

Wavemaker



AUSTIN - MAY 1988 - LAST CALL

BY DICK CHEADLE

REPRISE

SC Nationals, May 19-22, Austin Helluva fast pool
Team Hotel -Embassy Suites Downtown . . . \$64 (plus 13% tax) per suite,
including breakfast . . Team canoe trip, May 23

MOTIVATION

Whip Lone Star Masters in their own backyard.

UPDATE

The following page contains a list of sixty-nine (69) swimmers who have either told me directly, or through another party, that they are going to Austin, or are very probably going to Austin in May. (We won the National Championships (3) at Fort Pierce in 1986 with 69 swimmers.) There are a number of other very good swimmers who are still deciding, or who I haven't been able to reach. This is published so that any person contemplating going can see where we might need some help. All it takes to get your name added to this list is one phone call.

ROOMS

If you are going to stay at the Embassy Suites, then I will need a check for the first nights' deposit NO LATER THAN April 12th. (National entries must be received in Austin NO LATER THAN April 19.) Make the check out to "Embassy Suites-Downtown." If you are alone, with spouse, or whatever, make check out for \$64. With one roommate, make one check for \$64 between you, or two checks for \$32. Three to a suite, one check for \$64, or three checks for \$21.33333333, etc. And so on. I will forward everything to Austin with one cover letter. Each room has its own folio. Include a note with your arrival and departure dates. If they are different from what I have in my notes, I will call and make sure I have it right. Let me know the number of people in your room, so I can make sure they have a key for everyone. (The key is used as I.D. for the free breakfast.) Initials are fine, like "P. Bartholomew."

NATIONAL ENTRY FORMS

I have a small multitude, and I can copy more. If you want me to send you one, send a stamped, self addressed legal size envelope to:

Richard Cheadle
8919 Prince Caspian Court
Burke, VA 22015

A reminder that my work phone is (202) 634-2867; home (703) 425-1699 (before 8:00 P.M.)

CANOE TRIP

All day Monday, 5/23. Leave hotel at 10:15 A.M., I will try and have the survivors back in Austin as close to 6:30 P.M. as I can. The cost (including tax) is \$21 per canoe. Refunds available for cancellations up to day of trip. Do not cancel frivolously, or your assigned partner may not have one. The Dick Cheadle system of canoe pairings is as follows: If you have someone who you "Have to-have to-have to please-please-please" be your partner, then send me a check for \$21 with your room deposit, and a note with the name and daytime phone number of your partner, for verification purposes. Short of that, send me a check for \$10.50, and you will go in "THE POOL." At Nationals you will receive a flyer telling you who your canoe partner is. No changing from "THE POOL" to "Have to-have to-have to please-please-please" at Nationals after the results are published. Once you're in "THE POOL," you're in there. Sort of like quicksand. Also, my biggest concern for the canoe trip is transportation to and from the livery. If you're going on the canoe trip, please let me know if you have access to a car or not. This is critical. I will make car pool assignments for the flyer on the canoe trip to be given out at Nationals, but its going to be difficult with no cars. (Make canoe checks out to Richard O. Cheadle.)

RELAY SPLITS

Tom Wolf will be handling all relay entries. Please send him your (best estimate) relay splits ASAP, so we can start putting our relays together. Send to:

Tom Wolf
7441 Crestberry Lane
Bethesda, MD 20817

Tom would prefer a note, but if you can't find the time, call him at (202) 778-4038 (work), or (301) 365-3973 (home, early evening). Tom will have all relay assignments available the first day of Nationals with designated team captains whose responsibility it will be to ensure the relay is ready to go at the appointed time.

WOODLANDS POST MORTEM

Perhaps some of you noted that the team results from The Woodlands were not published timely in either "Swim-Master" or *Swim Magazine*. (They were published in the February "Swim-Master.") For the record, the 109 Lone Star Masters scored 1693.5 points, and our 35 DCMrs scored 1415 points. The third place team scored 538 points. We should be very proud of our squad that went to The Woodlands.

SUMMARY

Like my old Southern Baptist Minister in San Antonio used to say . . . "It's time . stand up. walk to the front" . . . Well, it's time . . . Look at the attached roster as it stands today . . . see where you might fit in can you help? There's a nasty job that needs to be done down there, but someone's got to do it.

Sixty-nine of us have already crossed the line.

AUSTIN TRAVEL SQUAD
as of February 1988

The following list of 69 swimmers is the current, tentative, travel squad to Austin. These people have either told me directly, or through someone else, that they are either definitely, or very probably going. Those people who are still deciding can be very easily added with the stroke of a pencil. It just takes one phone call.

25 - 34

Howie Posner (29)
Mark Heinrich (30)
Fred Munson (29)
Tom Wolf (33)
Kris Weimerskirch (30)
Jim Densmore (32)
Peter Worland (30)
Matt Kanzler (31)
Ned Cahoon (30)
Patrick O'Hara (25)
James Kegley (30)

Cindy Watts (27)
Martha Williams (29)
Anita Callahan (30)
Suzanne O'Hara (29)
Beth O'Connor (27)
Brenda (Brey) Butke (26)
Wendelle Gray (31)

35 - 44

Ron Gregor (43)
Larry Hewes (44)
Bob Bennett (44)
Ed Kenehan (37)
Ken Bergquist (43)
Steve Hogan (39)
Jim Curland (43)
George Boizelle (39)
Jorge Gonzalez (39)

Pat Haffey (36)
Karen Davis (35)
Sandy Carey (36)
Maureen Lindsey (41)
Sue Schaffer (40)
Ann Svanson (42)
Sue Herrington (42)
Jan Brand (42)
Mary Parker (40)
Susan Tomasovic (40)
Jacki Hirsty (35)*

45 - 54

Dave Lyons (45)
Jim Myerberg (46)
Skip Monsein (53)
Dick Cheadle (50) (yeah!)
Dale McGinley (50)
Lee Bettis (50)
Art Smith (48)
Bill Newman (48)
Harry Sober (45)
Chuck Bechtel (50)
Meredith Smith (52)

Nancy Kirkendall (45)
Dot Gates (51)
Joann Leilich (49)
Jayne Bruner (54)

55 - 64

Ken Flynn (58)
Ed Emes (59)
John Woods (64)

Betty Brey (56)
Barbara Glancy (56)
Peggy Whilden (61)

65 - 74

Scroggie Wiley (67)
Frank Murphy (69)

Nancy Clark (73)
Lorraine Murphy (69)

75 - 84

Bert Kassell (75)
Kelley Lemmon (76)
Frank Miller (75)
Bill Ely (75)

Rita Shephard (79)
Elsa Mattila (77)

ATTENTION: All Swimmers Going to Nationals

As has been the policy in previous years, all team members attending Nationals for the first time (since Providence, August '85) as a DC Master, will receive a FREE team t-shirt. Please contact Ann Svanson at (703) 549-5562(before 8 p.m.) or 1312 Seaport Lane, Alexandria, VA 22314, and tell her your size. (Otherwise you will get a Large).

In addition, all team members going to Austin will receive a cap with team logo and "specialized" for the meet (with the hopes you'll wear it at least for the relays).

Team suit is Team Arena Navy/Red/White. These are now available WITH team logo from aardvark (Steve & Karen Shaffer). Order form was in the December Wavemaker (the blue page) or call Steve & Karen at 378-1020 or in MD 631-6045. They have quite a number of items available with the team logo including sweats, bags, jackets, hats, golf shirts, as well as other necessities (goggles, sandals, caps, etc.) at special prices. DO NOT WAIT until the last minute to order these items.

Please complete the following form and send to Tom Wolf. We need to know exactly how many and who is going to Austin, so even if you are not staying the hotel, do not want to swim on relays, or do not want a t-shirt, PLEASE notify Tom (365-3973, before 8 p.m.) or Dick Cheadle (work: 634-2867) of your plans to go.

-----Cut Here-----

NAME: _____ SEX: M _____ F _____

PHONE: Days: () _____ Eves: () _____

Age Group as of the May 22, 1988: (Please check)

_____ 25-29	_____ 40-44	_____ 55-59	_____ 70-74
_____ 30-34	_____ 45-49	_____ 60-64	_____ 75-79
_____ 35-39	_____ 50-54	_____ 65-69	_____ 80+

If you are not staying at the hotel with the rest of the team, please give phone number of where you will be staying: _____

_____ Check here if this is your first Nationals since 8/85 as a DC Master. T-shirt size: _____ Small _____ Medium _____ Large _____ XL

SEND THIS FORM TO: Tom Wolf
7441 Crestberry Lane
Bethesda, MD 20817

PLEASE PROVIDE
TIMES FOR RELAY
PLANNING

50 FLY _____ 50 BACK _____ 50 BREAST _____ 50 FREE _____

Official Entry Blank for Individual Events

1988 U.S.M.S. National Short Course Championships Sanction # 438-01
University of Texas, Texas Swimming Center, May 19 - 22, 1988

Name _____		Sex _____	
Last	First	Middle Initial	
Address _____		_____	
Street	City	State	Zip
Phone _____		_____	
Days	Evenings		
Age _____	Birthdate _____	USMS# _____	_____
(on 5/22/88)	Month/ Day / Year	Required Do Not Enter "Pending"	
Club _____	LMSC _____		
(Abbreviation, if you know it)			

Event No.	Women: Entry Time	Event	Men: Entry Time	Event No.
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Thursday, May 19 - 8:00 am

#* 1		1000 Yard Freestyle		2*#
#* 3		1650 Yard Freestyle		4*#

Friday, May 20 - 8:00 am

5		200 Yard Breaststroke		6
7		100 Yard Butterfly		8
9		50 Yard Backstroke		10
11		100 Yard Freestyle		12
13		200 Yard Ind. Medley		14
* 15	See Relay Form	200 Yard Free Relay	See Relay Form	16*
17/18	See Relay Form	200 Yard Mixed Med. Relay	See Relay Form	17/18

Saturday, May 21 - 8:00 am

19		200 Yard Backstroke		20
21		100 Yard Breaststroke		22
23		50 Yard Freestyle		24
25		200 Yard Butterfly		26
27		100 Yard Ind. Medley		28
* 29	See Relay Form	200 Yard Medley Relay	See Relay Form	30*
* 31		500 Yard Freestyle		32*

Sunday, May 22 - 8:00 am

33		200 Yard Freestyle		34
35		50 Yard Breaststroke		36
37		100 Yard Backstroke		38
39		50 Yard Butterfly		40
* 41		400 Yard Ind. Medley		42*
43/44	See Relay Form	200 Yard Mixed Free Relay	See Relay Form	43/44

** Deck seeded events. See note on check-in times in meet info booklet. # You may swim only one of these events
TO COMPLETE THIS FORM: There are no qualifying standards for this meet. Enter your best time or a reasonable estimate in the space next to the event(s) you wish to swim **DO NOT ENTER "no time"**. You may enter six (6) events, with no more than three (3) events per day the last three days of the meet, not including relays. On Thursday, May 19, you may swim EITHER the 1000 yd. Free or the 1650 yd. Free. NOT BOTH. PLEASE REFER TO THE MEET INFORMATION BOOKLET FOR COMPLETE DETAILS OF THIS MEET. PLEASE READ IT THOROUGHLY.

1988 U.S.M.S. National Short Course Championships

Dates: May 19-22, 1988

Location: Texas Swimming Center, University of Texas, Austin, Tx.

Sanction: This event is held under sanction of South Texas LMSC and U.S.M.S Inc. # 438-01

Eligibility: This meet is open to all registered U.S.M.S. swimmers 25 years of age or older as of May 22, 1988. Enclose a copy of your USMS registration card with your entry. If a swimmer wishes to affiliate with a Masters club, then the swimmer and club must be registered in the same LMSC. If there are any questions about a swimmer's affiliation, he or she will be entered in this meet as "unattached". Foreign swimmers must submit their International Travel Permit with entry form and fees.

Conduct of Meet - Seeding: All individual events less than 400 yards will be pre-seeded. Seeding will be by age group and sex, oldest to youngest, slowest to fastest within age groups.

500, 1000, 1650 Free/ 400 IM, - These events will be deck seeded, by sex, slowest to fastest, regardless of age.

1000/1650 FREE: YOU MAY ONLY SWIM ONE OF THESE EVENTS.

Age Groups: 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+. (Age as of last day of meet determines age for entire meet.)

Awards: National Masters awards will be given to first through eighth place in each event in each age group.

Scoring: Scoring will be 9-7-6-5-4-3-2-1 for individual events.

Fees: \$3.00 per individual event entered plus a \$13.00 surcharge per swimmer. This surcharge includes swimmers who will only swim relays. See Relay Entry Form for additional information about relays. An entry will not be considered complete until the check clears the bank. If there is any question about an entrant's check, full cash payment will be required before being allowed to swim.

Note: Requests for refunds must be made in writing and received by April 19, 1988.

FIESTA! Chicken and beef fajitas, other south of the border specialties, dance band, overlooking Town Lake at the beautiful Four Seasons Hotel. **FREE MUGS** to the first 400 to purchase tickets. (THANKS TO THE FINALS) Friday, May 20, 6:00 pm till midnight. \$19.00 per person.

CHECKLIST

For complete individual entry send the following:

- 1. Completed, signed entry form:
 - a) only 6 events total, 3 per day except either 1000 or 1650 free
 - b) do not enter "no time"
 - c) current USMS registration # or international travel permit required
- 2. Fees in U.S. dollars
 - a) \$13.00 surcharge for all swimmers
(see relay entry form for "relay only" swimmers) \$13.00
 - b) \$3.00 per individual event # of events x \$3.00 = _____
 - These fees (a + b) to The University of Texas _____ TOTAL ENTRY FEES
 - c) Mexican FIESTA Buffet (optional)
 - \$19.00 per person # FIESTA tickets x \$19.00 = _____
 - These fees (c) to South Texas Masters Swimming _____ TOTAL BANQUET FEES
- 3. Copy of USMS registration card or travel permit
- 4. Self-addressed stamped envelope or postcard for verification of entry receipt.

Everything must be received by April 19, 1988. Late entries returned to sender.
Mail early. We suggest you keep a copy of your entry for your records.

SEND ENTRY AND ALL FEES TO:

HUDDIE MURRAY
c/o TEXAS SWIM CENTER
1900 E. CAMPUS DRIVE
AUSTIN, TEXAS 78705
(512) 335-9821 (TIL 10:00 pm only, please)
(512) 471-7771

any return calls will
be collect

(message only)-----

I have read and understand all information on this entry form and in the Meet Information booklet for the 1988 U.S.M.S. Short Course National Championships to be held in Austin, Tx., May 19-22, 1988.

Date _____ Signed _____

Release from liability: The undersigned agrees to hold United States Masters Swimming, Inc., all Local Masters Swimming Committees, The University of Texas, Longhorn Masters, and Longhorn Aquatics Club free and harmless for any and all damages, claims, demands and legal action arising by reason of injury done to anyone during the conduct of the event, including all attorney fees and court costs. I agree to abide by the championship rules of United States Masters Swimming.

Date _____ Signed _____

PRESIDENT' S REPORT

As we move deeper into the short course season, our membership has surged to over 180 members, the largest enrollment ever! All members should have received the new membership directories by now; if you have not received yours, please contact Ann Svanson at 703/549-5562 (before 8 p.m.).

The big event, Short Course Nationals in Austin, is approaching and will be here before we know it. The meet venue, the University of Texas pool, is thought by many experts to be the fastest in the world. Chairman Dick Cheadle and the Austin Coordinating Committee have done a terrific job of team organization with approximately 60 swimmers already enlisted. If you are on the fence about going or need more information, contact Dick at 202/634-2867, Tom Wolf at 202/778-4038 or Sue Schaffer at 703/522-6877. The team will need all the help that can be mustered; also keep in mind that entries will be due in mid-April.

Ann Svanson has been instrumental in arranging a two day stroke clinic scheduled for March 12-13. It is being co-sponsored by the Alexandria Y and is open exclusively to DCM and Y members. With only 32 places available, we expect the clinic to be in demand and hope to attempt additional clinics in the near future.

Hawaiian Relays have been organized by Board member Sandy Carey for Sunday, April 10 (details elsewhere in this publication). The Relays are a fun competitive and social event, and would be a good opportunity to get some current 50 yd. splits in the different strokes for relays at Nationals. Unfortunately, the Middle Atlantic Masters meet at the University of Delaware was recently changed from the end of March to the same weekend as the Relays. I would encourage all members to participate in the Relays, and anyone planning to attend the Delaware meet consider going only for Saturday's (April 9) events.

The annual summer long course meet is being planned for August 13-14, two weeks before Nationals in Buffalo. Nancy Kirkendall has volunteered to serve as meet manager. Alternative locations to Hains Point are being investigated for presentation at the March 4 Board meeting.

Last year the Board decided to rent a bus as a low cost way of travel for swimmers to the Zone Championships in Boston last March. Because of a lack of response from the membership, it was decided to cancel before the required deadline. Coleman Coach, the contracted company, maintained they did not receive our letter of cancellation in time and refused to return the deposit of \$500. Thanks to the legal advice and expertise of Ken Bergquist and Maureen Lindsey, a judgement against the bus company has been obtained in court. Unfortunately, collection will be difficult since Coleman Coach is filing for bankruptcy.

The first social event of 1988 was held January 23 at the home of Lee and Lucille Bettis. The theme of the party was a birthday celebration for those club members "aging up" this year. In addition to the usual good food and good cheer, the evening was highlighted by a huge birthday cake featuring a four lane competition pool (decorated by Joann Leilich and Steve Hogan).

Anyone planning on competing in the Masters World Championships in Brisbane, Australia during October 9-16, entry forms are now available. To receive one, send a self-addressed and stamped envelope to: Steve Hogan, 5826 First Landing Way, Burke, VA 22015.

Best wishes to all DC Masters for a successful short course season!



HAWAIIAN POSTAL RELAYS 1988

DC Masters, we are holding our version of the thirteenth annual Hawaiian Relays April 10, 1988 from 8am to 12noon at Tuckahoe Pool (1814 Great Falls Street, McLean). The fee, to be paid at the door, will be \$5.00 per person. Details for our catered brunch will be available at the time of registration. Please contact your age group captain or meet coordinator by April 1 if you plan to swim, be or can supply timer(s), be a starter, or attend the brunch following the relays.

This is a great time to formulate final split times and practice as part of a relay team before nationals and Syracuse (zone championships). If you are planning to attend the Delaware meet only one day you could still swim there Saturday and return to us for Sunday. We are providing an inexpensive opportunity to hone your relay skills.

If you cannot swim on April 10 but plan to organize an age group team on your own to swim the relays, let your age group captain or meet coordinator know so we can send in your results for you. We need these results and entry fees no later than April 30. The more participants we have the better our chances are to remain DEFENDING CHAMPIONS. Last year we scored 384 points. The HUMU team was second with 243 points while San Diego Masters finished third with 124 points. We placed first in 22 events, second in 5 and set 4 new records.

BRIEF HISTORY ABOUT HUMU & RELAYS

The Waikiki Swim Club was officially begun in 1971. Through the promotion of adult swimming and the sponsorship of various competitions membership grew to a point there were many masters' swimmers throughout various locations in Hawaii. By 1976 there were two masters' swim clubs that joined together for the relays and became known as the HUMUHUMUNUKUNUKUAPA'A, after the state fish of Hawaii. The fish "that grunts like a pig" became their uno"fish"al mascot.

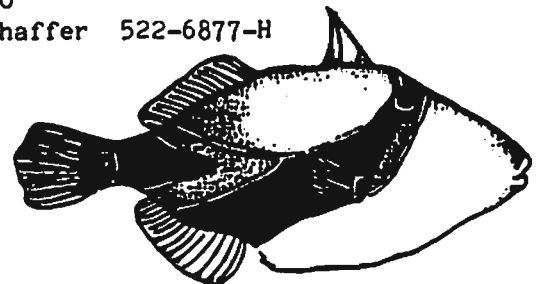
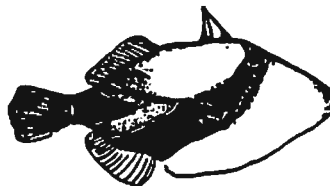
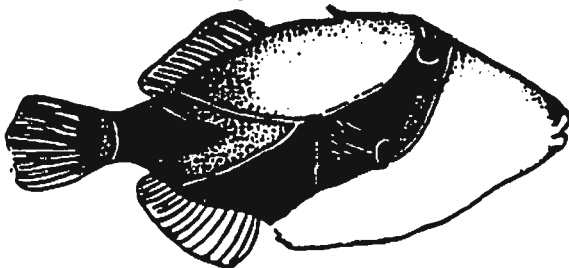
This year (1988) is the thirteenth annual Hawaiian postal relay which grew from an idea of two "old" college swimmers, Richard Merritt and Gary Neimeyer. It is designed to give a team an opportunity to compete on a national level in seven unusual and different relays without leaving one's home town. It is not a sanctioned USMS event.

MEET COORDINATORS: Sandy Carey 237-1251 (Before 10:00pm please)
Ann Svanson 549-5562 (Before 8:00pm please)

Age Groups: 25+ 35+ 45+ 55+ 65+ 75+ Men and Women

WOMEN AGE GROUP CAPTAINS:

75+ & 65+ Mary Lathram 578-7385 (This is Mary's correct phone number, it is incorrect on the roster).
55+ Minna Hamner 573-5911-H
45+ Nancy Kirkendall 683-4439-H 586-2276-0
35+ Sue Herrington 983-0731-H or Susan Schaffer 522-6877-H
25+ Susan Skiff 276-1748-H 323-5880-0



MEN AGE GROUP CAPTAINS:

75+ & 65+ Bert Kassell 920-1675
55+ still need a volunteer at press time - please contact coordinator
45+ Bob Parke 875-6209-0 or Don Walter 273-2227-H
35+ Steve Harrison (703) 490-5314
25+ James Densmore 536-7024-H 243-2500-0 (Before 9pm please)
James Kegley (202) 265-5528-H

EVENTS: 4 x 50 Butterfly
4 x 50 Backstroke
4 x 50 Breaststroke
4 x 100 Freestyle
4 x 200 Freestyle
4 x 100 Individual Medley
500 yard Locomotion (50, 100, 150, 200) Freestyle

RULES:

A. Open to all clubs registered with the U.S. Masters Swimming. Multiclub or Association entries are excluded from this event as of 1981, although records set prior to this date are still valid. Clubs may enter any number of relay teams in each event as long as rule B/C is not violated. If a club enters more than one relay in one event, please denote each relay with a postscript A, B, C, etc.

B. Each team consists of four individuals.

C. EACH INDIVIDUAL can swim in all seven relays in any age group equal to or younger than their own. HOWEVER, a swimmer may enter each relay only once. FOR EXAMPLE, a 40 year old swimmer may choose to swim in the 25+ back relay therefore the swimmer can not enter the 35+ back relay. Relays with both men and women should be entered as a men's relay.

D. Events are to be held in a 25 yard pool, events in meters will be converted to "yard time".

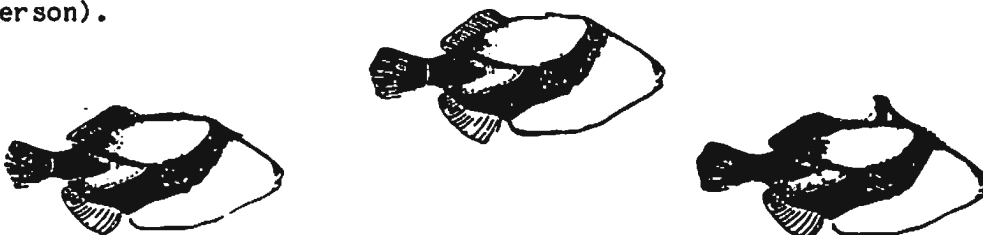
E. USMS rules apply for the timing of each event. (Please note: this event has not been recognized by USMS)

SCORING:

1st (9 pts.), 2nd (7 pts.), 3rd (6 pts.), 4th (5 pts.)
5th (4 pts.), 6th (3 pts.), 7th (2 pts.), 8th (1 pt.)

AWARDS:

Hawaiian awards will be given to the Club with the highest point total (the sum of men and women's scores). 2nd and 3rd place teams will receive appropriate awards similar but smaller than the prestigious first place. All relays count toward the point total, so any club can sweep the entire meet. Each member of a winning relay will receive a beautiful Hawaiian pin (one per person).



SPRINTS

* Congratulations to Kim and Bob Hansen, they became the proud parents of Leslie Alexandra on January 27, 1988!

* Best wishes to Matt Bickley on his upcoming marriage to Kim Becker on April 16.

* Welcome back to Meredith Smith: For those of you who don't know him, Meredith Smith was one of the co-founders of the DC Masters Swim Team, and the creator of the Wavemaker. Than was back when he could do _____ for the 100 Breast, when nobody else in the U.S. could break 1:11. He could do a _____ 200 Breast, when nobody else in the U.S. could break 2:36 in his age group. (Meredith would have our heads if we printed actual times.) And then with no fields left to conquer, he retired from Masters swimming and went on to other things. (Soccer, weight lifting, etc.) And now, 10 years after swimming his last Masters race, Meredith, hearing about how DCM has a once in a lifetime chance to beat the Lone Star Masters in their own backyard, has resumed training at Tuckahoe and will be on the travel squad to Austin. No one in their right mind could expect Meredith to match his times of 10 - 15 years ago, but just to have him back with us has got to be a big shot in the arm for the whole team.

* Welcome back to Carlyle Carpenter: After a one year absence from the team, Carlyle Carpenter has rejoined and will be back with us in the water in the very near future. Carlyle, if you'll recall, wrote some of the hardest hitting, funniest, cleverest, most analytical articles ever seen in the Wavemaker, back when he subbed for Dick Cheadle, while Dick was working on the Broadway Musical about the DC Masters Swim Team. Carlyle assures us that last year's medical problems, which included 6 months of DE-Tox Center at Walter Reed, are now behind him, and he's ready to resume a full time relationship with DCM. Carlyle tells us he's working on some kind of hush - hush government project, which should last about a year, after which he's planning on starting up a consulting business in Springfield, VA.

* A REMINDER ABOUT DIVING INTO POOLS DURING WORKOUTS AND WARM-UPS - DON'T!!!! Insurance companies are very serious about this.

* Congratulations to the following swimmers who hold age-group records at the Chris Greene Lake 2-mile Swim in Charlottesville:

19 - 24	Pamela Locke	46:34
30 - 34	Elaine Hochuli	44:12
40 - 44	Ann Svanson	52:00
55 - 59	Barb Glancy	67:39
35 - 39	Jorge Gonzales	43:17
40 - 44	David Audley	45:17
65 - 69	Frank Murphy	57:14

ZONE CHAMPIONSHIPS

When: April 22-24, 1988

Where: Nottingham High School, Syracuse, New York

Entry deadline: March 25, 1988 - For entry blank, send SASE to
Ann Svanson, 1312 Seaport Lane, Alexandria, VA 22314

Hotel: The Hotels at Syracuse Square, 500 South Warren Street,
Syracuse, NY 13202, (312) 471-7300 or 422-5121; Rate:

\$38.00, Single, Double, Triple or Quad Occupancy, plus 10% tax

Carpools: If you are interested in driving in a carpool, or
taking passengers in your car, contact Sue Herrington
(983-0731)

Relays: There will be both 400 & 800 relays there, as well as
the standard 200 relays. If you are interested in
participating in the relays, contact Ann Svanson
(549-5562, before 8 pm).

DC MASTERS SHORT COURSE (METERS) WORLD RECORD HOLDERS
(As of November 1, 1987)

Compiled by Ann Svanson (from MSI News)

WOMEN

30-34

Elaine Hochuli: 50 Fly

Sue Skiff: 100/200 Fly

45-49

Joann Leilich: 50/100/200 Breast

75-79

Elsa Mattila: 200 Back, 100/200 Fly

MEN

30-34

Tom Wolf: 50/100/200 Back

Jim Densmore: 200 Fly

35-39

John Flanagan: 200 Fly

40-44

John Flanagan: 200 Fly

70-74

Kelley Lemmon: 50/100/200 Free; 200 Breast; 100 Fly;
100/200 IM

Bill Fite: 400 IM

DC MASTERS LONG COURSE WORLD RECORD RECORD HOLDERS
(As of November 1, 1987)

Compiled by Ann Svanson (from MSI News)

WOMEN

45-49

Joann Leilich: 50/100/200 Breast

50-54

Jayne Bruner: 50/100 Free, 100 Breast, 50/100 Fly, 200 IM

MEN

25-29

Tom Wolf: 200 Back

30-34

Tom Wolf: 100/200 Back, 400 IM

40-44

Dave Audley: 200 Free

70-74

Kelley Lemmon: 50/100/200/400 Free

75-79

Kelley Lemmon: 100/200 Free, 100/200 Breast, 50/100/200 Fly,
200/400 IM

1987 LONG COURSE NATIONAL TOP TEN DC MASTERS
(*All American; **National Record)

Women:

Compiled by Ann Svanson

19-24 Pam Locke: **50/100 Back
Jenny Mowrey: 100 Fly

25-29 Beth O'Connor: *50/100 Free; *50/100 Back; 50/100 Fly;
200 IM
Suzanne O'Hara: 400/800 Free; 100 Breast; 200/400 IM
Diana Daymond: 200 Fly

30-34 Sue Skiff: 50 Free; 50/*100/200 Fly; 200/400 IM
Anita Callahan: 100/200/400 Free; 50/100/200 Fly
Karen Sullivan: 400/800 Free; 100/200 Back; 200 Fly;
200/400 IM
Robin Chico: 100/200 Fly; 400 IM
Elaine Hochuli: 50/100/200 Fly; 400 IM
Jacki Hirsty: 100/200/400/800 Free; 200 IM

35-39 Pat Haffey: 50 Free; 100 Back
Chris Ruppert-Prosch: 50/100/200 Back; 50/100/200 Fly;
200 IM

40-44 Sue Herrington: 50/100 Free; 50/100/200 Back; 200 IM
Susan Tomasovic: 50 Free; 50 Back; 50 Breast
Ann Svanson: 100/200/400/800/1500 Free; 50/100 Fly; 400 IM

45-49 Joann Leilich: 200/400/1500 Free; *50/*100/*200 Breast;
200 IM

50-54 Jayne Bruner: *50/100/200 Free; 50 Back; *50/*100/*200
Breast; *50/*100 Fly; 200 IM

55-59 Barbara Glancy: 1500 Free

65-69 Mimi Lee: 1500 Free; 100/200 Breast; 100 Fly; 200/400 IM

70-74 Nancy Clark: 50/100/200 400 Free
Mary Lathram: 800 Free

75-79 Rita Shepherd: 50/100/200/400 Free; 200 Back
Elsa Mattila: 50/400 Free; 50/*100/200 Back; 50/100/200
Breast; 50/100 Fly; 200/400 IM

MEN

19-24 Tim Stroud: 400 Free; 100/200 Back

25-29 Mark Heinrich: 100 Free; *50/*100/200 Back
Kris Weimerskirch: 200 Fly

30-34 Ted Kanamine: *200/*400/800 Free; 100/200 Fly; 200/400 IM
Jim Densmore: 200 Free; 200 Back; 100/200 Fly; 200/400 IM
Tom Wolf: *50/*100/**200 Back; 100 Breast; 200/**400 IM
Matt Kanzler: 50/100/200 Breast; 200/400 IM

35-39 Jorge Gonzalez: 400/1500 Free
John Locke: 50/100/200 Breast

40-44 Dave Lyons: *50/100/200 Free; 50/100 Fly
Dave Audley: 50/100/**200/*400/800/1500 Free

45-49 Bill Newman: 50 Free
Jim Myerberg: 200/400/800 Free; 200 Back; 200 IM
Art Smith: 50/100/200 Back; 400 IM

50-54 Dale McGinley: 50/100/200 Back; 400 Free

60-64 John Woods: 50/100/200/400/800 Free; 50/100/200 Back/200 IM

65-69 Frank Murphy: 200/400/1500 Free; 400 IM

70-74 Bill Fite: 100/200 Fly; 400 IM

75-79 Kelley Lemmon: *50/**100/**200/*400/800/1500 Free; **50/
100/200 Breast; *850/*100/**200 Fly; **200/**400 IM
Dave McAfee: 50/100/200/400/800/1500 Free; 100/200 Back

RELAYS

National Records

Women: 100+ 200m Free (O'Connor, Hochuli, O'Hara, Skiff)
120+ 200m Medley (Skiff, O'Hara, Ruppert-Prosch, O'Connor)
160+ 200m Medley (Bruner, Leilich, Hochuli, Callahan)
160+ 200m Free (Bruner, Ruppert-Prosch, Leilich, Callahan)
Men: 160+ 800m Free (Brown, Lyons, Gonzalez, Audley)
Mixed: 100+ 200m Free (O'Connor, O'Hara, Wolf, Heinrich)
160+ 400m Free (Lyons, Audley, Haffey, Svanson)
200+ 200m Free (Lemmon, Callahan, Bruner, Lyons)
200+ 400m Medley (McGinley, Leilich, Bruner, Bettis)

All-American

Men: 120+ 200m Medley (Wolf, Kanzler, Kanamine, Heinrich)
160+ 200m Free (Newman, Gonzalez, Audley, Lyons)
200+ 200m Free (Kanamine, Lemmon, Woods, Wolf)
Mixed: 120+ 200m Medley (Wolf, Kanzler, Skiff, O'Connor)

Top Ten

Women: 160+ 200m Free (Lindsey, Tomasovic, Brown, Herrington)
160+ 200m Free (Sullivan, Svanson, Davis, Glancy)
Men: 100+ 200m Free (Kanzler, Weimerskirsch, Densmore, Heinrich)
160+ 200m Medley (McGinley, Locke, Densmore, Lyons)
200+ 200m Free (Locke, Cheadle, McGinley, Murphy)
200+ 200m Medley (Myerberg, Woods, Cheadle, Newman)
Mixed: 100+ 200m Medley (Heinrich, O'Hara, Kanamine, Callahan)
120+ 200m Free (Kanamine, Skiff, Hochuli, Kanzler)
160+ 200m Free (Audley, Svanson, Davis, Smith)
200+ 200m Medley (McGinley, Leilich, Bruner, Bettis)
200+ 200m Free (Newman, Ruppert-Prosch, Glancy, Woods)
240+ 200m Medley (Svanson, Lemmon, Glancy, Murphy)

USMS Top-10 lists are published in Swim-Master and Swim. If anyone would like a copy of the 1987 LC List, call Ann Svanson (549-5562).

To order USMS Top-10 patch (\$5.00), send your name, address, and the age group/event in which you qualified to Harry Fox, 710 Oxford, NE, Massillon, OH 44646. World Top-10 lists (\$10.00) and World Top-10 patches (\$3.00) are available from Margaret Samson, MSI News, PO Box 70366, Pasadena, CA 91107.

CONGRATULATIONS to the first-timers on the LC Top Ten List (at least during the last 3 years since I've been compiling the team list): JENNY MOWREY, SUZANNE O'HARA, DIANA DAYMOND, ANITA CALLAHAN, ROBIN CHICO, PAT HAFFEY, SUSAN TOMASOVIC, BARBARA GLANCY, TIM STROUD, KRIS WEIMERSKIRSCH, and JIM MYERBERG. And congratulations to those who made list for the first time for their relay performances: MAUREEN LINDSEY, LUCY BROWN, KAREN DAVIS, DICK CHEADLE and LEE BETTIS.

Comments:

All 30-34 Men were in 200 IM & 400 IM Top Ten. Half of the Top Ten spots in Women's 30-34 200 Fly were held by DC Masters and 4 made it in the 100 Fly and 400 IM.

CALENDAR OF EVENTS

- March 12-13 Stroke Clinic, Alexandria YMCA
 Contact Ann Svanson, 549-5562 (before 8 p.m.)
- March 13 Maryland Masters 1650, U. of Md., Catonsville
 Contact: Viki Altomonte, 207 Embleton Rd, Owings
 Mills, MD 21117
- April 10 Hawaiian Relays, Tuckahoe Recreation Ctr., McLean
 Contact: Sandy Carey (703) 237-1251
- April 9-10 University of Delaware, Newark, DE
 Contact: Harry Rawstrom, Carpenter Sports Bldg.,
 University of Delaware, Newark, DE 19716
- April 16 Officials Clinic, Lee District Pool, Springfield, VA
 Contact: Lee Bettis, 4837 Gainsborough Dr., Fairfax,
 VA 22032, Tel. 978-0587 before 8 p.m.
- April 22-24 Zone Championships, Syracuse, NY
 ENTRIES DUE March 25 (No deck entries)
- May 1 Reston Masters Short Course Meters Meet
 Contact: Lynn Hazelwood, 11714 Decade Ct.,
 Reston, VA 22091, 860-5304
- May 6-9 YMCA Natls, Cincinnati, OH
- May 19-22 USMS Short Course Nationals, Austin, Texas
 ENTRIES DUE APRIL 19 - See entry blank enclosed
- May 26-30 Virginia Cavalier Masters Swim Camp, Charlottesville;
 Contact: Mark Bernardino, P.O. Box 3785, UVA,
 Charlottesville, VA 22903
- May 28 Choptank River Swim Race (1-3/4 mi.), Cambridge, MD
 Contact: Fletcher Hanks, Box 560, Oxford, MD 21654
- May 29 Reston Masters 2-mile lake swim, Lake Audobon, Reston
 Contact: Beth O'Connor, 111150 Forest Edge Dr.,
 Reston, VA 22090
- June 12 Chesapeake Bay Bridges Swim Race
 Contact: Fletcher Hanks, Box 560, Oxford, MD 21654
- June 19 Jack King 1-mile Ocean Swim, Virginia Beach, VA
 Contact: Betsy Durrant, 211 66th St., Virginia Beach,
 VA 23451
- June 25-26 Virginia Masters Long Course Meet, Richmond, VA
 Contact: Nancy Miller, 3741 Reed's Landing Cir.,
 Midlothian, VA 23113
- July 9 National 2-mi. Cable Swim, Chris Green Lake,
 Charlottesville
 Contact: Dr. Jim Miller, 1417 Johnston-Willis Drive,
 Richmond, VA 23235
- August 13-14 DC Masters Long Course Meet
 Contact: Nancy Kirkendall, 3403 Gilden Road,
 Alexandria, VA 22304
- August 25-28 USMS Long Course Nationals, Buffalo, NY
 Contact: 1988 USMS LC Champs., 717 South Rd, East
 Aurora, NY 14052

For entry blanks, send SASE to contact above or to Ann Svanson,
 1312 Seaport Lane, Alexandria, VA 22314.

WELCOME (*back) to the following new members:

George Pitts
Ed Kenehan
Sunny Scully
Christopher Massonneau
James Kegley
John Welch
John Hazard
*Jacki Hirsty
Susan Gorman
Clem Templeton

Guy Nickerson
Ruth Rappoport
*George Boizelle
*Dale Barnhard
Cindy Collins
Vickie Connolly
Patrick O'Hara
Arturo Lopez-Duprey
Patricia Connelly
Kevin Tracy

Additions to roster:

Cindy Collins
11552 February Circle #302
Silver Spring, MD 20904
622-3715-H
955-4232-W
11/23/55, F

Arturo Lopez-Duprey
B Street #15 La Colina
Guaymabo, PR 00657
(809) 790-1795-H
(809) 765-6263-W
07/23/47, M

Patricia Connelly
1731 T Street, NW, #5
Washington, DC 20009
(202) 797-5558-H
656-1177-W
10/31/56, F

Patrick O'Hara
24132 Woodfield School Road
Gaithersburg, MD 20879
301-253-4882-H
776-9223-W
08/24/62, M

Vickie Connolly
5606 Cornish Way
Alexandria, VA 22310
971-3065-H
922-5900-W
12/14/43, F

Clement F. Templeton
1546 King Albert Drive
Pittsburgh, PA 15237
(412) 3674838-H
(412) 264-4000-W
08/23/40, M

Susan Gorman
8510 Beech Tree Road
Bethesda, MD 20817
(301) 365-7044-H
(703) 821-3404-W
05/03/50, F

Kevin M. Tracy
5713 Colfax Avenue
Alexandria, VA 22311
998-0434-H
751-2200-W
8/5/50, M

Jacki Hirsty
1124 Grinnell Road
Wilmington, DE 19803
302-478-6284-H
09/21/52, F

Correction:

Mary Lathram
(703) 578-7385-H

Change of address:

Jayne Bruner
Gateway Tower Apt. 264
320 Fort Duquesne Blvd.
Pittsburgh, PA 15222
412-471-3662-H

Matthew Kanzler
147 Degas Road
Portola Valley, CA 94025

Swimming Benefits Confirmed for Adults
Summarized By Suzanne O'Hara

Previous studies have confirmed the benefits of swimming in young, not sedentary swimmers, but recently researchers have provided a summary of the positive cardiovascular adaptations to swimming in middle-aged subjects. In a study from the University of Texas Science Center at Dallas *, twelve subjects (nine men, and three women, aged 30 - 48) underwent intense training for three months, during which they swam six days per week and lifted weights three days per week, under the direction of Jim Montgomery, the Lone Star Masters coach.

On average, the subjects showed about a 10% increase in maximal cardiac output, a 20% increase in maximal oxygen uptake, and a 20% increase in the left ventricular end-diastolic volume. Because the improvements in cardiovascular function were measured on a stationary bicycle, the study shows that swim training is good for land exercise as well.

* Martin WH II, Montgomery J, Snell PG, et al:
Cardiovascular adaptations to intense swim training in sedentary middle aged men and women. Circulation 1987;
75(2):323-330

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