
Welcome to summer! Where did the winter go? My goal of 4 newsletters per year has very quickly gone "down the tubes". It was nice to see many new faces at our Wauwatosa meets this winter. It will be especially nice to see Janet Schultz of Manitowoc back in the pool this summer. Just as she was becoming a very active WMAC member she suffered a broken ankle while cross country skiing--sidelining her for 6 weeks. For those new to masters swimming, WMAC sponsors only one summer meet - this year Aug 5-7 at Wilson Park in Milwaukee. Detailed info is included. We NEED to support this meet! Not only is the swimming great but Saturday lunch is the icing on the cake. BE THERE!

Your editor - Nancy Kranpitz

In my job as substitute teacher I have the opportunity to see an assortment of T-shirt slogans and "words of wisdom" in the teachers' classrooms. One of my favorite T-shirt quotes is - "I've never been second. I've just been a little behind when time ran out". Other favorite quotes are: "It's nice to be important but it's more important to be nice", "If you are not a part of the solution you are part of the problem", and "This isn't Burger King - you can't always have it your way".

N. Kranpitz

From Shark Snooze - LITTLE THINGS MEAN A LOT

- Strive for excellence, not perfection.
- Never refuse homemade brownies.
- Become the most positive enthusiastic person you know.
- Wave at kids on school buses.
- Live your life as an exclamation, not an explanation.
- Always accept an outstretched hand.
- Don't be afraid to say "I made a mistake".
- Be there when people need you.
- Learn three clean jokes.

Following is a list of long distance swims scheduled for this summer. I have indicated the swim date, entry deadline and contact person for meet information.

5K & 10K Postal Swim, June 15-Sept 30, Cathy Copeland, 246 Berger Street, Somerset, NJ 08873

USMS 1.5 mile Open Water National Championship, Swim July 16, entry date July 12, Betsy Owens, 94 Lenox Ave, Albany, NY 12208

Minnetonka Challenge - USMS National Open Water Swim Championships, swim Aug 6 (5 miles), entry date July 19, entry forms: 1994 Minnetonka Challenge, 301 Margaret Circle, Wayzata, MN 55391

O*H*I*O Masters 2 mile open water swim, Aug 7, entry date-July 30, contact Pieter Cath, 35400 Bainbridge Rd., Solon, Ohio, 44139

World Masters Games, Brisbane, Australia, Sept 26-Oct 8, entry date July 16, Contact Games Hotline (07) 405 0999, fax (07) 221 0137, (International prefix +617)

6000 yd postal championship, Sept 1-Nov 30, Robert Mitchell, PO Box 204, El Toro, CA, 92630

In addition to the Wilson Park entry form you will find entry forms for two Long Distance Postal meets in this newsletter.

Edie Jacobsen found the following "on line" on her computer and it is reprinted here with permission from Steve Nelson

DESWIMMERATA

Swim placidly amid the noise and waves, and remember what peace there may be in kick sets. As far as possible without surrender be on good terms with all sprinters. Swim your times quickly and cleanly; and cheer for others, even the slow and ignorant; they too have their story.

Avoid loud and aggressive competitors, they are vexations to the spirit. If you compare yourself with others, you may become vain and bitter; for always there will be faster and slower swimmers than yourself. Enjoy your achievements as well as your plans.

Keep interested in your own event, however humble; it is a real possession in changing fortunes and times. Exercise caution in your lineup preparation; for meets are full of trickery. But let this not blind you to what virtue there is; every swimmer strives for high ideals; and everywhere life is full of great swims.

Do not dwell on taking steroids, be yourself. Especially, do not shave your times. Neither be cynical about tapering, even distance swimmers; for in the face of all aridity and disenchantment it is perennial as the grass.

Take kindly the counsel of the coaches, gracefully surrendering the habits of youth. youth. Nuture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness and to much butterfly. Beyond a Wholesome discipline and miles of breaststroke, be gentle with yourself.

You are a child of the pool, no less than the IM'ers, sharks, and the Olympic champions; you have a right to be here. And whether or not it is clear to you, the season is unfolding as it should.

Therefore be at peace with your coach, whatever you conceive him to be, and whatever your labors and aspirations in the noisy confusion of life keep peace with your stroke.

With all its shaving, practice drudgery, and broken dreams, it is still a beautiful wet world. Be careful on the blocks when doing backstroke. Strive to be happy.

FOUND IN OLD ST. PAUL'S POOL, BALTIMORE; DATED 1692

(From Steve Nelson - "I'm of the scholarly opinion that the Desiderata originated as a swim team pep talk. I thought this would be the appropriate place to disseminate this..um..'reconstruction' of how it might have originally appeared).

NOTHING BEATS THE POOL (SHARK SNOOZE)

Swimming is one of the most effective ways of staying fit year around, according to 1992 Olympic gold medalist Mike Barrowman, who swims 10 or 11 times a week and hasn't missed a workout in sever years. Most people can swim year 'round no matter where they live. There's usually an indoor pool somewhere - at a YMCA, a local gym or college. Just be sure to dress properly in cold weather and towel down thoroughly before going home.

The 23-year old, who broke his own world record in the 200 meter breastroke in Barcelona, feels that swimming's health benefits more than outweigh its seemin inconveniences. "Swimming is by far the best sport for the body," said Barrowman. "There's no jolting to the muscles or joints. It provides aerobic benefits, working the cardiovascular system and all the muscles and allowing you to stay fit without hurting yourself."

It's this benign nature of swimming that makes it the perfect exercise for just about any healthy person, Barrowman added. The point is you don't have to strain to swim. In fact, you shouldn't. One should remember that there are different strokes for different folks. Just experiment and find a pace and a stroke that works for you. Embarking on the program is the most difficult part.

In the first couple of weeks your muscles may ache a little after their unaccustomed workout, but you'll also feel strangely invigorated. Concentrate on that feeling, keep up your routine, and pretty soon you'll feel stronger and discover you have a lot more stamina. If truly bad weather keeps you at home, don't become a couch potato. Put a workout tape in the VCR and get moving.

WISCONSIN MASTERS
LONG COURSE SWIMMING CHAMPIONSHIPS
AUGUST 5-6-7, 1994

- SPONSORED BY; The Wisconsin Masters Aquatic Club
- SANCTIONED BY: USMS, INC. and LMSC for Wisconsin, Sanction # 204-07
- LOCATION: Wilson Park Recreation Center, 4001 So. 20th St, Milwaukee, WI
- FACILITIES: 8 lane, 50 meter pool with anti-turbulent land guides, starting blocks and backstroke flags.
- TIME: Friday, Aug 5: Warm-up 6:00 PM, meet starts at 6:45 PM. Saturday, Aug 6 and Sunday, Aug 7: Warm-up 7:00 AM, meet starts at 8:00 AM.
- WARM-UPS: Lanes 1 & 8 will be start and sprint lanes with swimming in one direction only and exiting to the side or end. Lanes 2-7 will be for circle swimming only - NO DIVING STARTS from the blocks or deck in lanes 2-7!
- RULES: Official Masters Rules will govern this meet. All events will be timed finals and will be pre-seeded except for the 400 and 1500 freestyle. Heats will be seeded slowest to fastest and swimmers not submitting seed times will swim in slower heats. Age groups and sexes will be combined to expedite the meet.
- TIMING: Will be with an automatic timing system backed up by watches. Members of the WMAC will be expected to assist with the timing.
- ELIGIBILITY: Open to all Masters Swimmers 19 years old or older. All entrants must be a registered Masters Swimmer and have their current card available at the meet. The USMS number must be on the entry - no "applied for" will be accepted.
- ENTRY FEE: \$2.50/individual event - \$5.00/relay, plus a \$4.00 surcharge for facility user fee. Fees must accompany entries.
- DECK ENTRIES FOR INDIVIDUAL EVENTS WILL NOT BE ACCEPTED.
- Relays may be deck entered.
- CHECKS PAYABLE TO: Wisconsin Masters Aquatic Club.
- ENTRY LIMIT: Five events per day plus relays and the 1500 Free. THE 1500 FREE WILL BE LIMITED TO THE FIRST 40 ENTRIES RECEIVED and each swimmer entered in the 1500 will be responsible for providing a person to count his/her laps.
- ENTRY DEADLINE: Entries must be in the meet directors hands no later than 6:00 PM, Wednesday, July 27. Entries received after the deadline will be returned.
- ENTRY FORM: The official entry form must be used, one person per form and the waiver must be signed without any alterations.
- AWARDS: Ribbons for 1st to 3rd place.
- MEET DIRECTOR: John Bauman, 11917 W. Rainbow Ave, West Allis, WI 53214 (414)-453-7336

SCHEDULE OF EVENTS:

- | | | |
|-----------------------------------|---------------------|---------------------------------|
| Friday, Aug 5 - Warm-up 6:00 PM | - 1. 1500 Freestyle | |
| Saturday, Aug 6 - Warm-up 7:00 AM | | Sunday, Aug 7 - Warm-up 7:00 AM |
| 2. 50m Butterfly | | 10. 50m Breastroke |
| 3. 400m IM | | 11. 200m IM |
| 4. 100m Freestyle | | 12. 100m Backstroke |
| 5. 200m Backstroke | | 13. 50m Freestyle |
| 6. 100m Breastroke | | 14. 200m Breastroke |
| 7. 200m Freestyle | | 15. 100m Butterfly |
| 8. 50m Backstroke | | R3. 200m Free Relay |
| 9. 200m Butterfly | | R4. 200m Mixed Medley Relay |
| R1. 200m Medley Relay | | 16. 400m Freestyle |
| R2. 200m Mixed Free Relay | | |

These stroke tips by Kerry O'Brien were originally printed in the OHIO Newsletter

Common Stroke Faults
by Kerry O'Brien

Problem	Result	Correction
FREESTYLE		
Overreaching on entry (often common during breathing)	Lateral motion & body swing	Higher elbows on recovery; hand closer to body
Dropped elbow during pull	Loss of strength in pull pattern	Keep elbow higher than hand all aspects of stroke. After entry press hand & forearm under elbow.
Shallow insweep of hand	Pull is too close to body (where water is moving), resulting in loss of strength in pull pattern	Increase depth of hand after entry for deeper catch and insweep
Premature exit of hand during pull	Short pull pattern, loss of accelerated portion on pull pattern	Thumb drill (touch thumb to thigh below suit-line before exit)
Lack of ankle flexibility	Inefficient, energy-consuming kick	Ankle stretching, kicking with fins
Late breathing	Hesitation in stroke; change in body position	
BREASTSTROKE		
Early breathing	Improper timing of stroke	Work late breathing with late acceleration of arm pull
Excessive movement of elbows during pull	Pulling back too far; improper recovery of hands	Shorter stroke; keep hands & elbows in site at all times during pull
Improper hand pitch (pressing instead of blading)	Inefficient use of power	Shorter stroke; keep hands & elbows in site at all times during pull
Hesitation for breath	Loss of momentum; increased frontal resistance	Tuck chin during breath (instead of reaching chin towards ceiling); over exaggerate glide; work acceleration
Improper kick (too wide at knees, heels together, dropped knees)	Loss of effective power; possible injury	Stationary kicking; bands; kicking on back with hands at hips; touch heels to hands
BACKSTROKE		
Low hips	Increased resistance; bent-knee kick	Hips up, head back
Overreaching on hand entry	Lateral body movement; ineffective pull	Work thumb-to-little finger, lock elbow, try to slap water on entry
Straight arm pull	Loss of power; could result in shoulder injury	Shoulder roll; elbow bend to bring hand back towards surface during pull; elbow near body; pull-on-lane-line drill
Lack of shoulder roll	Shallow pull pattern; dropped elbow	Slap hand into water on entry; exaggerate hip roll as hand exits water
Improper breathing	Hyperventilation	Develop breathing pattern (inhale when one arm recovers; exhale when other arms is recovering)
BUTTERFLY		
Single kick	Lack of undulation; hesitation in stroke	One-arm drill emphasizing timing of second kick
Inside-out pull pattern	Creates timing problem; ineffective use of power	One-arm drill working pull pattern
Shortened stroke finish (blading out)	Loss of power; timing problems	Thumb drill (touch thumb to thigh below suit-line before exit)
Late breathing	Flat hips & body position	Work early chin nod
Over undulation ("Ally-oop"ing)	Excessive climbing in stroke; increased resistance; increased stroke count	Dive the head, stretch when entering

Equal Rites

Our family enjoys a spat
And, regularly, our blood boils
Which proves one fact about us - that
we're just as common as the royals.
-From Shark Snooze

Dear fxl1ow swimmxrs:
My computxr is gxtting fixxd,so I havx to usx my old modx1 typxwritxr to writx you this. My typxwritxr works quitx wxll xxxcpt for ohx of thx kxys. I havx wishxd many timxs that it workxd prxfxctly. It's trux that thxrx arx 55 kxys that function wxll, but just onx kxy makxs thx diffxrxncx. Somxtimxs, it sxxms to mx that thx swim txam is likx my typxwritxr.... not all thx pxoplx arx involvxd. You may say I am only onx pxrson, I'm not vxrx important. I won't makx that much diffxrxncx. But you sxx, thx group - to bx xffxctivx nxxds activx participation of vxxy single pxrson - swimmxrs, parxnts, and coachxs alikx. So that thx nxxt timx you think that you arx thx only pxrson and that your xfforts are not nxxdxd, rxmmbxr my typxwritxr and say to yoursxlx, "I am a kxy pxrson and I am nxxdxd vxry much."

Swimcxrxly, fxl1ow swimmxrs
Onx of your

Volumes of Confusion

As the years go rolling by
Books challenge me more and more -
As I try to figure out
Whether I read them before.
-From Shark Snooze

ENTRY FORM
WISCONSIN MASTERS CHAMPIONSHIPS
August 5-6-7, 1994

NAME _____ BIRTH DATE _____ AGE _____ MALE _____ FEMALE _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PHONE NO. _____ USMS NO. _____
 TEAM _____

SCHEDULE OF EVENTS

Friday, August 5	Seed Time	
1. 1500m Freestyle	_____	
Saturday, August 6	Seed Time	Sunday, August 7
2. 50m Butterfly	_____	10. 50m Breaststroke
3. 400m IM	_____	11. 200m IM
4. 100m Freestyle	_____	12. 100m Backstroke
5. 200m Backstroke	_____	13. 50m Freestyle
6. 100m Breaststroke	_____	14. 200m Breaststroke
7. 200m Freestyle	_____	15. 100m Butterfly
8. 50m Backstroke	_____	R3. 200m Free Relay
9. 200m Butterfly	_____	R4. 200m Mixed Medley Relay
R1. 200m Medley Relay	_____	16. 400m Freestyle
R2. 200m Mixed Free Relay	_____	_____

SURCHARGE \$ 4.00

ENTRY FEES: _____ INDIVIDUAL EVENTS @ \$2.50 \$ _____

TOTAL FEES \$ _____

LIABILITY RELEASE

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 of 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 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.

SIGNED _____ DATE _____

The following article contains excerpts from an article which appeared in "Update", September 24, 1993, a newsletter published by and for the members of the law firm of Leonard, Street and Deinard. It was written by Laurie (Surles) Nicholson.

"My Dad's All Wet"

On August 19-22, 1993, Minneapolis became the host for the United States Masters Swimming National Long Course Championship Swim Meet, and I became hostess to one of the swimmers from Menomonee Falls, WI., my dad! (Lynn Surles)

When I arrived at the pool, the first thing that I noticed was that one official was wearing a giant red lobster hat. Much to my surprise and delight, the atmosphere was not charged with competitive aggression. Rather it was full of laughter and camaraderie.

I must say that I was most impressed with the older women swimmers. They possessed vitality and enthusiasm that I seldom see in women my own age. I could tell that some women had single or double mastectomies, and there they were diving in, swimming hard in their events and afterwards congratulating each other as if they were old friends.

One of the reasons that Masters Swimming is so appealing is the emphasis on the benefits of swimming. Values are placed on health and fitness rather than competitive victory. The program also emphasizes the development of personal swimming goals at a level of competition that makes the person happy. How often a person wins is not a measure of a swimmer, rather the person is competing against his or her best time. The toughest opponent will always be their own best effort. The competition at the swim meets is used to stimulate a person's best performance. To win, all a swimmer has to do is meet or surpass his or her own individual expectations. This philosophy would explain why I never heard boasting from the swimmers like, "I won," or "I beat him/her." Instead I heard people say, "I beat my best time," or "I set a new record for myself" or "Well, at least I finished!"

My father has been a Masters Swimmer for many years. As a college student, he was captain of the swim team at Northwestern University. He is now 76.

I was very nervous and excited when I watched him swim the 100 meter freestyle event. The eight men in the competition took their starting positions on their platforms. I held my breath until the starting gun went off. I was yelling, "Come on, dad!" as he and two other swimmers shared the lead down to the other end of the pool. They touched the wall, turned and were evenly matched as they battled with each other, stroke for stroke. As they approached the finish, my dad gained a small lead and held onto it. He touched the wall first!

I was yelling and jumping up and down, and clapping and laughing, saying, "That's my dad!"

To show you how close a race it was here are the times:

- First place: 1:21.64 (Lynn Surles)
- Second place: 1:24.34 (75 year old)
- Third place: 1.24.59 (77 year old)

During the four days of events, my dad also took first place in the men's 50 meter free, second in a men and women's mixed relay team, and eighth place in the 400 meter free.

I enjoyed meeting so many fun, motivating and inspirational Master Swimmers, but I was especially proud of my dad.

LOST FOR SOMETHING TO DO SATURDAY, FEBRUARY 11, 1995?

JOIN US FOR THE
1995
LOST MASTERS SWIM MEET

1994 United States Masters Swimming

Long Distance 10K National Championship & 5K Swim

Sponsored by The Berkeley Aquatics Club Masters. Sanctioned by New Jersey LMSC for USMS, Inc. Sanction Number NJ94-06

EVENT: The 10 Kilometer is The USMS National Championship. The 5 Kilometer Swim is a non-championship event.

LOCATION: Any 50 Meter pool on the planet Earth.

DATES: The swim must be completed between June 15 and September 30. Entries must be received by the meet director by October 20.

ELIGIBILITY: Open to all USMS members, with valid registration. A photocopy of your 1994 USMS card must be sent with your entry. Foreign swimmers nineteen years of age and older are invited to participate. Proof of Masters membership is required. Your age group is determined by the date of your swim. Swimmers who change age groups during the event period may swim and enter in each age group.

AGE GROUPS: Female and Male in five year age groups 19-24, 25-29, etc. to 95+.

AWARDS: USMS Long Distance National Championship medals will be awarded to the top three finishers in each category for the 10K Championship. Championship patches will be awarded to each age group winners.

SCORING: Unofficial club scoring will be tabulated based on the top ten finishers in each age group. Scores will be kept for the 10K, 5K and combined.

RULES: The 1994 USMS Rules for Long Distance Swimming govern this event. These include: 1) NO Drafting, 2 or more swimmers in one lane must maintain at least 10 Meters of separation, except while passing; 2) 1 or more adults must be present for the entire swim in the capacity of starter/ head timer/ referee; 3) an individual lap counter/timer/witness must record cumulative splits every 100 meters, on the split sheet on the entry form; 4) any swim entry which would establish a new USMS 10K record must include an "Application for USMS Long Distance Record" the form can be found in the USMS 1994 Rule Book, Appendix B. The 10K swim is 200 lengths of a 50 Meter pool. The 5K swim is 100 lengths of a 50 meter pool. We suggest that 2 watches with fresh batteries be used to insure that an official swim can be recorded, to the nearest hundredth of a second.

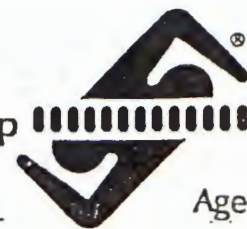
FEES: The entry fee for the 5K or 10K is \$8.00 (US Dollars). Do not send cash. Make checks payable to "New Jersey LMSC". Foreign entrants, please submit in USA Funds via international money order or bank check drawn on a bank with a USA affiliate.

RESULTS: Results will be distributed to all participants.

T-SHIRTS: Commemorative T-Shirts can be purchased for \$12 (US Dollars), please indicate size. For non-US delivery include \$2.00 for foreign postage.

**United States
Masters
Swimming**

**5 K & 10 K Postal Swim
1994 Long Distance National Championship**



Name: _____ Sex: _____ Age: _____
 Address: _____ Phone: (____) _____
 City: _____ State: _____ Country: _____ Zip: _____
 USMS #: _____ Club: _____ Birth Date: ____/____/____

Entries must be received by the meet director by October 20.

LIABILITY RELEASE:

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 ACTIVITY INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGE 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 COMMITTEE, 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: _____

Split Sheet

100	2100	4100	6100	8100
200	2200	4200	6200	8200
300	2300	4300	6300	8300
400	2400	4400	6400	8400
500	2500	4500	6500	8500
600	2600	4600	6600	8600
700	2700	4700	6700	8700
800	2800	4800	6800	8800
900	2900	4900	6900	8900
1000	3000	5000	7000	9000
1100	3100	5100	7100	9100
1200	3200	5200	7200	9200
1300	3300	5300	7300	9300
1400	3400	5400	7400	9400
1500	3500	5500	7500	9500
1600	3600	5600	7600	9600
1700	3700	5700	7700	9700
1800	3800	5800	7800	9800
1900	3900	5900	7900	9900
2000	4000	6000	8000	10000

Official Time: ____:____:____

We certify that on ____/____/____ (date) the entrant completed the 10K ___ /5K ___ (check only one event), in the official time recorded above.

Signature of Swimmer (Required) _____

Signature of Verifier (Required) _____

Mail completed & signed entry form, check for fees (Entry, T-Shirt & Foreign postage) payable to New Jersey LMSC, copy of your 1994 registration card, OPTIONAL self-addressed stamped postcard for entry receipt verification; to

Cathy Copeland
246 Berger Street
Somerset, NJ 08873
USA

FEES: Entry Fee (\$8.00 USA) \$8.00
 T-Shirts \$12.00 each-Sizes S__ M__ L__ XL__
 Foreign T-Shirt Postage \$2.00
 TOTAL payable to New Jersey LMSC _____



10K•2 10,000 METER 2 PERSON POSTAL MEET RELAY

1994

Sponsored by: Virginia Masters Swim Team

Eligibility: Open to all swimmers ages 13 and older.

Event: Contestants swim a total of 10,000 meters in the pool of their choice. Team members must swim consecutive lengths of no less than 50 yards per relay leg. Concurrent swimming is not permitted. One swimmer must reach the wall before the second swimmer leaves. Dive starts are permitted.

For example, swimmers may wish to divide the 10,000 meters as follows: Swimmers A and B alternate 200 meter swims until each has completed 15 separate 200 meter swims (of 3,000 meters apiece). Then swimmers A and B alternate 15-100 meters swims each for another 1500 meters; and close with 10-50 meter swims each.

- In a 20 yard pool, *each contestant swims 274 lengths

- In a 25 yard pool, **each contestant swims 219 lengths
 - In a 25 meter pool, each contestant swims 200 lengths
 - In a 50 meter pool, each contestant swims 100 lengths
- *For the purposes of this competition, 5480*, 5475** yards = 5000 meters.

Age Groups: Men's, women's, mixed teams in the following age groups: 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+.

Team age determined by youngest swimmer's age on the day of swim.

Timers and Counters: Please pay strict attention to the laps swum. We urge you to use a check-off system.

Awards: Medal keychains to the top three team finishers (men's, women's, mixed) in each age group.

Entry: Enter as often as you like (\$16 entry fee required for each new team.)

Entry fee: \$18 per team. Event must be swum between May 15 and October 15, 1994. Form must be in the hands of Meet Director by October 31, 1994.

Mail entry form and \$18 entry fee with check made payable to Virginia Masters 10K•2 Relay to:

10K•2
Mike Stott
403 Lakewood Drive
Richmond, VA 23229
(804) 288-8808

Shirts: 10K•2, colorful 100% cotton T-shirt available for separate purchase for \$10 each. Check intent to purchase and adult size on the entry blank.

Verification: I certify that the information above is correct, the time accurate and the distance swum was 10,000 meters. Please sign in the appropriate place.

Timers/Counters _____

Swimmer's Name _____

Swimmer's Name _____

Total Time _____

Medical: All contestants are urged to have a complete physical before starting this event. Coaches and participants are urged to

have competent medical assistance available during the competition and be extremely watchful for cases of exhaustion, hypothermia and dehydration. We urge contestants not to start if there is a question that they will not be able to finish in a reasonable time.

RELEASE BY PARTICIPANTS FROM LIABILITY

In consideration of the acceptance of this entry form, I hereby for myself and my heirs, executors and administrators waive, and forever discharge any claims for damages which I may suffer in connection with this swimming event.

NAME _____ Date _____

NAME _____ Date _____

OFFICIAL ENTRY - 1994 10K•2 RELAY

Name _____
Address _____

Zip Code _____
Phone _____ Age _____
Sex _____
I want a T-Shirt at \$10 each: _____
My size is circled: medium (36-38) large (40-42)
extra large (44-46)

Name _____
Address _____

Zip Code _____
Phone _____ Age _____
Sex _____
I want a T-Shirt at \$10 each: _____
My size is circled: medium (36-38) large (40-42)
extra large (44-46)

WISCONSIN MASTERS SWIMMING
1950 SHORE DRIVE
MARINETTE, WI. 54143

Eddie Jacobsen has announced the date for our annual SC Meter meet at Lawrence University as October 29, 1994. At this meet last year Coach Kerner's grey polar fleece pullover jacket was "lost". If you accidentally gathered it up with your swimming gear and didn't know how to return it you may do so by sending it to either Eddie Jacobsen, 1786 Maricopa Dr, Oshkosh, WI 54904 or John Bauman, 11917 W. Rainbow Ave, West Allis, WI 53214. See you at Lawrence U! If you have never entered this meet please note that MANY SC Meter Times swum in this meet have ended up on the National Top Ten List each year! And the ambiance after the meet is pretty "top", also!

The following article appeared in Shark Snooze.

Benefits of Swimming (Excerpts of "Master Lane" by Paul Hutinger)

What sport can give you 10% to 20% greater stroke volume of the heart while you are training? What sport can give you greater functional lung capacities due to the unique breathing patterns? No need to guess, because it is swimming!

Why should swimming give a person greater benefits than other cardio-respiratory activities? Insight into this comes through comparing the exercises given a lung patient by an inhalation therapist, to the breathing pattern and technique used by swimmers. In swimming, blowing out the air against the resistance of the water is similar to the therapy exercises. The constant cool environment in which the swimmer trains enables him/her to work longer and harder than runners. The swimmer, training in water of 80 degrees or less, can dissipate the heat and maintain a high performance level that is not possible for the runner.

In summary, the swimmer has greater benefits from training in water than those who train with other activities. The increased stroke volume, lung volumes, and the cool environment can easily be motivating factors for people to train by swimming. In addition, the water is a pleasant medium in which to move your body. That's another thing that keeps us in the pool!