



# ACROSS THE LANES

## The Newsletter of North Carolina Masters Swimming

### The Chairman's Lane By Jerry Clark

#### ACRONYMS (and other things) MADE CLEAR (er)

Hello Fellow NCMS Swimmers. While recently reviewing entry forms for the 2008 Sunbelt Meet, most of which (132 of 170) came in via the online entry system managed by Club Assistant in California, I noted several mistakes in the blank space labeled "CLUB INITIALS". These were probably due to uncertainty about which initials to use. For a long time, I wasn't sure whether to use NCMS or CSM. The following is a narrative description of the Masters swimming chain of organizations.

**FINA** means Federation Internationale de Natacion. It's at the top of the ladder. FINA headquarters is in Lausanne Switzerland and it rules all aquatic sports in the world. It has representatives from 197 Federations. It's Bureau (what we'd call a board of directors) has 22 members, one of whom is Dale Neuberger from Indianapolis. As the United States is the only country in the world (that I know of) with pools measured in yards, FINA does not keep Masters world records for swims in yards pools. But it does keep world records for swims in meters pools. Also note that the only Masters relays that FINA recognizes are those 200 meters in distance.

A **Federation** is an organization that governs aquatic sports in a single country. Our Federation is United States Aquatic Sports. It oversees USA Swimming, United States Masters Swimming, US Diving, US Water Polo and US Synchronized Swimming. USAS organizes an annual convention (normally in September) at which the five mentioned organizations have their individual rules and policy making meetings over a four-five day period.

**USMS** means United States Masters Swimming, Inc., a non-profit corporation. It is governed by a board of directors elected every two years at the US Aquatic Sports convention. At the end of the 2007 USMS year, there were just over 44,000 registered members. USMS keeps national records in yards for all individual events plus relays up to and including 800 yards.

**Zones** are the eight geographic areas that USMS is divided into. Go to [www.usms.org](http://www.usms.org) and click the blue Articles & Publications tab to see the rule book in which there is a map defining the zones; ours is the Dixie Zone. Each Zone has a single chairperson. There are zone

championship meets and zone records are kept.

**LMSC** means Local Masters Swim Committee. There are 52 LMSCs in the United States, each with its own governance group and income from registrations. Ours is called the LMSC for NC. Our governing board consists of our officers (me as Chairman, Ruth Battle as Vice Chairman, Greta van Meeteren as Secretary, Elizabeth Nowak at Treasurer, George Simon as Registrar and Joe Gosha as immediate Past Chairman) plus the representatives from each swim team (more about that to come). We meet at least quarterly, if not in person, then by conference calls. We have an extended annual meeting each year, typically in Hillsborough at the one day short course meters meet there in October.

Now to the "Club Initials" problem mentioned at the beginning. **Club** means a Masters swim organization that is registered with USMS. In North Carolina we have only one club, which is North Carolina Masters Swimming. Its acronym is **NCMS**. Within NCMS, we have *about* (we're working on an exact count this month) 20 of what we call **Chapters**, each with their own acronyms such as **RAM** (Raleigh Area Masters), **AMS** (Asheville Masters Swimming), **TMS** (Triad Masters Swimming), etc. Right here is where confusion takes place because some use the word 'team' or 'club' when actually referring to a chapter. (The USMS online registration site uses the term 'workout group' for what our LMSC for NC Bylaws call 'chapter.'). In some NC cities, a few Masters swimmers just show up to train at the same time and place several days per week but they have no name. These people – and there are a lot of such groups all over the US - are often also referred to as a 'workout group'. By having just one club in our state, all swimmers registered with a chapter of NCMS who participate in a national championship meet are automatically members of the NCMS club, and his/her individual places of finish and any relays he/she swims on earn points for our club. There is keen competition between clubs at Nationals and frequently NCMS is in the running for a high place of finish as the last day of the meet unwinds. This makes relay events on the last day *really* fun.

I won't be surprised to see a major change in club competition beginning in 2009 because a number of groups who swim together think having a team at Nationals made up of statewide swimmers is very unfair. Those groups wield a powerful voice at the annual conventions.

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So when we enter meets within our state, we should write in the initials of our respective **chapters** such as RAM, AMS, TMS, etc., for there is competition between chapters at these meets. But when we travel to another state for a meet, including national meets, each North Carolina swimmer should write NCMS in the blank space as that's the **club** he/she is representing.

The good news is that the USMS registration system has been

substantially revamped to allow registration to be done online (go to [www.usms.org](http://www.usms.org) to see how this is done). Our registrar George Simon has played a major role in getting this accomplished. Please support our statewide swim meets as the host team works hard and incurs lots of expenses when organizing a Masters meets. And don't forget to consider entering the USMS national short course National Championship meet May 1-4 in the fast pool at the University of Texas in Austin TX. **GO NCMS!**

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## MEET SCENES— SHOT AT CHARLOTTE SUNBELT MASTERS January '08



**Go get him!**

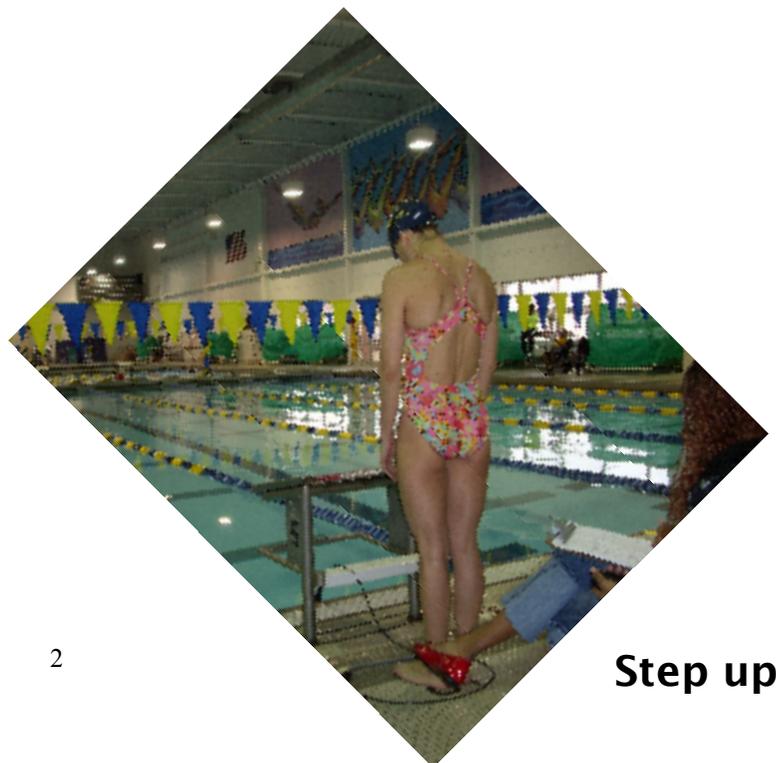


**2008 NC  
Master's  
Male  
Swim-  
mer of  
the Year**

**E. Ole  
Larson**



**Is it a new personal best?**



**Step up!**

## The Center Of Excellence at MAC - One man's perspective by Joe Gosha

Like many of you, I started swimming at a young age, and began to swim year round after I discovered (or more accurately, after my parents discovered) competitive swimming. By the time I got to 9th grade, I was already ready to score points for my high school team in the pool, while many of my classmates who hadn't swum before were just starting to discover what kickboards and pull buoys and starting blocks are all about.

We had two groups of kids on our high school team—the 'high school season only swimmers,' and the 'year-round AAU club swimmers.' However, unlike some other schools in the state, our high school coach had also started and coached the AAU club in town, so we didn't see two coaches battling each other during the high school season to determine what practices the year round swimmers would be attending, and/or when they would be tapering. Our coach cared as much about the high school program as he did the AAU program. Nevertheless, tension between the two groups of swimmers sometimes developed based on the over-developed egos and/or over-developed inferiority complexes exhibited by various team members.

I started helping to coach a local high school team five years ago, and immediately began to notice that tension between year round and high school season only swimming that I had forgot about for all of those years. Our team has no year round swimmers, but most of our kids have had stories to tell about the teams that do. I've heard the story about a year round coach who wouldn't let his star swimmers swim in a high school conference championship meet because it interfered with a USA Swimming event, and I've heard about a high school coach who told his year round swimmers that they were not welcome on his team if they missed any of his practices for a club practice.

I don't know if these stories are actually true or not, but I do know that the tension they point to is real. As such, I was wonderfully surprised at our North Carolina High School 3A Western Regional Swimming Championships when the meet announcer introduced the young men and women who would be presenting the medals to the top placers in the meet. As I was to find out later, David Marsh, the head coach at MAC, and the leader of the COE program based there, had asked his Olympic development team members to honor our high schoolers—both year round and high school

season only kids, by participating as awards presenters.

It was maybe a week later that I realized that the tall attractive blonde woman on the deck many afternoons at the pool where I swim was none other than Carly Piper, one of those Olympians who had been presenting the medals at our high school meet. At 'my pool,' Carly works alongside the MAC coach who guides some of the youngest MAC swimmers through their learning and practice routines. Both of these women, the coach and Carly, clearly care for their charges, and are clearly doing a good job of teaching them proper stroke techniques.

Once I figured out who she was, I approached Carly and asked her about her presence at the high school meet. She told me that yes, David Marsh had in fact arranged for the appearance of the Olympians, but that she had considered it an honor to be able to participate, because she remembered her own high school swimming days and team, and what they had meant to her.

Last week I saw an adult swimmer who I've watched for some months now take a practice start off of the blocks. I asked him if he had finally decided to enter one of our master's meets. He said that yes, he had just joined USMS, and was starting to prepare for entering a meet. He told me that he hadn't been off of a block in decades, and so he would need to do some work on his starts.

Carly was at the pool that day, so I was able to point her out to this new USMS member, and also to tell him that she was one of the Olympians who had been presenting the medals last month when his son—a high school season only swimmer—won his first place medal at our regional swimming championships. It's a small world, isn't it?

I hear that there are folks who resent the concentration of resources being committed to the Center of Excellence Program—a partnership primarily between USA Swimming and the USOC—at MAC. I really don't know a whole lot about the program. Until a few weeks ago, all I had seen was the website, and all I had heard was what Jerry Clark and Jeff Dugdale had told me about David Marsh. I still haven't met David myself, but I have no doubt that the program is already bringing benefits to us all.



**2004 US Olympic  
Gold Medalist (800  
Free Relay), and  
MAC COE swimmer**

**Carly Piper**

**in the water and  
out.**



# From Asheville to you — part 2! Courtesy of Jim Hinton

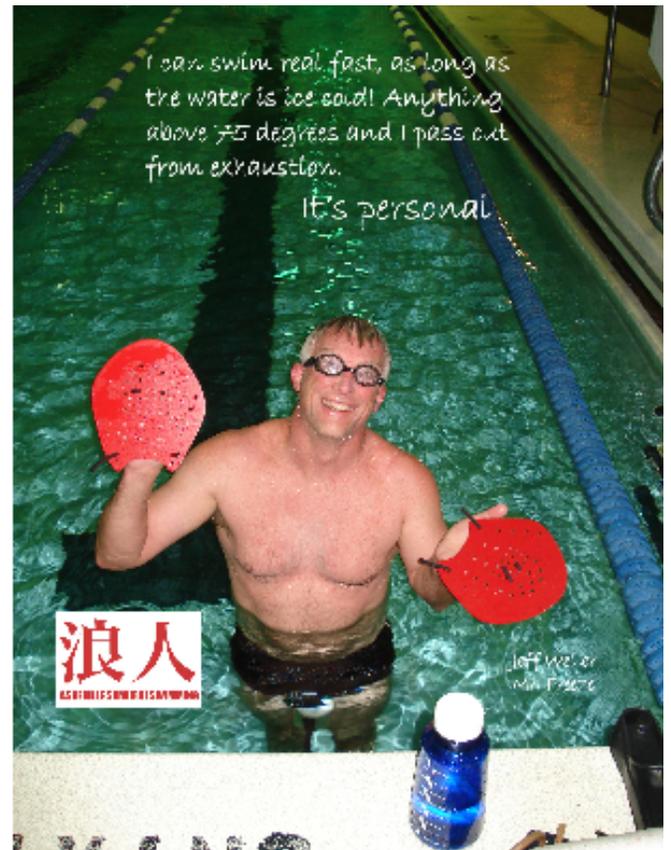
Asheville Masters Swimming decided to have a little fun with the well known TYR “It’s Personal“ slogan.

Just about every swimmer is familiar with the famous swimmers who are portrayed in USMS SWIMMER magazine. They include a hand written note from the athlete about their personal or team work-out ethics.

AMS decided to take pictures of their swimmers, add their samurai logo instead of the TYR symbol, and a quote that stretches the truth just enough to make it humorous and fun; we are a fun group!

Seven swimmers were photographed and their 8x10 glossies were displayed at the AMS annual Christmas party. Of course this was without their knowledge and they had nothing to do with writing their own personal messages.

Our intention is to have a picture taken of every team member which will be laminated and displayed at the pool where we train as a group. We also will continue to write the swimmers comment’s for them or it just might get serious!



**ASHEVILLE MASTERS  
SWIMMING**

**IT'S WAY PAST PERSONAL!**

# COACHING CORNER

by Griff Helfrich,

## THAT MASTERS COACH



## From Griff, here's how it works...

What follows below is in two parts. The first part is one of my workouts. It is followed by a description of what is going on with the workout, explaining what is being emphasized and why, and giving a few tips

### Masters 3/21 Bolles Set

Quote: If we have learned one thing from the history of invention and discovery, it is that, in the long run — and often in the short one — the most daring prophecies seem laughably conservative. ~ Arthur C. Clarke

300 loose

#### A Group

4 x 75 pull, desc. 1-4 @ 1:10  
 4 x 50 kick, desc. 1-4 @ 1:00/ 1:10  
 4 x 25 variable sprint @ :30  
 Easy 50

8 x 50 Choice All out FAD 4 @ 2:00 2 @  
 1:30 2 @ 1:00  
 Easy 200  
 8 x 50 Free All out FAD 4 @ 2:00 2  
 @ 1:30 2 @ 1:00  
 Easy 200

500 smooth swim w/ fins

#### B Group

4 x 75 pull, desc. 1-4 @ 1:15/ 1:30  
 4 x 50 kick, desc. 1-4 @ 1:00/ 1:10/ 1:20  
 4 x 25 variable sprint @ :30/ :35/ :40  
 Easy 50

5 x 50 Choice All out FAD 3 @ 2:00 2 @  
 1:30

Easy 200  
 5 x 50 Choice All out FAD 3 @ 2:00 2 @  
 1:30  
 Easy 200  
 300 smooth swim w/ fins

**This workout makes use of a set I borrowed from The Bolles School in Jacksonville, Florida.** There is a little loosen and a short mini set to get ready for the main set. The main set is what we call “the Bolles Set.” This set consists of eight 50’s all out sprint from a dive (FAD) with descending intervals, so the set becomes more challenging as it goes on. I think it is important to get up and go fast at least once a week in training because it really helps you learn a lot about your swimming. Practicing swimming at all out max effort has obvious physiological benefits, but it also really helps you re-examine and re-learn your stroke. Too often we put too much emphasis on having perfect technique at the expense of the main goal of having a good stroke – going fast! Swimming with a perfect stroke is great, and we should always be working to improve, but if you are going slowly in order to make everything as technically perfect as it can be, you’re still swimming slowly. This workout forces the swimmer to apply what they know under physical strain and hopefully take a step forward with their swimming!

# The story of a fitness swimmer.

Bob Brown, 65, is a member of TRYM (Twin Rivers YMCA Masters), New Bern, North Carolina. Bob has a compelling story to tell. Below is the interview I (Secretary Greta Van Meeteren) had with Bob on March 10, 2008.



**Q: How long have you been a fitness swimmer?**

A: Since 2004.

**Q: Why did you become a fitness swimmer?**

A: I had a quintuple bypass surgery in 1995. Before then, I really led an unhealthy lifestyle: I smoked, and ate all the wrong foods. Of course that had to change after my heart attack, which by the way happened as I was walking.

I proceeded to walk 2 miles a day, and was also using the treadmill. Eventually I decided that just walking was not challenging enough. I had heard that swimming was supposed to be the best exercise, and so I started swimming on my own in 2004.

My arms started to feel really heavy; I went back to the cardiologist who then put 5 stints into 3 different veins. I went back to the pool and started swimming again on my own. At that time, one of the lifeguards, who is himself a masters swimmer, and the masters coach, Frank McGrath, encouraged me to start swimming with the masters team.

**Q: How has masters swimming helped you?**

A: I had never learned how to swim as a child, and I really did not do very well. It would take me an hour and twenty minutes to swim a mile!

With the help of coach Frank I have really improved a lot. I realize it is hard to “teach an old dog new tricks”, but I am willing to learn and am having a great time doing it! My time on the mile is now down to 52 minutes.

**Q: What do you enjoy about fitness swimming?**

A: The team feels like my extended family. There is an appreciation for each other and each other’s commitment to the sport. Look, I may not be the fastest fish in this pond, but it really does not matter at all, we are very good friends. I really like the challenge of a scheduled workout and being with others who are enjoying this just as much.

**Q: What benefits do you derive from fitness swimming?**

A: I have a healthy heart.

In July of 2007 I had another (very mild) heart attack. I took my nitro capsule right away and my cardiologist, a teammate who was swimming right next to me, took me to the hospital. He put another stint in one of my veins and recommended I go to Chapel Hill to have the bypasses thoroughly checked out. There I was told I was doing just fine, but I decided to get another opinion. This time I went to the Duke University Hospital, where the head of cardiology checked my entire history and looked at all of the scans. He told me that my heart had made a miraculous recovery: all of the bypasses had bypassed themselves and the main artery is wide open. I attribute all of this to my healthier lifestyle. Swimming is a major part of that.

*A note to the reader: Bob has participated in the one-hour postal swims and the 3,000-yard swims twice!*

# LMSC for NC Board of Directors Meeting Minutes—January 28, 2008

**NC LMSC Meeting  
January 26, 2008 – 4:10 PM  
Mecklenburg Aquatic Center, NC  
Draft Minutes**

Attendees: Jerry Clark (Chairman and representing CSM), Elizabeth Nowak (Treasurer and representing THAT), Greta van Meeteren (Secretary and representing TRYM), Ruth Battle (AMS), Patty Waldron (MAC)

The meeting was called to order at 4:10 PM after the conclusion of day 1 of the Sunbelt Championships.

## 1. Draft Budget

- Attendees had previously received the draft budget for 2008 from Jerry. A second version was handed out and discussed.
- The line item “Donations for National Meets” was removed, since there already exists a line item “Individual contribution to NCMS Club”.
- Discussion involved spending of those contributions for T-shirts, caps, and relay fees for the team that will represent NC at LCM and SCY nationals. Other events such as open water swims will have to be considered as well, to include swimmers who participate in those events.

Since on-line registration will be in place very soon, the budget will have to be re-visited after this takes place. The money flow will change, and Elizabeth will make a revision of the budget at that time. It was agreed to wait with approval until then.

## 2. Governance

Discussion took place about the governance of the LMSC. Efforts in the past to involve more team representatives in the meetings have had very little success. Jerry suggested forming a board of directors, which would include the officers, registrar and team representatives

who are willing to put forth the effort for this.

Everyone present will try to get names of team representatives.

## 3. Masters' Fair

- Jerry had created a document with ideas about putting together a Masters' Fair. He will make sure everyone gets a copy of this document. This will be used as a starting point for ideas.

Discussion involved putting together a definition of what we want this Fair to include. Caution will have to be used about wanting to do too much in a small amount of time. Ideas that were mentioned:

Educational element  
Hands-on part  
Social part  
Workshops

The goal needs to be to serve the fitness swimmer as well as the competitive swimmer. The ultimate goal is to grow Masters memberships.

A 2<sup>nd</sup> revision of this document will be created by the next meeting by sharing thoughts and ideas via E-mail.

## Future Meetings

A decision was made to have bi-monthly conference calls. These meetings will take place in the early evening hours (5:00-7:00 PM) on a Monday or a Thursday. The next meeting will be in March; Jerry will set the date and set up conference call facilities.

The meeting was adjourned at 5:15 PM.

Respectfully submitted,  
Greta van Meeteren, secretary.

## **XIII FINA WORLD MASTERS CHAMPIONSHIPS**

FINA announced that the XIII FINA World Masters Championships will be in Goteborg and Boras Sweden between 28 July and 7 August, 2010.

**Dan Murphy from NCAM has been named a USMS 2007 Long Distance All Star**

**Results from the Charlotte Sunbelt, Greensboro Frank Clark, and Durham Spring Splash Meets can be found at [www.ncmasters.org](http://www.ncmasters.org).**

**Have you checked out [www.floswimming.com](http://www.floswimming.com)? It offers great information about, and video coverage of, important swimming competitions around the nation and the world, as well as videos about training and technique.**

# Chapter Building—now, and then

**Kyle Bain** is a young man on a mission. This Rocky Mount area native, who is a 2006 graduate of West Virginia Wesleyan University, has set out to build a master's swimming chapter and program at the YMCA where he himself got his start in competitive swimming as a middle school student a dozen years ago. Bain has a lot going for him. Having come back to his hometown after starring as a freestyle sprinter in college, he knows a lot of people locally, and is well connected with the local age group program. He also coaches high school swimming at Southern Nash High School, and so has equally high visibility with other adults in the community who are connected with our sport. Finally, he is working with a facility, and with an aquatics director at that facility, who are as cooperative and supportive as can be.



At the same time, however, like many other Masters swimmers, coaches and chapter leaders who have gone before him, Kyle faces some stiff challenges, especially when it comes to encouraging the adult swimmers he works with to join USMS. He relates that most of the 20 or so adult swimmers he regularly connects with at the Rocky Mount YMCA are not sure they have any interest in swimming competitively. Others in his circle are triathletes for whom swimming is not a primary focus. And yet, Kyle Bain is making headway. He swam alone for the Rocky Mount YMCA Masters chapter at the Frank Clark Meet in Greensboro earlier this month, but will be joined by three more chapter members at the Durham Spring Splash this coming weekend, a fact that he is celebrating.

Kyle Bain's story brings to mind the drive and experience of others who have helped build and develop our masters swimming community here in North Carolina. While we could look at – and encourage ambitious leaders like Kyle to examine - the recent history of chapters like HARY, TRYM, and DAMA (to name just three of several of our state's chapters that have seen dynamic growth over the past few years), we are well-served to also look at the experience of the folks who built the Raleigh Area Masters almost three decades ago, and who in doing so, jump started masters swimming for all of us in the state.

Twenty seven years ago it was another young leader who faced similar challenges to those Bain is facing now, and who - with the help of a handful of other committed adult swimmers - created and built the Raleigh Area Masters into the chapter that over the years has served as a, if not the, foundational pillar of our LMSC for NC. That young leader was **Hill Carrow**, a man who is still an influential leader in masters swimming not only in North Carolina, but all around the country. Hill Carrow served as coach of a group of adult swimmers in Raleigh in 1981. Among those adult swimmers was **Ceil Blackwell**. These two pioneers worked tirelessly to support their and their teammates' swimming passion. Ceil recalls the efforts they expended in getting (renting, actually) lane space for their team directly from the City of Raleigh. She relates, however, that “soon we ran into problems getting pool space, as age group and high school teams were also all competing



with us for lanes. We ended up forming a group called CORAS" (Community of Raleigh Area Swimmers). The group consisted of teams and groups wanting lane space and the City dealt with us all together as a group.”

In those days, however, as Hill recalls, “when we were in the start-up mode at RAM, it was a very coach-driven thing.” Among the tasks he as coach was responsible for included hiring all of the other coaches, incorporating the team and developing the name, writing the bylaws, starting and writing chapter newsletters, keeping the team's membership and contact lists and records, and recruiting new swimmers for the team. He observes that today things seem to be quite different. He says, “Nowadays, with some exceptions, it appears to be more Board, or volunteer, or swimmer-driven, than driven by the coach. (For example, the main coach at RAM now doesn't get involved in any of the items listed above.) The result, he says, is that “team development tends



**RALEIGH AREA MASTERS 1981**



to be more sporadic and subject to change (with the changeover in volunteers).” He would like to see a return to a greater emphasis on the coaches role. As he says, “ With the right head coach serving as the main paid employee, there could be much more leadership and responsibility applied to this position (it would be worth even paying more), with more continuity and, I believe, better results for growing a team.” (Editors note: LMSC for NC Chairman Jerry Clark agrees, and is often quoted as saying that “ having a coach on deck is the key to chapter growth.”)

In remembering those early days, Ceil Blackwell recalls how important communication with the chapter’s members was, and how important it still is today. She relates, “I do remember the early days of the RAM newsletters. When I was president of RAM, I would type the newsletter myself and take it to the printer. Then I would take the newsletters to practice to get swimmers to help fold them and put the labels on. Also, we would try to hand out newsletters at practice to save postage. Of course, today we have the Internet. RAM now sends out a weekly online newsletter, giving team news, where practice will be, who will coach, etc. I do think communication is critical for team members. If members stay informed, they are likely to participate more. It's easy to do with email.”

One of the things that RAM and these leaders did that led to exponential growth in the chapter was aggressive meet sponsorship. As Hill reports, “Another difference for us then was the strategic use of swim meets to grow the team from a handful of RAM’ers to over 200 (we also succeed in helping the LMSC grow dramatically as a result). I created a major Eastern US meet in 1981 called the East Coast Invitational (won by DC Rec Masters) that helped us build the team, and then the Masters Nationals in '84 expanded our ability to recruit and grow the RAM team several times over.”

Whether or not Kyle Bain and his comrades at the Rocky Mount Y Masters—or any of the other young leaders who are striving to grow and build their local chapters in our LMSC—will ever be able to spark or see the kind of growth and results that RAM saw in that heyday period of the 80’s is a question that only time will answer. Regardless, it is good for us all that they have such an example to look to as they plan and carry out their efforts.

## RAM in the 80’s...



Raleigh Area Masters Swim Team '87-'88



RAM Raleigh Area Masters Swim Team RAM

...and more recently.

## Joe Steiner Memorial Mile TAM'S Postal 1650

Asheville Masters Swim Club decided this was the year to promote the TAM's Postal 1650 in honor of the late Joe Steiner. We would have participated in previous years but I do not think we really knew that much about the event.

**Based on our experience I would encourage all clubs to participate in the future Postal swim.** We train at Asheville School and they were kind enough to let us use their timing system. We took our normal Saturday morning practice, made a few adjustments and ended up having 13 of our Masters swim the 1650.

My goal was to have swimmers experience the race and see that it is really not as bad as people say. Completion alone is very rewarding. We had some swimmers sign up that used the swim for training purposes, others who wanted to prepare for some open water swimming later in the year and most importantly those who went out and challenged themselves for the first time.

Our good friend and official referee Joe Schmidt operated the timing system and started the 3 heats. We also had 3 coaches on deck so it was a very close simulation to a real swim meet. Many of the regular swimmers stayed to watch and cheer on their team mates and then we completed the morning with breakfast for the hungry swimmers.

**The most exciting news was that we later found out team mate Jennie Rogers broke the NC State record with a time of 24.32.79 in the Women's 55-59 age group.** I am sure that we will be planning this event in future years and it will just get bigger and better!

**FOR MORE INFO ABOUT AVAILABLE POSTAL SWIMS, CHECK OUT [WWW.USMS.ORG](http://WWW.USMS.ORG)**

### LMSC - NC Officers and Staff

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## North Carolina Short Course Yards Championships

### April 19-20, 2008



**Sponsor:** Raleigh Area Masters  
**Sanction by:** LMSC for NC, for USMS, Inc. Sanction No. 138-04  
**Meet Organizers:** Tim Lehman – meetdirector08@yahoo.com  
 Sue Haugh

**Meet Referee:** Tom Cox  
**Head Timer:** Jon Blank

**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 lanes 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 for compliance with new USMS rules on records. Results will be submitted for top ten immediately following the meet.

**Rules:** Swimmers must be registered with U.S. Masters Swimming (USMS). Out of state swimmers must supply a photocopy of your 2008 registration card. 2008 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, heats running fastest to slowest. See the check in schedule below for these events. In order to keep the meet running smoothly it is important you check in on time. You do not have to check in for any other events.**

**Fees:** Entry fees are \$5.00 for each individual event and a \$15.00 surcharge is added for automatic timing, parking security, and pool rental. Relay fees are \$5.00 and will 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: Tim Lehman, 104 Magerton Court, Cary, NC 27511

**Deadline:** Entry deadline to avoid late fees is April 14th, 2008. Late and deck entries will be accepted at \$7.00 per event. Be there early to deck enter. To expedite deck entries there will be a separate entry area for men and women. See schedule below for deck entry times.

**Awards:** Male and Female High Point awards will be given for each age group.

**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.

**Social:** A social is planned for Saturday evening starting around 6:00 pm at a local "hip" restaurant. The restaurant is close to the pool. As we finalize the event we will post updated information on NC Masters website. \$20.00 per person.

Event Times:	Event	Warm Up	Final Check In	Events Start	Final Deck Entries
Sat	1-4	8 am	<b>8:10 am</b>	8:30 am	8:10 am
	5-24	11:30 am		12:30 pm	12 pm
Sun	25-44	8 am		9 am	8:45 am
	45-46	--	<b>10:30 am</b>	--	10:30 am

# Entry Form

Name _____				<input type="checkbox"/> Male <input type="checkbox"/> Female USMS# _____				
Birth Date ___/___/___ Age _____ Club _____				Phone (____) _____ - _____				
Email Address _____								
Circle event number and enter time in the space provided. Enter NT for No Time.								
<u>W</u>	<u>M</u>	SATURDAY, 19, 2008		Time	<u>W</u>	<u>M</u>	SUNDAY, April 20, 2008	Time
Warm-up 8:00 a.m. Start 8:30 a.m.					Warm-up 8:00 a.m. Start 9:00 a.m.			
1	2	1650 Freestyle			25	26	100 I.M.	
3	4	1000 Freestyle			27	28	50 Butterfly	
Start No Earlier than 12:30 p.m.					29	30	200 FREE RELAY	
5	6	50 Freestyle			31	32	100 Backstroke	
7	8	MIXED 200 FREE RELAY			33	34	50 Breaststroke	
9	10	100 Breaststroke			35	36	400 FREE RELAY	
11	12	200 Backstroke			10 Minute Break			
13	14	100 Butterfly			37	38	200 Breaststroke	
10 Minute Break					39	40	100 Freestyle	
15	16	200 MEDLEY RELAY			41	42	200 Butterfly	
17	18	200 IM			43	44	MIXED 200 MEDLY RELAY	
19	20	200 Freestyle			45	46	500 Freestyle	
21	22	50 Backstroke						
23	24	400 I.M.						

Checks to: **Raleigh Area Masters**

No. of events \_\_\_ x \$5.00 = \$ \_\_\_\_\_

Meet Surcharge = \$ 15.00

Mail to: **Tim Lehman  
104 Magerton Court  
Cary, NC 27511**

Social - \$20.00 = \$ \_\_\_\_\_

Total = \$ \_\_\_\_\_

For Official Use Only

Amt. Recvd. \_\_\_\_\_

Date \_\_\_\_\_

### 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 April 19-20, 2008, AT THE Pullan Aquatics Center POOL OF THE CITY OF RALEIGH, I HEREBY, 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 Pullan Aquatics 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.

Name \_\_\_\_\_ 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!**



## **Hotel Information**

Holiday Brownstone Hotel & Conference Center  
 1707 Hillsborough St. Raleigh, NC 27605  
[www.brownstonehotel.com](http://www.brownstonehotel.com)

In-House Reservations office hours are Monday through Friday between  
 8:00 am and 5:00 pm.  
 Local: (919) 828-0811  
 Toll Free: 1-800-331-7919

### **RESERVATION METHOD:**

Guests to make their individual reservations by contacting one of the Reservations Departments as stated above. Reservations to be received no later than Friday, 3/28/2008 to receive group rate. After the cut-off date, no reservations will be guaranteed at the special group rate.

Group Rate - \$80. All room rates are quoted on a net non-commissionable basis and do not include applicable taxes, subsidies, housing fees or other charges that may be required. Please note the tax for Raleigh is currently thirteen percent (13%).

Block of Rooms	Fri	04/18	Non-Smoking Double	10
	Sat	04/19	Non-Smoking Double	30