



# The Georgia Masters Newsletter

## Swimming in Georgia

### March 2009

#### Don't Miss These Events!

#### 2010 SC Nationals



**Just 14 months to SC Nationals!**

The countdown continues to 2010 SC Nationals at Georgia Tech. As described in last month's LMSC newsletter by Nationals meet director **Ed Saltzman**, this should be a wonderful experience for us,

but definitely an overwhelming one in terms of the manpower needed from our LMSC as volunteers and swimmers. Dates are May 20-23. Please mark those dates on your calendar to make sure you are free to volunteer, swim and/or both!

Please contact Ed to volunteer your services. We have a lot of short term and long range plans to make right now. Organizational skills, corporate, social, political contacts, web design skills—all of these are needed! Ed's e-mail is [es7204@att.com](mailto:es7204@att.com).

As for competing, for those who think that they're not good enough to compete at Nationals and can't make the Qualifying Times -- not so! Any USMS swimmer is eligible to compete at the National Championships. Any swimmer may enter up to 3 individual events. For swimmers who want to do more events, you would need to make the National Qualifying Time (NQT) for those events- NQTs are published in the meet information. There is a cap of 6 individual events maximum. Relays do not need NQTs, so anyone is eligible. And as Ed stated in his letter to the LMSC last month, we need LOTS of relays in order to win Nationals.

#### West Gwinnett Park Meet – April 26

This is a new SCY developmental meet at a new pool in Duluth which just opened last year. The meet will be held on Sunday morning, April 26. This is same weekend as originally scheduled for the cancelled Gary Eaton meet. Warmups are at 9 a.m. and the meet should start at 9:30 and be finished by noon. The facility includes the 8 lane competition pool and separate pools for teaching classes.

Meet information and entry form are included in this newsletter. For questions, contact **Lisa Watson** at [lwatson@gsc.edu](mailto:lwatson@gsc.edu) or by phone – 770/497-1901 (home) or 678/717-3646 (work). This meet is hosted by the Georgia Killer Whales.



#### Classic City LC Invitational – June 6

The annual Classic City LC Invitational, held at the fabulous UGA natatorium in Athens, is Saturday, June 6. The info and entry form are included in this newsletter. Start the LC season off by competing in a fabulous pool! Meet hosts are the Classic City Masters. Meet directors are **Ray Woller** and **Dave Eisner**. For questions, contact Ray at [rwoller@uga.edu](mailto:rwoller@uga.edu).

#### 2009 Grand Prix Events

Jan	National Hour Swim
Mar	St. Pat's SCY Meet
Jun	Classic City LC
Jul	GA Games Open Water
Dec	St Nicks SCM

Recaps of  
Last Month's Meets

**2009 South Carolina Short Course Masters  
Championships – February 7-8, 2009**

While most Georgia swimmers headed to Auburn in February, a few of us – **Wendy Weber** and **Meghan Griffin** from Greater Augusta Swimming, **Marion “Tom” Dunlap** (unat) and **Donna Hooe** from Georgia Masters did very well at the 2009 South Carolina SCM Championships in North Myrtle Beach, SC. In the team competition Georgia Masters placed 4<sup>th</sup> and Greater Augusta took 5<sup>th</sup> behind 3 strong South Carolina teams.

**Tom** managed to take down 2 Georgia records in the 50 and 200 backstroke (75-79) with times of 39.95 and 2:58.17. Tom swims at the Y and will affiliate with Savannah/Georgia Masters for the next meet. **Donna** won the high point for the 45-49 age group. Both **Wendy** and **Meghan** swam many personal best times too.

This new facility was really nice and Grand Strand Masters went all out for this meet with cold drinks available for everyone all day long and lots of southern hospitality. They made everyone feel very welcome. Results for this meet are posted at:  
<http://www.dixiezone.org/Results/0902nmb.pdf>.

**2009 Auburn SCY – February 14-15, 2009**



The Auburn SCY meet was attended by 27 Georgia Masters swimmers – from Dynamo (18), Killer Whales (8), and one new GAJA swimmer

(Thomas Pecht). Other Georgia teams swimming at Auburn included the Atlanta Water Jocks and Atlanta Rainbow. While we don't have all of their results, the AWJ won the medium size trophy with 700 points (4<sup>th</sup> out of 40 team!!!). **Andy Dyer** and **David Eng** contributed to their trophy with a number of first place

wins. Unfortunately, we don't have any more info on the how well the AWJ and the Trout did – but congrats to all of you!!!!

The big news – Georgia Masters won the Auburn Large Team Honors with 1,533 points!

Young Dynamo swimmers partnered with salty Killer Whales talent to form comingled relays that lead to a 1533 to 1464 team victory over last year' winner, the Florida Pirates. Every point mattered from the 4 points earned by the new 50-54 Masters swimmer **Thomas Pecht** in his one race debut to the 6 points contributed by **Caroline Gatto** (45-49) with her best of three swims, 3<sup>rd</sup> in the 100 breast. Twenty one Georgia Masters swimmers had individual swim 1<sup>st</sup> place results, and another 3 had relay wins, but it was consistency that mattered like **Katie Chester's** points in 8 events and a relay that were critical to the final thin 69 point victory margin.

The key to victory was the relays. Thanks to a great line-up management job by **Tracy Pinkshirt** of Dynamo, 21 of the 27 swimmers contributed in relays with most swimming in younger age brackets to facilitate teams. The Pirates had entered 18 relay teams and logged 10 first places versus GAJA's 6 wins from 10 teams. However, GAJA won 4 of 6 head to head battles including 3 of 4 in the final three events of the meet thanks to three Top Five Dixie performances.

The Dynamo Men's 25-34 200 medley relay of **Evy Tourgeman, Sean Joyce, Paul Buren** and **Jonathan Dunn** blistered a TOP TEN USA 1:44.67 for a key head to head win in a fast field. The Killer Whales Men's 200 free team of **John Zeigler, Herb Chuyen, Irwin Stolz** and **Jack Mitchell** with an average age of 73 swam down to win the 55-64 relay in a Top 10 Dixie time to win another key head to head matchup. **Abby Thurmond** was the common member of the other head to head wins in 18 + Mixed relays.

Of the 11 women, **Abby Thurmond** (18-24) also lead the key individual swim performances with 5 first and 66 points to gather the age bracket high point trophy. In the 50-54 group **Patria Constantino** had 6 first places while new swimmer **Lynn Beach** had 3 first and 4 seconds for 55 points and high point runner-up status. In the 55-59 **Skippy Mattson** swept the breaststroke in winning 4 events and the high point trophy. Other women capturing wins were **Rachel Horak** (30-34)

**Kristin Aziz** (40-44), **Pam Sharp** (55-59) and the oldest rookie in the competition, **Jan Callaway** (70-74) with two long swim wins.

While the field in the young age groups was loaded with talent (often 12-14 swimmers in a age group race) the vintage Georgia Masters swimmers were often competing against lone arch rivals or ghost from the past and current top ten marks. The grand lady on the team, **Rocio Lancaster** (75-79 ) had a Top Ten level performance in the 200 free and contributed 81 points on 9 first places which was absolutely critical because the Pirates had 85 year old **Marjorie Stone** accumulating 81 uncontested points in the 85-89 category on 5 TOP TEN USA swims.

Of the 16 men on the merged team, the fastest was **Paul Buren** in the 25-29 competition with three firsts including a meet best **21.44** in the 50 free that would have been a 2007 Top Five USA but was .11 short of 2008 Top Ten USA. **Sean Joyce** swept the breaststroke events and **Jonathan Dunn** had two first (100 and 200 free) and earned 68 points to win the bracket high point trophy. **Evy Tourgeman** had 4 first in the 30-34 age group. GAJA was also strong in the 35-39 age group with **Scot Raab** and **Kevin Sidor** each winning 6 sorties each for GAJA dominance in 12 of the 17 events. **Scot** gathered the high point award with 75 points versus 61 for **Kevin**. **Andrew Perry** had two first and other high finished in the 40-44 group.

Four veteran Killer Whales won high point competitions lead by Captain **John Zeigler** (60-64) who had 5 first and five second for 80 points. **Irwin Stolz** (75-79) had a Top 4 USA performance in the 1650 free and contributed 79 points losing only one event to a Top 3USA swimmer. **Jack Mitchell** (80-85) had the highest point total of any Georgia Swimmer (84 ) but needed 4 Top Ten Dixie including a Top Ten USA backstroke sprint performance to win the high point award against arch rival Dick Breitenfield, in a heated battle where they split 4 head to head races. **John Taylor**, the oldest swimmer in the meet at 87 had 7 firsts for 63 points.

**Walter Leen** (65-69) finished his first ever 100 fly to steal 9 first place points. **Walter, Patrick Monmouth** (18-24), **Eric Mansfield** (25-29) and **Herb Chuvén** (70-74) swam in multiple relays and had relay first place finished and high individual swim placements to contribute needed points. For complete results visit – <http://www.ag.auburn.edu/~baillec/2009.results.htm>.

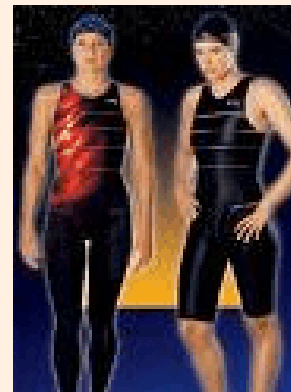
Kudos to **Walter Leen** for one of the most interesting meet write ups we've had the pleasure to report on in a long time! We're designating Walter as a stringer on the Georgia Masters Newsletter!!!

### **Grand Prix 2008 Results**

Results from the Georgia Grand Prix 2008 will be announced at the beginning of the afternoon session's events at the St Pat meet on Saturday, March 28.

## Other News

### **USMS Rules on Suits – Everything You Wanted to Know from modesty to drag suits....**



In light of new swimsuit testing and approval being conducted by FINA according to its recent "Dubai Charter," the following is U.S. Masters Swimming's official interpretation of Swimwear rule 102.14: FINA approval or rejection of new swimwear introduced after September 30, 2007, will be accepted by U.S. Masters

Swimming for USMS sanctioned and recognized competition.

The following interpretation regarding the use of two suits during competition is effective immediately. This interpretation conforms to the recent interpretations issued by FINA (03/15/09) and USA Swimming (03/18/09).

For purposes of Article 102.14 of U.S. Masters Swimming Rules of Competition, Swimwear, the use of more than one suit at a time during any USMS sanctioned or recognized competition is prohibited.

### **Questions & Answers**

1. *Can I wear a regular racing suit that is not a body suit?*  
Yes, suits introduced prior to September 30, 2007, are legal for U.S.M.S. competition.
2. *Can I wear my LZR at nationals in May?*  
At this point questions about suits (those introduced after September 30, 2007) for nationals cannot be answered because the new list of FINA-approved

suits has not been published nor is there a set date for publication of that list by FINA. Until FINA publishes the new list of approved suits, the current status of approved or rejected suits is in effect; therefore, your LZR is currently approved for competition until the new FINA list is published. However, should U.S.M.S. officially receive information that any of currently marketed suits introduced after September 30, 2007, have been rejected by FINA, those suits will no longer be considered legal.

3. *Why can't questions about suits for nationals be answered now?*

According to the Dubai Charter (published by FINA 03/15/09), manufacturers must resubmit their suits for approval by March 31, 2009. The suits will be retested under a new system for buoyancy (no more than 1 Newton), material (no thicker than 1 mm), and construction (no trapping of air), just to mention a few criteria. At the point of publication by FINA of newly approved suits, the questions about legal suits for nationals can be answered.

4. *How will this impact Masters competitors?*  
That LZR, TYR, or Blueseventy suit you bought after September 30, 2007, is legal at this moment, but it could be illegal after the new FINA-approved swimsuit list is published. Regardless of the new list, that old Fastskin that you have will be legal since it was introduced prior to September 30, 2007.

5. *My coach is forcing me to swim the 1650 free as a training swim. Can I wear a drag suit over my jammers?*

No. Although wearing an extra drag suit may not be perceived as having an advantage, the interpretation is that only one swimsuit is permitted.

6. *Does "one suit for competition" mean I can only wear one suit for the whole meet?*

No. You can change suits during the meet, but you can only wear one suit at a time. This restriction applies only to the actual races (competition). You can wear more than one suit during warm-up and warm-down. This restriction applies to all types, makes, and models of swim suits, but it is not intended to apply to athletic supporters or modesty type wear (a single pair of "briefs" or "bikini bottoms or top" or a sports bra worn to ensure modesty and privacy).

Upcoming Events

March 2009			
28-29*	St Patrick's Day SCY Invitational Contact: Maria Thrash at <a href="mailto:mariat0202@aol.com">mariat0202@aol.com</a>	27-29	St Petersburg, FL SCY
April 2009			
2*	Georgia LMSC Conference Call -- 7 p.m.	16-19	Y National SCY – Ft Lauderdale, FL
18-19	Raleigh, NC – SCY	26*	W Gwinnett Park SCY Developmental Meet – entry enclosed; contact Lisa Watson – <a href="mailto:lwatson@gsc.edu">lwatson@gsc.edu</a>
May 2009			
2-3	Clemson, SC SCY – Contact: Jacqueline Grossman at <a href="mailto:jelg@innova.net">jelg@innova.net</a>	7-10	USMS SC Nationals – Fresno, CA – Postmark deadline March 26 online deadline April 9
June 2009			
6*	Classic City LC Invitational @ UGA – Contact Ray Woller at <a href="mailto:rwoller@uga.edu">rwoller@uga.edu</a> ; entry enclosed	19-21	Dixie Zone LC Championships – Ft Lauderdale, FL
13-14	Dixie Zone Open Water Championship – Ft Myers, FL	27-28	Greenville, SC – LC

July 2009			
TBA	St Petersburg, FL LC	TBA	Georgia Games Open Water
August 2009			
6-10	USMS LC Nationals – Indianapolis, IN	30*	Mt Park SCY Development Meet (tentative date)
September 2009			
16-20	USMS Convention – Chicago, IL	26*	Georgia LMSC Annual Meeting
26*	Peachtree City SCY Pentathlon		
October 2009			
TBA	Bermuda Open Water	31-1	Dixie Zone SCM Championships – Columbia, SC
November 2009			
31-1	Dixie Zone SCM Championships – Columbia, SC	8*	Collins Hill (SCY or SCM) Developmental Meet
December 2009			
TBA	St Nicholas SCM Invitational @ Georgia Tech	TBA	Coral Springs, FL – SCM

### Swim Websites

Georgia Masters Swimming

Atlanta Rainbow Trout

Aiken-Augusta Swim League

Atlanta Water Jocks

Augusta Masters Riptides

Columbus Hurricanes (Masters) Swim Team

Dynamo Masters

Dixie Zone

Greater Augusta Swimming

SwimAtlantaMasters

[www.georgiamasters.org](http://www.georgiamasters.org)

[www.atlantarainbowtrout.com](http://www.atlantarainbowtrout.com)

[www.swimasl.org/masters.htm](http://www.swimasl.org/masters.htm)

[www.atlantawaterjocks.com](http://www.atlantawaterjocks.com)

[www.augustariptides.com](http://www.augustariptides.com)

[www.swimhurricanes.com](http://www.swimhurricanes.com)

[www.dynamomasters.com/index.html](http://www.dynamomasters.com/index.html)

[www.dixiezone.org](http://www.dixiezone.org)

[www.gasswim.com](http://www.gasswim.com)

[www.swimatlantamasters.com/](http://www.swimatlantamasters.com/)

### Who Y'All Can Call

Lisa Watson, LMSC Chair

(770) 497-1901 or (678) 717-3646

[lwatson@gsc.edu](mailto:lwatson@gsc.edu)

Sean Fitzgerald, Vice-Chair

(404) 496-4422

[Seanfit@gmail.com](mailto:Seanfit@gmail.com)

Bob Kohmescher, Newsletter Editor

(770) 587-2192

[bobk340@comcast.net](mailto:bobk340@comcast.net)

Ed Saltzman, Treasurer, Communications,

Records, Sanctions for Swim Meets

(770) 442-9075

[es7204@att.com](mailto:es7204@att.com)

Bill Lotz, LMSC Registrar

(404) 261-1906

[blotz@mindspring.com](mailto:blotz@mindspring.com)

Donna Hooe, Coaches Chair

(912) 884-6456

[rdhooe1@juno.com](mailto:rdhooe1@juno.com)

Karol Welling, Secretary

(770) 631-9195

[krw83@mindspring.com](mailto:krw83@mindspring.com)

Jeff Tacca, Member at Large

(404) 256-0733

[jtacca@comcast.net](mailto:jtacca@comcast.net)

John Zeigler, Fitness

(770) 972-7981

[jvzeigler@bellsouth.net](mailto:jvzeigler@bellsouth.net)

Rob Copeland, Safety & Long Distance

(678) 817-1602

[rob\\_copland@comcast.net](mailto:rob_copland@comcast.net)

**Georgia Teams & Clubs**

<b>Team/Club</b>	<b>Abbr</b>	<b>Team Rep</b>	<b>Phone</b>
Americus Blue Tide	ABT	Tim Demott	(229) 924-3863
Atlanta Rainbow Trout	ART	Sean Fitzgerald	(404) 496-4422
Atlanta Water Jocks	AWJ	Lorenzo Benucci	(404) 353-2952
Gordon Otters Swim Club	GOSC	John Barlow	(770) 468-1212
Greater Augusta Swimming	GAS	Jeffrey Rout	(864) 333-2939
Marlins Masters	LINS	Yit Aun Lim	(770) 516-3668
Oxford College Swim Club	OXSC	Anthony Gonzales	(770) 784-4675
Stingrays Masters	RAY	Keith Berryhill	(770) 427-6717

**Georgia Superteam (GAJA)**

<b>Team/Club</b>	<b>Abbr</b>	<b>Team Rep</b>	<b>Phone</b>
<b>GEORGIA</b>	<b>GAJA</b>	<b>Lisa Watson</b>	<b>(770) 497-1901</b>
Aiken-Augusta Swim League	ASLM	Adam Byers	(706) 495-8468
Augusta Masters Rip Tides	AMRT	Jenny Baldowski	(706) 556-1476
Brunswick Y Barracudas Masters	BYRB	Ken Doss	(912) 265-4100x102
Classic City Masters	CCM	Raymond Woller	(706) 549-0515
Dynamo Swim Club Masters	DYNA	Maria Thrash	(770) 457-7946x20
Georgia Masters Killer Whales	GMKW	Lisa Watson	(770) 497-1901
Hurricane Masters Swim Team	HURR	Brian Jennings	(706) 561-2547
Savannah Masters	SAVM	Walt Weed	(912) 656-5562
Southside Seals	SSS	Karol Welling	(770) 631-9195
Swim Atlanta Masters-Hamilton Mill	SAMS	Kim Hurst	(678) 442-7946
Swim Atlanta Masters-Johns Creek	SAMS	Chad Shirley	(779) 232-7227
Swim Atlanta Masters Roswell	SAMS	Siomn Nickerson	(770) 992-7946
Swim Atlanta Masters Sugarloaf	SAMS	Scot Davis	(678) 442-7946
Swim Masters Macon	SMM	Tana Selby	(478) 474-2193

**Deadline for Next Newsletter**

If you'd like to add something to our next newsletter, please send it to Bob at [bobk340@comcast.net](mailto:bobk340@comcast.net) by April 15.

**West Gwinnett Park Pool**

A new event will take place at the April meet – the 200m aquatic bobsled. Entries are limited to the first 100, so sign up today!

CLASSIC CITY / GEORGIA MASTERS LONG-COURSE MEET  
GABRIELSEN NATATORIUM AT THE UNIVERSITY OF GEORGIA

JUNE 6, 2009

USMS SANCTION: 459-L01

DATE: Sat. June 6, 2009 Warmups: 9am Meet: 10am

**NATATORIUM:** The Gabrielsen Natatorium at the University of Georgia, was completed in 1996 and was the site of the 1997 SEC Swimming Championships, the 1999, the 2002 and 2006 Women's NCAA National Championships. The pool is an 8-lane 50 meter pool, equipped with automatic timing and an 8-lane digital read-out board. Several lanes in a 25 yard diving well will be available for warmups and warmdowns during the meet. **The pool will be certified before and after each session and times will count for USMS records and Top Ten submission.**

**LOCATION:** The Gabrielsen Natatorium is in the Ramsey Student Activities Center located on the East Campus of the university. Directions to the pool are on the following page. There is free parking on Saturdays in the East Campus Parking Deck as well in the adjoining surface "pay" lot. For more detailed directions call Ray Woller at 706-549-0515.

**SANCTION & ELIGIBILITY:** This meet is sanctioned by the Georgia Masters LMSC for USMS, Inc. Sanction number: 459-L01. Entrants must be registered with USMS. **Be sure to enclose a copy of your 2009 USMS card with entry form.**

**AGE GROUPS:** Age of competitors on **December 31, 2009** will determine age group. Age groups are: 18-24, 25-29, 30-34, . . . , 80-84, 85-89, 90+. For Relays: Age group is determined by the sum of the ages of the swimmers: 76+, 100+, 120+, 160+, 200+, 240+, 280+, 320+.

**RELAYS** will be deck entered while the meet is in progress. All relays can be swum with 4 Women, 4 Men, or Mixed (2 women and 2 men). Only swimmers entered in the meet, and belonging to the same local Georgia or USMS-registered Club can participate in relays.

**AWARDS:** First-, second- and third-place ribbons will be awarded for all events.

**SEEDING:** Heats will be formed by submitted seed times, regardless of age or sex; they will progress from "No Time," to slow, to fast, to deck entries.

**CLUBS:** GAJA Masters please list your Chapter or local team name.

**DEADLINE:** To be seeded in the meet, entries must be received by **May 27, 2009.**

**FEES:** Fees must accompany entry forms.

A flat charge of \$30 covers up to 5 individual events and the timing and pool surcharges.

The deck entry fee for up to 5 individual events submitted at the meet (before 9:45) is \$35.00.

A maximum of 5 individual events can be entered.

Relays can only be deck-entered at \$5 per relay.

Make checks payable to Dave Eisner and mail checks and entries to

Dave Eisner

2936 Old Peachtree Rd

Dacula, GA 30019

**MEET DIRECTORS:** Raymond Woller & Dave Eisner

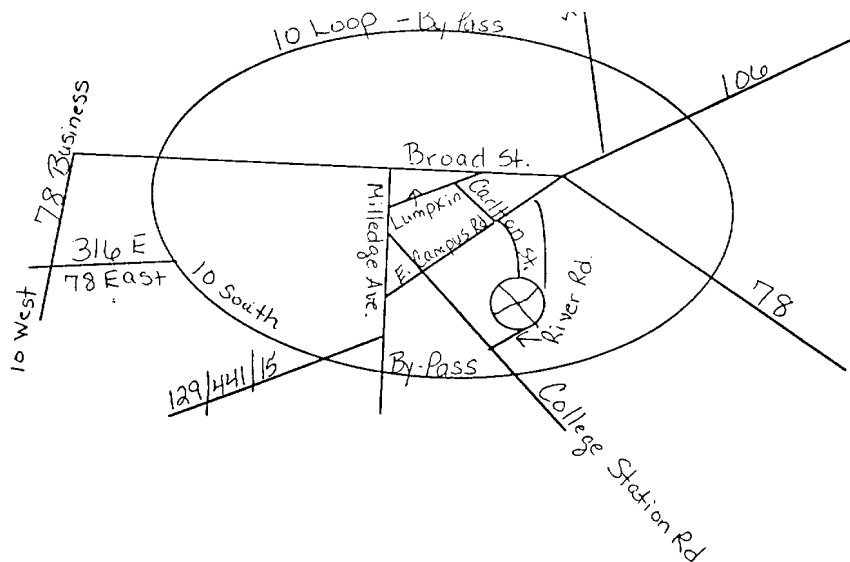
## Directions to the Gabrielsen Natatorium in the Ramsey Student Activities Center

From the West (Atlanta): Take 85 North to exit 106 for 316 East to Athens. Travel 30+ miles to Athens; do not take the first Athens exit off 316 for Athens and Monroe. Instead, proceed 3.5 miles to the Loop 10 South exit for the University of Georgia. Take exit 7 off the Loop at College Station Road. Turn left onto College Station Road. At the second light, turn right onto River Road. The Ramsey Student Activities Center will be the first building on your left.

From the North (South Carolina): Take 85 South to the Commerce exit and turn left onto 441 South to Athens. Travel 20+ miles to Athens. Stay on 441 South and take exit 7 at College Station Road. Turn right onto College Station Road. Take the first right onto River Road. The Ramsey Student Activities Center will be the first building on your left.

From the East: Take 78 West to Athens. Take exit 7 at College Station Road. Turn right onto College Station Road. Take the first right onto River Road. Follow signs to Performing Arts Center. The Ramsey Student Activities Center will be the first building on your left.

From the South: Take 441 North to Athens. Take exit 7 at College Station Road. Turn left onto College Station Road. Take the first right onto River Road. The Ramsey Student Activities Center will be the first building on your left.



### HOTELS

**Special Rate \$89**

**Code GMSP**

**Rooms held until 5/15**

**Marriott Courtyard**

**166 North Finley Ave**

**Phone: 706-369-7000**

Best Western Colonial Inn  
170 North Milledge Avenue  
Phone: 706-546-7311  
800-528-1234

Holiday Inn  
197 E. Broad Street  
Phone: 706-549-4433  
800-465-4329

Comfort Inn  
3980 Atlanta Highway  
Phone: 706-227-9700

Holiday Inn Express 513 West  
Broad Street  
Phone: 706-546-8122  
800-465-4329

Days Inn  
230 North Finley Street  
Phone: 706-543-6511  
800-329-7466

Hampton Inn  
2220 W. Broad Street  
Phone: 706-548-9600  
800-426-7866

Hilton Garden Inn  
390 East Washington St. Phone:  
706-354-6431  
Toll free: 877-Stay-HGI

Howard Johnson  
2465 West Broad Street  
Phone: 706-548-1111\  
800-446-4656

Travelodge  
898 West Broad Street  
Phone: 706-549-5400  
800-578-7878

ENTRY FORM  
 CLASSIC CITY / GEORGIA MASTERS LONG-COURSE MEET  
 GABRIELSEN NATATORIUM AT THE UNIVERSITY OF GEORGIA  
 June 6, 2009  
 USMS SANCTION: 459-L01

NAME \_\_\_\_\_ SEX \_\_\_\_\_  
 AGE on 12/31/2009 \_\_\_\_\_ BIRTH DATE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_  
 STATE \_\_\_\_ ZIP \_\_\_\_\_ USMS# \_\_\_\_\_ (Include a copy of your card)  
 PHONE \_\_\_\_\_ E-Mail \_\_\_\_\_  
 TEAM ABBREVIATION \_\_\_\_\_ (UN = unattached; GAJA use local chapter or club name)  
 TEAM NAME \_\_\_\_\_

Enter your events and seedtimes on this form.

SATURDAY June 6, 2009		Warmups: 9 A.M.	Meet 10 A.M.	
EVENT	SEED TIME		EVENT	SEED TIME
1. 400 m. Freestyle	_____		10. 200 m. Indiv. Medley	_____
2. 200 m. Butterfly	_____		11. 100 m. Breaststroke	_____
3. 400 m. Free Relay	XXXXXXXXXX		12. 50 m. Backstroke	_____
4. 100 m. Backstroke	_____		13. 100 m. Butterfly	_____
5. 50 m. Freestyle	_____		14. 200 m. Free Relay	XXXXXXXXXX
6. 200 m. Breaststroke	_____		15. 200 m. Freestyle	_____
7. 200 m. Medley Relay	XXXXXXXXXX		16. 50 m. Breaststroke	_____
8. 50 m. Butterfly	_____		17. 200 m. Backstroke	_____
9. 100 m. Freestyle	_____		18. 400 m. Medley Relay	XXXXXXXXXX

Swimming Fees: \$30 for up to 5 individual events (this covers pool and timing surcharge.  
 (Relays will be deck entered at the meet @ \$5 per relay.)

**Mail a copy of your USMS card with this entry form.**

Entry Deadline : May 27, 2009  
 Meet Directors: Dave Eisner & Raymond Woller  
 Make checks payable to: Dave Eisner  
 Mail to: Dave Eisner, 2936 Old Peachtree Rd, Dacula, GA 30019

Release by Participant 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 risk 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 \_\_\_\_\_



**Georgia Masters Swimming**  
**West Gwinnett Park Short Course Yards Developmental Meet**  
**Sunday, April 26, 2009**  
**Sanction No. 459-S03**  
**Held Under the Sanction/Approval of USMS, Inc. & Georgia LMSC**

---

**Time:** Sunday--Warm ups at 9:00 a.m. Meet begins at 9:30 .m.

**Location:** West Gwinnett Park is an 8 lane 25 yard pool, and is located at the intersection of Peachtree Industrial Blvd and South Berkeley Lake Rd. From I-285, take the Peachtree Industrial Blvd exit going NORTH (away from Atlanta). Go 7.5 miles to S. Berkeley Lake Rd. The West Gwinnett pool is on the RIGHT corner. OR: from I-85, take Pleasant Hill exit going WEST (past Gwinnett Mall). Turn left on Peachtree Industrial Blvd. The 4<sup>th</sup> stoplight will be S Berkeley Lake Rd — the pool will be on your LEFT. Here's the address:  
West Gwinnett Park Aquatic Center  
4488 Peachtree Industrial Blvd  
Norcross, Ga 30071  
770/417-2281

**Eligibility:** The meet is open to all persons 18 years and older as of **April 26, 2009**. **USMS REGISTRATION IS REQUIRED.** If you are not registered, your application can be accepted at the meet. Be sure to include a copy of your USMS card with your entry.

**Events:** Swimmers may enter up to five events.

**Awards:** Ribbons will be awarded for 1st, 2nd, and 3rd places.

**Timing:** Hand-held stop watches will be used. **Note:** This is a Category I developmental meet – times will **not** count for Top Ten or Records.

**Fees:** \$15.00 for up to 5 events; \$2.00 surcharge for deck and late entries (received after **April 24**); \$1.00 surcharge for entries without 3 x 5 index cards. Make checks payable to GEORGIA MASTERS. Mail to:

Lisa Watson  
804 Howell Court  
Duluth, Georgia 30096 Phone #: (770) 497-1901/(678) 717-3646  
[lwatson@gsc.edu](mailto:lwatson@gsc.edu)

**Entries:** Indicate events desired on the entry form--circle event # and provide seed time; use NT for No Time. Please fill out a 3 x 5 index card for each event entered. Include name, age, sex, event number/name, and seed time. EXAMPLE:

Jeff Lange	<b>50 M</b>
Event #: 6	1:15
100 yard breast	
(please leave room for timers)	

**Seeding:** Entries received by **April 24** will be seeded. Women's heats will precede men's heats. Sexes may be combined for some heats. NTs will be placed in slower heats, except for the 500 free, which is fast to slow.



**Georgia Masters Swimming**  
**Marist SCY Developmental Meet**  
**Atlanta, GA —April 26, 2009**  
**ENTRY FORM**

Name: \_\_\_\_\_ Sex: \_\_\_\_ Age: \_\_\_\_ DOB: \_\_\_\_\_  
 Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 USMS #: \_\_\_\_\_ Team: \_\_\_\_\_  
 E-mail \_\_\_\_\_

SEED TIME	EVENT	SEED TIME	EVENT
_____	1. 500 free/400 Ind. Medley	_____	9. 200 IM
_____	2. 50 Yard Breaststroke	_____	10. 50 Yard Butterfly
_____	3. 100 Yard Backstroke	_____	11. 100 Yard Freestyle
_____	4. 200 Yard Butterfly	_____	12. 200 Yard Breaststroke
_____	5. 50 Yard Freestyle	_____	13. 50 Yard Backstroke
_____	6. 100 Yard Breaststroke	_____	14. 100 Yard Butterfly
_____	7. 200 Yard Backstroke	_____	15. 100 Yard Ind Medley
_____	8. 25 Yard Choice	_____	16. 200 Yard Freestyle
	MEDLEY RELAYS		FREESTYLE RELAYS

*Circle event number desired and indicate seed time if known.*

**FEES:** Make checks payable to GEORGIA MASTERS

**ALL EVENTS:** \$15.00

**SURCHARGE:** Late and Deck Entries \$2.00 \_\_\_\_\_

**SURCHARGE:** No 3 x 5 Index cards \$1.00 \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED:** \_\_\_\_\_

**RELEASE FROM LIABILITY:**  
 "I the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been informed otherwise 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, as a condition of my participation in masters swimming. In addition, I hereby agree to abide and be governed by the rules and regulations of USMS."

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_