LMSC for VA Newsletter

MASTERS SWIMMERS: "THE UNCOMMONWEALTH of VIRGINIA"

Published Quarterly by the Local Masters Swim Committee for Virginia *November 15, 1996/Volume XIV/Number 4*

1996 USMS Convention Update

The following is a synopsis of important issues and events discussed at the 1996 USMS Convention.

General:

A round of applause and thanks for a job well done goes out to Dave Hefner (VMST), who was the facilitator at the USMS Planning Forum and helped Nancy Miller, Planning Committee Chair, out in a pinch.

Tracy Grilli was selected as the new USMS Executive Secretary. Dot Donnelly is retiring, and come January, Tracy's friendly voice will be answering the phone at the National Office.

Meets and Distance Swimming:

A variety of upcoming meets and distance swims are included in this newsletter's "Upcoming Events" feature. Check page 2 of the newsletter for the list of events.

Long Distance All-Star selections were made for the first time this year. The recipients were given embroidered polo shirts donated by Competitor Aquatic Supply.

Fitness:

A variety of fitness events are being planned for the next year. Some of the events have already been planned, others are in the process of being scheduled. Events include: Fitness Check-Off Challenge, the Postal Pentathlon (the entry for this event was included in the September VMST newsletter), and club fitness events (i.e., a club swims "X" number of miles in a set time period to qualify for an award).

Clubs or LMSCs can recommend each other or themselves for the national award based on their support of USMS Fitness Principles. A nomination form will be provided to all LMSCs.

FINA:

The FINA Masters Committee has requested that World Records that were not set at "Masters" meets be removed from the books and that all future records must be set at a Masters meet. This mans that swim done at USS meets will not count for World Records.

The following items are available for purchase from the FINA office (Avenue de Beaumont 9, 1012 Lausanne, Switzerland): FINA Masters Newsletter (Free); World Top 10 ($10); and Patches for Top 10 and Records (patches $5, year $3).

USMS Web Page:

The USMS web page may now be accessed at www.usms.org. Check it out for a wealth of information.

USMS Libraries:

Video Librarian: Maxine Nellen, 3090 N. Wading River Rd., Wading River, NY 11792

Book Library: Ed Nessel, 10 Irene Court, Edison, NJ 08820-102

Insurance Concerns for USMS Coaches:

Swimmers can be both USMS and USS registered. A swimmer has a 30-day try-out grace period. If one person is not USMS or USS registered, the whole practice is not covered . . . So don't forget to register!

USMS Sponsors:

They support USMS and we should support them: Competitor (Richey Industries), Hind, Power Bar, and Kast-a-Way. Approach these companies first when seeking the types of products they sell. USMS also has affinity relationships with Alamo Rent-a-Car and Quest International, and Finals will be providing funding and awards for te USMS All-Star team.

USMS MasterCard:

Promote USMS by requesting a USMS MasterCard through MBNA. For each silver card member enrollment, USMS will receive $5, our LMSC $2, and your club $3. For gold cards, our LMSC will receive $3 and your club $5. Note that card holders need not use the card, only sign up. There is no annual fee for the card. Further information will be forthcoming.

Upcoming Events for Virginia Swimmers

Mark Your Calendars...

- November 9-10, 1996
  Short Course Meters Zone Championships
  Rutgers University
  Cathy Copeland (908) 828-4679
- November 17, 1996
  Turkey Classic
  Upper Montgomery County YMCA
  Linda Bowers (301) 540-0158
- December 8, 1996
  Terrapin Masters 1000/1650 Meet
  University of Maryland
- January10-11, 1997
  Meet at VA Tech (not sure of meet name!)
  VA Tech War Memorial Gym, Blacksburg, VA
  Kaye Kriz (540) 552-5323; kkriz@vt.edu
- February 15-16, 1997
  Virginia Masters Winter Invitational
  Richmond, VA
  Nancy Miller (804) 285-2758
- April 4-5, 1997
  NC Masters Championships & Invitational
  Raleigh, NC
  Ceil Blackwell (919) 787-8324
- April 18-20, 1997
  Colonies v. Dixie Showdown
  Ft. Lauderdale, FL
- May 15-18, 1997
  Short-Course Masters National Championships
  Federal Way, WA
  Hugh Moore (206) 756-8562
- May 25, 1997
  Open Water Swim
  Reston, VA
- June 23-29, 1997
  Pan Pacific Masters Swimming Championships
  Maui, HI (800) 690-8055
- July 12, 1997
  Chris Greene 2-Mile Lake Swim
  Charlottesville, VA
- August 14-17, 1997
  Long-Course Masters National Championships
  Orlando, FL

Camps and Clinics

- **Total Immersion Adult Swim Camps**
  Contact Terry Laughlin (914)294-3510
  http://www.totalimmersion.pair.com
  totalswimm@aol.com
- **Premier Stoke Clinic Series**
  Contact Clay Britt (301)231-9740

LMSC Officers

Chairman: Forrest Sullivan, 1752 N. Woodhouse Rd., Virginia Beach, VA 23454 (804) 481-1998

Registrar: Craig Campesi, 14134 Walton Dr., Manassas, VA 22111 (703) 791-5567

Secretary: Joyce Mullins, 3104 Waterton Dr., Midlothian, VA 23113 (804) 323-0483

Treasurer: Bill Martin, 7800 Creekside Ct., Richmond, VA 23235 (804) 320-1432

Top Ten: James Wolfle, 509 E. Rock St., Harrisonburg, VA 22801 (540) 574-2919

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

VIRGINIA MASTERS WINTER INVITATIONAL
Riverside Wellness and Fitness Center - Briarwood
Richmond, Virginia
February 15 and 16, 1997

Sponsored By: Virginia Masters Swim Team and the LMSC for Va.

Sanctioned By: LMSC for Va. for USMS, Inc. - Sanction #127-0002

Meet Directors: Nancy and Jim Miller

Location: Riverside Wellness andd Fitness Center at Briarwood, 11621 Robious Rd., Richmond, Va. Telephone number is (804) 378-1600. This is an eight-lane, 50-meter indoor pool with bulkhead, using fully electronic timing system with scoreboard and non-turbulent lane markers.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered and must include a copy of their LMSC card. Virginia registration will be available at the meet. A novice swimmer is defined as anyone who has not placed in the top three for that stroke in Masters competition.

Entries: $2.00 per individual event plus a $6.00 surcharge to help defray the cost of automatic timing, printing, and postage for mailing results. Relays will be deck-entered and deck-seeded at no cost. Deck entries will be accepted up until 30 minutes prior to meet starting time each day at a cost of $5.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays.

Entry deadline: Entries must be received no later than **February 7, 1997,** or they will be considered deck entries.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily.

Warm-up/Warm-down Procedures: Swimmers must **enter the pool feet first in a cautious manner.** Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. Lanes 1 and 8 will be maintained as continuous warm-up/warm-down lanes during the entirety of the meet; **ABSOLUTELY NO DIVING** will be permitted in these lanes once the meet has begun. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Awards: Medals, keychains, or pins for first place in each individual event. Medals for second and third places in each individual event.

Social: Join us for our Masters potluck after the meet on Saturday, February 15. $5.00 per person covers food and drink. Please enclose payment with your entry. Please indicate the number attending on your entry form. Maps will be at the meet.

ORDER OF EVENTS

Saturday, February 15
Warm-ups: 11:30 AM
Meet starts: 12:30 PM

Event # Women	Event # Men	Event
# 1A	2A	500 Y Free
3	4	1000 Y Free
5	6	1650 Y Free
7	8	400 Y IM
# 1B	2B	500 Y Free

Select only one of the 500 Freestyle slots to enter, and please denote it clearly on your entry form.

Sunday, February 16
Warm-ups: 8 AM
Meet starts: 9 AM

Event # Women	Event # Men	Event
		* 200 Y Choice:
* 9	10	200 Y IM
* 11	12	200 Y Fly
* 13	14	200 Y Breast
* 15	16	200 Y Back
17	18	100 Y Free
19	20	Novice 50 Y Fly
21	22	50 Y Fly
23	24	100 Y Breast
25	26	Novice 50 Y Free
27	28	50 Y Free
29	30	100 Y IM
		BREAK
31	32	200 Y Free
33	34	100 Y Back
35	36	Novice 50 Y Breast
37	38	50 Y Breast
39	40	100 Y Fly
41	42	Novice 50 Y Back
43	44	50 Y Back
45	46	200 Y Medley Relay
47	48	200 Y Free Relay
49	50	200 Y Mixed Medley Relay
51	52	200 Y Mixed Free Relay

*200 Y Choice means that you may swim any 200 yard event of your choosing (except the 200 Y Free). Please indicate your choice on your entry form.

Nearby Lodging:

Days Inn - Chesterfield (closest)
1301 Huguenot Road (804) 794-4999

Holiday Inn - Koger Center
1021 Koger Center Boulevard
(804) 379-3800

Sheraton Park South
9901 Midlothian Turnpike
(804) 323-1144

RELEASE

The following release must be dated, signed, and in possession of the Meet Director before the swimmer may compete.

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.

Date: _____ Signature: _____

Name: _____ Sex: ___ USMS Reg. No.: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Age(as of 2/16/97): _____ Birthdate(Mo/Day/Yr): _____

LMSC: ____ Club: _____ Phone(Day): _____ (Night): _____

Women	Time	Event	Men	Time
1A/1B	_____	500 Y Free	2A/2B	_____
3	_____	1000 Y Free	4	_____
5	_____	1650 Y Free	6	_____
7	_____	400 Y IM	8	_____
9	_____	200 Y IM	10	_____
11	_____	200 Y Fly	12	_____
13	_____	200 Y Breast	14	_____
15	_____	200 Y Back	16	_____
17	_____	100 Y Free	18	_____
19	_____	Novice 50 Y Fly	20	_____
21	_____	50 Y Fly	22	_____
23	_____	100 Y Breast	24	_____
25	_____	Novice 50 Y Free	26	_____
27	_____	50 Y Free	28	_____
29	_____	100 Y IM	30	_____
31	_____	200 Y Free	32	_____
33	_____	100 Y Back	34	_____
35	_____	Novice 50 Y Breast	36	_____
37	_____	50 Y Breast	38	_____
39	_____	100 Y Fly	40	_____

41	_____	Novice 50 Y Back	42	_____
43	_____	50 Y Back	44	_____

RELAYS RELAYS RELAYS RELAYS

Number attending social: ____ Total Events ___ x $2.00 ___ _____
Surcharge $6.00
Social $5.00/each
Total Amount Enclosed $ _____

Make checks payable to: Virginia Masters Swim Team
Mail to: James Wolfle
509 E. Rock Street
Harrisonburg, Virginia 22801

Questions? Call James (540) 574-2919
or
Nancy Miller (804) 285-2758 ext. 142

A COPY OF OF YOUR USMS REGISTRATION CARD MUST BE ENCLOSED
FOR YOUR ENTRY TO BE ACCEPTED

VMST 17th Annual Fall Swim Meet -- 25 yard course
Virginia Beach, VA Nov. 2, 1996 -- sanc #127-0001

Event Results for Timed Finals

--- Ages 19 Through 24 ---

PL	Name	Age	Team	Finals
Mixed Senior 50 Free				
1	PAULA GOODWIN	24	VMST	26.95
2	TRACEY KOLB	24	UNAT	30.90
Mixed Senior 50 Back				
1	AMY MCCOWAN	20	VMST	32.98
2	TRACEY KOLB	24	UNAT	37.95
Mixed Senior 50 Breast				
1	AMY MCCOWAN	20	VMST	33.98
2	PAULA GOODWIN	24	VMST	34.50
3	TRACEY KOLB	24	UNAT	40.05
Mixed Senior 100 Breast				
1	AMY MCCOWAN	20	VMST	1:14.46
Mixed Senior 50 Fly				
1	PAULA GOODWIN	24	VMST	28.81
2	SAMANTHA CONWAY	20	UNAT	30.34
Mixed Senior 100 Fly				
1	SAMANTHA CONWAY	20	UNAT	1:06.50
ixed Senior 100 IM				
1	TRACEY KOLB	24	UNAT	1:17.78

--- Ages 25 Through 29 ---

PL	Name	Age	Team	Finals
Mixed Senior 100 Free				
1	M. HANIFER	26	VMST	1:10.11
Mixed Senior 500 Free				
1	M. HANIFER	26	VMST	7:03.74
2	J. BARTLETT	28	VMST	8:21.92
Mixed Senior 100 Breast				
1	M. HANIFER	26	VMST	1:36.01
2	J. BARTLETT	28	VMST	1:49.92
Mixed Senior 50 Fly				
1	J. BARTLETT	28	VMST	45.60

--- Ages 30 Through 34 ---

PL	Name	Age	Team	Finals
Mixed Senior 50 Free				
1	KAREN KAUFMANN	32	VMST	32.46
2	ASHBY MONCURE	30	VMST	34.30
3	LISA SHELDAHL	33	VMST	35.58
Mixed Senior 100 Free				
1	KAREN KAUFMANN	32	VMST	1:11.84
2	ASHBY MONCURE	30	VMST	1:19.39

Mixed Senior 200 Free

1	LORRAINE SITES	34	VMST	2:14.23
2	KAREN KAUFMANN	32	VMST	2:34.87

Mixed Senior 500 Free

1	KAREN KAUFMANN	32	VMST	6:59.97

Mixed Senior 1000 Free

1	KAREN KAUFMANN	32	VMST	14:29.98

Mixed Senior 50 Back

1	LISA SHELDAHL	33	VMST	46.08
2	ASHBY MONCURE	30	VMST	46.18

Mixed Senior 100 Back

1	ASHBY MONCURE	30	VMST	1:36.62

Mixed Senior 50 Breast

1	LISA SHELDAHL	33	VMST	46.77

Mixed Senior 100 Breast

1	LORRAINE SITES	34	VMST	1:17.19

Mixed Senior 50 Fly

1	LORRAINE SITES	34	VMST	31.53
2	ASHBY MONCURE	30	VMST	39.63

Mixed Senior 100 IM

1	LORRAINE SITES	34	VMST	1:11.44

Mixed Senior 200 IM

1	LORRAINE SITES	34	VMST	2:29.13

--- Ages 35 Through 39 ---

PL	Name	Age	Team	Finals
Mixed Senior 100 Free				
1	MARY LEE	37	VMST	1:09.01
Mixed Senior 200 Free				
1	M. PETERSON	36	VMST	2:24.13
2	CHERYL BRUNER	37	DCM	2:25.51
3	MARY LEE	37	VMST	2:30.71
4	SHARON POPSON	37	VMST	2:33.46
Mixed Senior 500 Free				
1	M. PETERSON	36	VMST	6:31.44
2	SHARON POPSON	37	VMST	6:51.40
Mixed Senior 1000 Free				
1	MARY LEE	37	VMST	13:25.05
2	SHARON POPSON	37	VMST	14:16.25
-	SANDRA JONES	36	UNAT	DQ
Mixed Senior 100 Back				
1	CHERYL BRUNER	37	DCM	1:31.10
Mixed Senior 50 Breast				
1	SANDRA JONES	36	UNAT	37.02
2	CHERYL BRUNER	37	DCM	40.73
Mixed Senior 200 Breast				
1	CHERYL BRUNER	37	DCM	3:05.73

Mixed Senior 200 Fly

1	SANDRA JONES	36	UNAT	2:32.31
Mixed Senior 100 IM				
1	SANDRA JONES	36	UNAT	1:08.99
2	M. PETERSON	36	VMST	1:18.39
Mixed Senior 200 IM				
1	M. PETERSON	36	VMST	2:45.71
2	CHERYL BRUNER	37	DCM	2:57.40

--- Ages 40 Through 44 ---

PL	Name	Age	Team	Finals
Mixed Senior 50 Free				
1	P. CHAPPELL	42	VMST	30.66
Mixed Senior 100 Free				
1	P. CHAPPELL	42	VMST	1:08.23
Mixed Senior 200 Free				
1	KITTEN BRAATEN	41	VMST	2:24.48
2	ROSEMARY CAULEY	44	VMST	3:00.77
Mixed Senior 500 Free				
1	KITTEN BRAATEN	41	VMST	6:14.85
Mixed Senior 50 Back				
1	KAREN NEYMARK	44	VMST	41.66
Mixed Senior 100 Back				
1	JOANN LOFTUS	43	UNAT	1:19.35
2	KAREN NEYMARK	44	VMST	1:29.79
3	DEBORAH PEARSALL	44	VMST	1:50.57
Mixed Senior 50 Breast				
1	P. CHAPPELL	42	VMST	39.35
2	KAREN NEYMARK	44	VMST	47.83
3	DEBORAH PEARSALL	44	VMST	52.49
4	ROSEMARY CAULEY	44	VMST	57.03
Mixed Senior 100 Breast				
1	P. CHAPPELL	42	VMST	1:26.49
2	JOANN LOFTUS	43	UNAT	1:28.50
3	KAREN NEYMARK	44	VMST	1:45.12
Mixed Senior 200 Breast				
1	DEBORAH PEARSALL	44	VMST	4:01.55
Mixed Senior 50 Fly				
1	KITTEN BRAATEN	41	VMST	33.76
Mixed Senior 100 Fly				
1	KITTEN BRAATEN	41	VMST	1:14.84
Mixed Senior 100 IM				
1	KAREN NEYMARK	44	VMST	1:32.65
Mixed Senior 200 IM				
1	JOANN LOFTUS	43	UNAT	2:48.79

LMSC FOR VIRGINIA Meet Manager

VMST 17th Annual Fall Swim Meet -- 25 yard course
Virginia Beach, VA Nov. 2, 1996 -- sanc #127-0001

Event Results for Timed Finals

--- Ages 50 Through 54 ---

PL	Name	Age	Team	Finals
Mixed Senior 50 Back				
1	JUDY MARTIN	54	VMST	40.03
Mixed Senior 100 Back				
1	JUDY MARTIN	54	VMST	1:28.68
Mixed Senior 200 Back				
1	JUDY MARTIN	54	VMST	3:08.42
Mixed Senior 50 Breast				
1	JUDY MARTIN	54	VMST	42.59

--- Ages 55 Through 59 ---

PL	Name	Age	Team	Finals
Mixed Senior 50 Free				
1	NANCY SMITH	57	SABS	46.30
Mixed Senior 50 Back				
1	NANCY SMITH	57	SABS	1:02.06

--- Ages 60 Through 64 ---

PL	Name	Age	Team	Finals
Mixed Senior 50 Free				
1	JOAN AVERETTE	60	VMST	40.56
2	JANE PHARIS	63	VMST	47.14
3	CAROLYN CLARK	61	UNAT	50.60
Mixed Senior 100 Free				
1	JOAN AVERETTE	60	VMST	1:33.19
2	JANE PHARIS	63	VMST	1:48.09
3	CAROLYN CLARK	61	UNAT	1:54.68
Mixed Senior 200 Free				
1	JOAN AVERETTE	60	VMST	3:25.99
2	CAROLYN CLARK	61	UNAT	4:01.82
Mixed Senior 500 Free				
1	CAROLYN CLARK	61	UNAT	11:18.93
Mixed Senior 50 Back				
1	JANE PHARIS	63	VMST	53.00
2	JOAN AVERETTE	60	VMST	55.22
Mixed Senior 100 Back				
1	JANE PHARIS	63	VMST	1:54.22
Mixed Senior 50 Breast				
1	JAYNE BRUNER	62	DCM	36.88
Mixed Senior 100 Breast				
1	JAYNE BRUNER	62	DCM	1:23.27
Mixed Senior 100 Fly				
1	JAYNE BRUNER	62	DCM	1:18.64

Mixed Senior 200 IM

1	JAYNE BRUNER	62	DCM	2:54.06

--- Ages 65 Through 69 ---

PL	Name	Age	Team	Finals
Mixed Senior 50 Free				
1	JEANNE MEREDITH	68	VMST	41.63
Mixed Senior 100 Free				
1	JEANNE MEREDITH	68	VMST	1:36.33
Mixed Senior 200 Free				
1	JEANNE MEREDITH	68	VMST	3:37.18
Mixed Senior 500 Free				
1	JEANNE MEREDITH	68	VMST	9:47.11
Mixed Senior 50 Back				
1	JEANNE MEREDITH	68	VMST	57.12
Mixed Senior 50 Breast				
1	B. HERRMANN-KENN	66	VMST	51.93
Mixed Senior 100 Breast				
1	B. HERRMANN-KENN	66	VMST	1:57.14
Mixed Senior 50 Fly				
1	B. HERRMANN-KENN	66	VMST	1:06.66

--- Ages 80 Through 84 ---

PL	Name	Age	Team	Finals
Mixed Senior 50 Free				
1	MARIE KELLEHER	83	VMST	53.53
Mixed Senior 100 Free				
1	MARIE KELLEHER	83	VMST	2:04.97
Mixed Senior 50 Fly				
1	MARIE KELLEHER	83	VMST	1:14.75
Mixed Senior 100 IM				
1	MARIE KELLEHER	83	VMST	2:28.31
Mixed Senior 200 IM				
1	MARIE KELLEHER	83	VMST	5:24.95

--- Ages 19 Through 24 ---

PL	Name	Age	Team	Finals
Mixed Senior 50 Free				
1	HECTOR MIGLIACCI	22	VMST	26.01
Mixed Senior 100 Free				
1	ALAN DAVIS	23	VMST	58.43
2	BENJAMIN LINSTID	20	UNAT	1:00.24
Mixed Senior 200 Free				
1	BRIAN HOOKER	22	UNAT	2:06.11
Mixed Senior 500 Free				
1	SCOTT FINNEY	21	UNAT	5:45.84
2	BRIAN HOOKER	22	UNAT	6:02.37
3	HECTOR MIGLIACCI	22	VMST	6:09.10
4	BENJAMIN LINSTID	20	UNAT	6:15.85
5	ALAN DAVIS	23	VMST	6:22.25
Mixed Senior 50 Breast				
1	SCOTT FINNEY	21	UNAT	32.45
Mixed Senior 100 Breast				
1	SCOTT FINNEY	21	UNAT	1:09.19
2	BENJAMIN LINSTID	20	UNAT	1:14.80
Mixed Senior 200 Fly				
1	ALAN DAVIS	23	VMST	2:34.79
Mixed Senior 100 IM				
1	BENJAMIN LINSTID	20	UNAT	1:09.04
2	HECTOR MIGLIACCI	22	VMST	1:10.71
Mixed Senior 200 IM				
1	BENJAMIN LINSTID	20	UNAT	2:37.95

--- Ages 25 Through 29 ---

PL	Name	Age	Team	Finals
Mixed Senior 50 Free				
1	DAVID RICE	27	AVMS	24.56
2	MICHAEL WEBER	26	UNAT	26.82
3	DWAYNE CHALMERS	26	VMST	28.27
Mixed Senior 100 Free				
1	DAVID RICE	27	AVMS	54.99
2	DWAYNE CHALMERS	26	VMST	1:01.49
3	MICHAEL WEBER	26	UNAT	1:08.38
Mixed Senior 200 Free				
1	DAVID RICE	27	AVMS	2:06.83
2	DWAYNE CHALMERS	26	VMST	2:17.83
Mixed Senior 500 Free				
1	DWAYNE CHALMERS	26	VMST	6:39.49
Mixed Senior 1000 Free				
1	JAMES WOLFLE	28	VMST	10:43.76
Mixed Senior 100 Back				
1	DWAYNE CHALMERS	26	VMST	1:15.38
Mixed Senior 50 Breast				
1	DARREN GORMAN	25	VMST	27.97
2	CHARLES COCKRELL	28	VMST	30.62
Mixed Senior 100 Breast				
1	DARREN GORMAN	25	VMST	1:02.08
2	CHARLES COCKRELL	28	VMST	1:08.03
Mixed Senior 50 Fly				
1	CHARLES COCKRELL	28	VMST	27.46
Mixed Senior 100 Fly				
1	JAMES WOLFLE	28	VMST	53.93
Mixed Senior 200 Fly				
1	JAMES WOLFLE	28	VMST	2:01.81
2	WILLIAM RIDDELL	28	VMST	2:11.0

VMST 17th Annual Fall Swim Meet -- 25 yard course
Virginia Beach, VA Nov. 2, 1996 -- sanc #127-0001

Event Results for Timed Finals

Mixed Senior 100 IM

1	DARREN GORMAN	25 VMST	58.92	
2	CHARLES COCKRELL	28 VMST	1:04.19	
3	DAVID RICE	27 AVMS	1:07.00	

Mixed Senior 200 IM

1	JAMES WOLFLE	28 VMST	2:03.68	

--- Ages 30 Through 34 ---

PL	Name	Age	Team	Finals

Mixed Senior 50 Free

1	ERIK KIELIN	32	DCAC	22.03
2	DAVID WITTE	31	VMST	26.00
3	EDWARD GUIDOS	33	VMST	28.82
4	JOHN THOREEN	32	SABS	29.00

Mixed Senior 100 Free

1	ERIK KIELIN	32	DCAC	48.37
2	EDWARD GUIDOS	33	VMST	1:07.31

Mixed Senior 1000 Free

1	DAVID WITTE	31	VMST	14:11.30

Mixed Senior 50 Breast

1	EDWARD GUIDOS	33	VMST	37.57

Mixed Senior 50 Fly

1	JOHN THOREEN	32	SABS	30.62

Mixed Senior 100 Fly

1	JOHN THOREEN	32	SABS	1:13.49

Mixed Senior 100 IM

1	ERIK KIELIN	32	DCAC	54.45

--- Ages 35 Through 39 ---

PL	Name	Age	Team	Finals

Mixed Senior 50 Free

1	DAVID SMITH	38	UNAT	26.84
2	TERENCE GILBERT	35	VMST	28.79
3	STEVE WOLF	39	VMST	29.45

Mixed Senior 100 Free

1	TERENCE GILBERT	35	VMST	1:04.47
-	DAVID SMITH	38	UNAT	DQ

Mixed Senior 200 Free

1	TROY LEWIS	36	VMST	2:05.26

Mixed Senior 500 Free

1	WILLIAM MARTIN	36	VMST	6:15.46
2	TONY SMITH	36	UNAT	6:21.75

Mixed Senior 1000 Free

1	TROY LEWIS	36	VMST	11:52.73

Mixed Senior 50 Back

1	TERENCE GILBERT	35	VMST	38.56

Mixed Senior 100 Back

1	DAVID MALSBURY	35	VMST	59.02
2	JAMES BRINKMAN	38	VMST	1:10.10

Mixed Senior 200 Back

1	JAMES BRINKMAN	38	VMST	2:28.99

Mixed Senior 50 Breast

1	DAVID MALSBURY	35	VMST	30.03
2	STEVE WOLF	39	VMST	33.18
3	TONY SMITH	36	UNAT	34.77

Mixed Senior 100 Breast

1	LEO ESPINOSA	36	DCAC	1:07.55
2	TONY SMITH	36	UNAT	1:16.02

Mixed Senior 200 Breast

1	LEO ESPINOSA	36	DCAC	2:28.14
2	TROY LEWIS	36	VMST	2:37.21
3	WILLIAM MARTIN	36	VMST	2:52.43
4	STEVE WOLF	39	VMST	2:53.86

Mixed Senior 50 Fly

1	DAVID MALSBURY	35	VMST	25.82
2	TONY SMITH	36	UNAT	28.98

Mixed Senior 100 Fly

1	DAVID MALSBURY	35	VMST	58.48
2	JAMES BRINKMAN	38	VMST	1:04.18
3	TONY SMITH	36	UNAT	1:06.95
4	WILLIAM MARTIN	36	VMST	1:08.58

Mixed Senior 100 IM

1	LEO ESPINOSA	36	DCAC	1:02.22
2	WILLIAM MARTIN	36	VMST	1:10.52
3	TERENCE GILBERT	35	VMST	1:13.30

Mixed Senior 200 IM

1	JAMES BRINKMAN	38	VMST	2:25.79
2	TROY LEWIS	36	VMST	2:27.86
3	WILLIAM MARTIN	36	VMST	2:35.50

--- Ages 40 Through 44 ---

PL	Name	Age	Team	Finals

Mixed Senior 50 Free

1	MIKE HOLDREN	40	VMST	24.09
2	JOHN FEINSTEIN	41	ANCM	25.78
3	STEVEN POWERS	41	UNAT	29.08

Mixed Senior 100 Free

1	MIKE HOLDREN	40	VMST	54.57
2	STEVEN POWERS	41	UNAT	1:09.46

Mixed Senior 500 Free

1	JOHN FEINSTEIN	41	ANCM	6:05.34
2	DON EDGELL	44	VMST	6:06.08
3	VICTOR MICKUNAS	40	VMST	6:50.37

Mixed Senior 50 Back

1	JOHN FEINSTEIN	41	ANCM	31.04
2	VICTOR MICKUNAS	40	VMST	38.44

Mixed Senior 100 Back

1	VICTOR MICKUNAS	40	VMST	1:24.09

Mixed Senior 50 Breast

1	MIKE HOLDREN	40	VMST	33.42
2	JAMES REYNOLDS	44	VMST	37.32
3	BLAINE PEARSALL	44	VMST	40.50

Mixed Senior 100 Breast

1	JAMES REYNOLDS	44	VMST	1:24.38

Mixed Senior 50 Fly

1	JOHN FEINSTEIN	41	ANCM	26.90
2	MARK BRAIMAN	40	VMST	29.28
3	BLAINE PEARSALL	44	VMST	32.25
4	STEVEN POWERS	41	UNAT	32.33
-	JAMES REYNOLDS	44	VMST	DQ

Mixed Senior 100 Fly

1	JOHN FEINSTEIN	41	ANCM	1:00.82
2	MARK BRAIMAN	40	VMST	1:10.24

Mixed Senior 200 Fly

1	MARK BRAIMAN	40	VMST	3:02.86

Mixed Senior 100 IM

1	BLAINE PEARSALL	44	VMST	1:13.74
2	JAMES REYNOLDS	44	VMST	1:16.28

--- Ages 45 Through 49 ---

PL	Name	Age	Team	Finals

Mixed Senior 50 Free

1	DAVID OAKES	45	VMST	26.66
2	ERIC MILLER	49	VMST	28.13
3	WILLIAM PHARIS	49	VMST	29.22

Mixed Senior 100 Free

1	DAVID OAKES	45	VMST	59.04
2	ERIC MILLER	49	VMST	1:08.96

Mixed Senior 1000 Free

1	JIM MILLER	46	VMST	14:05.38

Mixed Senior 50 Back

1	ERIC MILLER	49	VMST	36.21
2	WILLIAM PHARIS	49	VMST	37.13

Mixed Senior 200 Back

1	WILLIAM PHARIS	49	VMST	3:05.31

Mixed Senior 50 Fly

1	S. FILATOV	47	VMST	28.50
2	ERIC MILLER	49	VMST	30.03

Mixed Senior 100 Fly

1	S. FILATOV	47	VMST	1:03.37
2	ERIC MILLER	49	VMST	1:10.08
3	DAVID OAKES	45	VMST	1:13.47

VMST 17th Annual Fall Swim Meet -- 25 yard course
Virginia Beach, VA Nov. 2, 1996 -- sanc #127-0001

Event Results for Timed Finals

Mixed Senior 200 Fly

1	S. FILATOV	47	VMST	2:33.27

Mixed Senior 100 IM

1	WILLIAM PHARIS	49	VMST	1:17.36

--- Ages 50 Through 54 ---

PL	Name	Age	Team	Finals
Mixed Senior 50 Breast				
1	WILL GABBER	53	VMST	39.44
Mixed Senior 50 Fly				
1	WILL GABBER	53	VMST	35.04
Mixed Senior 100 IM				
1	WILL GABBER	53	VMST	1:22.66

--- Ages 55 Through 59 ---

PL	Name	Age	Team	Finals
Mixed Senior 50 Free				
1	ROBERT TAYLOR	57	VMST	33.71
Mixed Senior 100 Free				
1	HOWARD BUTTS	55	VMST	1:20.73
Mixed Senior 50 Back				
1	ROBERT TAYLOR	57	VMST	41.69
Mixed Senior 50 Breast				
1	HOWARD BUTTS	55	VMST	41.34
2	ROBERT TAYLOR	57	VMST	44.22
Mixed Senior 100 Breast				
1	HOWARD BUTTS	55	VMST	1:37.86
Mixed Senior 100 IM				
1	HOWARD BUTTS	55	VMST	1:36.28

--- Ages 60 Through 64 ---

PL	Name	Age	Team	Finals
Mixed Senior 100 Free				
1	ALFRED NEWBURY	62	UNAT	1:23.72
Mixed Senior 200 Free				
1	ALFRED NEWBURY	62	UNAT	3:05.74
Mixed Senior 500 Free				
1	CARL RUSS	61	VMST	8:01.52
Mixed Senior 1000 Free				
1	ALFRED NEWBURY	62	UNAT	18:10.90
Mixed Senior 200 Back				
1	CARL RUSS	61	VMST	3:12.84
Mixed Senior 100 IM				
1	CARL RUSS	61	VMST	1:26.37
Mixed Senior 200 IM				
1	CARL RUSS	61	VMST	3:18.69

--- Ages 65 Through 69 ---

PL	Name	Age	Team	Finals
Mixed Senior 50 Free				
1	FRANCIS HALL	69	VMST	32.13
2	DONALD SEDBERRY	65	VMST	37.76
Mixed Senior 100 Free				
1	FRANCIS HALL	69	VMST	1:15.38
2	DONALD SEDBERRY	65	VMST	1:32.86
Mixed Senior 500 Free				
1	NORMAN RAINER	68	VMST	8:39.23
Mixed Senior 50 Back				
1	FORREST SULLIVAN	67	VMST	37.29
Mixed Senior 100 Back				
1	FORREST SULLIVAN	67	VMST	1:27.17
Mixed Senior 50 Breast				
1	NORMAN RAINER	68	VMST	43.62
Mixed Senior 100 Breast				
1	NORMAN RAINER	68	VMST	1:39.08
Mixed Senior 200 Breast				
1	NORMAN RAINER	68	VMST	3:42.12
Mixed Senior 50 Fly				
1	FORREST SULLIVAN	67	VMST	35.72

--- Ages 70 Through 74 ---

PL	Name	Age	Team	Finals
Mixed Senior 200 Free				
1	CALVIN BARNES	72	VMST	2:57.50
Mixed Senior 50 Back				
1	CALVIN BARNES	72	VMST	41.45
Mixed Senior 100 Back				
1	CALVIN BARNES	72	VMST	1:33.87
Mixed Senior 200 Back				
1	CALVIN BARNES	72	VMST	3:23.89

--- Ages 75 Through 79 ---

PL	Name	Age	Team	Finals
Mixed Senior 50 Free				
1	RUSSELL DAVIS	76	VMST	47.79
Mixed Senior 100 Free				
1	RUSSELL DAVIS	76	VMST	1:49.52
Mixed Senior 200 Free				
1	RUSSELL DAVIS	76	VMST	4:20.66
Mixed Senior 1000 Free				
1	RUSSELL DAVIS	76	VMST	23:05.16

NOVEMBER VMST BIRTHDAYS

William Adams	Charlottesville	11/9/61	35
Susan Bleistein	Lorton	11/12/57	39
Bill Burcin	Manassas	11/15/57	28
Charles E. Cockrell, Jr.	Yorktown	11/1/68	28
Rosemary Dawson	Lynchburg	11/20/45	51
Johnnie Detrick	Midlothian	11/9/35	61
Anne Ferris	Richmond	11/15/63	33
Linda Gulden	Manassas	11/20/57	39
Francis Hall	Virginia Beach	11/7/26	*70
Peter Houck	Lynchburg	11/2/38	58
Shannon Hutchenson	Richmond	11/24/71	*25
Anne Irons	Lynchburg	11/23/33	63
Paula Jones	Hopewell	11/22/68	28
Shirley Loftus	Afton	11/8/51	*45
Charlene Magee	Midlothian	11/20/41	*55
Phyllis Murphy	Lynchburg	11/26/23	73
John Post	Charlottesville	11/11/47	49
Adam Redbord	Blacksburg	11/27/73	23
Barry Saunders	Richmond	11/18/58	38
Laura Walker	[unknown]	11/19/37	59
Beth Waters	Chesterfield	11/27/57	39
Gregory Zack	Manassas	11/13/61	*35

** indicates that swimmer is "aging up"*

AND THE NEW NEWSLETTER EDITORS ARE . . .

Betsy Durrant and Linda McCowan will become co-editors beginning with the December 1996 issue of the VMST newsletter. They welcome all VMST and LMSC member contributions to the newsletter and would particularly like to hear from **YOU**. As is evident from previous issues, all types of articles can be included in the newsletter - humorous articles, serious stuff, cartoons, poetry, favorite workouts, meet results, etc. It is often possible to reprint articles from other publications - it just takes getting official written permission to do so from the original publisher.

When you have your article ready for publication (the editors take them scribbled on envelopes, written in crayon, typed on a typewriter - it really doesn't matter!), send it to Betsy or Linda by the 15th of each month to allow time for publication and mailing. If your submission is a reprint from another publication, allow a little extra time for the editors to contact the original publisher and obtain permission for reprinting.

Thanks to Betsy and Linda for agreeing to be co-editors. To help them out, please consider contributing to your newsletter!

ANNUAL USMS REGISTRATION

By now you should have received your annual USMS registration package from Craig Campesi, the LMSC Registrar. If you have not received your registration, please call Craig at (703) 791-5567. Registration is due back to or Mike Duignan (VMST swimmers only) or Craig Campesi (all others) before the first of the year. It is very important that all swimmers be registered, since our insurance coverage is dependent on swimmers having current USMS registrations.

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: YMCA (804) 847-5597
NEWPORT NEWS: Riverside Health and Fitness Center - (804) 877-8223; Sentara Hampton Fitness Center (804) 827-0420
NORFOLK: Fleet Rec. Park - Hampton Blvd (804) 622-9622. Lap swimming; YMCA - Some coached workouts. Call for times. Also: the Salvation Army Aquatics Facility: T & Th 6:30-8:30pm, Sat. 10am-12pm.
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) 330-3335; 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; VBCRC workouts: Great Neck, MW 6:45-7:45AM, (804) 496-6766; Princess Anne, MW 6:30-7:30PM, (804) 426-0022; Bayside, TTh 6:30-7:30PM, (804) 460-7540. VBCRC lap lanes: Kempsville (804) 474-8492; Bow Creek (804) 431-3765
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, or if the listing is incorrect.