60 mls) of water per hour. You might think the kidneys would excrete more as the metabolic rate increases; well, they can for a while, but only to a point; then *the production of urine goes way down when the body senses that fluid loss is occurring too rapidly to keep the body in a steady hydrated state.*

Dehydration and Exercise Performance

Even minimal changes in the body's water content can

impair muscular contraction to the point where the swimmer feels "heavy" and slow in the water... like he or she is moving through thick syrup rather than smooth-flowing water. The muscle fibers (myofibrils) will be rubbing against each other creating excess frictional heat in addition to the metabolic heat that is expected. Like a piston in an automobile engine that seizes due to lack of oil for lubrication, muscle fibers will go into spasm, and power production will be reduced noticeably.

Many studies have shown that dehydrated athletes are intolerant to prolonged (greater than 60 minutes) vigorous exercise and heat stress. The heat stress factor is mollified somewhat by the immediate water environment of the swimmer, water having a much better heat-drawing capacity than air. But as intensity of training increases, so do the effects of internal heat production, and even an immersed vigorously-training swimmer will dehydrate and suffer during an intense practice session.

The impact of dehydration on the cardiovascular and heat-regulatory systems is quite predictable. Fluid loss decreases plasma volume; this, in turn, decreases blood pressure, which then reduces blood flow to the muscles and skin. In an effort to deal with all this, heart rate increases. Because less blood reaches the skin overall, heat dissipation is hindered, and the body retains more heat in areas with a lot of muscle activity (we quite often see a flushing effect on the upper back of swimmers).

As dehydration approaches 2% of total body weight, both heart rate and body temperature are elevated during exercise. If the water loss reaches 4% or 5% of body weight, say with land-based activity, the capacity for prolonged aerobic effort declines by 20% to 30%.

In athletic endeavors that require a mix of aerobic and anaerobic or more anaerobic activity (under 3 minutes—which covers most swimming events), the drop off in performance is not as dramatic but it is certainly there; especially if multiple events are swum over a relatively short period of time. Enough of a drop is seen such that the resultant effort can be diminished in close competition.

Below is a listing of physiologic parameters that show negative responses to dehydration; most are not quickly improved, if at all, when rehydration is attempted, which reinforces the dictum of prevention of dehydration is much better than correcting it...

Electrolyte Loss during Exercise

In addition to body water lost during vigorous exercise,

many nutrients, especially minerals, escape with sweat. We stated above that swimmers don't sweat as much as land-based athletes, but they do sweat, and they do lose body water. Sweat is a filtrate of blood plasma; it contains many substances found there including sodium (Na⁺), chloride (Cl⁻), potassium (K⁺), magnesium (Mg⁺⁺), and calcium (Ca⁺⁺). It is mostly water (99%) but contains enough lost electrolytes to produce altered physiologic responses in some athletes.

What happens next is the body's sensing this loss and causing the kidneys to greatly shut down urine production; in effect, to hold on to body fluid. An additional response also causes the kidneys to produce a powerful hormone called aldosterone. This acts to make the kidneys retain sodium and chloride ions (Na Cl... salt). What follows is the amount of these ions rises and produces an increased concentration that signals the brain's hypothalamus to produce the thirst alert so we would increase our water intake. This dilutes them back to normal.

All this takes time ...it is not an immediate response, which affords a delayed effect of recovery. Someone in the middle of vigorous training or competition that develops a healthy thirst has entered the "zone of metabolic distress", and his or her performance will most likely be compromised. The damage is done, so to speak, though some salvage of effort can be made if rehydration is done quickly and thoroughly.

If left to normal physiologic recovery, up to 48 hours may be needed for electrolyte and fluid rebalancing. This is an unacceptable time delay for those needing to partake of regularly-scheduled daily training regimens. This is where the commercial "recovery drinks" have a place. They have enough salt in them, among other things, to actually create a slight thirst, making us want to drink more of the product to help ensure adequate rehydration.

Take Home Points to Remember

(1) Our immediate need to replace lost body fluid is greater than our need to replace lost electrolytes.

(2) Since our thirst mechanism does not exactly match our hydration state, we should "drink before we are thirsty, and after we are not".

(3) Adequate fluid and energy intake during vigorous training and with appropriate timing for competition reduces the risk of dehydration and energy depletion and optimizes the body's cardiovascular and thermoregulatory functions.

Edward H. Nessel, *ASCA Newsletter*, Volume 2005, Issue 4. Reprinted

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RATE YOUR MASTERS COACH BY PHILLIP WHITTEN WHAT MAKES A GREAT MASTERS COACH?

Most of the answers to that question are readily apparent: most of the same things that make a great age group, senior or college coach. Things like: knowledge of the sport, the ability to communicate that knowledge, the ability to summon the best out of each swimmer; organization and, of course, the capacity to inspire.

Ah, but a special dimension is required to be a great Masters coach. A dimension without a name, it is instantly recognizable. The score you give your coach on the quiz that follows should tell you whether or not your coach has that added dimension.

(Our legal department asked that we include the following disclaimer...just ignore it.)

DISCLAIMER: Any resemblance between the behavior described in the following questions and the behavior of any actual Masters coach—living, half-croaked or croaked—is, like, purely coincidental.

1. When you show up at the pool for the first time in a month, 15 pounds overweight and breathing hard from the long walk from the locker room, does your coach:
 1. Give you a warm smile and say, "Nice to have you back"?
 2. Pat you playfully on the tush and gruffly tell you to "get in there" and "let's get you back in shape"?
 3. Greet you with a happy "wha's up Tonsafun"? How's your stock in Krispy Kreme doing?
 4. Suddenly produce a scale and a tape measure, announcing to the team that he will now document just how far downhill a human being can slide in one month without training?
2. When your coach is teaching basic technique, does he/she:
 1. Ask you to demonstrate, so people can see how to do it properly?
 2. Ask you to demonstrate, then discuss the stronger and weaker points of your demonstration?
 3. Ask you to demonstrate, then say: "This is precisely what I *don't* want you to do"?
 4. Clutch his sides and laugh hysterically?
3. Before your first event at a meet, does your coach:
 1. Encourage you to swim well and give you one or two last-minute pointers?,
 2. Put his arm around you and simply say, "Go out there and give it your best"?

3. Remind you how dismally you swam last time, and tell you, "Even you should be able to improve on that pathetic performance. Just don't start drowning because I can't swim"?
 4. Say to you, "Just go out and have fun because you are obviously so kinesthetically-impaired, nothing I tell you can possibly make any difference in your performance"?
4. After your race, does your coach:
1. Say, "Why don't you go and warm down, then we'll go over your race and your splits"?
 2. Put a towel around you, give you a hug and say, "The important thing is that you tried"?
 3. Say, "I didn't think it was possible, but that was even more wretched than the last time you swam"?
 4. Loudly proclaim that, despite your team suit and cap, you are not a member of his team and, in fact, he's never seen you before in his life?
5. At the team banquet, does your coach:
1. Buy you a drink?
 2. Insist that you buy him a drink?
 3. Steal the booze when the bartender isn't looking?
 4. Steal the booze when the bartender isn't looking and then blame you for the theft?

HOW TO SCORE YOUR ANSWERS

1. = 1 point
2. = 3 points
3. = 5 points
4. = 8 points

WHAT IT MEANS:

5 to 8 points: What's this guy (or gal) doing coaching a Masters team? He's a coaching saint and should be the USA Olympic team's head coach.

9 to 15 points: This is a coach at a critical mid-life crisis period who is just about to undergo a metamorphosis from Masters coach to the coach of real swimmers. Who needs this schmuck? Good riddance!

16 to 25 points: Now this is a man (or woman) with the potential to be a top Masters coach. As a Christmas (or Chanukah or Kwanzaa) present, think about giving him a tuition-paid mini-course at the U.S. Masters Swimming School of Sensitive Masters Coaching.

26 to 40 points: This coach is the dredge of humanity—a dreadful, depressing, talking bit of protoplasm with absolutely no redeeming personal qualities. In other words, a great Masters coach. Double his (or her) salary!

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Masters Swimmers Complete 2005 Autumn Splash with Flying Colors By Todd Dimsdale

The 2005 NC Autumn Splash, hosted by Tar Heel Aquatic Team (THAT), took place at the Hillsborough Sportsplex on October 29. This was the largest Fall meet ever with 111 swimmers from New Bern to Asheville as well as Virginia and Illinois.

In addition to its size, the meet was special because of the outpouring of gratitude for Claudio Illan, a THAT swimmer who passed away this year. Always positive, always encouraging, and a real student of swimming, Claudio was an inspiration to everyone on the THAT team. Claudio came to us as a beginner, but inspired his teammates by learning butterfly and swimming it in a meet. So, in recognition of his love for both butterfly and relays, a 200 butterfly relay was assembled and swum at the beginning of the meet. Elizabeth Nowak, Kirk White, and Filippo Porco swam and the fourth leg was open in honor of Claudio. In addition, over \$2000 was raised for the Illan children's education fund. It was presented at the meet by THAT coach Jeff Dugdale to Mirta, Claudio's wife, and their beautiful children Augustina and Victoria. Many thanks to the many North Carolina swimmers who contributed to this gift!

The meet went very smoothly thanks to great planning by meet director Robin Robinson and Martha Aitken and the efforts of many volunteers. Just like a great swimmer makes a hard race look easy, their experience, calm demeanor and grace made the surprisingly large number of entries and a flurry of last minute individual and relay entries come off with nary a hitch.

The swimming was amazing. State Records fell in 24 Women's, 30 Men's, and 7 Relay events. Ten records were set by 4 different swimmers in the Men's 35-39 age group alone!

We were in the presence of greatness at this meet! Dick Kitchell followed his remarkable 200 fly LCM world record over the Summer with another world record of 2:48.78 in the men's 65-69 200 fly. Also, a world record of 2:19.86 was set by the Men's 280-319 NCMS 200 medley relay of Clarke Mitchell, John Kortheuer, Dick Kitchell, and Jerry Clark.

National records were set in the men's 200-239 400 medley

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relay (4:25.25) and the men's 800 free relay (8:56.35) by THAT's Jon Klein, Todd Dimsdale, Don Gilchrist, and Bob Schmitz.

swimmers attending a meet for the first time, the camaraderie of North Carolina masters swimming, and the sense of accomplishment that accompanied every performance. Cheers to everyone who attended!!

As always, the best experience was to see many new

INDIVIDUAL STATE and WORLD RECORDS		
AGE GROUP	SWIMMER	EVENT / TIME
Women 25-29	Shandra Johnson RAM	100 Free / 59.76; 400 Free / 4:36.48; 100 IM / 1:07.13
	Liane Teplitsky THAT	200 Free / 2:18.22
35-39	Pam Lindroos THAT	100 Breast / 1:24.01; 100 Fly / 1:12.11
40-44	Elizabeth Nowak THAT	100 Free / 1:04.62; 200 Free / 2:20.56; 100 Breast / 1:21.77; 100 IM / 1:12.64
45-49	Alis Woodard MAC	50 Free / 32.90
50-54	Beverly Amick AWS	100 Back / 1:25.29; 100 Fly / 1:22.35
	Jennie Rogers AMS	200 IM / 3:23.16
55-59	Catherine Quill-Illinois Masters	100 Fly / 1:31.40
65-69	Nina Whalen - Hilton Head	100 Fly / 2:27.85
70-74	Rachel White THAT	100 Free / 1:51.46; 50 Fly / 1:01.24
	Suzanne Robbins Bonitz THAT	50 Back / 50.60
75-79	Barbara Eisele - Hilton Head	50 Free / 55.11; 100 Free / 2:07.49; 200 Free / 4:39.50; 100 IM / 2:30.41; 200 IM / 5:24.77
MEN 30-34	Razvan Petcu - RAM	50 Free / 24.23; 50 Fly / 25.99; 100 Fly / 57.86
35-39	Dennis Meehan - Unattached	50 Free / 24.93; 100 Free / 56.00; 50 Back / 29.83; 50 Fly / 26.81
	Andy Farrell - RAM	200 Free / 2:02.61
	Morten Anderson - MAC	100 Breast / 1:12.82; 200 IM / 2:23.53; 400 IM / 5:11.23
	Kirk White - THAT	100 Fly / 1:01.73; 200 Fly / 2:21.21
40-44	Henry Stewart - RAM	50 Free / 24.61; 50 Fly / 27.06
45-49	Jon Klein - THAT	100 Free / 57.59
	Chris Lechner - NCMS	100 Fly / 1:04.04
50-54	Don Gilchrist - THAT	50 Free / 27.89; 100 Free / 1:00.58; 50 Br / 35.45
	Hill Carrow - NCMS	100 Fly / 1:14.33
60-64	Bob Husson / Twin Rivers Y	100 Back / 1:32.63
65-69	Jerry Clark - NCMS	50 Free / 30.04
	Richard Kitchell - NCMS	200 Fly / 2:48.78 World Record
70-74	John Huson - James Harris Y	200 Br / 4:32.61
80-84	Vester Boone - James Harris Y	400 Free / 8:28.00; 50 Br / 1:00.93; 100 Br / 2:16.54; 100 IM / 2:12.18
85-89	Fred Holdrege - RAM	200 Back / 5:01.17

RELAY STATE, NATIONAL, and WORLD RECORDS	
RELAY EVENT	TEAM / TIME / SWIMMERS / SPLITS
Women's 120—159 200 Free	THAT / 2:01.76 / Pam Lindroos / 30.75; Cynthia Nagle / 31.68; Liane Teplitsky / 29.63; Elizabeth Nowak / 29.70
Women's 120—159 200 Medley	THAT / 2:16.04 / Elizabeth Nowak / 36.13; Cynthia Nagle / 38.64; Pam Lindroos / 31.92; Liane Teplitsky / 29.35
Mixed 100 - 119 800 Free	DAMA / 10:27.23 / Derek Parr / 2:22.49; Amie Krasnozon / 2:50.12; Lucas Illing / 2:25.01; Danielle Newton / 2:49.61
Men's 200 - 239 400 Medley	THAT / 4:25.25 / Jon Klein / 1:05.43; Todd Dimsdale / 1:11.25; Don Gilchrist / 1:07.97; Bob Schmitz / 1:00.60 National Record
Men's 200 - 239 800 Free	THAT / 8:56.35 / Jon Klein / 2:09.64; Bob Schmitz / 2:17.43; Todd Dimsdale / 2:14.91; Don Gilchrist / 2:14.37 National Record
Men's 200 - 239 200 Medley	THAT / 2:00.64 / Jon Klein / 31.34; Todd Dimsdale / 32.18; Don Gilchrist / 29.73; Bob Schmitz / 27.39
Men's 280 - 319 200 Medley	NCMS / 2:19.86 / Clarke Mitchell / 39.10; John Kortheuer / 38.92; Dick Kitchell / 32.99; Jerry Clark / 28.85 World Record

UPCOMING LOCAL 2006 MASTERS SWIMMING EVENTS

DATE	EVENT	LOCATION	POINT OF CONTACT
1/28/2006- 1/29/2006	Sunbelt SCY Invitational	Charlotte, NC	Bernie White and Ken Johnson (704/364-2141)
2/4/2006- 2/5/2006	George Fissette SC SCY Championships	Mt. Pleasant, SC	
2/11/2006- 2/12/2006	Sun Masters Valentine Meet & Dixie Zone SCY Championships	Clearwater, FL	Joe Bondi, 216 Elizabeth Ave., Clearwater, FL 33759-4007
2/11/2006- 2/12/2006	Charleston SCY Invitational	Charleston, SC	
3/4/2006	Frank Clark Meet	Greensboro, NC	Maryellen Kammer; nckamm@triad.rr.com , (336) 643-1304
3/11/2006- 3/12/2006	St. Patrick's Day SCY Invitational	Atlanta, GA	
4/29/2006- 4/30/2006	NC State SCY Invitational	Raleigh, NC	
6/3/2006	LCM Invitational	Athens, GA	
7/22/2006 7/23/2006	Dixie Zone LCM Championships	Optimist Park, Raleigh, NC	

2006 CHAMPIONSHIPS

DATE	EVENT	LOCATION	POINT OF CONTACT
1/1/2006- 1/31/2006	USMS One Hour Postal Championships		Tom Spence, 216-299-3858, talltom13@msn.com ; Laura Kessler, 440-526-9590, swimlaura@ameritech.net
5/11/2006- 5/14/2006	USMS Short Course Nationals - SCY	Coral Springs, FL	Michael Lohberg, 954-345-2121, mlohberg@aol.com
5/15/2006- 9/15/2006	USMS 5k and 10k Postal Championships PST-LD;		Neil Salkind, 785-841-0947, njs@sunflower.com
6/17/2006	USMS 1-3 Mile Open Water Championship (2.5 km)	Hartwell Lake, Clemson, SC	Jacque Grossman, 864-646-8836 (d), jelg@innova.net ;
7/15/2006	USMS 2 Mile Cable Championships	Chris Greene Lake, Charlottesville, VA	Dave Holland, 804-282-6224, dholland@rmc.edu ;
7/29/2006	USMS 1 Mile Open Water Championships	Lake Erie, Cleveland, OH	Tom Spence, 440-247-7145, talltom13@msn.com
8/4/2006- 8/10/2006	2006 XI FINA World Masters Championships - LCM and 3.0 KM open water swim	Palo Alto, CA and Crown Point, San Francisco Bay	Michael Moore, michael@2006FINAmasters.org ;
8/13/2006	USMS 6+ Mile Open Water Championships (10 km)	Horsetooth Reservoir, Fort Collins, CO	George Thornton, 970-482-1818, info@whswim.com
9/9/2006	USMS 3-6 Mile Open Water Championships (5 miles)	Lake Michigan, Chicago, ILL	Chris Sheean, 312-857-7087, chris@bigshoulders.org
9/15/2006- 11/15/2006	USMS 3000/6000 Yard Postal Championships PST-LD		Max Veltman, 915-584-0227, max_veltman@yahoo.com

LMSC - NC Officers and Staff

Chairman Joe Gosha 140 Lake Concord Rd Concord, NC 28025 (704) 425-9974 NCchairman@usms.org	Vice-Chairman Kemp Battle 10 Parkside Ave Asheville, NC 28804 828.251.0596 vicechairman@ncmasters.org	Past Chairman Fritz Lehman, RAM 439 Pebble Creek Dr. Cary, NC 27511 (919) 481-9767 fritzlehman@nc.rr.com	Secretary Elizabeth Nowak 2734 Sevier St. Durham, NC 27705 919.489.8328 Secretary@ncmasters.org	Treasurer Jerry Clark, CSM 3107 Cloverfield Rd. Charlotte, NC 28211 (704) 374-1807 treasurer@ncmasters.org
Registrar / Webmaster George Simon, RAM 10229 Boxelder Drive Raleigh, NC 27613 (919) 846-2423 Ncregistrar@usms.org	Top Ten Chairperson Henry Stewart 5404 Killarney Hope Dr. Raleigh, NC 27613-1029 (919) 881-9916 hstewart@hcwbenfits.com	Newsletter Editor Jim Enyart, WYM 2840 Marsh Point Rd Southport, NC 28461 (910) 253-3333 NCeditor@usms.org	Records Daniel Schad 3309 Redbud Lane Raleigh, NC 27607-6830 (919) 395-8822 dschad@seielect.com	

Frank Clark Meet hosted by Triad Masters Swimming

March 4th , 2006

Sanction: Sanction by LMSC for NC for USMS, Inc. Sanction # 136-02

Meet Director: Maryellen Kammer; nckamm@triad.rr.com, (336) 643-1304

Facility: Grimsley High School Pool. 801 Westover Terrace, Greensboro, NC. 25 yard, 8 lane racing course with attached diving well. 6 lanes will be used for competition, with one buffer lane and one warm-up/down lane attached to the diving well.

Eligibility: Swimmers *must* register with USMS as of the 1st day of the meet as determined by the Registrar of LMSC for NC. NO EXCEPTIONS. USMS rules govern the meet.

Deadline: Entries must be received by mail (to meet director), email (nckamm@triad.rr.com) or fax (336-335-2966) by Midnight on February 27, 2006. Entries received after this time and date will be handled as *deck entries*. Relays and deck entries **must** be submitted by 9:30 am on the day of the meet.

Fees: \$5.00 meet surcharge. \$3.00 per event for pre-registration. Deck entries accepted at \$5.00 per event. There are *no* relay charges. *There will be no refunds, unless the meet date is changed.* Those paying via email or fax **must** have payment ready at the time of the meet.

Scoring and Awards: Individual events will be scored 9-7-6-5-4-3-2-1. Ribbons given to top 8 finishers in each event.

Seeding: All events will be seeded by sex and time, with the exception of the following events: 500 freestyle and 1000 freestyle. These events will be seeded by time only with sexes combined. All events will be seeded slow to fast, except the 500 freestyle and 1000 freestyle which will be fast to slow. "No Time" will be placed in slow heats. Meet Director reserves the right to combine sexes in any events. There will be positive check-in for the 500 and 1000 freestyle events.

Schedule: Warmups will begin at 8:00 am with the first event (1000 free) starting at 8:45 am. The second warmup session will begin at the conclusion of the 1000 free, with the meet continuing at approximately 10:00 am. The diving well and one outer lane will be open during event 1. Dependent on entries and timeline, 5-10 minute breaks may be included in the event order per Meet Director. ****You must always enter the pool feet first (during warm-ups) except in sprint lanes.**

Frank Clark Meet Entry Form

March 4, 2006

Please print legibly

Name: _____ Team Initials: _____

Address: _____

City/State/Zip: _____

Sex: M F Age: _____ DOB: _____ USMS Number: _____

Phone: _____ Email: _____

Women	Time	Event	Time	Men
1	_____	1000 Freestyle Break	_____	1
		200 Medley Relay		
7	_____	50 Freestyle	_____	8
9	_____	200 IM	_____	10
11	_____	50 Backstroke	_____	12
13	_____	100 Butterfly Break	_____	14
15	_____	100 Breaststroke	_____	16
17	_____	200 Freestyle	_____	18
19	_____	100 IM	_____	20
21	_____	50 Butterfly	_____	22
23	_____	100 Backstroke Break	_____	24
25	_____	50 Breaststroke	_____	26
27	_____	100 Freestyle	_____	28
29	_____	200 Open (strokes)	_____	30
		200 Free Relay		
35	_____	500 Free	_____	35

Number of events: _____ x \$3.00 each = \$ _____

Meet Surcharges: x \$5.00 = 5.00

Total: = \$ _____

Make Checks payable to **Triad Masters Swimming (TMS)** and mail to: **Maryellen Kammer**
5513 Faye Drive
Greensboro, NC 27410

Read and Sign this Release from Liability: 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 MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide and be governed by the rules of USMS.

Signature: _____ Date: _____

CHARLOTTE SWIMMASTERS SUNBELT CHAMPIONSHIP

January 28-29, 2006

<i>Sanction:</i>	Sanction by LMSC for NC for USMS, Inc. Sanction # 136-01
<i>Meet Director:</i>	Bernie White and Ken Johnson (704/364-2141) Meet Referee: Marty Fehr
<i>Facility:</i>	Mecklenburg County Aquatic Center, 800 East Second Street, Charlotte NC. (704) 336-3483 Continuous warm up/down lanes available in separate tank. <u>Parking is across the street on Saturday.</u> The pool measurements are on file with USMS.
<i>Rules:</i>	2006 USMS rules govern the meet. Swimmers must be registered with USMS for 2006. No one-day USMS registration for this meet. Swimmers are limited to 5 individual events per day. NOTE: The 1000 free is limited to the first 32 swimmers who enter it; the 1650 free is limited to the first 24 swimmers who enter it.
<i>Deadline:</i>	Entries must be received by email with payment received <u>immediately</u> thereafter or by paper entry by 5:00pm EST January 21, 2005. Entries received after this date will be handled as deck entries at deck entry fees of \$7.00 per event.
<i>Fees:</i>	Individual event charge is \$3.00. No charge for relays. No refunds unless the meet date is changed or cancelled, in which case the surcharge will be retained and entry fees refunded.
<i>Scoring & Awards</i>	Individual events will be scored 9-7-6-5-4-3-2-1; relays doubled. Ribbons given to top 8 finishers in each event. 1-3 team awards given only to in-state teams and out-of-state teams. There will not be high point awards for individuals in the age groups.
<i>Seeding:</i>	All events will be seeded by sex and time with the exception of the following events; 1650, 1000, 500 freestyle and 400 IM. These events will be seeded by time only with the sexes combined. All events will be seeded slow to fast <u>except</u> the 500 free, which be fast to slow. "No Time" is not allowed. Meet Director reserves right to combine sexes in events. For the 500 free, you must confirm you will swim this event before the break on Sunday by initialing your name at the deck enter/relay desk.
<i>Schedule:</i>	<u>Saturday morning:</u> Warm up 8:00am; first heat of the distance events start 8:45am. The pool will be open at 7:30 am. <u>Saturday afternoon:</u> Warm up 11:30am; first heat event 5 starts 12:30pm. <u>Sunday morning:</u> Warm up 8:00am; first heat starts 8:45am. You must enter the pool <u>FEET FIRST</u> except in sprint lanes. No paddles or kickboards are allowed when warming up.
<i>Lodging:</i>	Best Western \$69 (breakfast) 704-372-7550; Hampton Inn \$ 74 (breakfast) 704-373-0971; Hilton Gardens \$79 (restaurant) 704-347-5972. Say Masters Swim Meet. All easy walking distance to pool.
<i>Social:</i>	6:30pm Saturday. It is greatly appreciated if you will reserve space(s) when mailing your entry.

SUNBELT CHAMPIONSHIP ENTRY FORM

Sanction # 136-01
please print legibly

Name: _____ Club Initials: _____

Address: _____ City/State _____ Zip _____

Age: ____ Birth Date: ____/____/____ Sex: M ____ F ____ Day Phone (____) _____ - _____

E-mail: _____ PLEASE WRITE CLEARLY

2006 USMS registration number is required in order to swim: _____

Circle the appropriate event number and enter your seed time

Saturday January 28, 2006, Warm up 8:00 am, Meet start at 8:45am			
W	M	Event	Time
1	1	1,650 yd Freestyle	
2	2	1,000 yd Freestyle	
Warm up 11:30 am, Meet start at 12:30pm			
3	4	100 yd Butterfly	
5	6	50 yd Breaststroke	
7	8	200 yd <i>Medley Relay</i>	
9	10	100 yd Backstroke	
11	11	400 yd IM	
Break			
12	13	50 yd Freestyle	
14	15	200 yd Breaststroke	
16	17	200 yd Freestyle	
18	19	100 yd IM	
20	20	200 yd <i>Mixed Medley Relay</i>	

Sunday January 29, 2005, Warm up 8:00am, Meet start 8:45am			
W	M	Event	Time
21	22	50 yd Butterfly	
23	24	200 yd IM	
25	26	50 yd Backstroke	
Break			
27	27	200 yd <i>Mixed Free Relay</i>	
28	29	100 yd Breaststroke	
30	31	200 yd Backstroke	
32	33	100 yd Freestyle	
34	35	200 yd Butterfly	
36	37	200 yd <i>Freestyle Relay</i>	
38	38	500 yd Freestyle	

Number of Events: _____ @ \$ 3.00 each = \$ _____
 Surcharge _____ @ \$ 8.00 = _____ \$8.00
 Social _____ @ \$16.00 each = _____
 T-Shirt Size _____ @ \$ 9.00 each = _____
 TOTAL _____

**Make checks payable to Charlotte SwimMasters and mail to: Jerry Clark
128 South Tryon Street, Suite 1565
Charlotte, NC 28202**

Read and Sign this Release from Liability: 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 MEET OR SUPERVISING SUCH ACTIVITIES. In addition I agree to abide and be governed by the rules of USMS.

Signature: _____ Date: _____