

# KENTUCKY WAVES

Fall/Winter 2004

## USMS Convention Held in Orlando

By Meg Smath, Bill Tingley, Joanne Tingley, Tom Mester, and Susan Ehringer



Photo by Joanne Tingley

House of Delegates: Joanne, Tom, Susan, and Meg.

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Janice Kregor, WILD  
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Gail O'Malley, WILD  
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### Kentucky Waves

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**Meg's summary:** It seems every year there's one big issue that dominates the convention. This year's hot topic was our national publication. Our contract with *SWIM Magazine* is expiring at the end of the year, so it was time to put it out for bid. Our Executive Committee narrowed the bids down to three. The final three included *SWIM*. Our current arrangement with *SWIM* is that we pay them a fee per member, and they produce the magazine. We contribute some pages to the magazine, but most of the content is controlled by *SWIM*. The Executive Committee evaluated the bids and recommended we change not only publishers, but our approach to the magazine. They recommended Douglas Murphy Communications, a company that publishes magazines for associations. In this arrangement, USMS would provide all the content, and DMC would put the magazine together for us. We would pay DMC a set amount to produce the magazine instead of a per-swimmer fee. Association publishing is a new approach used by many organizations, including AARP. The advantage of association publishing is that we would own the magazine, and all the rights to articles and photographs. We would also have complete control over the content, and receive 75 percent of advertising revenue.

A financial analysis showed that the costs for *SWIM* publishing an issue and for DMC publishing an issue were approximately the same. But we have the potential with DMC to earn much more advertising income, which could offset our publishing costs, or maybe eventually cover our costs entirely. We would have complete control and ownership of the content, and, based on the prototypes provided by DMC, a much better-looking magazine.

But many of the convention delegates felt we should remain loyal to *SWIM*, with whom we've had a relationship for 12 years. They also felt that we were better off with *SWIM*, whose publishers are experts on swimming. Others felt we would be taking a financial risk by publishing our own magazine. Many were unhappy with the process, and felt the Executive Committee did not keep them sufficiently informed.

After lengthy debate, the issue finally came to a vote by secret ballot. By a very narrow margin, the House of Delegates voted to accept the Executive Committee's recommendation. So beginning with the March/April edition, we will have a new national publication. *SWIM* will finish out its contract with the November/December and January/February issues. But it will not go out of business once its relationship with USMS ends. Its publishers have announced that it will continue, and plans are to take *SWIM* in a new direction. I encourage all of you, if you have enjoyed *SWIM*, to subscribe to it. *USMS Swimmer*, the new magazine, will automatically come with your USMS membership. I have

been appointed to the transition team that will get this new venture up and running. Please let me know what you like or dislike about the new magazine, and I will make sure that feedback reaches the right people. We'll need feedback to help us tailor the magazine to our members' wishes.

So what else went on at convention? We completely reorganized the executive structure of USMS! Really! In any other year, this would have been the big issue, but this year it was overshadowed by the magazine issue. The **Planning Committee** did a superb job of working all year to come up with a new organization for the Executive Committee and the Board of Directors. To make a long story short, the

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# Who's Afraid of the Big, Bad Hurricane? Not SKY!

By Meg Smath



Photo by Meg Smath

*Keith Shepherd models one of his four medals from Long Course Nationals.*

## 2005 Nationals

Short Course: Ft. Lauderdale, Fla., May 19–22

Long Course: Mission Viejo, Calif., August 10–14

Seven Swim Kentucky Masters headed for USMS Long Course Nationals in Savannah, Ga., August 12–15, in spite of two tropical storms looming in the Caribbean. We were either (a) fearless, (b) without common sense, or (c) oblivious of the forecast! Surprisingly, Tropical Storm Bonnie, the less powerful of the two storms, had more of an effect on the meet. Bonnie produced torrential rain late in the day on the first day of the meet (Thursday), and after a tornado warning was issued, the meet organizers had to clear the pool during the third-from-the-last heat of the 1500. Fortunately for us, no SKY swimmers were competing in the 1500, and all of us had left the pool hours earlier after the 800 free concluded. By the next day (Friday), Charley had strengthened to a category four hurricane, and Savannah

was directly in its path. A somber group of swimmers listened to Meet Director Scott Rabalais announce that a decision would be made at 5:00 a.m. Saturday as to whether to cancel that day's events, and perhaps the rest of the meet. Those of us who had flown to the meet were a little concerned about how we would evacuate if it came to that!

Fortunately, Charley decided to veer out to sea just as it approached Savannah, and the wind and rain never materialized. The meet continued as scheduled, and even ran ahead of its timeline on Saturday and Sunday. Hats off to the folks in Savannah for a well-run meet, and for staying calm under trying circumstances!

The SKY women, competing in the small team division, finished in 63rd place with 21 points. Robin

Segnitz (35-39) dropped time on all her events, placing 13th in the 200 free (2:47.01), 10th in the 400 free (5:51.90), 7th in the 800 free (12:16.87), and 8th in the 200 breast (3:35.56). Sandra Marlowe (45-49) broke the LMSC record in the 50 back, placing 10th in 41.37. She also was 18th in the 50 free (34.70), 16th in the 100 free (1:19.66), 10th in the 50 fly (35.37), and 5th in the 100 fly (1:32.97). Meg Smath (45-49) was 15th in the 800 free (14:46.68), 17th in the 50 breast (48.29), 14th in the 100 breast (1:46.55), and 13th in the 200 breast (3:55.15). Tracy Elton (just aged up to 55-59) was 11th in the 50 free (49.27), 8th in the 800 free (personal best of 18:58.72), and 9th in the 50 back (1:01.59). The four women teamed up to swim the 200 free relay in the 160-199 age group, finishing 13th in 2:41.56. Our men, also in the small team division, finished in 46th place with 41 points. Paul Dassow (40-44) was 11th in the 50 free (26.83), 10th in the 100 free (1:00.14), 5th in the 50 back (31.28), 7th in the 100 back (1:10.13), and 9th in the 200 IM (2:34.27). Robert Holmes (40-44) followed in Robin's footsteps and dropped time on all his events. He was 15th in the 100 free (1:00.77), 10th in the 200 free (2:10.79), 8th in the 400 free (4:40.23), and 4th in the 800 free (9:49.76). Keith Shepherd (just aged up to 45-49) medaled in all four of his events: 9th in the 50 free (28.15), 7th in the 200 free (2:15.11), 4th in the 100 breast (1:16.69), and 7th in the 200 breast (2:54.72). Combined, we were in 50th place in the small team division with 62 points.

Next year, Short Course Nationals are in Ft. Lauderdale, Fla., and Long Course Nationals are in Mission Viejo, Calif. Go to either or both for a fun time and fast swimming! 🏊

—*"Convention," continued from page 1*

Board of Directors has, over the years, ballooned to more than 40 members, and was too large to be effective. The Board will now consist

of the members of the Executive Committee plus a director from each zone, resulting in a much more streamlined Board with 15 members.

The Executive Committee will consist of the president, vice president of member services, vice president of community services, vice president of

national operations, vice president of local operations, secretary, and treasurer. This new

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structure will become effective after elections at next year's convention.

The **Communications Committee**, of which I am a member, recommended a new award be established to honor effective, consistent, reliable, innovative use of communications. It also formed two subcommittees related to the national publication: one will review the editorial calendar, and another will review content. Our webmaster, Jim Matysek, gave a preview of a redesign of the USMS website. Navigation will be improved, and the design will be updated. A new policy will be implemented that each zone or LMSC will be responsible for determining which non-USMS events are listed in the events calendar.

The Kentucky LMSC is a member of the **Great Lakes Zone**, even though we don't have any great lakes (we have some pretty good ones, though). The biggest development at our zone meeting was that we voted to have the Lake Erie LMSC absorb the Allegheny Mountain LMSC. The Allegheny Mountain LMSC has no leadership, and most Masters swimmers living in this area register with other

nearby LMSCs (we have two from this area registered with Kentucky). Lake Erie is the closest LMSC geographically, and agreed to take over this responsibility. Legislation will be submitted to implement this change in 2005.

Finally, the eagerly anticipated report of the **Publications Committee**, of which I am chair! The committee chose a cover design submitted by Bill Volckening for the 2005 rule book, and awarded the bid to print the 2005 and 2006 rule books to Gateway Printing of Hamburg, N.Y. The split notification form will be added to Appendix B of the rule book. The 2005 rule book will be dedicated to Walt Reid, longtime keeper of the USMS and world records. The cost of single copies of the rule book will increase from \$8.00 to \$9.00 in order to cover the cost of publication and shipping. For multiple copies, the rule books will cost \$6.00 each plus the actual cost of shipping.

**Bill's summary:** The early rule change proposals from the standing committees and LMSCs were slight, but the **Championship** and

**Rules Committees** filled in the majority of the work. Most of the efforts of the Championship Committee were aimed at controlling the time of Long Course Nationals. Following are some of the changes to the rules of competition that will affect all swimmers starting in 2005.

*Butterfly kick.* The use of the breaststroke or whip kick with butterfly has been clarified. Article 101.3.3 (butterfly kick) will now specify that "after the start and after each turn, a single breaststroke or whip kick is permitted prior to the first arm pull."

*Eighteen-year-olds.* Eighteen-year-olds are now eligible to compete in all USMS events (articles 102.1.1, 102.3). The youngest age group has been redefined from 19-24 to 18-24, and the youngest relay age groups from 19+ to 18+ and from 76-99 to 72-99. It was felt by all that all legal adults should be able to compete in Masters swimming. The only consideration is that they can't join USMS (sign the registration form and pay the registration fee to their LMSCs) until their eighteenth birthday.

*Counters for distance events.* Counters may

now only be used in freestyle short course distances of 400 yards and up and long course distances of 800 meters and up (article 102.10.6A).

*Seed times.* Swimmers who enter seed times so inaccurate that they slow the meet down may be stopped and removed from the water (article 102.15.14).

*Warmup procedures.* Hand paddles may not be used during warmup (article 102.4.2).

*Seeding at Nationals.* Several amendments were passed that will give Championship options to reduce the amount of time it takes to contest the 400 IM, 400 free, 800 free, and 1500 free at Long Course Nationals. Article 104.5.3C(2) says that the Championship Committee may limit either the 800 meter or the 1500 meter freestyle to only those who meet the national qualifying time for that event. Article 104.5.5A(4) says that events 400 yards/meters and longer may be seeded by entry time only, by age group then entry time, or by a combination of these methods. And article 104.5.5B(3) says that for freestyle events 400 meters or longer, men

## USMS Rule Change, Effective

June 5, 2004

From Leo Letendre, chair of the USMS Rules Committee. The following change is in response to the availability of individual radio receivers that can transmit information to a swimmer from a coach or other person. Pursuant to USMS rule 601.5.6B, USMS has adopted this change based upon the Rules Committee's acceptance of the USA Swimming change. Thus, the following is effective immediately. The addition is underlined: "Article 102.15.9—Swimmers are not permitted to wear or use any device or substance to help their speed, pace, or buoyancy. Goggles may be worn and rubdown oil applied if not considered excessive by the referee." USA Swimming has also indicated that other devices on the swimmer, such as watches, are *not* allowed. This change does not prohibit one from conveying pace information through hand signals or placement of lap counters.

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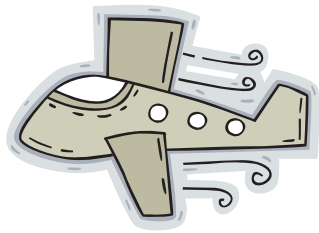
## Our Man in Seoul!

Wildcat Bob Quinn is living and working in Seoul, South Korea, for the next year. He emailed this recent hilarious experience to Coach Susan Bradley-Cox:

"You would have died laughing last week at the new pool I go to—88Sky Health Club. It was the warmup pool for the Olympics in '88. Nice pool, all long course. I just happened to show up during the swimming lesson free time. I thought I could go in because it said free time. I could, but didn't know the rules.

"There are eight lanes, so I went to the middle lane; no one was swimming in the lane. All the other lanes were jammed up at the time with lessons. I am warming up nice on the long course and I keep hearing whistles blowing like crazy. Well, they were all for me. I was ignoring the rules: everyone gets out of the pool on the hour and does exercises. Strange exercises too. So I stop in the middle of the pool and the instructors are hollering out commands in Korean to me. Well, I don't understand, so I swim to the end of the pool and a nice Korean lady tries to explain to me what is going on. I get out, I do stretching you taught me; they are doing strange

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# SKY Writings

**Lakeside Masters:** The Masters swimmers enjoyed their summer season at the club's outdoor 10-lane, 50-meter facility. Swimming in the quarry is a great experience: cool water, always something to look at, be it in the clouds, trees, leaves, or the rocks on the quarry bottom. This summer the team had the good fortune of unseasonably cool weather, as it kept the water temperature between 79 and 83° most of the season. The team capped off the summer with a Labor Day "LAKE" swim-kick-swim and a team breakfast in the club's activities room.

Lakeside Swim Club was proud to have Rachel Komisarz represent us as the club's eighth Olympian! She joins Mary T. Meagher (1988, 1984, 1980), Leigh Ann Fetter

(1988), Tori Trees (1984), Lisa Buese (1980), Camille Wright (1976), Anne Hardin (1944), and Mary Moorman (1940). Rachel was a Masters swimmer in 2001. She represented Crescent Hill Masters in March that year at the SCY meet in Lexington and LCM meet in April in Louisville. She set and still holds Kentucky state records in SCY (50, 100, 200, 500 freestyle and 50, 100, 200 butterfly) and LCM (200, 400, 800, 1500 freestyle and 100 and 200 butterfly). Congratulations, Rachel, on making the 2004 Olympic team!

Dorothy Riordan, 92, was the recipient of the annual Joanne Tingley Spirit Award. The award is voted on by the team and

awarded at the team's annual summer banquet.

Mary Thomas and Tac Milne, both Lakeside Masters, were married this summer! Best wishes!

Congratulations to Robbie Allen, who won the Regatta River Swim in Charleston, W.Va., this past August!

—Mary Graves

**Wildcat Masters:** In May, Susan Bradley-Cox, Wildcat coach, placed second at the ITU World Triathlon Championships in Madeira, Spain. Well done, Susan! Susan is also attending the ASCA Coaches' Clinic in Indianapolis this October.

Best wishes to: Clifton Cox (Susan's son) and Jen Clifford, who were married June 19; Tom McCullough and Karen Lommel, who

were married in July, a few hours after they ran the Bluegrass 10,000; Wynn Paul, whose last day on the job as UK Aquatics Director was June 30; Tish Hollingsworth-Gray, who was named the new aquatics director, July 1; and Eric Atnip, who moved up to Tish's old job and is now the pool manager at Lancaster Aquatic Center.

Sincere sympathy to Julie Pauly, whose husband Tom recently passed away.

—Meg Smath

**Louisville Y Masters:** Good news to report: Matthew Robinson and Marie White were married October 9. Best wishes to them and to Shelly Derwiler-Ackerman, who gave birth to a lovely baby girl in July.

—Heather Lehman



Photo by Susan Ehringer

Tom, Joanne, and Meg at the U.S. Aquatic Sports Banquet in Orlando.



Photo by Joanne Tingley

A first in convention history: Bill Tingley actually sits down to a meal! That's C.J. Rushman of the Ohio LMSC on Bill's right.

and women may be seeded together. Also, competitors of the same gender may be required to swim two-to-a-lane if the day is projected to last longer than 12 hours.

*Team scoring at Nationals.* Divisions have been eliminated for team scoring at Nationals (article 104.5.6).

*Pool measurement.* The requirements for pool measurement have been clarified. Article 105.1.5 says that if a pool meets the measurement standard for all lanes except one, the meet can be run and the times submitted for records and Top Ten if the short lane is not used in competition. The committee also recommended that if a bulkhead is being used that the distance be measured before the meet starts.

*Other notes.* Since the FINA World Masters Championships will be held in Palo Alto, Calif., in 2006, there will be no USMS Long Course National Championship that year. The Short Course National Championship for 2006 was awarded to Coral Springs, Fla., for May 4–7. *Note:* This is Derby weekend.

**Joanne's summary:**  
*Registration.* The first item on the agenda was for Jim Matysek, USMS

webmaster, to give us an overview of how online registration could work. There are many problems to be solved, including privacy and payment issues. A meeting at the National Office is planned to begin to iron out some of these matters. Each registrar is to form a "disaster plan" for that LMSC in case the registrar becomes incapacitated. It will include a backup location for all the registrar's material, both in the computer and in hard copy. I have formed such a plan, and have made the Kentucky LMSC chair aware of the guideline. There is also a backup with Mary Graves. This plan is vital to the LMSC. As noted by the registrar of the largest LMSC (over 2500 swimmers), "The registrar is the glue that holds the LMSC together."

*Insurance.* Legal counsel advised the committee that seventeen-year-olds may *not* sign USMS waivers and may not participate in USMS events. Media professional liability coverage is recommended. This would address USMS exposure for its website and magazine to infringement of copyright, plagiarism, ideas, invasion of privacy,

slander, etc. Coverage for LMSC websites would not be included; our insurance broker, Sandi Blumit, will look into cost. It was recommended that Sandi be contacted before the LMSC signs contracts in order to identify verbiage that may assume sole negligence of the other party. See USMS website under "Insurance" for further information.

*Safety Education.* USMS's fine safety record is keeping our liability insurance premiums at a good level. There will be a "Safety" section on the USMS website. Where necessary, "No Diving" signs need to be placed at meets. It is vital that all swimmers enter the pool feet first in a cautious manner during meet warmups and warmdowns, except for one-way sprint lanes. This also applies to *all* practices. The committee proposed adding a rule to the warmup/warmdown section of the rule book stating that no hand paddles are allowed. This rule was passed by the House of Delegates. For safety purposes, it is recommended that an emergency list of phone numbers be posted in the pool area.

*Club Mentoring Workshop.* This work-

shop was well led by Rob Copeland. The Kentucky LMSC needs to ask SKY team leaders, "What can we do for you?" It is important for the coach/leader of each Kentucky team to know the goals of the members (such as fitness, triathlon, competition) in order to establish good practice routines for all. This will facilitate the mission of USMS and SKY! Participation at biannual LMSC meetings by each team delegate keeps SKY and the KY-LMSC on a positive track.

**Tom's summary:**  
*Block meeting 4.* This block includes the Fitness, Insurance, Long Distance, Safety Education, and Sports Medicine Committees. The idea here is to have different committees communicate with each other to share thoughts, problems, and, with any luck, some solution. Good plan, but .... This meeting started a half hour late; a 9:15 p.m. start made it very unproductive.

*Fitness.* My first year on this committee. Chair Pam Himstreet runs a very lively and productive meeting. Fitness is charged with providing information and programs related to fitness and swimming. While we all swim for fitness, this group

exercises and whistles are blowing like crazy for 2 minutes, then everyone jumps back in the pool.

"I jump in my lane; the instructor stalks me out again. Asks me which lesson I am there for. I am laughing hysterically now; he is screaming so I could understand his Korean. The other Koreans realize I don't speak Korean; now we are all laughing. They explain to him that they don't have to speak louder to me, that I don't understand a word he is saying.

"We work our way to the pool, I take off swimming again, and he's looking at my Zoomers like 'what's up?' They all have long fins for scuba diving; the instructors also teach scuba, not competitive swimming.

"Finally, the instructor puts me in the lane with his class and tells the people to follow me. Oh, they did, for the first 25 meters. Then they turned around and went back to the instructor. This went on all evening; every time I got back to the wall they would follow me, and turn at the 25 meter point. I did get in a good workout. He just wanted me to keep going and get out of his way. You had to be there. Even the Koreans found it very funny.

"Having fun,

"Bob Quinn"

## Registrar's Notes

**Team registration.** The Kentucky LMSC bylaws define a team in Article II-2: "Team: Four registered Masters swimmers may form a team. A fee is to be paid to the KY-LMSC to register the team within the KY-LMSC. No person may be a member of more than one team at the same time. Members of registered teams shall be members of Swim Kentucky Masters (SKY) club. USMS and KY-LMSC rules governing procedures for a member changing club registration shall apply to members changing team registrations."

**Individual registration.** The 2005 year begins November 1, 2004. This year your renewal form is included in *Kentucky Waves*, our newsletter. All 2004 registrations expire December 31, 2004. Please remember that our insurance coverage will apply *only* during "swimming practice" where all participants are registered members of USMS or USA-S, and must be under the supervision of a USMS member or USA-S certified coach if USA-S member participates."

**SKY registrations for 2004.** Kentucky registrations have exceeded all our years since inception—518 members! It is your encouragement that builds the Kentucky teams and SKY. Continue the Masters mission to promote fitness and health in adults with the camaraderie we share.

Again, be kind to your registrar and mail your renewals before Christmas week! Thank you so much.

—"Convention," continued from page 5

promotes noncompetitive events such as the 30-Minute Swim and Virtual Swim Series. The 30-Minute Swim is just that. A Virtual Swim allows a swimmer, by counting yards, to swim any body of water in the world. Each event gives a narrative describing the surroundings that you are virtually swimming. These events could be popular for those SKY members that resist meet competition. I suggest that we promote these events for our newer swimmers and triathletes. I agreed to be on a subcommittee that is putting together a "fitness handbook" that will include articles on training and health issues. Needless to say, I will be bugging some of our members for assistance.

**Long Distance.** No big debates this year. There was some discussion about a vendor (of wetsuits) offering a donation if Long Distance would insist all open water swims allow a wetsuit division. The committee was not in favor of forcing the event host to do so. Many do run a separate race for wetsuits already. The sense that I was getting is that Long Distance does not want to start keeping two separate records, etc. On the other hand, USMS is well aware of how many triathletes our clubs

register, and does not want to discourage them. The long distance event locations for 2006 are: 1-Mile Open Water (Ohio), 2-Mile Cable (Virginia Masters), 1-3 Mile Open Water (Clemson), 3-6 mile Open Water (Chicago), 6+ Mile Open Water (Fort Collins, Colo.). And of course the 1-Hour Postal, 3000/6000 Postal, and 5/10K Postal during the year.

**Sports Medicine Presentation.** An interesting and entertaining presentation about the heart and lifelong exercise. Dr. Jody Welborn was the moderator and had some insightful comments and research about the heart, its performance, and the ability we all have to keep it healthy and pumping. Dr. Welborn also talked about the things that can go wrong, and how we can all prevent some of these ailments and how to treat those that can't be prevented. Some of her research graphics showing heart performance levels between active and sedentary lifestyles are amazing.

**Coaches.** One of the hot topics at this convention was the proposal to allow eighteen-year-olds the opportunity to compete. Coaches were pretty much unanimous in favor of including this group. It gives those

high school graduates a chance to compete even if they don't in college. There was also a lot of discussion about the U.S. Olympic Training Center and Masters' participation in it. Not surprisingly, those who have coached or trained there support USMS's involvement. Questions were raised, however, about the cost and benefits and whether it truly has a benefit for all Masters or only a few elite swimmers. The feeling has been compounded in that no one has seen research results.

**Great Lakes Zone.** Although we all missed our zone rep, Mike Lemke, this year, Nadine Day did a great job. And she is definitely easier on the eyes! Anyway ... a majority of the meeting dealt with putting the Great Lakes Zone meet schedule together. It should be on the web soon. The Zone website, linked to the USMS website, was brought up again. Because most of our LMSCs already have strong sites, the consensus was to just list links to LMSCs and possibly list upcoming meets. There was no need to compile all-time zone records. Who would want to see them, and who would want to put them together?!

**Overview.** It was good to see the passion for issues happening

again. Even if we can't all agree, it is more interesting and productive to see that passion.

It also seemed that quite a few of the new USMS delegates, including our own Susan Ehringer, are gung ho. As in any organization, new ideas and energy will keep USMS going strong.

**Susan's summary:** Being a lifelong swimmer, I am just now realizing how much I have taken for granted. From summer teams, through college, and on to Masters, I was naive in thinking that a coach appeared on deck, swimmers raced, and officials ran the meets. What I did not understand until convention is the complex structure that supports swimming.

The Kentucky delegates gathered before the convention to discuss which sessions to attend. Being new, I was given the opportunity to float in and out of a lot of different committee meetings. Meetings ranged from mundane to controversial. Luckily, my fellow Kentucky delegates were able to give me "heads up" on many of the heated topics. Some of the biggest were dropping *SWIM Magazine* in favor of USMS's own publication, a new selection process for the Board of Directors,

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# New Short Course SKY Records

## Women

Age Group	Distance/Stroke	Name	Time	Team
19-24	1000 free	Beth Atnip	12:51.49	WILD
25-29	50 free	Christina Sheets	24.70	WILD
25-29	100 free	Christina Sheets	54.07	WILD
25-29	200 back	Jennifer Bergant-Brey	2:18.60	CHMS
25-29	50 breast	Christina Sheets	30.11	WILD
25-29	100 breast	Christina Sheets	1:06.67	WILD
25-29	100 IM	Christina Sheets	59.58	WILD
25-29	200 IM	Christina Sheets	2:07.73	WILD
30-34	50 back	Alexandra Nieto	30.46	CHMS
40-44	1000 free	Valerie Davisson	13:00.38	LAKE
45-49	50 free	Pam Martin	27.52	LAKE
45-49	100 free	Mimi Ward	1:01.43	WILD
45-49	200 free	Mimi Ward	2:18.05	WILD
45-49	500 free	Mimi Ward	6:11.96	WILD
45-49	1000 free	Mimi Ward	12:54.98	WILD
45-49	1650 free	Mimi Ward	21:23.67	WILD
45-49	50 back	Mary Chris Curl	33.12	LAKE
45-49	100 back	Mary Chris Curl	1:13.50	LAKE
45-49	200 back	Mary Chris Curl	2:31.93	LAKE
45-49	200 breast	Mary Chris Curl	2:50.81	LAKE
45-49	50 fly	Pam Martin	29.88	LAKE
45-49	100 fly	Sandra Marlowe	1:18.39	WILD
45-49	200 fly	Pam Martin	2:37.34	LAKE
45-49	100 IM	Mary Chris Curl	1:09.64	LAKE
45-49	200 IM	Mary Chris Curl	2:29.42	LAKE
50-54	50 fly	Betsy Whittemore	38.70	CHMS
50-54	200 fly	Debbie Utz	3:32.65	LAKE
50-54	50 breast	Alice Wright Belknap	37.77	LAKE
50-54	100 breast	Alice Wright Belknap	1:25.40	LAKE
50-54	200 breast	Alice Wright Belknap	3:03.99	LAKE
65-69	100 free	Susan Bradley-Cox	1:17.46	WILD
65-69	500 free	Susan Bradley-Cox	7:26.79	WILD
65-69	1000 free	Susan Bradley-Cox	15:49.04	WILD
65-69	50 back	Susan Bradley-Cox	46.03	WILD
65-69	100 fly	Susan Bradley-Cox	1:44.35	WILD
65-69	200 IM	Susan Bradley-Cox	3:25.14	WILD
70-74	50 back	Mary Jane Mullins	50.99	LAKE
70-74	100 back	Mary Jane Mullins	1:51.46	LAKE
70-74	200 back	Mary Jane Mullins	3:50.69	LAKE
70-74	100 IM	Mary Jane Mullins	1:54.41	LAKE
70-74	200 IM	Mary Jane Mullins	4:09.80	LAKE
80-84	50 free	Patricia Render	1:00.39	WILD
80-84	100 free	Patricia Render	2:18.06	WILD
80-84	50 breast	Patricia Render	1:36.84	WILD
80-84	100 breast	Patricia Render	3:28.70	WILD
80-84	100 IM	Patricia Render	3:02.77	WILD
90-94	100 free	Dorothy Riordan	3:15.90	LAKE
90-94	50 back	Dorothy Riordan	1:40.51	LAKE
90-94	100 IM	Dorothy Riordan	4:13.74	LAKE

## Men

Age Group	Distance/Stroke	Name	Time	Team
25-29	200 free	Craig Pickering	1:45.69	LAKE
25-29	500 free	Craig Pickering	4:46.63	LAKE
25-29	50 back	Lance Asti	23.41	WILD

—“Convention,”  
continued from page 6

allowing eighteen-year-olds into Masters, and time limits for championship swims.

It was amazing to see the time and detail these hundreds of volunteers put into their sport. I was honored to be associated with an LMSC with so many distinguished and respected delegates that Kentucky has. Meg, Bill, Tom, and Joanne all serve on committees that make decisions not only for an organization, but also for every swimmer down to you and me.

Returning to Kentucky, I had no hurricane stories, no suntan, little sleep, lots of new friends, a binder full of notes, and a new understanding of how much work goes into making it seem that USMS operates with just a few volunteers and swimmers. 🇺🇸

**SKY Members Compete in the 2-Mile Cable National Championship in Indianapolis:** Robbie Allen (1st, 35-39 men), Marci Casey (2nd, 40-44 women), Robert Holmes (3rd, 40-44 men), and Larry Keaton (3rd, 60-64 men). Way to go, SKY swimmers!

Plan now for these upcoming meets: SCM mini-meet, Lakeside Swim Club, November 14; Lakeside Mile (SCM), Lakeside Swim Club, Louisville, December 5; Western Kentucky Green Gators Meet, Bowling Green, February 5; Wildcat Masters Invitational, Lancaster Aquatic Center, Lexington, April 9-10.



SKY women in Savannah. (Left to right) Sandra Marlowe, Tracy Elton, Meg Smath, Robin Segnitz.

—Continued on page 8

## Kentucky Waves

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— "Men's Records," continued from page 7



*Robin Segnitz on her way to her eighth place finish in the 200 breast in Savannah.*

Age Group	Distance/Stroke	Name	Time	Team
25-29	100 back	Lance Asti	51.96	WILD
30-34	50 free	David Sheets	22.57	WILD
30-34	50 back	David Sheets	25.60	WILD
30-34	100 back	David Sheets	54.03	WILD
30-34	200 back	David Sheets	1:56.84	WILD
35-39	1000 free	Robbie Allen	10:26.40	CHMS
35-39	1650 free	Robbie Allen	17:18.99	CHMS
35-39	200 breast	Dale Mercker	2:21.26	LAKE
35-39	200 IM	Dale Mercker	2:05.03	LAKE
40-44	100 fly	Norm Schippert	56.74	CHMS
45-49	50 free	Larry Bierwirth	22.49	NKYM
45-49	100 free	Larry Bierwirth	50.82	NKYM
45-49	50 breast	John Voorhees	29.90	CHMS
45-49	100 breast	John Voorhees	1:05.21	CHMS
45-49	50 fly	John Voorhees	25.61	CHMS
45-49	100 fly	John Voorhees	57.28	CHMS
45-49	100 IM	John Voorhees	59.50	CHMS
50-54	50 free	E. Bell	23.75	CHMS
50-54	500 free	E. Bell	5:21.64	CHMS
50-54	50 back	William Tingley	28.63	LAKE
50-54	100 back	William Tingley	1:01.71	LAKE
50-54	200 back	William Tingley	2:16.29	LAKE
55-59	50 free	Jon Shastid	24.25	CHMS
55-59	50 back	Jon Shastid	30.64	CHMS
55-59	100 back	Jon Shastid	1:06.59	CHMS
55-59	50 breast	Jon Shastid	33.34	CHMS
55-59	100 breast	Jon Shastid	1:13.12	CHMS
55-59	100 fly	Jon Shastid	1:00.36	CHMS
55-59	200 IM	Jon Shastid	2:23.93	CHMS
65-69	1000 free	Bob Adams	16:26.27	OMM
65-69	200 IM	Bob Adams	3:22.61	OMM
75-79	50 fly	Matt Flanagan	46.84	WILD