



MASTERSPLASH!

COLORADO MASTERS SWIMMING ASSOCIATION'S



July 2001

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DU Retains Large Team Title Durango Wins Medium Team Air Force Takes Small Team

By Dennis West

Once again the University of Denver Aquaholics outpointed the field to retain the large team title that was won for the first time by the DU team last year. DU scored 1,397 points to 1,040 points for Boulder Aquatic Masters. Both teams were not at full strength as many key swimmers choose to sit out the meet this year.



Rocky Mountain Masters 35+ National Champion Relay: Colette Sappey, Kathy Garnier, Judy Nelson and Heather Hagadorn

Durango made a fine showing this year in winning the medium team title over Highlands Ranch 734 points to 626. The enthusiastic group makes the annual trek to Denver for the meet and was able to go home the big winner in the medium teams this year.

Air Force again showed their domination of the small team category by taking home the trophy for their category. Air Force Aquatic Masters outpointed Evergreen Masters 329.2 to 231.

Matt Beck, 26 from Highlands Ranch scored an unusual double at the meet. In winning both the 100 fly and the 100 backstroke he broke the existing El Pomar Natatorium pool records for the events. Beck recorded a 50.88 in the fly and 51.44 in the 100 back. Breaking both records would be a task in itself, but Matt accomplished it with only 4 events separating the fly from the 100 back.

The annual awards ceremony also saw Mike Schoeneke and Kathy Drozda awarded the Lt. Governor's cup for service to Colorado Masters Swimming Association. Lou Parker was on hand to award the plaque named in his honor for the coach of the year award.

University of Denver Masters Woman Conquers 4th annual Earth Day 24-Mile Tampa Bay\Marathon Swim!

Laura Boregelt 28 of Denver was the only woman to complete the race and finished second overall! Her time was 10 hours and 20 minutes. Swimmers fought an incoming tide for the first 5 hours, and were plagued by a 10-15 knot crosswind that blew most swimmers and escort crews to the west of the optimal course. The difficult race conditions forced over two-thirds of the field to abandon the competition. Of the 21 entrants only 6 completed the course. Laura had to overcome additional adversity, as some of her vital provisions were mistakenly left behind at the starting line. This race was sanctioned under United States Masters Swimming (USMS) open water rules. No fins, pull buoys, leg floats, webbed gloves, wet suits, or other possible speed-increasing devices are allowed. Swimmers may not stand on or push off the bottom. Swimmers may not touch their escort boat or crew at any time. Water temperature was around 73 degrees. For more on the Tampa Bay Marathon Swim go to www.distancematters.com.

Overuse Training Injuries

by Mark J. Klion M.D.

The aerobic base is being built. Slow easy workouts should be the standard routine through this period. About this time, we as triathletes get impatient. Are we lifting enough during this time in order to build strength? Should we be doing speed workouts this early in order to get faster? Patience during this time is truly a virtue. The season is long and there is plenty of time, depending on your schedule, to complete the necessary workouts. Pushing the exercise envelope to fast can cause injuries. We call these OVERUSE INJURIES. They often occur from increasing your weekly running mileage too quickly, greater than 10% per week.

Similarly for biking, swimming, and weights in lifting. Early speed workouts with ego-ridden friends can also cause injury. We all have them and its hard not to be competitive.

Overuse injuries can be classified as any injury that occurs as a result from tissue fatigue. The tissues that make up our skeleton are comprised mainly of a protein called collagen. Tendons and ligaments have the collagen arranged in a fashion similar to the make up of rope, many fibers running in the same direction. There are also fibers called elastin which make them pliable. Bone is made up of collagen that is impregnated with a crystallized form of calcium that makes it hard, calcium hydroxyapatite. Each of these tissues is designed to resist forces placed upon them based on their specific function. Ligaments and tendons are best at resisting tension or pulling forces. Bone on the other hand resists compression better. Muscle tissue with the addition of cells that are able to contract and generate force resist well against pulling stress. Excessive stress to any of these tissues can cause an injury such as a tear or a fracture.

Injuries to ligaments and tendons are referred to as sprains. Injuries to muscles are called strains. Overuse injuries to bone are called micro fractures. The mechanism of injury is the

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similar in each case, repetitive microinjuries ultimately causing mechanical failure of the tissue.

Tearing of the collagen fibers of ligaments and tendons can be mild, moderate, severe or complete. Localized bleeding into the region injured causes pain and swelling. The severity of the injury will dictate how much you can continue to do. If it is mild, pain is present at the beginning of the exercise but as the tissue warm up it will go away. Pain usually returns at the end of the workout, only to plague you for the rest of the day. The more severe the injury, the more likely you will have pain throughout the activity. You may not even be able to do anything because of the pain.

Injuries to muscles usually occur at the junction between the muscle and tendon. This is called the musculotendinous junction. This is the weakest link and the most vulnerable. Muscles like the hamstring and calf can be injured in its midsubstance. The same applies for pain as is for ligaments and tendons.

Injuries to bone that occur from overuse cause very distinctive symptoms. Stress fractures, as we call them, will usually stop even the toughest triathlete from working out. There are though, a few iron heads that can tough it out. For the more normal individuals, acute onset pain sets in that will stop you from doing your activity. Stress fractures are actually

fractures of the microstructure of the bone. An analogy is if a building were hit by a hurricane and the inner walls got broken but the building remain standing, that is what a stress fracture is. Most often stress fractures do not break the bone completely.

All of these injuries can be prevented and subsequently treated. PREVENTION is the key. Following a training plan with appropriate scaling up of mileage and intensity is important. I never thought I could admit it too myself but rest is as important as working out. If your body says it is too much; listen to it and take the day off. One workout missed will never hurt the long-term goal. A diet including appropriate calorie intake, balanced protein, fat and carbohydrate intake should be followed. Supplements or what we call ergogenic aids are really not necessary and in some cases can be dangerous. Good luck and smart training.

Mark J. Klion M.D.

Ironman Hawaii 2000/ Lake Placid 2000/ Great Floridian 1998

Dr. Mark J. Klion is a Board Certified Orthopedic Surgeon with specialty training in Sports Medicine. He is a clinical instructor at the Mount Sinai Hospital and is an active member of the shoulder and Sports Medicine Service. Dr. Klion is an age group triathlete who has completed 3 Ironman Triathlons, most recent Hawaii 2000. He serves as the medical director for the NYTC and the orthopedic consultant for The National Triathlon Academy and Excel Orthopedic Rehab Triathlon Team.

LETTER FROM THE PRESIDENT

by Dennis West

Time seems to be flying by. A diligent effort is being made in improving the way COMSA does business. In my opinion we have done the same thing in a mediocre way for too long. It will a challenge to turn this vessel but we are well under way. By rewriting our by-laws, we can now streamline our operations. We are in the process of reviewing and updating job descriptions for the duties and responsibilities of the officers and committee heads as well as formalizing some of the standing rules that have evolved over the years. As a part of this review we are working towards creating a degree of accountability by our board members. A typical effect of rapid growth such as our organization has experienced is the ambiguity of responsibility and appropriate actions. It is difficult with a volunteer organization, especially one that has been around as long as COMSA, to change direction.

We need the input from your team representatives and you. The ultimate goal of COMSA is to discover how we as an organization can do more for our local clubs and especially the individual swimmer.

Just as USMS has been focusing on helping its membership, it's been enlightening to see that they face many of the same concerns as we do. The core of the discussion has been how the national organization can assist the local clubs and swimmers.

Our next meeting will be at the Morrison Inn in Morrison, Wednesday, August 1. Encourage your team representatives to attend or better yet you all are welcome. This meeting is a "team talk" meeting where by we listen to the concerns of the local swim teams as well as receive input on issues the board is considering. An important part of this discussion will include budget concerns which will impact all of us. This could include dues and meet entry fee increases. This tedious yet necessary discussion may seem dry, but it is what will facilitate activities such as sponsorship of swim clinics, or representation by the local coaches at the National Coaches Convention, where an opportunity will be made to network with other masters coaches and gain ideas to incorporate in our local swim groups. There are plenty of items that are being considered - we need you all to be a part of the process.

Please join in -
Dennis



****News Flash**** June 23, 2001, New York, New York

By Ken Claussen

Voni Oerman age 40, circles Manhattan! Not in boat, car or plane but swimming the 28.5 miles!

Voni was one of the 30 entrants in the 20th annual [Manhattan Island Foundation](#) "Swim Around Manhattan Marathon Swim" **Voni placed 3rd overall and was the**

second female out of the water. Her time was 8:05:49. The first place female who was 15 years her junior finished just 1-minute ahead of Voni.

The race starts and finishes at Battery Park and the Hudson River, just south of the Fire Boat House. Swimmers begin at the Battery then head north up the East River, counterclockwise around Manhattan Island. They swim north into the Harlem River, through Spuyten Duyvil, and then south down the Hudson River back to Battery Park where they started. For a complete description of the race course go to the Manhattan Island Foundation web site at

www.nycswim.org

Voni accomplished this feat in 65 degree water following marathon swimming rules, no wet suits (just a swimming suit, goggles, and single thickness swim cap, insulated swim caps are not allowed) Additionally they are not allowed to touch there support boats at anytime. Voni is the second Aquaholic in the past 2 1/2 months to complete a major marathon swim.

Healthy Eating 101

by Colleen Venti

Why do people quit on their diets prior to attaining results? Most often people try to make too many changes at once, instead of focusing on one or two attainable goals. Take healthy eating for instance, how many times have you sworn off sugar, fat, and bread all at once? That doesn't leave too many foods to choose from! No food should be considered "off limits", it is best to practice portion control and moderation in eating, but this is easier said than done. To get off to the right start, pick one of the items below and concentrate on making it a habit. When you have successfully made the change in your diet, pick another, until you are personally satisfied with your diet. You may wish to only make one change, which is fine, that will definitely help. Or, you may wish to incorporate all the changes, which will get you on the right track to an A+ diet! The following list is not in order of importance, so for starters read through all the potential changes and then pick the one(s) you think you can do with minimal effort. Once you've gained some confidence that you can make healthy changes to your diet, focus on some that will offer you some challenge.

a) Buy only whole-wheat bread. Read the label! The first ingredient should read "whole wheat flour", not "enriched wheat flour". Many breads are whole wheat imposters, they look brown, they say "wheat bread" on the label, and other words like "healthy" or "natural", but beware, unless the label reads "whole wheat flour" as ingredient #1 - it is not whole grain. Most whole wheat breads supply at least 3 grams of fiber per 1 ounce slice. The US Dietary Guideline recommend a dietary fiber intake of approximately 25 grams per day, so 1 sandwich made with whole wheat bread will supply almost one quarter of your daily fiber needs.

b) Switch from fruit juices to whole fruit. If you normally have orange juice with your breakfast, have an orange instead. An 8 ounce glass of juice has about 110 calories, and no fiber, while a medium orange has only 65 calories, and 3 grams of fiber! If you have orange juice every morning, this one simple change can shave off over 300 calories and add over 20 grams of fiber per week.

c) Buy a 16-ounce bag of baby carrots every week. Buy some snack size resealable plastic baggies. Separate the carrots into 5 portions, each in its own separate baggie (each baggie will have about 3 ounces of carrots, which is equal to one serving). Bring one of these baggies with you to work or school every day and eat the carrots with your lunch or as a light snack. Each 3-ounce serving has only 35 calories, a very healthy dose of beta-carotene, and about 1.5 grams of fiber. You can save some money on baggies by re-using them a few times!

d) We've all heard this one before...if you drink whole milk switch to 2%, if you drink 2% switch to 1%, and if you drink 1% switch to

non-fat. See how they compare per 8 ounce glass of each:

calories fat saturated fat cholesterol

whole milk 150 8g 5g 33 mg

2% milk 120 5g 3g 18 mg

1% milk 100 3g 2g 10 mg

non-fat milk 85 0g 0g 5 mg

Even though the calories, fat, saturated fat, and cholesterol is greatly reduced as you go down the list, each type of milk still supplies 8 grams of protein and 300 mg of calcium per serving.

e) Each week have at least one meatless dinner. The possibilities are endless...try vegetarian chili over whole wheat pasta, steamed vegetables and stir fried tofu over brown rice, or experiment with some of the soy based burgers on the market. Better yet, buy a vegetarian cookbook and come up with your own ideas. Most Americans eat far too much meat, not only do we eat it too often, the portions we eat are way too large. A serving of beef, chicken, or pork is 2 to 3 ounces, about the size of a deck of cards.

Depending on your calorie needs, you need between 2 to 3 servings per day. So that 12 ounce porterhouse served at the local steakhouse counts as 4 to 6 servings! Keep in mind you can also choose meat "alternatives" such as legumes, peanut butter, and soy based products which supply you with the same nutrients as meat, but no cholesterol and little to no artery clogging saturated fat. One ounce of meat is equivalent to 1/2 cup of legumes or 2 tablespoons of peanut butter.

f) If you eat lunch away from home, pack a lunch at least two days a week, preferably three. You can keep it simple by making a healthy sandwich, then round it out with some low fat or non-fat yogurt, and a piece of fruit. Make sure to use whole grain bread for the sandwich, go easy on the mayonnaise, use low or non fat mayonnaise, or forgo the mayo all together and use a fancy style mustard. Load up on the veggies; use sliced tomatoes, red pepper, shredded carrot, and spinach leaves then a thin slice of cheese.

You can add some sliced meats if you like, but make sure it is a lean cut and do not put more than 2 ounces on the sandwich. If you don't have time to make this type of sandwich make a quick PBB- peanut butter and banana! Simply spread 1-2 tablespoons of peanut butter on whole grain bread, and add 1/2 of a large banana, cut in slices. In most cases you are much better off packing your own food for lunch, when you but a something like a deli sandwich it is typically are loaded with fatty meats, too much cheese, gobs of mayo, and maybe a little iceberg lettuce.

g) If you do not ordinarily eat breakfast (or if breakfast is a donut and coffee) because you don't have time in the morning, set your alarm 10 minutes earlier three days of the week and make yourself a healthy breakfast. Oatmeal is a great choice, but steer clear of the pre-packaged sugar sweetened variety and buy some old-fashioned oats. There is plenty you can do to make them more exciting on your own, for example, add a half of a sliced

banana, some blueberries, or strawberries. This will give the oatmeal some natural sweetness. A sprinkle of cinnamon or a few drops of maple extract can also spice it up a bit. Top it off with some non-fat milk and you are off to a great start first thing in the morning. If oatmeal doesn't appeal to you have some low or non-fat yogurt and stir in some low sugar, high fiber cereal (all bran, cheerios, raisin bran, etc.). Add a piece of fruit and you'll have a great well balanced breakfast. Eating breakfast will jump start your metabolism and keep you from heading to the vending machine at 10 AM.

h) Purchase a vegetable steamer, and use it every day at dinnertime (or at least 5 days per week). By steaming vegetables you can retain almost all the nutrients in the vegetables, they will keep their color and flavor; yet you do not have to add any fat in the cooking process. Do not over cook the vegetables, you want them to keep a little crunch. If you can not tolerate plain veggies, add some fresh or dried herbs, fresh lemon juice, or even a few drops of sesame oil (works best with broccoli or Asian style veggies) to the water before steaming. This will give the vegetables extra flavor. Refrain from adding butter or margarine to the vegetables once they are cooked.

Remember that small changes in your diet can make a difference. Adopting healthy eating habits is a much better, and in the long term, a more successful approach to weight loss than short term diets!

Colleen Venti is currently working on a Masters degree in Nutrition at Arizona State University, where her interests include both Sports Nutrition and Vegetarian Nutrition. She is an amateur competitive cyclist, both on road and off. Recently she has branched out to triathlon.

Out of State Meets

Bill King

In case anyone is interested, the Pan Pacific Championships are coming up soon in Hong Kong from Oct. 28 to Nov. 4. Entries due Sept. 1. Min age is 25. The World Senior Games are being held from Oct. 8 to 20 in St. George, Utah. Minimum age is 50. Swim dates are Oct 10, 11, & 12. This one is really fun. They get about 4,000 entries and the swim registration should be about 200 or so. Pool is about the best in USA for a small community and the city is delightful and friendly. I am going.

I have the details and hope to share this information with anyone.
Phone & fax 970/453-4218
E-Mail loretbil@colorado.net

Thanks and kind regards
Bill King

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MASTERS IXth FINA WORLD SWIMMING CHAMPIONSHIPS

CHRISTCHURCH, NEW ZEALAND

MARCH 24, 2002 — MARCH 30, 2002

VENUE **QUEEN ELIZABETH II AQUATIC CENTER**
10 LANES X 50 METERS, JUST RENOVATED CONSTANT WATER DEPTH OF 2
METERS SITE OF MANY INTERNATIONAL COMPETITIONS

AGE 25 YEARS AND UP

Dear Fellow Swimmers

New Zealand is a delightful country and similar to Colorado except they have 6,000 miles of ocean shoreline and more diversity of flora, fauna and landscape. The anticipated entries should be over 3,000 with numerous countries represented. This is an opportunity to participate in an event that is much more than just a swim meet. I have been to the last 4 FINA meets in Montreal; England; Morocco and recently Munich, Germany. These are world class aquatic facilities like Indianapolis but with that unexplainable foreign intrigue and excitement. These experiences have enriched my life and I hope New Zealand will do the same for you.

At present the money rate exchange is fantastic for Americans.

Should this adventure be of interest to you, please contact me and I will be pleased to share any information on New Zealand & FINA Swimming

Sincerely,

Bill King Phone & fax 970/453-4218 E-Mail loretbil@colorado.net

2001 COLORADO LONG COURSE Quasi-CHAMPIONSHIPS, SOCIAL & SPLASH 'N DASH

Saturday and Sunday, August 4th and 5th, 2001
(SPONSORED BY: BOULDER AQUATIC MASTERS)

Rules: The 2001 USMS Rules will govern the conduct of the meet. All events will be timed finals. Results may be submitted for Top Ten consideration. The "No False Start" rule will be in effect.

Location: Scott Carpenter Pool, 30th & Arapahoe, Boulder, CO; 6 lane, 50 meter, outdoor pool. **One lane will always be available for continuous warm-up.**

Eligibility: The Meet is run as a "Recognized" USMS event. USMS membership is not required, but strongly encouraged. **ALL ENTRIES MUST BE SUBMITTED ON PINK OR BLUE CARDS, and must be accompanied by the applicable entry fee.** (Make checks payable to BAM SWIM TEAM.) Swimmers are limited to five (5) individual events. Participants in relays must also be entered individually. **Entry times should be Long Course Meters times.** Each Swimmer will be required to sign a waiver upon signing in at the meet.

Entry Deadline: Entries must be received by **Wednesday, August 1, 2001** in order to assure proper seeding. Late and deck entries will be accepted until 7:00 a.m. on both days. **Mail entries to: Holden Bank, 2095 North Fork Drive, Lafayette, CO 80026.**

Entry Fees: \$25 ("Meet Package" includes 5 events + BBQ) (*Splash 'n Dash fees are extra and listed below.*)
\$10 (Sunday-only swimming events – you may swim **either** the 800 **or** the 1500, **not both**)
\$5 (BBQ fee for significant others/children/meet workers)

Seeding: Entry times will determine seeding. Saturday's events will be seeded *slowest to fastest*. Sunday's distance events will be seeded *fastest to slowest*. Men and women will be combined for events 200 meters and longer.

Age Groups: M&W: 19-24, 25-29,... Relays (total age): 76+, 100+, 120+, 160+, 200+, 240+, 280+,...

800/1500: Seed times will determine your heat. Again, the 800/1500 will be seeded *fastest to slowest, by entry time*. As a result, it is possible that 800 and 1500 swimmers will swim at the same time. You may be required to swim 2 to a lane and must provide your own counter.

Awards: Awards will be available for 1st, 2nd and 3rd places in each event.

BBQ: **Following Saturday's events**, BAM will host a BBQ in the adjoining park at the Scott Carpenter complex. BBQ fare, pop, and beer will be provided and is included in your \$25 entry fee. Please note the fees for additional guests you may have.

Schedule: Saturday, August 4 & Sunday, August 5
Warm-up: 6:30 – 7:30 a.m.
Late/Deck Entry Deadline: 7:00 a.m.
Meet Start: 7:30 a.m.

Events: Saturday, August 4, 2001

(BBQ immediately following Saturday's events)

Women/Men		Women/Men	
<u>Nos.</u>	<u>Event</u>	<u>Nos.</u>	<u>Event</u>
1	200 Mixed Medley Relay	16/17	100 Fly
2/3	100 Freestyle	18/19	50 Freestyle
4/5	50 Butterfly	20/21	100 Backstroke
6/7	200 I.M.	22/23	200 Choice (BA, BR, Fly)*
8/9	50 Backstroke	24/25	50 Breaststroke
10/11	100 Breaststroke	26/27	200 Freestyle
12/13	200 Choice (BA, BR, Fly)*	28	200 Mixed Freestyle Relay
14/15	400 I.M./Freestyle*		

*When entering the 200 Choice, use the event number(s) listed above, but indicate on your card what you will actually be swimming (BA, BR, Fly, or I.M.). You may choose to swim the 200 Choice twice and count it as two of your five events, but you cannot swim the same actual event twice. Placings will be based upon the actual events swum and will be tabulated after the second of the two 200 Choice events. For the 400, please indicate on your card the actual event to be swum.

Sunday, August 5, 2001

Women/Men		Women/Men	
<u>Nos.</u>	<u>Event</u>	<u>Nos.</u>	<u>Event</u>
29/30	800 Freestyle	31/32	1500 Freestyle

(You may swim either the 800 or the 1500, but not both. Please read the information about the 800/1500 listed above.)

SPLASH 'N DASH **(1500m swim/5k run)**

The Splash 'n Dash will be held Sunday, immediately following the Distance portion of the Meet. You may compete individually or as part of a team. The run portion will follow the Boulder Creek Trail and will be clearly marked and marshaled.

Warm Up: 8:30 am (depending on how long the distance events take, this may be in 1 lane for a while, with a limited additional warm-up to follow)

Start: 9:00 am target (we may begin later, but not earlier)

Entries: Entries are race-day, deck entry only, unless you want to do the Splash 'n Dash as part of your Meet Package. If you are doing so, and are submitting your entries by mail, please indicate on your pink/blue card what your 1500m entry time is and print "SPLASH 'N DASH" on the card. **Entries for Splash 'n Dash (not as part of the Meet Package) accepted up to 8:30 am, Sunday – directions for entries will be available at sign-in.**

Entry Fee: \$10 individual/\$15 team. Make checks payable to: BAM SWIM TEAM. *If you want to do the Splash 'n Dash as part of your Meet Package, add \$5 to your entry fee, for a total of \$30, which will include 5 events total, inclusive of the Splash 'n Dash, and the BBQ.*

Miscellaneous: Food and Awards will be available at the end of the run course.

Josh & Johns Ice Creams, Open Water Splash
1,2 and 3 mile races

When: Saturday August 25th, 2001. Race Start Time: 3 mile – 8:00, 2 mile – 8:05, 1 mile – 8:10
Race Day Check-in will begin at 7:15 AM

Where: Colorado Springs, Prospect Lake in Memorial Park. Starting area will be at the northwest corner
between the boathouse and the bathhouse.

Race Entry Fee: Pre-race entry deadline, postmarked August 15th

Before August 16th \$20 entry plus T-shirt, \$10 entry only
After August 16th \$15 entry only

Mail Entry to: Terri Walters Checks Payable to:
8243 Steadman Drive "Air Force Aquatics Masters"
Colorado Springs, CO 80920 (719) 282-0626

Sanctioned by USA Swimming and COMSA for USMS Inc. (32-01-09-S). All swimmers must have a valid USMS or USA swimming registration card, no exceptions. Water temperature should be about 74 degrees. Wet suits are not allowed. Wearing a thick silicon cap and silicon earplugs will help keep swimmers warmer if needed. Please come prepared.

Directions: Take I-25 to Bijou exit. Turn east on Bijou. Turn south (right) on Cascade. Turn east (left) on Pikes Peak. Turn south (right) on Hancock. Turn left on Costilla. Turn right on Prospect Lake Dr.

+++++

Name _____ USS/USMS Number: _____

Address _____

City _____ State _____ Zip Code _____

Age _____ Male _____ Female _____ Team/Club _____

Race Distance (select one) 1 mile _____ 2 mile _____ 3 mile _____

Entry Fee: \$10 _____ \$20 _____ (late) \$15 _____

T-shirt size (circle): M L XL

Liability release. I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible 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 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 additions, I agree to abide by and be governed by the rules of USMS. Finally I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature _____ Date _____

**Colorado Masters Swimming Association
Mini-Meet**

August 19, 2001
University of Denver
El Pomar Natatorium

Event Number		Stroke	Event Number		Stroke
Women	Men		Women	Men	
1	2	400 freestyle	15	16	50 Backstroke
3	4	100 Butterfly	17	18	200 Freestyle
5	6	100 Backstroke	19	20	100 Breaststroke
7	8	50 Freestyle	21	22	100 Freestyle
9	10	50 Breaststroke	23	24	200 Choice
11	12	200 Choice	25	26	200 Individual Medley
13	14	50 Butterfly	27	28	1500 Freestyle

Date/Time: Sunday August 19, 2001. 7:30 am Warm-up 8:15 Start. Very informal development meet.

Course: This meet will be deck entered and deck seeded the day of the meet. Entry deadline 8:00 am day of the meet. All entries must be on COMSA pink and blue cards with your full name, age, team, event number and entry time. **NO TIME ENTRIES WILL NOT BE ALLOWED.** You must state the stroke you will be swimming on the cards for the 200 choice events. Cards will be available at the meet

Entry Fees: \$12 for a maximum of 4 events. You will only be allowed three entries if you enter the 1500 freestyle. **Make checks payable to:** The University of Denver.

Seedings: Events will be seeded by time, slowest to fastest. Men's and women's events will be combined in all events. Swimmers must provide a counter and timer for 400 and 1500 freestyle. If you elect to swim two swimmers per lane, these pairings will be seeded first and then those who elect to swim one per lane will be seeded last.

Age-groups: Men and women: 19-24, 25-29, 30-34 etc. There will be no awards.

Notes: The 50 meter events will be started from the south end of the pool. There are no starting blocks at that end of the pool. A deck start will be used.
Liability waivers will be available at the meet and must be signed prior to participation in the meet.
This will be a recognized meet.
Top 10 times, national record attempts and world record attempts need special handling It is your responsibility to notify deck officials prior to your attempt in order to make the proper arrangements for recording your attempt.
There will be one lane for continuous warm-up.
There may be other events going on at the Ritchie Center, parking availability may be limited.
Depending on participants, an attempt may be made to form relays for national or world Record recognition.

Meet Director: Dennis West (303) 332-1625

COMSA Registered Teams

Current to July 2001

Team	Representative	Address	Phone (Hm) (Bus)	E-mail	Team Reg. Name	
1 Air Force Aquatic M,	Terri Walters	8243 Steadman Dr, Co Springs CO, 80920	(719)282-0626	twalters@anlt.com	AF	
2 Aurora Masters SC, swimmacsc@aol.com AM	Andy Niemann	19951 E Radcliff Pl, Aurora CO, 80015	(303)693-1252	(303)690-7100		
3 Boulder A Masters, hbank@schwinn.com BAM	Holden J Bank	2095 North Fork Dr, Lafayette CO, 80026	(303)664-9495	(303)939-0100		
4 Boulder Y Masters,	Karen Zentgraf	7681 N 32nd, Boulder CO, 80302	(303)443-2844	BY		
5 Broomfield Breakers, BB	Mike Schoeneck	3200 W 71st Ave # 18, Westminster CO, 80030	(303)460-8723	(303)657-0607	rsignal941@aol.com	
6 Carmody Masters ST	Victoria Chidester	6783 W 3rd Pl, Lakewood CO, 80226-1729	(303)660-5501	(303)660-8935		
7 Castle Rock Masters, cinswims@earthlink.net CR	Cindy Hawkinson	4955 S Meadow Lark Dr, Castle Rock CO, 80104	(303)660-5501	(303)660-8935		
8 Colo College Masters	Carrie Chane	14 E Cache La Poudre, Co Springs CO, 80903	(719)389-6486	(719)389-6494	CC	
9 Colo State Triathlon	Colleen McQua	615 Balsam Ln, Ft Collins CO, 80526	(970)581-2247	colleen46@hotmail.com	Peak	
10 CSST Masters CSST	Jamie Louie	Twin Rock Ct, Colorado Springs CO, 80918	(719)599-4716	(719)593-4190	jkLouie@wans.net	
11 Delta County Masters	Melody Wille	530 Gunnison River Dr, Delta CO, 81416	(970)874-8879	(970)874-0923	Delta	
12 Durango Masters Dur	Dennis O'Brien	1832 Highland Ave, Durango CO, 81301	(970)259-3128	(970)382-7801	tamrealty@aol.com	
13 Evergreen Masters	Melissa McInerney	30887 Isenberg Ln, Evergreen CO, 80439	(303)679-8620	EV		
14 Foothills Masters victoria.chidester@xilinx.com FH	Victoria Chidest	6783 W 3rd Ave, Lakewood CO, 80226	(303)205-9380	(303)544-5434		
15 Ft Collins Club	Heather Keaten	1307 E Prospect, Ft Collins, CO, 80525	(970)226-0239	FCC		
16 Golden Masters	Jay O'Connor	206 W Sycamore Ln, Louisville CO, 80027	(303)818-4833	jaypoc@hotmail.com	Gold	
17 Grand Junction Dolph	Cathy Donahoe	394 W Valley Cir, Grand Junction CO, 81503	(970)242-8239	cathyd@onlinecol.com	GJ	
18 Grand Valley Wave SC	G Harold Lan	950 T Road, Mack CO, 81525	(970)858-3764	hallangner@onlinecol.com	GV	
19 Greeley Guppies Mast rhess54321@aol.com Greely	Richard Hess	1925 18th Ave, Greeley CO, 80631	(970)356-4269	(970)356-4269		
20 Green Mtn Dawgs GM	Jeannie Elkovich	10690 W 7th Pl # 2, Lakewood CO, 80215	(303)462-3355	(303)988-7060	jmeclslavic@aol.com	
21 Greenwood Athletic C	Sandy Golding	6380 E Maplewood Ave, Englewood CO, 80111	(303)741-5735	hermes@netgoddess.com	GAC	
22 Highlands Ranch HR	Phil Van Law	347 W Rose Finch Cir, H. Ranch CO, 80129	(303)791-2733	(303)971-1921	pvanlaw@qwest.net	
23 Inverness Masters ellenfomf@cs.com Inver	Ellen Campbell	10284 S Rotherwood Cir, H. Ranch CO, 80130	(303)791-7889	(303)790-7777x113		
24 Jeffco Aquatic Mstrs stev_mic@ecentral.com JAM	Steve McDana	6148 Iris Way, Arvada CO, 80004	(303)420-0806	(303)236-1187		
25 Jeffco YMCA Masters	John LeVett	11305 Benthaven Dr, Lakewood CO, 80215	(303)237-5589	JY		
26 Loveland Masters ST markjayne@uswest.net Love	Mark Whiteside	988 W 41st St, Loveland CO, 80538	(970)667-8174	(970)667-7373		
27 Montrose Marllns kdevor@montrose.net MM	Kathy Devor	59247 Spring Creek Rd, Montrose CO, 81401	(970)249-2541	(970)323-5552		
28 Peak Performance Sw	Bob Seebohar	915 E Fourth St, Eaton CO, 80615	(970)454-2933	seebohar@aol.com	Peak	
29 Pueblo Masters	Buddy Rambo	8920 Squirrel Creek Rd, Beulah CO, 81023	(719)485-3255	uddybay@fone.net	Pueblo	
30 Rally Rays, tfswim@aol.com Rally	Tiffany Forbes	2727 29th St, Boulder CO, 80302	(303)994-5111	(303)449-4800x388		
31 South Suburban Finad	Melanie Dullea	9162 S Kenwood Ct, H. Ranch CO, 80126	(303)791-0309	meljodullea@cs.com	SS	
32 Squid Swim Team Squid	Mick Barnhardt	PO Box 480912, Denver CO, 80248	(303)480-9265	(303)455-1900	barnhardt@qwest.net	
33 Summit County Swim C	Andrea J Reller	PO Box 1985, Frisco CO, 80443	(970)262-1650	skadee@colorado.net	Summit	
34 Team CWW	Celeste Callahan	190 High, Denver CO, 80218	(303)715-1144	celcall@aol.com	CWW	
35 Team Vortex Swim C	Thomas Glass	343 N Shields, Ft Collins CO, 80521	(970)493-8674	walkinn@hotmail.com	Vortex	
36 Thompson River Mstrs,	Alan Cobb	PO Box 2103, Loveland CO, 80528	(970)407-0236	ar_cobb@yahoo.com	TR	
37 Thornton Masters	Cathy Drozda	13346 Lafayette Wy, Thornton CO, 80241	(303)255-9556	ardrozda@rmi.net	Thorn	
38 Total Fitness Swim	Maureen Mc Garrity	15128 E Louisiana Dr # C-203, Aurora CO, 80012	(303)752-0709	totalmoe@aol.com	Total	
39 Univ of Denver erikalandis@yahoo.com DU	Erika Landis	1116 E 13th Ave # C1, Denver CO, 80218	(303)863-9809	(303)252-6137		
40 Vail Swimming	Bob Branden	PO Box 975, Avon CO, 81620	(970)827-9770	(970)748-4062	bobcath@vail.net	VS
41 Wheatridge Seamonkey	Graham Nessel	3041 Oak St, Lakewood CO, 80215	(303)205-9219	(303)231-1322	Wheat	

Your name may not be misspelled just truncated by the computer program. If you have not included an e-mail address or it is incorrect, please provide changes or additions to Jack Buchanan - jack_peg@usms.org or Steve McDanal - stev_mic@ecentral.com

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COMSA
c/o Jack Buchanan
P.O. Box 2609
Edwards, CO 81632



2001 COMSA Schedule of Future Meets

Local Meets

Watch the web site for more info & entry Forms

Aug 4/5 Boulder

Long Course CH

Holden Banks

303-939-0100(work)

303-664-9495(home)

Recognized

Aug 19

COMSA at
University of Denver

Dennis West

303-332-1625

Recognized

Aug 25 Colorado Springs 32-01-09-S

Josh and Johns Swim

Karen Reeder

Oct 14 Evergreen

Melissa McInerney

303-679-8620

Recognized

Nov ?? Green Mountain

Suzonne Fowler

987-7840

Dec ?? DAC

Chuck Carey