

Dixie Zone Newsletter

Fall 2014

SUMMER NATIONALS

The 2014 Marriott USMS Summer Nationals were held August 13-16 at The University of Maryland in College Park, MD. It was a great meet at a beautiful facility. Many swimmers enjoyed seeing the sights of Washington, DC while they were in the area.

The Dixie Zone dominated, winning first place in both the local and regional club categories. Swim Fort Lauderdale with 49 swimmers was first in the local division. Also placing in the top ten local clubs: Sarasota YMCA Shark (SYSM) was fifth with 23 swimmers; GOLD was eighth with only 12 swimmers all between the ages of 60 and 80. In the regional club category North Carolina Masters took first, Georgia Masters were fifth, Florida Aquatic Combined Team (FACT) was ninth and Swim Kentucky (SKY) was tenth.

A total of 20 individual and 6 relay records were broken at the meet, many by our Dixie Zone swimmers. Jack Groselle from the Sarasota YMCA Sharks broke world records in the 60-64 100 free and 200 free. David Quiggin from GOLD broke the world records in the 70-74 100 free and 200 free. David teamed up with Lee Childs, David Painter and Keefe Lodwig to set a new world record in the 280-319 200 free relay. The NC Masters men 240-279 200 medley relay team of Jonathan Klein, Neal Vestal, Donald Gilchrist and Paul Trevisan also set a new world record.

USMS CONVENTION A "NEWBIE'S" PERSPECTIVE

Megan Lassen (SFTL)

First, I'd like to start off with a disclaimer; I'm not a writer, and sometimes my thoughts run-on and jumble! Next, I must tell you that I had a blast being delegate for our FGC LMSC, and would recommend it to anyone who enjoys our sport and loves Masters Swimming and all it stands for. At convention you meet and run into Masters swimmers from all across the country, share thoughts, feelings, and ideas about Masters swimming, life, and fitness. These people are your friends due to your sport; they share many perspectives on all aspects of aquatic sports and the lives those sports touch. Sometimes you will vehemently disagree, sometimes passionately embrace a rule, or amendment to that rule/bylaw, and at the end of the

day, you were part of something bigger than the smaller group you get to swim with each day.

Your LMSC (Local Masters Swimming Committee) of which there are 52, is a "subsidiary" of USMS, and provides benefits to you as a member. Some of the benefits include your registration card, websites, activities and awards, and this newsletter. As you are reading this newsletter, you are very likely a member of Florida Gold Coast LMSC, which has 1420 members and 26 clubs. You, as a swimmer of our LMSC, can attend LMSC meetings, and help make the changes and progress that you want to see. You can volunteer to be on the board, or to help where you fit in, and you too, can go to the big convention next September. Some go to learn more about their possible role within the big picture of Masters Swimming; some to change or make new laws and by-laws, and some to get help out to their smaller community of Masters Swimming in their state. Whatever the reason, I will share with you some of the committees and workshops I was able to attend.

Every day of convention, (4-5 depending on your title,) swimming and or dry land training was offered and led by USMS volunteers from various locations. This was a great opportunity to learn about different ways of coaching, being coached, and interaction with a new group at 5:30 in the morning! From there, I had to rush to get breakfast, then to the first meetings of the day. Every day, you must go to the House of Delegates meetings, which tend to be twice per day. In HOD, the president of USMS, Nadine Day, Directors, and USMS staff, welcome you, give you the updates and announcements, then present what you'll be hearing and voting on that day. They update you and remind you to read your packet, so as to follow up on the committee reports and law changes and variations. The specific Chairs from the committees work with their committees year around, and there, at convention, to make necessary changes to governance, then present the new legislation for the HOD to speak their peace, argue, and vote on. Besides HOD, you can choose the committees that you are interested in working with in the future, such as: Championship, Long Distance, History and Archives, Rules, Recognition and Awards, Records and Tabulation, Finance, Coaches, Audit, Legislation, etc. There are workshops like: Open Water Safety, Risk Management, Sports Medicine, Volunteering, etc.

At some point, everyone also attends a Zone meeting, of which there are 8 Zones in the US, and we belong to the Dixie Zone. In this meeting, we hear from the LMSC Chairs of that particular Zone about what is going on in those areas. The meet calendar is laid out after hearing from the LMSCs who want to have championship meets and open water swims, then voted on to decide the details. Set for you all to look forward to next year; 2015 SCY Zone championship meet will be in Clearwater FL in February. The LCM Zone meet will be in Greenville SC in July, and the SCM Zone meet will be at the Rowdy Gaines Classic in October. There will be an open water championship also, in Chattanooga TN in June.

Being at this convention really helped me see where all of the ideas, governance, rules, and management come from. Each committee that I sat in on had a look at the prior year's objectives and goals, and how they attained them, then looked forward and set goals for the year(s) to come. The Coaches committee went over the LMSCs feedback, and congratulated the first round of USMS level 4 coaches. The Coaches committee has been working on the certification process for USMS coaches, and ways to get more information and education to our coaches, (both paid, and volunteer.) Some of the goals of this committee are certification, publication sharing, camps, and creating a Masters National Clinic.

In the Open Water workshop, presenters Bob Bruce, Jim Wheeler, Scott Bay, and others brought to our attention issues from the swimmer's side, as well as the Host team's responsibilities. Bob Bruce reminded us, as swimmers, the importance of warming up, getting to know the sights and course, and getting to the pre-race safety talk on time. He made clear the need to "position yourself for your speed and tolerance of contact," as well as being fair to others and responding correctly to the start. Scott Bay explained how everyone swims in a circle, and depending on each body and stroke, that circle may be larger or smaller. He suggested drills to do with your open water swimmers and how to teach sighting, direction changes, technique, and safety. We heard about some of the latest safety devices, and how they should fit into the rules. Dr. Jim Miller talked of protein ratios, masters unique set of health issues, and when to get nutrition or help during an open water swim.

The Open Water Committee has been working on the current and long term issues of safety for the event and the participants. In this, the question of how to educate people before an open water swim, how to get and create a certification, or have a competency check off for all swimmers prior to event, is a major issue that they are working on. Several Rules were amended and changed after a vote by the HOD.

The Recognition and Awards Committee reported on reaching their 2014 goals, shared their budget review,

and went over their annual projects. The current awards; Ransom Arthur, Dorothy Donnelly Service, June Krauser Communications, and Masters Swimming Club of the Year awards were discussed and ideas for higher nominations were suggested. This year, many LMSCs and Clubs are looking for ways to Promote Recognition of volunteers, athletes, coaches, and service at the local level. This committee wants to help coordinate other annual service and recognition awards in the upcoming year.

This past year has brought many adults into the swimming fold. One way this has happened, was with the *Swimming Saves Lives Foundation*. The foundation has given many grants to local USMS clubs and teams to put on free swimming lessons in their communities. I learned so much in this presentation, from coaches and team Representatives who have brought this program to their pools. The benefits are multiple for the participants, team members, team numbers, and the facilities that get on board with it. A team in New England even sent out and received in return, proclamations to/from the Governor's offices in several states, proclaiming April as Adult Learn to Swim Month. The presenters of this program left the room in tears, as volunteering in this manner, is the greatest gift you can give.

All in all, daily meetings, committees, and presentations ran from 8am until sometimes 8pm. They were long days, but at the end, even I, as a delegate, felt accomplishments for our sport and our club. There were delegates, board, and committee members who took to the floor microphones to voice their arguments, opinions or facts about legislation we were to vote on as a whole. At meal times, there were receptions, ceremonies, and banquets recognizing people or groups that had achieved awards. There were workshops for volunteer programs to development and leadership programs. Outside of the meetings, committees, and workshops, there were side meetings and gatherings to share ideas and friendships. This is an educational and fun experience in growth and sharing that cannot be missed if given the opportunity. I thank you as my LMSC for trusting me to do the homework and vote in such a way that can benefit you.

ANOTHER CONVENTION REPORT

Richard Garza (WOW)

This was only my second year going to convention, and I had a wonderful experience. I am the head coach for the Wahoos of Wellington Masters. I went up to Jacksonville early to attend the USMS Level 3 Coaches Certification Course. It is well worth the money if you have ever considered taking one of their courses.

The first night of convention is a very light one. The social included appetizers and dinner surrounded by Jimmy Buffett music and a costume competition. After hours, the hospitality room provided to everyone was probably one of the best decisions made by the Convention Committee. It was the perfect atmosphere to meet new people, share ideas and stories, or just laugh at ourselves.

The first official day was a busy one, after the introduction and first meeting of the HOD, all FGC delegates went to the Dixie Zone meeting lead by Debbie Cavanaugh. After that we went to different meetings to compare notes later. I myself went to Sports and Medicine which discussed skin cancer awareness, hydration, and safety procedures at open water events. After that was LMSC Development which covered the requirements of each LMSC. Next was a special presentation about nutrition for Masters swimmers. Finally I went to Legislation of which I am a member. The meeting was short and sweet, and that's how it should be. In even years, the Legislation committee doesn't have any major responsibilities. However, next year will be a mad house. Of course, the day ended in hospitality ;)

Day two began with a butterfly stroke clinic at the Bolles School, followed by the Coaches Committee meeting which recognized those coaches who are the first to be Level 4 certified by USMS.

The first workshop of the convention centered around the Swimming Saves Lives Foundation and USMS's initiative to make April the official Adult Learn to Swim Month across the country. The workshop was about a club in the New England area starting to offer free Adult Lessons and how it grew into a regional phenomenon. As of right now, they have taught over 2000 adults how to swim in 5 different states. Those states have now recognized April as Adult Learn to Swim Month, and Florida is next on the list.

Later that day was the bylaws workshop. For those of you that don't know, I am leading the task force to update our bylaws that were last updated in 2007. This workshop was very helpful and insightful and has helped greatly in the revision process. Next was the Rules Forum where the HOD can comment, discuss, and ultimately votes on new Rules for USMS. Everything went very smoothly, but whether or not we should consider 25's a legitimate event brought about a 30 minute discussion. In the end the HOD voted against making 25's a legitimate event.

The International Swimming Hall of Fame inducted one of our own Gold Swimmers. Timothy Shead was inducted for his success in Masters swimming for his numerous world records and number 1 rankings. In the end, a very nice memorial was held for our very

own June Krauser. The mother of Masters Swimming resided in the Florida Gold Coast and helped build not only our own LMSC, but helped lay the foundation for USMS as a whole. She was remembered by her family at the ceremony.

On the last day, the USAS Awards Ceremony allowed each NGB to recognize its top people. It was pretty cool getting a picture with Rowdy Gaines (emcee of the Awards Banquet) and Katie Ledecky (USA Swimming Swimmer of the Year).

I was fortunate enough to receive an award of my own. I am one of the recipients for the 2014 Kerry O'Brien Coaches Award :)

As a final thought, please remember to thank your coach, or volunteers, for their time and effort. I was fortunate enough to meet June in May and was able to say "Thank you", something we often forget to do in our busy schedule. Just a simple "thank you" can mean the world to a volunteer and helps them know that their hard work and time is appreciated. Overall, the 2014 convention was a wonderful experience, and I am grateful for being able to go to convention and meet people who are just as devoted to Masters Swimming as I am.

USMS REGISTRATION NEWS

On September 1, USMS began offering a "year-plus" membership option in addition to the standard end-of-year option. The "year-plus" membership has been very successful. Out of 2,840 members who have registered since the beginning of September, 1,972 of them (69%) have chosen the "year-plus" option. The "year-plus" membership is actually two memberships. The member purchases a 2014 membership, which he receives immediately, and then pre-pays for a 2015 membership.

The member does not receive the 2015 membership yet, for a couple of reasons:

(a) we cannot issue 2015 membership numbers until after the 2015 registration year opens on November 1; and

b) to comply with the USMS rule book, the member must be given the option allowed in rule book Article 201.3.5 to be able to change LMSC/club affiliations at renewal time without having to meet the 60-day wait requirement:

Article 201.3.5: A Swimmer shall not represent any club in competition for 60 consecutive days before transferring affiliation to another club, unless this transfer takes place at the time of annual registration..

We have received some questions from LMSC treasurers about the disbursement of the 2015 "year-

plus" registration fees to the LMSCs. No 2015 funds will be disbursed until those "year-plus" members have made their 2015 LMSC/club selections.

Here is how the process will work:

(1) In the November/December timeframe the "year-plus" members will receive an email from the national office. The email will instruct them that while they have already pre-paid for their 2015 memberships, they need to activate those memberships by going through the renewal process to make their 2015 LMSC/club selections, confirm their mailing addresses, etc.

(2) When the member makes his 2015 LMSC/club selection, he will be recorded as being registered for 2015. He will receive a 2015 registration card via email.

(3) The member will then show up in the LMSC's registration records and accounting reports as having been registered for 2015 on that date. The 2015 registration fees will appear in the accounting report. The funds will be disbursed to the LMSC exactly as any other 2015 members' funds.

(4) Any "year-plus" members who do not respond to the emails will automatically be registered on December 31 with the same LMSC/club affiliations that they chose for 2014. (And the funds will be recorded in the accounting reports at that time.)

ROWDY GAINES MASTERS CLASSIC

Four men from Florida Aquatics Combined Team (FACT) – average age, 90 years old – gathered at the Rowdy Gaines Masters Classic to become the first foursome to complete the 400 free relay and 800 free relay in the 360-399 age group.

Swimming in the short course meters meet October 12-14 in Orlando, the foursome of Rogers Holmes (93), William Adams (88), Edwin Graves (91) and John Corse (90) competed in four relays. Their swims in the 400 free relay (9:52.10) and 800 free relay (21:24.39) are the first official ones for their age group.

The team also swam a 3:58.19 in the 200 medley relay and 4:30.72 in the 200 medley relay. Two teams from Japan have long held the world records in those events. The Juei Club swam a 3:19.42 in the 200 free relay in 2008, while the Nishinomiya Sumire club posted a 4:15.49 in the 200 medley relay in 2009.

Eric Christensen of Blue Dolphins Masters (FL) started the meet with an individual world record on Friday. He dominated the 400 IM with a 4:30.68, breaking Uwe Volk's 4:31.92 world record from 2011. Christensen was an NCAA finalist in the 400 IM for the University of Florida in the 1990s, and had swum the 1500 freestyle shortly before his record-breaking swim, posting a 16:19.00.

David Quiggin just missed Graham Johnston's record of 2:24.31 in the 200 free for the 70-74 age group,

posting a 2:24.45. Determined to leave the meet with a world record, Quiggin went for the 200 split in the 800 free event and reached his goal with a 2:22.60. Quiggin also broke the world record in the 100 free with a time of 1:02.87 (old record 1:03.33).

Another national record fell in the mixed 400 medley relay for the 100-119 age group. Blu Frog's Ariel Weech, Danielle Chance, Elvis Burrows and Brett Jones combined for a 4:12.70, beating the 4:16.58 by New England from 2002. They couldn't beat the world record of 4:05.65 by the Dutch DWK team from this past January.

The meet's namesake dove in for a couple of races as well. The three-time Olympian and "Voice of Swimming" posted a 25.44 in the 50 free and 11.44 in the 25 free.

AUBURN MASTERS SCY INVITATIONAL

The Auburn Masters team will host its 15th annual SCY meet in February, but rather than being in the middle of the month, in 2015 our meet will be February 7-8, 2015. Auburn University will host the 2015 SEC championships and with the addition of two new teams, the meet format will expand by one day. This means the SEC teams will be coming to town on "our" normal meet weekend, and for some reason SEC trumps USMS for pool space! The meet will be sanctioned soon and online entries through ClubAssistant will be opened at least two (if not three) months before the meet. We will feature a 1650 free on Saturday the 7th for the first 32 entries, so if you are interested in swimming that event, watch for the official Dixie Zone announcement that entries are open. For those who have not swum in the Auburn pool, it is one of the fastest in the country, with numerous national records having been set at our meet.

NEW MEET - PALM BEACH, FL

The Palm Beach Masters will be hosting a new short course yards meet this coming year in March at the North County Aquatic Complex in Jupiter, FL.

The Inaugural Snag Holmes Masters Invitation will be held on March 27-29th, 2015

The former North Palm Beach Masters has expanded to a new Masters program at Aqua Crest, and renamed the club Palm Beach Masters. For more information, see their website: PalmBeachMasters.org

SWIM COACH OPENING

The Kingsport Aquatic Center is seeking applications for the position of Head Masters Swim Coach.

If you're an energetic coach willing to help grow a new program, we want you! The Kingsport Aquatic Center is looking to grow its small but mighty Masters Swim Team. The team practices in the new, state-of-the-art facility of the Kingsport Aquatic Center, featuring an Olympic sized 50 meter pool. Practices are Monday through Friday from 5:30-7 a.m. All swimmers are welcome, no matter their age or ability. We're looking for a coach who can help all swimmers improve, stay in shape and if they want, compete.

The Head Masters Swim Coach will be a liaison between the Kingsport Aquatic Center staff and the swimmers. They will be responsible for organizing practices, helping to market the team and attract new swimmers. The person in this position must be reliable, professional and able to work as a member of the team.

Compensation is hourly and commensurate with experience.

Previous swim coaching experience preferred. CPR/AED for the professional rescuer certification is required.

To apply send a resume and cover letter to Kari Matheney: KariMatheney@KingsportTN.gov.
The facility is located at: Kingsport Aquatic Center
1820 Meadowview Parkway
Kingsport, TN 37660

TAKE THE NEXT STEP IN YOUR SWIMMING

David Miner - Swim Without Limits, Inc.

Hello LMSC Chairs, Coaches, Editors, and Open Water chairs:

Let me first introduce myself. My name is David Miner. I'm the Florida LMSC Open Water Chair, the Tropical Splash Open Water Race Director, and swim with the Sarasota Y Shark Masters (SYSM) swim team in Sarasota, Florida. Recently, I started a new swimming business, called **Swim Without Limits, Inc.**, and I wanted to share with you what my company can provide the clubs/workout groups in your LMSC.

As you know, open water swimming safety, whether in an open water race, training, or triathlon has become a hot topic the last couple of years. Safety is in the forefront of discussion with USMS as well as USAT. Being safe in the open water is on every swimmers mind and our **Swim Into Open Water Clinic** teaches Masters swimmers how to safely and effectively swim in the open water. With the majority of deaths in triathlons taking place in the water and the overwhelming costs of insurance today, every swimmer must take action to learn about safely swimming in the open water.

Also, as you know, swimming is a very technique driven sport/activity. Swimming strokes correctly to enhance speed or reduce injury risks require patience and perseverance. Being able to see your swim strokes from above and below the water can make all the difference to a Masters swimmer. Visual feedback of a swim stroke leads to quicker improvements and our **My Stroke Video Clinic** can help your Masters swimmers due just that.

I'm hoping that you will share this information with the clubs/workout groups in your LMSC through your newsletter or email contacts. Please review the details below about each clinic and for more information, please see our website at www.swimwithoutlimits.com or email us at swim@swimwithoutlimits.com.

Swim Into Open Water clinic: Begin or grow your open water swimming experience by taking one of the most thorough open water training clinics available! Taking both a classroom and in-water approach, you'll learn the skills necessary to swim safely and effectively in the open water, whether you're swimming for fitness, in open water races, or participating in triathlons. From pool swimmers looking to swim in the open water to beginner open water swimmers to the more experienced, our 3.5-4 hour clinic provides valuable skills and important information for you to swim faster, more safely, and to have more fun in any type of open water swimming event. Coaches/clubs/workout groups can sponsor the clinic at your location using either your pool or actual open water location. We come to your club/workout group and even offer a built-in profit share for the coach/host club.

My Swim Stroke video clinic: Swimming freestyle, backstroke, breaststroke, and butterfly well require exceptional technique. Just hearing your coach talk about the right technique or describe your technique can sometimes be difficult to comprehend. By having your strokes videoed, you can see your technique from above and below the water. We video your stroke from multiple angles and provide it to you on a USB flash drive for you to keep. With the help of your coach or software apps like Coach's Eye or Finis Stroke Lab, you can see where you need to make improvements to your stroke. Those improvements can lead to faster swim times, a more efficient stroke, and overall better swimming. Coaches/clubs/workout groups can sponsor the clinic at your location using your pool. We come to your club/workout group and even offer a built-in profit share for the coach/host club.

USMS Convention — Jacksonville, FL 2014

Committee Name: Dixie Zone	Session #: 1	Report #:
Committee Chair: Matt Hooper (represented by Debbie Cavanaugh)	Vice Chair:	
Minutes recorded by: Lisa Watson	Date/time of meeting:	September 17,2014 10 AM

Actions Requiring Approval by the HOD:

- 1.

Motions Passed:

1. MSA to approve Sean Fitzgerald as the Dixie Zone at large candidate to the Board of Directors.
2. MSA to award the 2015 Dixie Zone Championships to the following venues: Clearwater, Florida (SCY); Greenville, SC (LCM); Orlando, Florida (SCM); Chattanooga, Tennessee (Open Water).

Number of committee members present: 39	Absent:	Number of other delegates present:
Committee members present (list all, including chair and vice chair): Debbie Cavanaugh, Lisa Watson, Greta Van Meeteren, George Simon, Patricia Arnold, Ed Saltzman, Don Gilchrist, Jon Blank, Jerry Clark, Bob Jennings, Barb Protzman, Scott Bay, Margie Hutinger, Jack Groselle, Laura Groselle, Allison Ware, Helen Naylor, David Merrill, David Mimm, Meegan Wilson, Nancy Kruko, Meredith Moore, Cheryl Kupan, Joan Campbell, Megan Lasser, Jim Matysek, Richard Garza, Tim Cox, Doug Holmes, Viki Hill, Jenny Craft, Carolyn Moore, Leslie Scott, Diane Bartlett, Marianne Groenings, Pat Baker, Maria Elias-Williams, Sean Fitzgerald, Nate Rudall		

Minutes

The meeting was called to order at 10 AM.

1. INTRODUCTION- Debbie Cavanaugh is presiding over this meeting in place of Dixie Zone Chair Matt Hooper , who was unable to attend due to a work conflict. All of the Dixie Zone members introduced themselves.
2. LMSC CHAIR REPORTS- All LMSC Chairs reported on events in their respective LMSCs during the past year. The committee expressed condolences to Margie Hutinger on the passing of her husband Paul Hutinger, long time Dixie Zone swimmer and volunteer.
3. ZONE BOARD OF DIRECTORS ELECTON DISCUSSION. **MSA TO APPROVE SEAN FITZGERALD AS THE DIXIE ZONE AT LARGE CANDIDATE TO THE BOARD OF DIRECTORS.**
4. DIXIE ZONE 2014 EVENTS
 - A. SCY- Raleigh, NC Jon Blank reported that this meet was held March 29-30, with a good turnout of about 190 swimmers.
 - B. LCM-Tupelo, MS Doug Holmes reported a turnout of about 50 swimmers in Tupelo, birthplace of ELVIS.
 - C. SCM- Sean Fitzgerald reported that this meet will take place on December 13-14 at Georgia Tech in Atlanta, and encouraged everyone to attend. All relays will be offered, as well as the 1500.
 - D. Open Water- Helen Naylor reported about 100 participants in the Chattanooga Rat Race on June 14.
5. DIXIE ZONE 2015 EVENTS
 - A. The following bids were presented: Clearwater, Florida and Nashville, Tennessee for SCY; Greenville, SC for LCM; Orlando, FL for SCM; Chattanooga, Tn for Open Water.
 - B. **MSA TO AWARD THE 2015 DIXIE ZONE CHAMPIONSHIPS TO THE FOLLOWING VENUES: CLEARWATER, FLORIDA-SCY; GREENVILLE, SC-LCM; ORLANDO, FL-SCM; CHATTANOOGA, TN-OPEN WATER.** Dates are as follows: Clearwater- February 14&15; Greenville-July 24-26; Orlando- October 9-11; Open Water- June 13.
6. LMSC STANDARDS REPORTS
The committee discussed the recent LMSC standards reports. Jerry Clark, a member of the LMSC Development

Committee, encouraged everyone to participate in the various conference calls offered by this committee as a way of sharing ideas.

7. OLD BUSINESS- none

8. NEW BUSINESS

A. Debbie thanked the following volunteers for their volunteer service: Barb Protzman- newsletter editor; Ed Saltzman- Records; Andy Dyer- Top Ten; Dick Brewer- website

B. Dixie Zone Calendar 2015- Debbie told everyone to be sure to put their 2015 events on the Dixie Zone website as soon as possible.

C. Discussion on DZ Championship Order of Events.

The committee discussed whether or not to mandate a specific order of events for Dixie Zone Championship meets.

It was felt that this would be too restrictive for meet directors, since circumstances on pool availability, etc.. can vary.

D. Open Water Insurance Issue

This has become a big challenge for all LMSCs. This issue will be discussed further at the House of Delegates.

The meeting was adjourned at 10:55 AM

DIXIE ZONE CALENDAR

2014		
Nov. 22-23	SCM	NAC Masters Sprinting Turkey Classic – Nashville, TN
Nov. 30	SCY	Dottie Whitcomb Turkey Dip – Pensacola, FL
Dec. 5-7	SCM	South Carolina SCM Championships – Columbia, SC
Dec. 6-7	SCM	Southern Masters SCM Championships – New Orleans, LA
Dec. 13-14	SCM	Dixie Zone SCM Championship – Atlanta, GA
Dec. 13-14	SCM	Holiday Classic Meet – Coral Springs, FL
2015		
Jan. 11	OW	Tampa Bay Frogman Swim (5K) – Tampa, FL (not sanctioned)
Jan. 31 – Feb. 1	SCY	Annual Sunbelt Championships – Charlotte, NC
Feb. 7-8	SCY	Auburn Masters Invitational – Auburn, AL
Feb. 14-15	SCY	Dixie Zone SCY Championships – Clearwater, FL
Feb. 20-21	SCY	South Carolina SCY State Championships – North Myrtle Beach, SC
Mar. 1	SCY	Frank Clark Memorial Meet – Greensboro, NC
Mar. 7-8	SCY	Southern Masters SCY Championships – Baton Rouge, LA
Mar. 21-22	SCY	St. Pete Masters SCY Championships – St. Petersburg, FL
Mar. 27-29	SCY	Inaugural Snag Holmes Invitational – Jupiter, FL
Mar. 28-29	SCY	North Carolina SCY Championships – Cary, NC
Apr. 23-26	SCY	USMS Spring Nationals – San Antonio, TX
May 2	OW	Hurricane Man – St. Petersburg, FL
May 7-10	SCY	YMCA Masters Nationals – Sarasota, FL
May 15-16	LCM	Southwest Florida Spring Fling – Naples, FL
June 12-14	LCM	Bumpy Jones Classic – Sarasota, FL
June 13	OW	Dixie Zone Open Water Championships – Chattanooga, TN
June 13	OW	Swim Around Key West – Key West, FL
July 11-12	LCM	St. Pete Masters LCM Championships – St. Petersburg, FL
July 17-19	LCM	June Krauser Summer Splash – Jupiter, FL
July 24-26	LCM	Dixie Zone Long Course Championships – Greenville, SC
July 25	LCM	North Carolina Long Course Championships – Goldsboro, NC
Aug. 6-9	LCM	USMS Summer Nationals – SPIRE Institute, Geneva, OH

For more calendar details, check out www.usms.org and www.dixiezone.org.

It is recommended that meet directors post their meet information on the main USMS Calendar as well as on the Dixie Zone Calendar.

Zone Website: www.dixiezone.org	Zone Chair: Matt Hooper hooperswim@yahoo.com	Newsletter Editor: Barb Protzman swimbarb@hotmail.com	USMS Website: www.usms.org
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