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# Dixie Zone News

Top Ten/Records  
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**APRIL - JUNE 1996**

**FLORIDA LMSC** - The Florida LMSC played host to three big meets in two months! First was the 1996 CAT Masters Valentine Meet hosted by the Clearwater Aquatic Team Masters on Feb 10-11. 94 men and 105 women representing 24 clubs competed. Great free hospitality with free orange juice, coffee, oranges, bananas and pretzels. Besides, the pool is a nice indoor pool..... St. Pete Masters hosted the 26th Annual SC Championships on March 29-31 at the North Shore Pool. There were 292 participants from 38 clubs. The weather was great this year..... On April 18th 670 masters swimmers, from 38 states representing 115 clubs, descended upon the International Drive YMCA Aquatic Center. They were here to contest the 1996 YMCA Masters National Championships. When the water had settled on Sunday Afternoon Anne Arundel MD had succeeded in winning its 5th consecutive YMCA national team championship; by winning both the mens and women's titles. This was accomplished with the largest contingent present at 80 swimmers. Florida was well represented, Orlando Aquatic Ctr., otherwise known as Team Orlando took 3rd place honors. Other teams from Florida in the top 25 were South Co. (10), Broward Co. (11), Daytona Beach (12), Gainesville (21) and Clearwater (23). Other Florida teams were Yates St. Lucy Co, Collier Co Mernando and Lee Co. Florida Swimmers set 10 National YMCA records and had 79 National YMCA Championship finishes. Multiple winners include June Krauser, Gertrud Zint, Rosemarie Seaman, Mila Shephardson, John Woods, Susan Halfacre and Lisa Bennett. I heard (Larry Peck) many compliments about the meet and how fast the pool is. Many said they will be back for the Dixie Zone SCM Championships in October and for the USMS LC Nationals in August of 1997.

**FLORIDA GOLD COAST LMSC** - VIP's visit South Florida. Mel Goldstein, President of USMS and David Costill noted exercise physiologist enjoyed the competition and bountiful February weather during the 1st Annual Plantation Pentathlon. Nichole Hahn did a great job in hosting this will attended event..... David Boudreau and Ernie Leskovitz continue to build up South Florida's Open Water Team now referred to as the Hammerheads. The group meets every Saturday for an Ocean Workout across from the ISHOF. Congratulations to Ernie for his much deserved Long Distance All-American Award from USMS..... Judy Bonning held another successful Caribbean Camp this past February in the Bahamas. Stay tuned for next years tropical location..... Eleven swimmers from Florida Gold Coast were All-Americans in individual competition in 1995 with at least one time being the fastest in the nation - June Krauser, Anne McGuire, Sally Scott, Herb Kern, Lorraine Perkins, William Dorney, Ernie Leskovitz, Karin Spence, Heather Hageman, Margaret Timmins and Des Sessinghaus.

**GEORGIA LMSC** - The St. Patrick's Day Invitational, hosted by the Georgia Masters Killer Whales, was held March 16-17 and saw its biggest turnout ever, with 286 swimmers and 44 teams participating. John Korteheuer of North Carolina Masters set national records in the 100 and 200 yard breaststroke in the Men 65-69 age group. Top three visiting teams (excluding the host Killer Whales) were the Atlanta Rainbow Trout, Dynamo Masters and North Carolina Masters. Many Dixie Zone teams were represented, as well as teams from as far west as Texas and as far north as Wisconsin and New Jersey. As summer approaches, the Georgia LMSC will be hosing several open water events, headed by Bill Black of Dunwoody Aquatic Masters. Contact Bill for more info at 770-698-8020. The dates are May 11, June 22, July 14, August 10 and September 21.

**NORTH CAROLINA LMSC** - Steve Weatherman reports that the 1996 Dixie Zone Masters/N.C. Masters SCY Championships was a huge success with 192 swimmers from New York, Maryland, Virginia, District of Columbia, Tennessee, North Carolina, South Carolina and Georgia. Two National records were set by Clay Britt, Montgomery Ancient Mariners, Maryland in the 50 and 100 Back. Raleigh Area Masters won the club scoring with 1,236 points followed by North Carolina Masters with 971.5, Virginia Masters 965.5, Aquatic Team of Mecklenburg 463, Montgomery

Ancient Mariners 395 and Mecklenburg Aquatic Club Masters 268.

SOUTH CAROLINA LMSC - Please note that the entry blank for the Dixie Zone Long Course Championships to be held at the Westside Aquatic Center in Greenville, SC on July 6-7 is in this newsletter.

SOUTHEASTERN LMSC - All you long distance/open water fanatics..this is what you've been waiting for! The Pensacola Beach South Swim 5K USS & USMS Open Water Invitational & Quietwater 1K Fun Swim will be held on Saturday, May 11. For entry forms write to Steve Panzram, Race Director, Pensacola Beach South Swim, P.O. Box 30318, Pensacola, FL 32503 904-484-1312.

SOUTHERN LMSC - The Newsletter of the Crawfish Masters Swim Team is a great Newsletter! Can you imagine Paul M Hebert Jr swimming 302,000 yards in February? Once again Baton Rouge finished first in the "Top Ten Cities" list, outnumbering second-place Menlo Park by 50 to 42 swimmers. Overall, 641 swimmers from four countries entered the Fitness Challenge, completing over 47 million yards and 27,000 miles. The average entrant swam roughly 74,000 yards, or 42 miles. Numero uno status went to Tom McRae of Menlo Park, who swam eight hours per day to accumulate 725,533 yards. Anybody up for a million yards next February?

FROM THE USMS CHAMPIONSHIP COMMITTEE - This committee is soliciting potential bids for the 1998 SC Championships. If any of our LMSC's in the Dixie Zone are interested in placing a bid, contact Lisa Watson 770-497-1901 or write Sandi Rousseau, Championship Committee Chairman at 23995 SW Drake Lane, Hillsboro, OR 97123-7542.

DID YOU KNOW - Smooth operator, Julio Iglesias, has been romantically involved with the same person for seven years, a woman "who disciplined my life" and joins him for two-hour daily swims to keep in tip-top shape.

BACKACHES - Go on, you'll be fine. SWIM Magazine reports the latest treatment for a backache? Ignore it. A new study concludes that simply going about your business is the best way to deal with sudden back pain. Many people take to their beds when a backache strikes. Others do stretching exercises. To see which strategy is better, researchers in Finland set up an experiment with 186 city workers complaining of back trouble. Some were assigned to bed rest for two days. Others were told to stretch. A third group was told to stick to their regular routines as best they could. The results of the study, published in the New England Journal of Medicine, concluded that maintaining ordinary activity as tolerated, leads to the most rapid recovery.

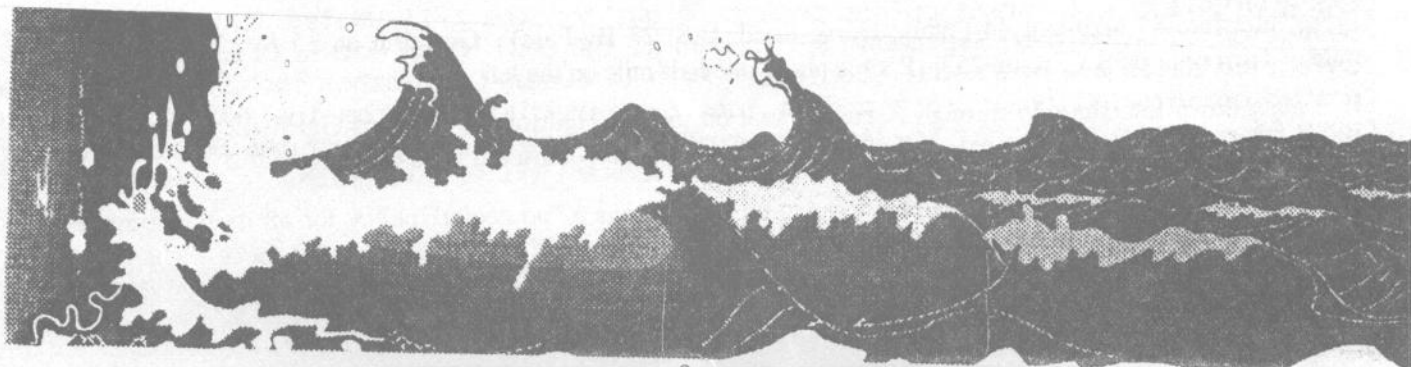
LIVING LONGER - It's true: no pain, no gain. SWIM Magazine reports that moderate exercise may be the route to a healthier life, but if living longer is your goal, you're going to have to sweat. A new Harvard study that followed the fates of 17,300 middle-aged men for more than 20 years has determined that only vigorous activities reduced their risk of dying during the study period. Any of the following activities, or a mix of them, achieves the level of caloric expenditure associated with the lowest death rate measured in the study: 1) swimming laps for three hours per week; 2) walking four to five miles per hour for 45 minutes 5 times per week; 3) jogging six to seven miles an hour for 3 hours per week; 4) cycling one hour 4 times per week; and 5) playing one hour of singles tennis 3 days a week.

USAS CONVENTION - Information has been sent out for the XVII United States Aquatic Sports convention to be held on September 8-15, 1996 at the Omni Rosen Hotel, Orlando Florida. USMS convention dates are Wednesday, September 11th to Sunday, September 15th. The Omni Hotel is located on International Drive and is just a short distance from the YMCA Aquatic Center. Larry Peck has told me that the Masters workout will be at one end of the 50 meter pool. The cutoff date for delegate entitlements to the convention is June 15th. A reminder that July 10th is the deadline for submission of proposed rule amendments.

# 1996 SWIM CALENDAR

- MAY 4-5 SCY - 7th Annual Craigie Memorial Meet - Tom Harmon, IRCC, 3209 Virginia Ave, Ft. Pierce, FL 34981 407-465-8385
- 9-12 SCY - USMS SHORT COURSE NATIONAL CHAMPIONSHIPS - Don McPhall, DACA, PO Box 436, Cupertino, CA 95015 408-446-3222
- 11 OW - 5K USS & USMS Inv. & Quietwater 1K Fun Swim - Steve Panzram, Greater Pensacola AC, POB 30318 Pensacola, FL 32503 (Pensacola Beach Sound)
- JUN 1 LD - 10 Kilometer Pool Swim (LSU Natatorium) - Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820 504-766-5937
- 1 OW - Swim Around Key West - Randy Nutt, 2857 NW 91st Ave, Apt 101, Coral Springs, FL 33065 954-755-3318
- 8 LCM - Delray Beach, FL - Scott Barlow, Aqua Crest Pool, 2503 Seacrest Blvd, Delray Beach, FL 33444 407-278-7174
- 8-9 LCM - Suncoast LCM T-shirt Meet - Steve Grossman, 2114 Bougainvillea St, Sarasota, FL 34239 813-955-5449
- 15 OW - Death Valley OW Swim - Hartwell Lake off Clemson University's East Beach - Jacqueline Grossman, 110 Pleasant View Dr, Clemson, SC 29631 894-854-4707
- 22 LD - Crawfish Masters Swim Team 10-K Pool Swim - Scott Rabalais, 3537 Christina Ave, Baton Rouge, LA 70820 504-766-5937
- 22-JUL 3 LCM - VI WORLD MASTERS SWIMMING CHAMPIONSHIPS - Leader House, Surrey Street, Sheffield, S1 2LH, England FAX 44-(0) 114-273-6731
- JUL 6-7 LCM - DIXIE ZONE LCM CHAMPIONSHIPS - Jim Keogh, Westside AC, 500 Roper Mtn Rd, Greenville, SC 29615 803-654-9984 (H) 803-295-0032 (O)
- ★ 12-14 LCM - St Pete Annual LC Meet - Chris Swanson, 2536 Maryland Ave, Tampa, FL 33629 813-254-4514 813-521-1172
- 13 LCM - Death Valley - Stu Marvin, 501 Seabreeze Blvd, Ft. Lauderdale, FL 33316 954-468-1580
- 20 LCM - Relay Carnival at Coral Springs - Judy Bonning, 12441 Royal Palm Blvd, Coral Springs, FL 33065 305-345-5370
- 26-28 LCM - Scott Rabalais, 3537 Christina Ave, Baton Rouge, LA 70820 504-766-5937
- ★ AUG 2-4 LCM - 2nd Annual South Florida Regional Championships - Judy Bonning, 12441 Royal Palm Blvd, Coral Springs, FL 33065 305-345-5370
- 3-4 LCM - Rick Fenton, c/o Mecklinberg AC, 9850 Providence Rd, Charlotte, NC 28277 704-846-5335
- 22-25 LCM - USMS LC CHAMPIONSHIPS - Phyllis J. Reid, 1966 USMS LC Nationals, PO Box 100, Clark Lake, MI 49324 517-592-8908
- SEP 7 SCM - Aqua Crest, Delray, FL - Scott Barlow, Aqua Crest Pool, 2503 Seacrest Blvd, Delray Beach, FL 33444 407-278-7174
- 7-8 LCM - "the Last Chance" - Sandra Kremer, 537 Starmont Lane, Henderson, NC 28791
- 11-15 - USMS CONVENTION - ORLANDO, FL
- Mid OW - Open Water Classic, Bill Black, PO Box 88863, Atlanta, GA 30356 404-698-8020
- OCT 11-13 SCM - DIXIE ZONE SCM CHAMPIONSHIPS - Team Orlando Masters, TOM/SCM Meet, 8422 International Dr, Orlando, FL 32819 407-647-7793
- 26 SCY - Senior Games - ISHOF Aquatic Complex - Stu Marvin, 501 Seabreeze Blvd, Ft. Lauderdale, FL 33316 954-468-1580
- NOV 2 SCM - Aqua Crest Masters - Scott Barlow, 2503 Seacrest Blvd, Delray Beach, FL 33444 407-278-5370
- DEC 6-8 SCM - Coral Springs - Judy Bonning, 12441 Royal Palm Blvd, Coral Springs, FL 33065 954-345-5370

WHEN REQUESTING MEET INFORMATION PLEASE SEND SELF-ADDRESSED, STAMPED ENVELOPE.





# TEAM GREENVILLE MASTERS INVITATIONAL (Dixie Zone Long Course Meters Championship)

July 6 - 7, 1996

**Meet Location:** Westside Aquatic Center, 2700 Blue Ridge Drive (S.C. Highway 253), Greenville, SC.

**Host:** Team Greenville Masters and Greenville County Recreation District

**Sanction:** South Carolina L.M.S.C. #556-003 for U.S.M.S., Inc.

**Meet Director:** Jim Keogh at (864) 295-0032.

**Facility:** Westside Aquatic Center is an indoor climate controlled facility with an eight lane 50 meter pool and adjacent diving well. One fifty meter lane will be available for warmdown. Bottom striped and wall targeted. Non-turbulent lane lines. Recently renovated locker rooms. Bleacher seating for spectators and ample deck space for swimmers.

**Rules:** The meet will be conducted according to 1996 U.S.M.S. rules and this meet information.

**Eligibility:** This meet is open to all USMS swimmers registered for 1996. A copy of your USMS card must be enclosed with your signed entry form. Age determined as of the last day of the meet.

**Fees:** \$9.00 surcharge per swimmer for Dixie Zone charge, pool fees, electronic timing, and heat sheet. \$2.00 per individual event, \$4.00 per relay (paid on deck). Deck entries will be accepted for available lanes at \$4.00 per event plus the \$9.00 swimmer surcharge. Make checks payable to Team Greenville.

**Entries:** Completed entry form, copy of USMS card, and check should be sent to Pete Combes, 2155 Medway Road, Charleston, SC 29412. (803) 762-0486. Express or certified mail should be sent with a signature release. Deadline is Wednesday, June 26, 1996. Maximum of five individual events per day.

**Time of the Meet:** Warmup Saturday for 800/1500 Free at 8:30 am, Meet starts at 9:15 am. Warmup Saturday for remaining events at 12:30 pm, Meet starts at 1:30 pm. Warmup Sunday at 8:30 am, Meet starts at 9:30 am.

**Awards:** Individual event ribbons 1st-8th place in each age group. High point award for each age group (minimum of at least five events to qualify). Trophies to top three teams.

**Seeding:** Heats will be seeded from slowest to fastest using submitted long course meters times. As necessary, ages and sexes may be combined. No time (N.T.) entries will be seeded in the early heats. The 400 I.M., 400 Free, 800 Free, and 1500 Free will be deck seeded fastest to slowest.

**Social:** After the Saturday events, a dinner and social will be held at the Comfort Inn Executive Center. Tickets will be sold at the meet. Time TBA.

**Lodging:** Our host hotel is the Comfort Inn Executive Center, 540 N. Pleasantburg Drive (exit 40 at I-385 and S.C. 291). (864) 271-0060. Mention the Team Greenville Masters Invitational when making reservations to receive the best rate. Make your reservations early as there are several large events in Greenville this weekend.

**Directions:** From Interstate 385 go North into Greenville. Go through town past the Auditorium on your left and the Library on your right. Take S.C. 183 towards Pickens. At S.C. 253 turn left on to Blue Ridge Drive. Pool about one mile on right.

From Interstate 85 take exit 44 (White Horse Road, U.S. 25 By-Pass). Go north on 25 for approximately five miles. Turn right on S.C. route 253. Pool is about one-half mile on the left.

If coming down Interstate 26 through Asheville, exit on to U.S. Highway 25 towards Greenville. After Travelers Rest, take U.S. 25 By-Pass (to Atlanta). Pass Furman University. Turn left on S.C. route 253.

**Special Notice:** The Greenville Country Recreation District has a "no cooler" policy for all its facilities. Please leave your coolers outside, in your car, or at home. Concessions will be available on the venue. Thank you for your cooperation on this matter.

# TEAM GREENVILLE MASTERS INVITATIONAL ENTRY FORM

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_

Team \_\_\_\_\_ Abbreviation \_\_\_\_\_ U.S.M.S.# \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

## Saturday, July 6

1-2 \_\_\_\_\_ 1500 Free

3-4 \_\_\_\_\_ 800 Free

*You may swim either the  
1500 or 800, not both.*

5-6 \_\_\_\_\_ 50 Breast

7-8 \_\_\_\_\_ 200 Fly

9-10 \_\_\_\_\_ 100 Back

**\*\*Break\*\***

11-12 \_\_\_\_\_ 200 Breast

13-14 \_\_\_\_\_ 50 Fly

15-16 \_\_\_\_\_ 200 Free

A-B 200 Free Relay

C 200 Mixed Free Relay

**\*\*Break\*\***

17-18 \_\_\_\_\_ 400 I.M.

## Sunday, July 7

D-E 200 Medley Relay

F 200 Mixed Medley Relay

19-20 \_\_\_\_\_ 200 I.M.

21-22 \_\_\_\_\_ 50 Free

23-24 \_\_\_\_\_ 100 Breast

25-26 \_\_\_\_\_ 200 Back

**\*\*Break\*\***

27-28 \_\_\_\_\_ 100 Free

29-30 \_\_\_\_\_ 50 Back

31-32 \_\_\_\_\_ 100 Fly

**\*\*Break\*\***

33-34 \_\_\_\_\_ 400 Free

*You may enter a maximum of five events per day. List a long course meters seed time or N.T. for the events you wish to enter. Relays will be entered and paid for on deck at the meet.*

Fees: Number of individual events entered \_\_\_\_\_ x \$2.00 per event = \$ \_\_\_\_\_

Swimmer surcharge (for Dixie Zone, heat sheet, timing and pool fee) + \$9.00

Total Enclosed (make check payable to Team Greenville) \$ \_\_\_\_\_

*Release from Liability: I, the undersigned participant, intending to be legally bound, do 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. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters program or any activities incident thereto against 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, as a condition of my participation in Masters Swimming.*

Signature \_\_\_\_\_ Date \_\_\_\_\_

Mail to: Pete Combes, 2155 Medway Road

C 29412, by Wednesday, June 26, 1996.

PRINTING

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THE HALL OF FAME AQUATIC COMPLEX

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