

Zone Representative  
June F. Krauser  
2308 NE 19th Ave.  
Ft. Lauderdale, FL 33305  
(954) 564-6185

# *Dixie Zone News*

Top Ten/Records  
Rocky Motter  
3 Wando Circle  
Hertford, NC 27944  
(919) 426-2038

## JANUARY – MARCH 1996

SHEFFIELD ENGLAND - Big alert - deadline for guaranteed entry is February 18, 1996. Entries received between 2/18/96 and the formal deadline of 5/18/96 will be accepted at the discretion of the Meet Managers, to ensure that the meet can be run within reasonable hours. The latest word is that entries have been pouring in and accommodations are getting tight but there are still accommodations available. A World Forum will be conducted on July 21st at Ponds Forge covering Masters swimming at World Championships and other Masters events. This forum will then be held every four years. Two delegates per Federation will be allowed to speak. A Questionnaire on future programs for World Masters Swimming Championships will be distributed to the swimmers at the meet.

RULE BOOK - The 1966 rule books are now available from the USMS National Office, 2 Peter Ave., Rutland, MA 01543 for \$7.00 each, postpaid.

COACHES - There is a new Coaches Manual - 3-ring binder - available from the National office for \$20.00. A dozen of our most notable coaches across the country share their expertise. Yearly updates to be provided.

1997 LC NATIONALS - Larry Peck, representing Team Orlando Masters, and Julie Sundstrom, of the Orlando YMCA International Drive Aquatic Center, submitted the bid which was accepted. The USMS National LC Championships is the first in the Florida LMSC since the USMS National SC Nationals were held at Indian River Community College in Ft. Pierce in 1986.

RANSOM ARTHUR AWARD -The nomination deadline is March 15th. This award is given in honor of Captain Ransom J. Arthur, M.D. who by his sacrifice, perseverance, and dedication to improving the health of adults through swimming, established the Masters Swimming program in the United States. The award is given annually to the person who has done the most to further the objectives of Masters Swimming. LMSCS, the Board of Directors, Committee personnel, and individual Masters Swimmers are urged to submit your nomination of a worthy contender. A concise justification (one page or less) should accompany your nomination.

### LMSC NOTES

The GEORGIA LMSC has scheduled several Hour Swim sessions for the January to encourage Georgia participation for this National event. A one-day developmental meet will be held February 4th in Marietta. The big event, the annual St. Patrick's Day Invitational is March 16&17: out of state entries go out later this month. Killer Whale and former Olympian Geoff Gaberino was a participant in the 12 mile Swim Across Miami Open Water Relay on Dec. 30th. Geoff is also actively involved in the Swim Across America promoting cancer research.

Carl House, FLORIDA GOLD COAST LMSC, in a joint effort with the USMS Top Ten Committee is making an attempt to identify Top Ten swimmers for a particular LMSC. This capability is new and is likely to have errors in the identification of LMSC for some swimmers. Some errors or oversights due to the fact that some swimmers do not use the same name from one meet to the next, some meet entry people introduce variations on names, and because there are cases where two or more swimmers use identical names. Age and birthday have been included in the database in an attempt to reduce errors. The list of swimmers who made Top Ten and the number of events they made it in can be 1) sorted by age and sex; 2) sorted by club; and 3) list of all Top Ten swims made by these swimmers. So far, this has been done for four LMSCs who have provided Carl with their registration database.

SOUTHEASTERN congratulates Bill Lauer of Greater Knoxville Masters Swimming on being inducted into the University of Tennessee Swimming Hall of Fame!

# 1966 SWIM CALENDAR

- FEB - February Fitness Challenge - Scott Rabalais, 3537 Christina Ave, Baton Rouge, LA 70820  
504-766-5937
- 10 SCY - Senior Games - 55 & over - Richard Connell, 40 NW 1st Ave, Delray Beach, FL 33444  
407-243-7352
- 10-11 SCY - CAT Masters Valentine Meet - CAT Masters, Attn: Cashel Mack, 1501 N Belcher, Suite 229,  
Clearwater, FL 34625
- 17-18 SCY - Palmetto Masters Invitational - David Parler, PO Box 490, Folly Beach, SC 29439  
803-588-9012
- 18 SCY - Sea Dragons - Jeanie Neal, North County Aquatic Complex, 861 Toney Penna Dr., Jupiter, FL 33458  
407-697-4580
- 24 SCY - Plantation Pentathlon - Nicole Hahn, Plantation Swim Team, 9141 NW 2nd St., Plantation, FL 33324  
954-452-2526
- MAR 9 SCY - Tool Time - Coral Springs Aquatic Complex, c/o Judy Bonning, 12441 Royal Palm Blvd, Coral  
Springs, FL 33065 954-345-5370
- 16-17 SCY - St. Patrick's Day Meet - Lisa Watson, 804 Howell Ct, Duluth, GA 30136  
404-497-1901
- 29-31 SCY - 26th Annual St Pete SCY Championships - Sandy Steer, PO Box 449, St. Petersburg, FL 33731  
813-578-2859
- APR 13 OW - US Swimming with Masters Division, 5K/10K Open Water, Orlando, FL - David Boudreau  
954-946-2707
- 18-21 SCY - YMCA MASTERS NATIONAL CHAMPIONSHIPS, Orlando, FL - Gene Donner, 3970 Big Tree Rd, PO Box 464,  
Hamburg, NY 14075 716-823-3873 (8:30 - 4:30)
- 20-21 SCY - DIXIE ZONE SCY CHAMPIONSHIPS - Ceil Blackwell, c/o RAM, PO Box 19845, Raleigh, NC 27619  
919-787-8324
- 27-28 SCY - Masters events with USS meet - Tallahassee, FL
- 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 McPhail, DACA, PO Box 436, Cupertino, CA 95015  
408-446-3222
- 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, 3266 NW 104th Ave, 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 - Deb Walker  
813-923-3540
- 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)
- Mid LCM - St Pete Annual LC Meet - Margie Hutingler,  
813-521-1172
- 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
- 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
- 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

# 1996 DIXIE ZONE ADDRESS LIST

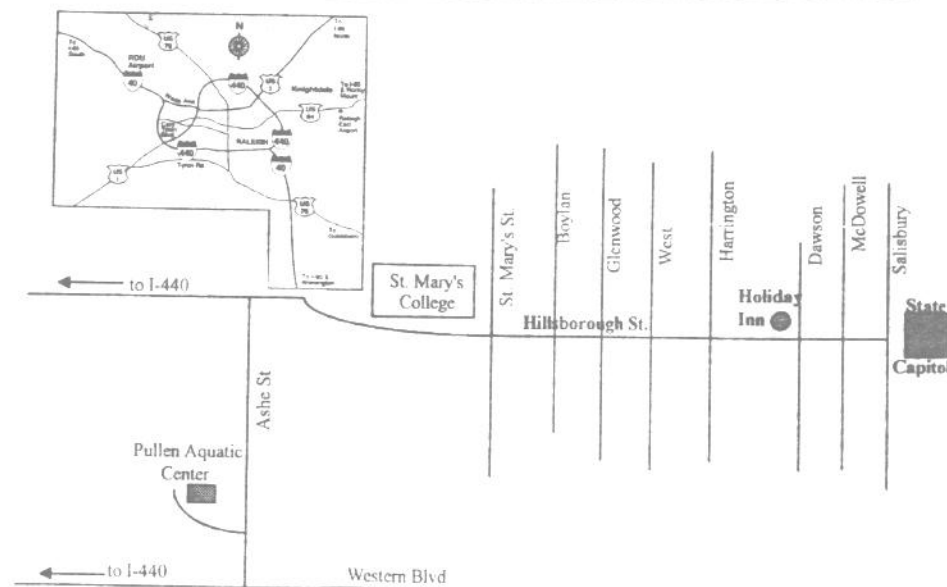
FL. GOLD COAST	CHAIRMAN	RANDY NUTT	2857 NW 91ST AVE APT 101	CORAL SPRINGS	FL	33065	(954)755-3318
	REGISTRAR	JUNE F. KRAUSER	2308 NE 19TH AVE	FORT LAUDERDALE	FL	33305	(954)564-6185
	TOP TEN	HERB KERN	2404 N ATLANTIC BLVD	FORT LAUDERDALE	FL	33305	(954)564-0860
	TREASURER	JUNE F. KRAUSER	2308 NE 19TH AVE	FORT LAUDERDALE	FL	33305	(954)564-6185
	EDITOR	CARL HOUSE	5970 SW 18TH ST #302	BOCA RATON	FL	33433	(407)368-7445
	OFFICIALS	HOWARD LAUCELLA	1422 COOLIDGE ST	HOLLYWOOD	FL	33020	(954)923-7181
	SAFETY	ANNE B. MCGUIRE	901 SE 7TH AVE	DELRAY BEACH	FL	33483	(407)278-9684
	FITNESS	JUDY BONNING	10728 NW 21ST PLACE	CORAL SPRINGS	FL	33071	(954)345-5370
FLORIDA-----	CHAIRMAN	HAROLD FERRIS	1115 44TH AVE NE	SAINT PETERSBURG	FL	33703	(813)896-0250
	REGISTRAR	CHARLES H. KOHNKEN	1258 FLUSHING AVE	CLEARWATER	FL	34624	(813)531-0008
	TOP TEN	CATIE C. COOPER	9775 SW 52ND RD	GAINESVILLE	FL	32608	(904)336-9027
	TREASURER	DONALD M. JONES, JR.	506 17TH AVE NE	SAINT PETERSBURG	FL	33704	(813)895-5065
	EDITOR	JAMES M. DONNELLY	5239 BOX TURTLE CIR	SARASOTA	FL	34232	(941)371-4084
	SANCTIONS	BILL UHRICH	1509 BUNKER HILL DR	SUN CITY CENTER	FL	33573	(813)634-7564
	SAFETY	RICHARD AVERY	1111 CHERRY HILLS DR	SUN CITY CENTER	FL	33573	(813)633-3970
	FITNESS	MEEGAN J. WILSON	620 NW 27TH WAY	GAINESVILLE	FL	32607	(904)373-0023
	OFFICIALS	CHARLES H. KOHNKEN	1258 FLUSHING AVE	CLEARWATER	FL	34624	(813)531-0008
GEORGIA-----	CHAIRMAN	LISA L. WATSON	804 HOWELL CT	DULUTH	GA	30136	(404)497-1901
	REGISTRAR	BILL LOTZ	4140 N BROADLAND RD NW	ATLANTA	GA	30342	(404)261-1906
	TOP TEN	BRETT SORGE	2601 FLOWERS RD S STE 160	ATLANTA	GA	30341	(404)458-8500
	TREASURER	EDWARD SALTZMAN	5060 CAMERON FOREST PKY	ALPHARETTA	GA	30202	(770)442-9075
	EDITOR	BOB KOHMESCHER	340 SPYGLASS BLUFF	ALPHARETTA	GA	30202	(770)587-2192
	SANCTIONS	JOHN ZEIGLER	2468 ELLIS CT	SNELLVILLE	GA	30278	(770)972-7981
	SAFETY	EDWIN WOLPAW	4883 ROSWELL RD NE APT A1	ATLANTA	GA	30342	(404)252-3114
	FITNESS	JOHN ZEIGLER	2468 ELLIS CT	SNELLVILLE	GA	30278	(770)972-7981
	OFFICIALS	GEORGE WAYS	5545 GLEN ERROLL RD NW	ATLANTA	GA	30327	(404)252-1307
NORTH CAROLINA	CHAIRMAN	CEIL BLACKWELL	4305 JOHN RENCHER WYND	RALEIGH	NC	27612	(919)787-8324
	REGISTRAR	GEORGE S. SIMON	10229 BOXELDER DR	RALEIGH	NC	27613	(919)846-2423
	TOP TEN	CEIL BLACKWELL	4305 JOHN RENCHER WYND	RALEIGH	NC	27612	(919)787-8324
	TREASURER	CHARLES IRWIN	994 SNOW HILL FALLS CIR	FRANKLIN	NC	28734	(704)524-7720
	EDITOR	LINDA ENDERS	3 BOOKER CREEK #B	CHAPEL HILL	NC	27510	(919)933-8726
	EDITOR	MARY HOFFMAN	19 BIRCHCREST ST	DURHAM	NC	27713	(919)493-4105
	SAFETY	PHILIP EISENHART	704 WITE OAK DR	CARY	NC	27513	(919)460-1756
	FITNESS	SANDRA CATHEY	130 PARK ST	STATESVILLE	NC	28677	(704)872-0364
	OFFICIALS	JAMES SLAUGHTER	3108 SUFFOLK DR	SHELBY	NC	28152	(704)487-0290
SOUTH CAROLINA	CHAIRMAN	TOMI RICHARDS	420 SIMPSON RD	ANDERSON	SC	29621	(803)226-6489
	REGISTRAR	WILLIAM CULBERTSON	300 SULPHUR SPRINGS RD # F3	GREENVILLE	SC	29611	(803)246-6731
	TOP TEN	TRACEY WEBSTER	2400 MARCHBANKS AVE #21B	ANDERSON	SC	29621	(803)375-0223
	TREASURER	WILLIAM CULBERTSON	300 SULPHUR SPRINGS RD # F3	GREENVILLE	SC	29611	(803)246-6731
	EDITOR	HEATHER REED	742 COLLETTE DR	CHARLESTON	SC	29412	(803)795-6309
	SAFETY	STEVE WYCOFF	405 BLACKBERRY LN	ANDERSON	SC	29625	(803)225-6447
	FITNESS	WILLIAM CULBERTSON	300 SULPHUR SPRINGS RD # F3	GREENVILLE	SC	29622	(803)246-6731
SOUTHEASTERN--	CHAIRMAN	ELLEEN SCHAPPEL	932 WEST OUTER DR	OAK RIDGE	TN	37830	(423)482-2575
	REGISTRAR	JEAN FOX	117 CHEESKOGILI WAY	LOUDON	TN	37774	(615)458-9525
	TOP TEN	ROXANNE MOTTER	3 WANDO CIR	HERTFORD	NC	27944	(919)426-2039
	TREASURER	JOE RICHARDS	1729 HOLSTON DR	BRISTOL	TN	37620	(423)764-4024
	EDITOR	LOIS G. BARNES	4603 SKYMONT DR	NASHVILLE	TN	37215	(615)665-1078
	SANCTIONS	ELLEEN SCHAPPEL	932 WEST OUTER DR	OAK RIDGE	TN	37830	(423)482-2575
	SAFETY	RICK HARRIS	1025 E FAIRVIEW AVE	MONTGOMERY	AL	36106	(334)263-3902
	FITNESS	DOTTY WHITCOMB	1981 VILLAFANE DR	PENSACOLA	FL	32503	(904)433-6241
SOUTHERN-----	CHAIRMAN	L.J. SCHMITT	9771 JEFFERSON HWY #51	BATON ROUGE	LA	70809	(504)296-0701
	REGISTRAR	GRAHAM STEWART	PO BOX 16617	BATON ROUGE	LA	70843	(504)767-6373
	TOP TEN	VICKI BUCCINO	31 OSBORNE	KENNER	LA	70065	(504)443-2497
	TREASURER	LINDA TUCKER	4619 ALVIN DARK AVE #1	BATON ROUGE	LA	70820	(504)766-2974
	EDITOR	ROBERT CAMBIAS	6601 VETERANS BLVD STE 41	METAIRIE	LA	70003	(504)888-8207
	SANCTIONS	L.J. SCHMITT	9771 JEFFERSON HWY #51	BATON ROUGE	LA	70809	(504)296-0701
	SAFETY	ELLEN HALL	141 MAGNOLIA BLVD	HARAHAN	LA	70123	(504)737-4262

# **DIXIE ZONE SHORT COURSE CHAMPIONSHIPS** **NORTH CAROLINA MASTERS SHORT COURSE CHAMPIONSHIPS** **April 20 - 21, 1996**

- Sponsored by:** Raleigh Area Masters  
This meet has been designated as the 1996 Dixie Zone Short Course Championships.
- Sanction by:** LMSC for NC, for USMS, Inc. Sanction No. 136-02
- Meet Director:** Steve Weatherman
- Meet Referee:** Bob Johnson
- Facility:** Pullen Aquatic Center, 410 Ashe Avenue, Raleigh, N.C. The pool is 50 meters by 25 yards with a bulkhead dividing the competition area into a 8 x 25 yard course. Non-turbulent lane lines and electronic timing system will be used. Continuous warm-up area will be available in the remaining 25 yard course area.
- Rules:** Swimmers must be registered with U.S. Masters Swimming (USMS). A photocopy of your current 1996 registration must be attached to your entry. Registration will not be available at the meet. The 1996 USMS rules shall prevail. Each swimmer will be limited to five events per day plus relays. The 19-24 age group will count towards team points. By competing, this age group may affect their U.S.S. amateur standing. Swimmers may enter either the 1650 or the 1000 Free, not both.
- Fees:** Entry fees are \$3.00 for each individual event and a \$6.00 surcharge is added for automatic timing, pool rental and zone fee (\$1). Relay fees are \$5.00. Fees must accompany entries and are non-refundable. Late and deck entries will be accepted. Late and deck entry fees will be \$6.00 per event. Make checks payable to **Raleigh Area Masters**. Send entries to Steve Weatherman, 2360 Declaration Drive, Raleigh, N.C. 27615.
- Deadline:** Entry deadline to be seeded is April 5, 1996. City of Raleigh Waiver must be signed and returned with entry.
- Awards:** Awards will be given for 1st - 8th place in each age group in each event. The high point winner in each age group will receive a custom award. Team awards will be given to the 1st - 3rd place teams and 1st place out-of-state team.
- Scoring:** Scoring will be 9-7-6-5-4-3-2-1 for individual events and 18-14-12-10-8-6-4-2 for relays.
- Events:**  
**Saturday, April 20, 1996** - Warm-up for the 1650 and 1000 begins at 8:00 a.m. Heats for the 1650 and 1000 begin at 8:30 a.m. with a final check-in at 8:15 a.m. Heats will be mixed sex and swum fastest to slowest. Meet management reserves the right to re-deck seed based upon participation. Warm-up for other Saturday events will begin at 12:00 noon. Heats begin at 1:00 p.m.  
**Sunday, April 21, 1996** - Warm-up begins at 8:00 a.m. and heats will begin at 9:00 a.m. A final check-in for the 500 free will be held on Sunday morning.
- Lodging:** The Holiday Inn-State Capital, 320 Hillsborough Street, (919) 832-0501, will be the meet headquarters hotel. A block of rooms will be held at a special rate of \$72-single; \$79-double, plus tax per night until April 1, 1996. The hotel is approximately 3 miles from Pullen Aquatic Center. Indicate participation in Dixie Zone Masters swim meet to receive special rate.
- Social:** There will be a social at the Holiday Inn-State Capital on Saturday night, April 20, 1996. Food, beverages and door prizes will be provided. Cost is \$11/person. Tickets must be purchased in advance.
- LMSC-NC Meeting:** There will be a meeting of LMSC-NC immediately following the events on Saturday, April 20, 1996.
- Information:** Steve Weatherman, Meet Director, (919) 850-0420

## **ORDER OF EVENTS**

SATURDAY, APRIL 20, 1996				SUNDAY, APRIL 21, 1996			
Women			Men	Women			Men
--Warm-up 8:00 a.m.--				--Warm-up 8:00 a.m.--			
--Start 8:30 a.m.--				--Start 9:00 a.m.--			
1	1650 Freestyle		2				
3	1000 Freestyle		4	25	200 FREE RELAY		26
--Warm-up 12:00 noon--				27	100 Breaststroke		28
5	MIXED 200 FREE RELAY		6	29	50 Butterfly		30
7	200 Butterfly		8	31	200 Freestyle		32
9	50 Breaststroke		10	33	400 FREE RELAY		34
11	100 Freestyle		12	--10 Minute Break--			
13	200 Backstroke		14	35	200 I.M.		36
--10 Minute Break--				37	100 Butterfly		38
15	200 MEDLEY RELAY		16	39	50 Freestyle		40
17	100 I.M.		18	41	100 Backstroke		42
19	50 Backstroke		20	43	MIXED 200 MEDLEY RELAY		44
21	200 Breaststroke		22	45	500 Freestyle		46
23	400 I.M.		24				



# WAIVER

## Dixie Zone Short Course Championships North Carolina Masters Short Course Championships April 20-21, 1996

### OFFICIAL ENTRY FORM

Sanction by LMSC for NC, for USMS, Inc. Sanction No. 136-02

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
Zip: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Club/Chapter: \_\_\_\_\_ USMS #: \_\_\_\_\_  
If none write unattached Send photocopy of USMS card

SATURDAY				SUNDAY			
W O M E N	Seed Time	EVENT	Seed Time	M O M E N	Seed Time	EVENT	Seed Time
1	_____	1650 Freestyle	_____	2	_____		_____
or				25	_____	200 Free Relay	26
3	_____	1000 Freestyle	_____	4	27	100 Breaststroke	28
5	_____	Mixed 200 Free Relay	_____	6	29	50 Butterfly	30
7	_____	200 Butterfly	_____	8	31	200 Freestyle	32
9	_____	50 Breaststroke	_____	10	33	400 Free Relay	34
11	_____	100 Freestyle	_____	12	35	200 I.M.	36
13	_____	200 Backstroke	_____	14	37	100 Butterfly	38
15	_____	200 Medley Relay	_____	16	39	50 Freestyle	40
17	_____	100 I.M.	_____	18	41	100 Backstroke	42
19	_____	50 Backstroke	_____	20	43	Mixed 200 Medley Relay	44
21	_____	200 Breaststroke	_____	22	45	500 Freestyle	46
23	_____	400 I.M.	_____	24	_____		_____

Number of Events: \_\_\_\_\_ x \$3.00 = \_\_\_\_\_  
Meet Surcharge: \_\_\_\_\_ \$6.00 = \$6.00  
Social: (Optional) Advance purchase required \$11.00 = \_\_\_\_\_  
Meet Results: (Optional) \$3.50 = \_\_\_\_\_  
**TOTAL: Make checks payable to RAM = \_\_\_\_\_**

### Mail Entries To:

Steve Weatherman  
2360 Declaration Drive  
Raleigh, North Carolina 27615

### RELEASE FROM LIABILITY

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.

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

IN CONSIDERATION OF THE ACCEPTANCE OF THE Dixie Zone Masters SWIM MEET SPONSORED BY Raleigh Area Masters, TO BE HELD April 20-21, 1996, AT THE Pullen Aquatic Center POOL OF THE CITY OF RALEIGH, I HERBY, MY HEIRS, EXECUTORS, ADMINISTRATORS AND ASSIGNS, RELEASE AND DISCHARGE THE CITY OF RALEIGH, PARKS AND RECREATION DEPARTMENT, THE PROMOTERS, MANAGERS, EMPLOYEES, AND OPERATORS OF THE Pullen Aquatic Center POOL FROM ANY INJURY OR LOSS WHICH MIGHT OCCUR DURING MY PARTICIPATION AND TRAVEL TO AND FROM THE SAID EVENT. I SPECIFICALLY RELEASE AND DISCHARGE THE SAID PROMOTERS AND SPONSORS AND THE CITY OF RALEIGH WHOSE FACILITIES ARE BEING USED FOR THIS EVENT, ETC., FROM ALL INJURIES OR DAMAGES ARISING FROM OR CONTRIBUTED TO BY ANY PHYSICAL IMPAIRMENTS OR DEFECT I MAY HAVE, WHETHER LATENT OR PATENT, AND AGREE THAT THEY ARE UNDER NO OBLIGATION TO PROVIDE PHYSICAL EXAMINATION OR OTHER EVIDENCE OF MY FITNESS TO PARTICIPATE IN SUCH EVENTS, THE SAME BEING MY SOLE RESPONSIBILITY.

Print Full Name of Participant \_\_\_\_\_

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

Parent's Signature (if under 18 years) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone Number \_\_\_\_\_

rev. 9/95

# PRINTING COMPLIMENTS OF THE CITY OF FORT LAUDERDALE AND THE HALL OF FAME AQUATIC COMPLEX

For your fun and enjoyment...

## About English

Remember when hippie meant big in the hips, and a trip involved travel in cars, planes and ships? When a pot was a vessel for cooking things in, and hooked was what Grandmother's rug may have been? When fix was a verb that meant to mend or repair, and "be-in" meant merely existing somewhere? When neat meant well-organized, tidy and clean, and grass was ground cover, normally green? When groovy meant furrowed with channels and hollows, and birds were winged creatures, like robins and swallows? When fuzz was a substance real fluffy, like lint, and bread came from bakeries, and not from the mint. When roll meant a bun, and rock was a stone, and hang-up was something you did with the phone? It's groovy, man, groovy, but English it's not. Me-thinks that our language is going to pot!

*Author unknown*

Dixie Zone News  
c/o June F. Krauser  
2308 NE 19th Ave.  
Ft. Lauderdale, FL 33305

