LMSC for VA Newsletter

MASTERS SWIMMERS: "THE UNCOMMONWEALTH of VIRGINIA"

Published Quarterly by the Local Masters Swim Committee for Virginia *August 15, 1995/Volume XIII/Number 3*

Kick-Bored?

by Terry Laughlin

A better path to stronger legs - in or out of the pool.

It's a sure-fire applause winner in every adult swim camp I teach. We're talking about training aids - fins, paddles, buoys, etc. I've just declared that most people would be better of if they never used a kickboard. Next thing I am looking at the kind of cheering faces that greeted the Allies on D-Day.

Kickboards are torture devices inflicted on people because they've been told they'll swim better. Their poor kick is holding them back, and they need to strengthen their legs with those mind-numbing laps. But when they churn away they go nowhere except for a few who travel backwards. They plug along in the hopes that their legs are getting stronger.

Probably not, for two reasons. First, chances are your kick is not what's holding you back. Your hips and legs are dragging, but it's not your kick that's letting them sag. That's from poor balance, probably the most common and most easily corrected stroke error. It's fixed by redistributing your weight, making your front end "heavier" by leaning on your chest ("Pressing the T") while swimming. Like a seesaw your rear will ride up where it belongs. A weak kick can't hold back a balanced body.

Where a stronger kick does come in handy is in gaining speed after you've improved your stroke. This means flexibility - something we can all use. Most great swimmers can sit on the deck, legs out in front and knees straight, and touch their toes to the floor in front of them. Dryland athletes are lucky if they can go half that far. Hyper-mobility in any joint comes at the cost of diminished joint stability, and a highly flexible ankle on a runner is a sprain waiting to happen. So even though step one to kicking better is ankle stretching, don't overdo it if you also run, or play squash, tennis, or basketball.

But what if you are just concerned with leg strength, in or out of the pool? That's step two, but again kick sets gripping the board aren't the answer even if you're an off-day swimmer. For one thing, they throw your balance off. Who can lean on their chests with their arms propped up on a board? Second, gripping the board freezes your hips. You can't rotate them, and rhythmic hip and trunk rotation are what power each stroke cycle. The kick is an integral part of all that. One of its most important functions is counter-balancing trunk rotation. Kick on a board with hips locked in place, and whatever leg strength you do gain won't be the kind that helps you swim better.

The best way to put muscle into a weak kick? Fins, for two reasons. First, ankle flexibility. The extra pressure stretches the foot. Second, improved leg strength. The increased surface area puts a greater load on your leg muscles.

Fins force you to use your legs even more. They'll not only get stronger, but with strength you can use in swimming. Try kicking on your side with one arm extended out front. Roll and change arms several times each length. Not only will you get practice rolling your midsection, but the fins don't break the surface this way so your get maximum leg resistance. Or, just kick while submerged. The increased pressure just adds load. If you swim enough to do stroke drills, use the fins. They'll not only work your legs, but help you maintain better form. Finally, wear fins when you're just lap swimming. Most of us don't kick very much since it's not a big help, and the farther we swim the less we do. But with fins on, the kick improves enough to make it worth the work and you end up using your legs more.

If all you want for your time is a leg workout, you'd be better off on an exercise bike. If you've bothered to come to the pool at all, chances are you're looking for strength to help you swim. Where do kick boards fit in for you? In a pile on the deck.

*Terry Laughlin is the director of **Total Immersion**, as well as a prolific author of swimming-related articles. Coach Laughlin holds masters Swim Camps throughout the year; call (914) 294-3510 for details.*

In this issue

Upcoming Events ..... page 2
VMST News ..... page 3
VMST Nationals Results ..... pages 4-6
Fall Ball Registration Form ..... insert

Upcoming Events for Virginia Swimmers

Mark Your Calenders...

- August 13
  Briarwood Triathlon
  Richmond, VA
  Charlene Magee (804) 378-1610
- September 15 - December 15
  1995 Postal Pentathlon
  Wayde Mulhern, (612) 783-1282
- October 1, 1995
  4th Annual Make-a-Wish Triathlon
  Glen Allen, VA
  (804) 747-5400
- October 14 & 15
  Masters Fall Ball Weekend
  Richmond, VA
  Linda McCowan (804) 379-2537
- Nov 4: **Norfolk Academy Fall Meet**
  tentative date
- Dec 2: **Roanoke Meet**
  tentative meet/date. Meet director: Howart Butz
- April 18-21, 1996
  YMCA Masters National Championships
  Orlando, FL
- May 9-12, 1996
  USMS National Championships
  De Anza, CA
- June 22-28, 1996
  World Masters Swimming Championships
  Sheffield, England

Camps and Clinics

- November 10-12: **Jack Nelson Swim Camps - Triathlon and Masters Swim Camp**
  Ft. Lauderdale, FL
  Nick Baker (305) 423-9724
- **Billabong Aquatics, Inc.**
  1995-1996 Camps in Coral Springs
  December 27-30, 1995 and February 1-4, 1996
  Judy Bonning (305) 345-5370
- **Billabong Aquatics, Inc.**
  Tropical Vacation Stroke Clinic
  February 22-25, 1996 Cozumel
  March 7-10, 1996 Grand Cayman.
  Judy Bonning (305) 755-9858

LMSC Officers

Chairman: Forrest Sullivan, 1752 N. Woodhouse Rd., Virginia Beach, VA 23454 (804) 481-1988

Registrar: Betsy Durrant, 211 66th St., Virginia Beach, VA 23451 (804) 422-6811

Secretary: Linda McCowan, 13613 Prince William Dr., Midlothian, VA 23113 (804) 379-2537

Treasurer: Carl Russ, 2442 Starfish Rd., Virginia Beach, VA 23451 (804) 496-9177

Top Ten: James Wolfle, 460 Charles St., Blacksburg, VA 24060 (703) 951-1964

Fitness Committee: Rhea Wilkins, 1607 Darrell Dr., Midlothian, VA 23113 (804) 79403659

Newsletter Editors: Chris and Heather Stevenson, 15 Bostwick Lane, Richmond, VA 23226 (804) 282-1573

VMST News

August Birthdays

Jon Beard	Richmond	Aug 3	36
Karen Beckman	Mechanicsville	Aug 25	45
Craig Campesi	Manassas	Aug 6	41
Michael Cook	Newport News	Aug 31	33
Nancy Earman	Midlothian	Aug 15	46
Chris Flood	Virginia Beach	Aug 21	33
Claire Garrison	Crozet	Aug 12	48
John Gordon	Bon Air	Aug 1	70
Lucille Griffin	Newport	Aug 4	57
Tray Halverson	Dumfries	Aug 11	40
Nancy Hawkes	Richmond	Aug 26	39
David Hicks	Christiansburg	Aug 1	28
Dave Holland	Richmond	Aug 6	28
Edwin Hower	Midlothian	Aug 27	53
Mike Kelleher	Richmond	Aug 13	84
Tory Kiley	Midlothian	Aug 21	35
Elaine McBeth	Williamsburg	Aug 5	34
Joy McLaughlin	Richmond	Aug 23	34
Jim Miller	Midlothian	Aug 19	45
Nancy Miller	Midlothian	Aug 29	46
A. Wharton Ramsey	Roanoke	Aug 22	50
Neil Rossmeissl	Warrenton	Aug 18	41
Terry Schreech	Dahlgren	Aug 13	75
W. Robb Sultzer	Midlothian	Aug 26	44
Al Walsh	Midlothian	Aug 24	35
Patrick Whelan	Richmond	Aug 15	58
Marshall White	Blacksburg	Aug 9	48

New Members: Welcome to VMST!

Don Bingley	Salem
Rick Candler	Roanoke
Joanne Fariss	Forest
Martin Hallgren	Lynchburg
Monica Partsch	Manassas

Notes from the President

Beth Waters

It seems impossible, but it is time for long course nationals! Personally, I'm still not used to swimming in a long course pool (I'm still searching for the wall). Best wishes to all who are going to Long Course Nationals. Swim well!

Workout Vocabulary

set	When you are tired, you "set a spell," preferably on a couch.
repeat	Pete and Repeat were on the blocks. Pete false started. Who was left? Repeat. Okay, Pete and Repeat were...
interval	Time between rests, the longer the better.
broken swim	Stopping in the middle of the pool and walking, similar to cross-training.
negative split	When your chlorine-damaged hair splits at the roots, not at the ends.
descend	Swim under water following the black line into the deep end.
pyramid	Thing in Egypt.
ladder	Thing you use to get out of the pool.

The above first appeared in the New England Masters Swim Club April/May 1995 newsletter.

1995 USMS National Short Course Championships

Final Results: VMST Men

	Freestyle						Backstroke			Breastroke			Butterfly			Individual Medley		
	50	100	200	500	1000	1650	50	100	200	50	100	200	50	100	200	100	200	400
Men 19-24																		
Dunaway, Scott	24.28(28)									28.80(9)		2:24.31(7)				1:01.51(23)	2:19.71(17)	
Liquori, Jim				5:36.56(6)											2:20.14(7)		2:19.10(16)	4:58.03(6)
Men 25-29																		
Callender, Sean		51.27(21)														59.61(25)	2:08.28(19)	4:45.92(16)
Cockrell, Charles										30.30(15)	1:05.02(15)	2:24.32(12)				1:01.38(30)	2:11.68(25)	
Gill, Mark		51.35(22)					26.74(15)	59.85(15)					25.23(20)	57.51(30)				
Smith, Jerry	22.99(17)	49.64(15)									1:02.11(7)	2:15.94(5)	24.38(11)			57.77(15)		
Williams, Neill							25.79(10)			27.82(2)	58.20(2)	2:11.75(3)				52.51(1)	1:57.46(2)	
Wolfle, James						18:17.52(8)			2:06.87(11)					55.18(18)	2:02.54(8)		2:02.41(13)	4:23.88(7)
Men 30-34																		
Flood, Chris			1:49.93(14)				27.85(12)									57.20(19)	2:07.40(16)	
Kontos, Michael			2:06.73(46)							31.34(30)	1:07.57(26)	2:28.10(23)						
Lowe, John			1:52.61(22)	4:58.76(9)	10:30.44(10)									58.27(30)				
Malsbury, David	23.05(28)						25.98(9)	57.45(13)		28.77(12)			25.09(18)			57.36(20)		
Stevenson, Chris			1:44.90(3)	4:43.29(2)			24.18(2)	52.65(3)	1:54.10(1)					51.59(4)				
Walsh, Alfred	23.42(31)						26.52(10)	58.75(16)					26.38(27)			57.63(21)		
Zack, Gregory								1:05.00(25)	2:22.74(21)	29.45(16)						1:06.80(43)		
Men 35-39																		
Burcin, Bill	24.78(40)	54.96(46)											28.27(39)					
Grant, Carter	22.30(3)	48.78(5)											24.45(5)					
Halverson, Tray								1:14.36(39)									1:12.94(51)	
McFarland, James	24.15(32)	53.04(40)	1:57.06(31)	5:20.90(22)	11:11.14(14)	18:38.72(10)												
Ryan, Patrick										30.14(20)	1:06.43(21)	2:26.21(17)						
Slowey, Michael										28.95(10)	1:02.83(9)	2:19.07(9)					1:00.20(22)	2:07.99(14)
Men 40-44																		
Campesi, Craig	35.91(69)	1:17.13(61)	2:57.54(61)															
Curtis, John	26.51(57)	58.67(49)	2:13.84(54)															
Edwards, Gary	29.83(66)	1:04.19(58)														1:14.97(47)		
Hefner, David	23.19(9)						27.08(6)	59.18(9)	2:08.68(8)							59.47(10)		
Meem, Lang		52.09(13)	1:53.88(9)					58.67(6)								59.25(9)	2:07.31(6)	
Miller, Jim	25.89(50)	57.39(42)					32.76(25)	1:10.64(29)										
Swift, Steve		1:05.12(59)									1:17.92(35)							
Webb, Sean	24.20(27)	53.74(25)								31.12(15)	1:09.00(21)	2:33.75(19)						
Men 45-49																		
Brown, George		54.29(15)	2:00.77(17)							32.05(11)	1:09.90(10)							
Magee, Ron			2:41.15(45)		15:05.30(19)													
McCowan, Edwin	25.70(29)	57.04(33)	2:10.63(34)							33.90(17)	1:15.12(18)							
Men 50-54																		
Brundage, Warner										33.04(7)	1:11.95(5)	2:38.36(5)				1:07.30(10)	2:28.09(9)	5:23.11(8)
Novell, Kenneth		56.94(12)	2:09.30(12)										28.25(12T)	1:06.69(7)				
Wise, Randolph													28.57(14)	1:07.12(8)			2:37.93(11)	
Men 60-64																		
Russ, Carl					14:58.31(6)				2:57.13(5)			3:22.81(8)					3:03.68(10)	6:35.17(7)
Men 65-69																		
Irwin, William			2:32.44(6)							37.39(4)								
Sullivan, Forrest							34.89(3)	1:16.98(1)	3:02.16(3)				33.35(6)					
Men 70-74																		
Barnes, Calvin					16:33.48(6)			1:29.85(5)	3:20.11(4)							1:31.35(9)		7:32.90(4)

1995 USMS National Short Course Championships

Final Results: VMST Women

	Freestyle						Backstroke			Breastroke			Butterfly			Individual Medley		
	50	100	200	500	1000	1650	50	100	200	50	100	200	50	100	200	100	200	400
Women 19-24																		
Kirkman, Kristen								1:07.69(11)	2:21.21(7)			2:38.91 (4)				1:06.96(8)	2:21.28 (5)	5:02.93 (8)
Women 25-29																		
Callender, Leslie										34.42(6)			29.29(19)			1:06.69(18)	2:24.73(19)	5:07.56(15)
Dean, Molly		59.70(27)	2:10.57(19)	5:57.20(22)									29.31(20)	1:05.77(24)				
Hampton, Robin							30.13(9)	1:06.56(7)	2:25.28(9)				29.71(25)	1:05.35(21)	2:28.89(13)			
Hunter, Mary								1:15.34(22)		38.84(11)						1:13.92(31)		
Malone, Cathleen			2:21.78(36)	6:35.97(29)										1:12.81(30)				
Phillips, Alice		55.83(9)									1:13.09(6)			1:01.43(5)		1:03.47(5)	2:18.13(8)	4:56.75(10)
Women 30-34																		
Bishop, Barbara	27.18(37)	58.23(25)	2:10.02(25)	5:57.58(23)									28.80(19)	1:07.18(22)				
Bolek, Clai	26.01(21)	55.52(9)		5:29.91(7)	11:25.98(7)	19:13.79(4)									2:20.56(6)			
Flood, Tina													30.89(37)			1:12.37(45)		
Kaufmann, Karen			2:33.51(46)	6:57.70(40)	13:57.49(23)													
Powis, Patricia										34.32(10)	1:14.02(11)	2:41.00(10)				1:10.94(39)	2:30.44(28)	5:24.01(17)
Tallmadge, Karen										38.03(30)	1:23.44(30)	3:02.64(23)						
Tripp-Leino, Donielda			2:23.51(41)	6:24.26(35)														
Van Horn Pate, Val				5:59.98(26)	12:30.28(18)										2:34.07(16)			
Women 35-39																		
Bennett, Lisa										31.99(2)	1:10.95(3)	2:42.01(5)	29.07(12)			1:05.81(7)		5:14.28(6)
Cayce, Diane						21:10.35(16)								1:11.18(21)	2:40.19(10)		2:37.68(28)	5:38.85(18)
Cooper, Kelley	29.44(41)	1:07.04(51)						1:19.94(32)										
Fourner, Linda	28.73(33)	1:01.67(31)	2:16.30(32)	6:21.95(37)				1:13.72(26)					33.68(40)					
Stevenson, Heather			2:08.19(10)	5:52.24(19)			31.69(13)	1:07.48(12)					30.05(20)			1:08.02(15)		
Webb, Karen	35.51(48)						43.21(23)	1:37.73(34)										
Women 40-44																		
Cronise, Tricia	34.10(23)									40.92(21)		3:15.75(14)						
Freer, Tricia			2:30.49(17)		13:57.07(13)									1:13.35(10)		1:14.89(14)		
Gault, Terry Sue				5:59.73(5)									31.08(6)	1:09.65(6)				
Women 45-49																		
Miller, Nancy			2:22.48(10)	6:28.55(14)	13:04.34(9)					36.52(3)	1:22.97(9)	3:09.15(10)						
Mullins, Joyce	35.80(22)					26:29.68(10)		1:38.60(15)										
Women 50-54																		
Durrant, Betsy							38.73(11)					3:19.50(4)						
Magee, Charlene						27:38.93(6)		1:30.88(16)	3:10.65(11)								3:27.20(13)	
Martin, Judy								1:22.83(7)	2:57.00(5)	40.61(8)	1:30.06(8)						3:01.06(9)	
Niles, Dorothy				8:27.60(11)						44.34(14)	1:37.65(15)	3:31.27(11)						
Wilkins, Rhea											1:43.37(17)					1:40.38(20)	3:34.85(15)	
Women 55-59																		
Detrick,Johnnie	30.74(2)	1:11.95(4)	2:48.30(9)							40.95(4)	1:29.80(5)	3:25.58(7)						
Griffiin, Lucille			2:40.13(6)					1:24.11(3)	3:02.37(3)					1:24.64(4)	3:12.78(3)			
Women 60-64																		
Grigsby-Martin, Jewel			3:35.18(8)	9:18.25(5)	19:03.32(5)													

1995 USMS National Short Course Championships

Final Results: VMST Relays

	Women				Men				Mixed			
	Freestyle		Medley		Freestyle		Medley		Freestyle		Medley	
19-24	K Kirkman V Van Horn Pate M Dean P Powis	1:52.38(13)	K Kirkman, L Callender, M Dean, C Bolek	1:59.74(7)	D Malsbury J Smith S Dunaway M Gill	1:31.97(10)	C Stevenson S Dunaway J Wolfle N Williams	1:38.69(3)	S Dunaway C Bolek A Phillips N Williams	1:34.58(5)	C Stevenson S Dunaway A Phillips C Bolek	1:45.09(5)
					J Lowe C Cockrell J Liquori A Walsh	1:37.08(16)	G Zack M Kontos J Liquori C Cockrell	1:53.96(20)	D Malsbury A Walsh K Kirkman R Hampton	1:39.26(11)	M Gill P Powis K Kirkman J Wolfle	1:52.25(20)
									J Lowe D Tripp-Leino V Van Horn Pate J Liquori	1:47.68(28)		
25-34	B Bishop C Bolek R Hampton A Phillips	1:42.63(4)	R Hampton P Powis B Bishop A Phillips	1:57.29(2)	N Williams J Wolfle C Flood C Stevenson	1:26.20(2)	A Walsh D Malsbury M Gill S Callender	1:43.79(13)	C Stevenson J Wolfe M Dean B Bishop	1:37.82(14)	D Malsbury N Williams B Bishop R Hampton	1:46.95(10)
	T Flood L Callender K Cooper T Freer	1:51.69(15)	T Flood K Tallmadge D Tripp-Leino C Malone	2:13.87(17)					M Gill L Callender P Powis S Callender	1:40.97(21)	A Walsh J Smith L Callender M Dean	1:50.26(22)
	K Tallmadge M Hunter D Tripp-Leino D Cayce	2:01.04(24)									G Zack M Kontos D Tripp-Leino C Malone	2:02.46(42)
35-44	L Fourner T Gault H Stevenson L Bennett	1:49.40(4)	L Fourner L Bennett T Gault H Stevenson	2:04.67(4)	L Meem M Slowey D Hefner C Grant	1:32.24(5)	D Hefner M SLowey C Grant L Meem	1:42.52(3)	D Hefner H Stevenson L Bennett C Grant	1:38.41(4)	L Meem M Slowey K Cooper H Stevenson	1:50.55(4)
			K Cooper D Cayce T Feer K Webb	2:22.64(13)	J Curtis J McFarland J Miller S Webb	1:39.51(19)	J Miller S Webb B Burcin J McFarland	1:56.45(26)	L Meem L Fournier T Gault M Slowey	1:45.98(20)	L Fourneir P Ryan C Grant T Gault	1:56.78(18)
							R Magee S Swift T Halverson J Curtis	2:14.26(31)	J McFarland K Cooper D Cayce B Burcin	1:48.62(23)	D Hefner S Webb D Cayce K Cooper	1:57.81(21)
									T Freer S Webb J Miller K Webb	1:52.61(28)	B Burcin R Wilkins J McFarland K Webb	2:21.18(36)
45-54	B Durrant N Miller J Mullins L McCowan	2:14.94(11)	J Martin J Detrick N Miller L Griffin	2:22.94(6)	W Brundage C Russ F Sullivan K Novell	1:55.93(10)	W Brundage G Brown R Wise K Novell	1:58.44(12)	G Brown J Martin K Novell N Miller	1:53.00(11)	J Martin W Brundage G Brown J Mullins	2:14.01(16)
									E McCowan J Mullins L McCowan R Wise	2:06.08(24)	R Magee L McCowan C Magee E McCowan	2:33.32(23)
									C Magee D Niles R Magee W Brundage	2:14.09(26)		
55-64							C Barnes W Irwin F Sullivan C Russ	2:23.43(6)			L Griffin J Detrick F Sullivan C Russ	2:19.74(5)

* 1995 POSTAL PENTATHLON SWIM MEET *

Approval: By Minnesota LMSC for USMS Inc. # 305-13.

Eligibility: Open to all registered masters swimmers for the 1995 or 1996 season.

Conduct of Meet: Participant swims the 5 events, preferably in a 25 yard pool, Butterfly, Backstroke, Breaststroke, Crawlstroke, and Individual Medley. All results will be based on a 25 yard course, swims performed in meter pools must indicate that their entries are from a meter pool so their times are converted to a yard equivalent. The meet results will compare each event of the pentathlon amongst the participants. It is recommended that the pentathlon legs be swum in the order Butterfly, Backstroke, Breaststroke, Crawlstroke, and then Individual Medley. The events must be swum during the same day and it is recommended that all 5 events be swum in a 2 to 3 hour period. Participants may swim the Sprint, Middle Distance, Ironman, or any combination of courses. If you desire to swim more than one course you should swim each course on a separate day. **All times must be recorded to the 1/100th of a second. Times not reporting tenths or hundredths will have 9's inserted for the missing digits.** The pentathlon must be swum from September 15, 1995 to December 15, 1995 and the entries must be postmarked by December 24, 1995, include a copy of your USMS registration card or foreign equivalent. **Incomplete entries will be returned and assessed a $2.00 (US funds) administration fee. All fees are non-refundable.**

Age Groups: 19-24, 25-29, . . . , 90-94, 95+. Age will be determined by the swimmers age on December 15, 1995.

Awards: Winners of each age group will receive a special award. All participants may purchase a participation T-shirt for $12.00 (US funds), XXL shirts add $3.00(US).

Entry Fee: $5.00(US) per course. Make checks payable in US funds to: **Postal Pentathlon Swim Meet.** All fees are non-refundable.

Send entries to: **1995 Postal Pentathlon Swim Meet**
570 - 96th Lane
Blaine MN 55434 USA

Questions: Wayde Mulhern Phone-Day: (612) 635-5167 Evenings: (612) 783-1282

PLEASE INDICATE SHIRT SIZE WHETHER YOU ORDER A PARTICIPATION SHIRT OR NOT.

Name: _____ USMS or foreign registration #: _____
Address: _____ Swim Club: _____
City: _____ State: _____ Zip/Postal Code: _____ Country: _____
Sex: M F Phone Days: _____ Evenings: _____
Shirt Size: **S M L XL XXL** Shirt Type: **Sprint Middle Distance Ironman** Birth Date : ___/___/___
MON /DAY /YEAR
Entry Fee: $_____ Participation Shirt: $_____ Total Fees: $_____

Enter your times for each individual event. Circle pool type: **Yards / Meters.**

Sprint course *50 Yards/Meters each stroke and 100 IM* Date Swum ___/___
Fly _____ Back _____ Breast _____ Crawl _____ IM _____

Middle distance *100 Yards/Meters each stroke and 200 IM* Date Swum ___/___
Fly _____ Back _____ Breast _____ Crawl _____ IM _____

Ironman course *200 Yards/Meters each stroke and 400 IM* Date Swum ___/___
Fly _____ Back _____ Breast _____ Crawl _____ IM _____

I the undersigned have participated in the Postal Pentathlon having swum the designated events in the recommended time period. I also intend 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 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 THESE ACTIVITIES. I further agree to abide by and be governed by the rules and regulations of USMS.

Signature: _____ Witness: _____

SPRINT
50 FLY, BACK, BREAST, CRAWL, 100 I.M.

MIDDLE DISTANCE
100 FLY, BACK, BREAST, CRAWL, 200 I.M.

IRONMAN
200 FLY, BACK, BREAST, CRAWL, 400 I.M.

If Undeliverable Return to:

Stevenson
15 Bostwick Lane
Richmond, VA 23226

Bulk Rate
U.S. Postage
PAID
Permit No. 1630
Richmond, VA

CHRIS L STEVENSON
15 BOSTWICK LN
RICHMOND VA 23226-3106

Places to Swim Across Virginia

BLACKSBURG: Contact Lucille Griffin (703)552-5943
CHARLOTTESVILLE: Smith Pool - M-Th:7:30-9PM. Contact Craig C. Clift (804)293-6657
CHESAPEAKE: YMCA (804)547-9622
CHESTER: Chester Family YMCA - 3011 W. Hundred Road. Contact Jay Crawford (804)748-9622
HARRISONBURG: Contact Susan Lees Arnold (703)434-6224
LYNCHBURG: Lynchburg YMCA - Contact Jim McFarland (703)384-1556
NEWPORT NEWS: Riverside Health and Fitness Center - (804)877-8223; Sentara Hampton Fitness Center (804)827-0420
NORFOLK: Fleet Rec. Park - Hampton Blvd. Lap swimming; YMCA - Some coached workouts. Call for times. (804)622-9622
NORTHERN VIRGINIA: Chinn Aquatic Center - M-Th: 8:30-9:30PM, Sat & Sun: 7-8AM. Contact Harry DeLong (703)368-0309
PORTSMOUTH: YMCA (804)399-5511
RICHMOND: Riverside Wellness & Fitness Center/Briarwood - Robious Rd., Midlothian M-F: 6-7AM, M-Th: 7:15-8:30PM, Sat: 8-9AM, Sun: 4-5PM. Contact Jim Miller (804)320-3999; Tuckahoe Branch YMCA - Patterson Avenue. Contact Mark Woodard (804)740-9622
ROANOKE: Lancerlot Fitness Center - 1111 Vineyard Rd., Vinton T & Th: 7-8PM, Sat: 10-11AM. Contact Howard Butts (703)992-1736 (home) (703)981-0205 (work); Gator Aquatic Center - 1130 Overland Rd., Roanoke M & W: 7:30-9:30PM, T & Th: 6-7AM, Sat: 7-9AM, Sun: 6-8PM. Contact Kathy Shober (703)982-7665
STAFFORD: Fitness University - Aquia Towne Center, Route 1 MWTh: 8:30-9:30PM. Contact Lou-Ann Hadlock (703)659-6737
STAUNTON: Staunton Racquet Club - MWF: 5:30-6:30PM. Contact Diane Kent (703)885-6069
VIRGINIA BEACH: Virginia Beach YMCA - MWF: 6:30-7:30PM, Sat: 8-9AM. Lap swims at various times. (804)499-2311; Dam Neck Navy Base - Lap swims 11AM-1:30PM and 4-6PM. (804)433-7183; Virginia Beach Recreation Centers - Lap lanes available. Great Neck (804)496-6766; Kempsville (804)474-8492; Bayside (804)460-7540; Bow Creek (804)431-3765; Princess Anne (804)426-0022
WILLIAMSBURG: James City Co. Rec. Center - Longhill Road, Williamsburg M-F: 6-7AM (coach), MWF: 6-7PM (no coach). (804)229-5676

Please let the editors know if your pool is not listed in this column.