



The Georgia Masters Newsletter

Swimming in Georgia

March 2016

Don't Miss These Events

St. Pat's Meet Cancelled

Sorry, but the annual St Patrick's Day SCY Invitational at Dynamo will not be held this year due to scheduling difficulties. Our next Georgia event is the annual Trout Spring Fling at Georgia, which will serve as the Dixie Zone SCY Championships this year.

Dixie Zone SCY Championships: April 9 & 10



As listed above, the annual Trout Spring Fling meet at Georgia Tech is now serving as the Dixie Zone SCY Championships for 2016. A copy of the info and entry forms are included in this newsletter for your convenience.

The entry form is also on the Georgia Masters website at www.georgiamasters.org and will be available online soon. As with all meets, be sure to include a **copy of your USMS registration card** with your entry – this is required. Normally, this

would be considered an in-state meet, but since it is the Dixie Zone Championships, it is now considered a regional meet – therefore, for GAJA chapters, you would list your club affiliation as GAJA. Note that there are 400 and 800 relays offered at this meet, so lots of opportunities for Georgia records! The 1650 and 500yrd freestyle will be deck seeded: all other individual events will be pre-seeded. All relays are deck seeded.

Entry deadlines: paper entries due by April 1

Online entry deadline: 11:59pm on April 6

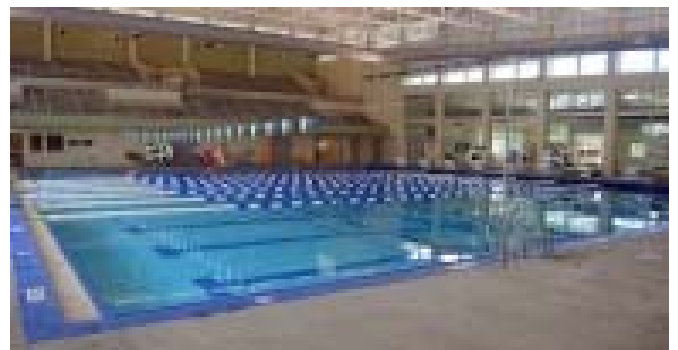
Online entry URL:

<https://www.clubassistant.com/club/>

For questions, contact meet director **Sean Fitzgerald** at seanfit@gmail.com.

W Gwinnett Park SCY Developmental Meet -- April 24

The annual W Gwinnett Park SCY Developmental Meet will be held on Sunday, April 24.



This meet could provide a nice little final tune-up for swimmers going to SC Nationals, as well as a great event for new Masters swimmers or those returning after a hiatus. The emphasis is on LOW

KEY! Nice low stress opportunity to get some practice times for your SCY events – we even have 25yd events!

West Gwinnett Park is a relatively new aquatic facility located in Norcross. Directions are included on the info page. Warmups at 9 and the meet starts at 9:30 and should be finished by noon. The info and entry form are already posted on the Georgia Masters website -- http://www.georgiamasters.org/w/GAM/meet_schedule.cfm. It will also be included in our next newsletter.

For questions, contact **Lisa Watson** at lisa.watson@ung.edu or call at 770/497-1901 (please, no calls after 8:00pm).

USMS Spring SC Nationals
April 28-May 1



Only 3 months until the USMS Spring Nationals in nearby Greensboro, NC! We'd like to repeat our big Georgia turnout that we had in 2012 for that

event. Greensboro is only a 5-6 hour drive from Atlanta. The meet info and entry form are available on the USMS website – www.usms.org. Note that as a National meet, you must list your club affiliation as your official one – so GAJA chapters need to be sure to enter GAJA. Online entry is encouraged. There are 2 tiers for online entries: meet surcharge is \$55 for entries received before March 9, whereas entries received on or after March 9 will have a \$65 surcharge. Entry deadline for both online and paper (**received by**) entries is March 28.

Relays

We hope to have lots of GAJA relays. Our Coach's Chair, **Donna Hooe**, will be organizing the GAJA relays. Here's Donna's invitation to sign up for relays:

This year's short course nationals are in Greenboro, NC, a short drive away from us. This is an opportunity to swim at a big "almost local" meet. Everyone can swim at least 3 events without worrying about qualifying for the event. If you want to swim in the maximum number of 6 events you must qualify in the other 3 events. Please don't expect to swim all 4 relays, though some faster swimmers may be asked to.

Please email me at rdhooel@juno.com or leave a message on the Georgia Masters facebook page with your availability as well as your 50 times for the strokes you can do. If you need to start in the water please note that too. If you can't swim freestyle you will not be put in a freestyle relay unless there is a slower relay that just needs an extra person. Before volunteering for relays please remember your individual events are the reason you came. If you are going to be in an early heat of the event right after the relay feel free to back out of those relays if you feel you can't recover fast enough for your individual event. I will honor those requests. Remember relays are icing on the cake your individual events are why you came.

I will try to get everyone in a relay if they are interested and the ages/number of people available work out. Sometimes the mix of who is available does not work out for example if you have 4 females and 1 does not want to participate that day 3 women would not be able to swim in the women's relays. If you are not chosen for a relay but are willing to fill in and be available as an alternate please be ready to be called into action. In Atlanta I had numerous cases of individuals needing to back out at the last minute and having to redistribute swimmers to other relays.

The main thing remember is to be flexible and just enjoy the experience, swimming in a fast pool, hanging with teammates, making friends for life!

Hope to see you there.

Other News

Georgia LMSC Midyear Dinner Meeting April 10

This year, we will be coordinating our annual midyear dinner meeting with the Dixie Zone Championships at Georgia Tech. We plan to have the meeting at Georgia Tech following the conclusion of Sunday's events on April 10- we'll have food brought in for dinner.

This way, everyone can just relax, socialize, and enjoy some food after a hard day at the swim office. We'll just conduct our LMSC business while we enjoy the food and company. More details to come, but please make a note of this date!

Note that the meeting is not restricted to Board members – all Georgia Masters swimmers are welcome.

2015 Grand Prix Series

- April 9-19 Dixie Zone SCY Championships
June 6 UGA meet LC
July 11 Georgia State Games Open Water
October 18 St Nicholas Invitational SCM

We originally had Greensboro USMS SC Nationals listed as one of the events. Due to concerns by people over travelling challenges, we have decided instead that Greensboro can be used to make the 3 event minimum required for qualification for the Grand Prix, but no points will be awarded.

Due to the cancellation of St Pat, we may add an open water event or another long course event.

Go The Distance Results – 2015



A total of 3,359 swimmers nationally participated in the 2015 Go The Distance postal event, swimming a total of 720,686.76 miles. Out of those, 80 were Georgia swimmers, totaling 19,311.7 miles. Our top 3 Georgia finishers will be recognized at the Dixie Zone SCY Championship meet on April 9 with their respective awards.

- 1st Place: Chris Greene 1,739.92
2nd Place: Pat Eddy 1,320.50
3rd Place: John Zeigler 811.83

Congratulations – that's a lot of miles!

Following is a list of all Georgia participants by club. We recognize all of our GTD swimmers each year and encourage everyone to participate in this wonderful event. It's a great way to keep track of your yardage and a great motivator. You can compare yourself with other swimmers in your age group, plus compare clubs within LMSCs. Easy to sign up: just go to the USMS website and click "Fitness," then "Fitness Events," then "Go the Distance." And it's free! Below is a list of swimmers and miles swam.

ART (Atlanta Rainbow Trout)
Andrea Timpeiro 2.61

AWJ (Atlanta Water Jocks)
Katherine Blue 1.93
David Eng 705.65
Heidi Natkin 524.54
Britta O'Leary 182.81

CPAC (Dumpster Fish)
Nathaniel Pieper 100.53

GAJA (Georgia)
Jennifer Almand 258.79

James Breen	250.54
Mickey Buono	560.21
Linda Burkhead	193.04
Kevin Castellow	58.49
Gayla Chalmers	205.94
Rob Copeland	365.33
Marianne Countryman	71.02
Carol Cunningham	19.94
Craig Current	375.26
Bill Dabney	2.05
Brett Davis	125.18
Linda Demma	300.38
Bill Dudley	126.13
Andy Eberheart	147.33
Pat Eddy	1,320.50 *2nd Place
Chris Gay	50.14
Sam Grandinetti	307.81
Chris Greene	1,739.02 *1st Place
Paul Harwart	1.14
Donna Hooe	507.29
Robin Hoy	116.05
Carrie Hughes	183.93
Kim Hurst	611.92
Cathy Jones	306.37
Sarah Kelly	4.83
Andy Klenzak	450.66
Bonnie Kolesar	14.18
Elaine Krugman	265.75
Bill Lotz	471.02
Condit Lotz	315.91
Melissa Massey	801.64
Pam McClure	503.22
Beth McGee	63.98
Doug Michalke	58.81
Robert Millican	267.41
Daniel Murray	85.74
Craig Page	351.43
Andrew Perry	357.08
Mark Rogers	418.09
Thomas Sealey	243.43
Joseph Sebestyen	4.24
Framptom Simons	8.81
Mike Slotnick	337.05
Mark Smith	2.84
Mike Stille	220.03
Beth Sutton	129.99
Ann Sykes	432.91

Sara Tanner	20.91
Megan Tosh	440.97
Alexis Underwood	134.09
Lisa L Watson	428.44
Brian Yetter	218.68
John Zeigler	811.83 *3rd Place

NWGA (Northwest Georgia Aquatics)

Jeff Cook	43.07
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RAY (Marietta Stingrays)

Claire Bacon	153.81
Stacy Fox	288.79
Tracy Pitts	52.32

SY (Summitt Family YMCA)

Eric Lund	160.27
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UC45 (Unattached Georgia swimmers)

Mark Clayton	.28
Tanner Deisch	10.63
Cristina Kirts	54.58
Lonny Martin	7.05
Jane Miller	250.21
Linda Minor	5.06
Rupesh Patel	84.11
Thomas Rentschler	65.62
Carol Unger	231.14
Renate Walker	43.69
Rebecca Woody	107.90

WHA (Windy Hill Athletic Club)

Jonathan Montague	166.53
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USMS Convention – September 21 -25

Ed Saltzman & Karol Welling will be our Georgia representatives at the March 31 meeting with USMS and USAS personnel regarding this year’s convention in Atlanta. After that date, we should have an idea of the number of volunteers and scheduling times needed. Please be sure to save these dates – September 21-25.

Other Georgia Swim Events

For your viewing pleasure, there are a number of other big pool events coming up in Georgia over the next couple of months:

- March 2-5 NAIA in Columbus, GA
- March 7-10 NCAA Diving Zone
Championship at Georgia Tech
- March 17-20 NCAA Women’s Championship
at Georgia Tech
- March 24-27 NCAA Men’s Championship at
Georgia Tech
- April 1 -3 ECC Championships at
Georgia Tech
- May 13-15 Atlanta Classic at Georgia Tech
(featuring some Olympians!)

USMS 2016 Registration

If you have not yet renewed your USMS registration, please do so immediately. You can register online on the USMS website or contact our LMSC registrar **Cody Wehunt** at Registrar.galmsc@gmail.com. After this newsletter, those who have not renewed will be taken off of the electronic mailing list.

Swimmer Profile – Lisa Watson

By Elaine Krugman



Thirty-five years! That is how long Georgia Masters Chair, Lisa Watson has been an active member of U.S. Masters Swimming. Swimming isn’t just a passing interest for Lisa; it has been a passion and lifestyle for most of her 61 years beginning with stints as an AAU swimmer as a kid. In high school, Lisa would have joined the swim team; however, there was no girl’s swim team pre-Title IX. She returned to swimming in college, though, and trained with the North Carolina State University Men’s Swim Team, since there was no women’s swim team there either. Instead, Lisa and five other women competed at AAU meets.

Immediately following the passage of Title IX, Lisa transferred to the University of Florida to finish up her college education and (finally!) got to swim for a bona fide women’s swim team.

Following graduation, she quit swimming, something she later regretted. “When I graduated, I took about a year and a half off without swimming, and my job at the time after moving to the Atlanta area was Aquatics Director for a year-around facility (the Briarwood pool where the Dynamo team used to swim). I still remember getting back in the pool and swimming 300 yards. I’m a distance swimmer, so that should be a piece of cake; but, I was about to die! I thought, ‘I’m never going to let that happen again.’ I never have. I’ve been swimming constantly since then. At that time, you couldn’t swim Masters until the age of 25, but there was a Masters group (the Killer Whales) that was at the pool. I got into that when I aged up,” Lisa explained.

Although she wasn’t as competitive or concerned with her race times when she joined Masters, Lisa improved as a swimmer, and her best race times were clocked when she was in her 30’s. Between my 20’s and 40’s, I was really focused. We had a great group with the Killer Whales. We were like a family, and we all worked out and went to meets together. Everybody was really focused, and we just coached ourselves, because we didn’t have a coach at that time.”

Typically, Lisa swims four times per week averaging 4,000 yards each session. Her specialty is 200 backstroke and distance freestyle, so she favors the long course meet each June at UGA. “If I had my druthers, I would do long course meets all the time,” a sentiment we share.

Although Lisa enjoys competition, she says, “The fitness aspect is my prime thing now. Certainly, I was very competitive for a period of time, but if I could never compete again, that would be ok. But I could never go without working out. I feel like I have to be in the water for the fitness aspects, but the social aspect is probably the thing I enjoy most now.”

“My favorite meets now are the developmental meets. I love seeing new swimmers. They’re not sure what to expect, and you can just see how much fun they’re having. They’re excited, and everybody is cheering them on. I just love that!”

Thanks to Lisa, there has been a steady menu of developmental meets in the Atlanta area from which to choose each year. She runs the Gwinnett Developmental Meet as well as all of the other Killer Whales-sponsored swim meets, and she does a fantastic job of it. She also ran the St. Pat’s meet before the Dynamo team took over.

“As Chairman of Georgia Masters, my goal is to provide the membership with many opportunities. Over the last year, it became frustrating, because the price of renting a facility for a meet has increased dramatically. At Marist, I used to love having a meet there, but we just can’t afford them anymore. It’s a shame,” Lisa lamented.

In addition to serving as Chair for Georgia Masters, Lisa has volunteered tirelessly on a national level serving on the Long Distance Committee, Championship Committee, and currently, the Fitness Education Committee.

September 21-25, 2016 the USMS Convention will be held in Atlanta, so Lisa will have her hands full

with that event as well, adding just one more volunteer task to her already-full plate.

For those of us unfamiliar with the annual convention, Lisa explained that it is where any rule changes for the year are made. The various committees also meet at that time. “All of the meetings are open meetings, so it would be a nice way to see what’s going on (even if you aren’t a delegate and would not be allowed to vote),” Lisa suggested, adding that in addition to the Georgia Masters board members who will be voting delegates, at-large delegates will be appointed. She will be looking at Georgia Masters members who are serious and interested in attending the convention, and will consider them for that role.

The convention is where you will want to be September 21-25. As Lisa explained, “Just under 200 people attend the USMS group at convention, but the convention isn’t just for Masters. It’s for U.S. Aquatic Sports, so there is water polo, synchronized swimming, and U.S.A. Swimming. It all culminates at the banquet on Saturday night, and it’s just packed—probably a couple thousand people.”

“Our members can really get a view of what it’s like at convention by helping out. We need volunteers for various shifts, so make a note of the dates, and once we get the specifics, we can start breaking it down to shifts. In the hospitality room, people are coming in and out in between meetings, so volunteers are there helping out to make the experience (for the attendees) nicer.”

Sadly for all of us who have appreciated Lisa’s stellar leadership as Georgia Masters Chair, she will be stepping down after her term ends in 2017. This dedicated swimmer and volunteer won’t be leaving the sport that she loves, though.

“Swimming has been important to me throughout my life, and, I plan for it to be an integral part for the rest of my life. I swam in summer league as a very young swimmer and got excited about it that way, and then I swam in college, but out of all that

there is nothing like Masters. In Masters, you are doing it for yourself as opposed to doing it for your team or for your coach. Masters swimming is one of the best things in my life.” Lisa said.

Reflecting back on her years in Masters, one particular memory stands out as a favorite. “It was at Nationals in 1992 at Chapel Hill. Our Killer Whales had a large group there, and I was swimming as the top seed of the second fastest heat of the 200 back in my age group (35-39 at that time— boy that seems like a long time ago!). I was so intent on trying to make top ten and doing a best time that I was VERY NERVOUS! As I was in the water ready for the start, from the stands I could literally hear what sounded like the whole stadium screaming out my name. It was of course my Killer Whale ‘family.’ I think every single one was in the stands watching me swim that heat. I won my heat and did my best time— and felt like I had taken first place overall with all the support I received from my fellow Whales. What a wonderful feeling, and a memory I’ll never ever forget.”

Lisa added, “All of my favorite Masters swimming memories would involve just being with the Killer Whales. To me, it’s the camaraderie of the team. We all knew each other and went to several Nationals together in the early 90’s, and everybody was rooting for each other... To me, that’s what Masters is all about.”

On a personal note, I would like to add my thanks to Lisa for being such an integral part of my favorite Masters memories. As a new Masters swimmer in 2010 who had been away from the sport for 31 years, she has made me feel welcome at every meet I have attended that she has either organized or competed in. Competing on a medal-winning relay with Lisa, **Diann Uustal**, and **Francine Williamson** at the 2013 Summer Nationals in Mission Viejo, California was a special highlight that I will never forget.

Editor’s note: I joined Masters swimming around 1978 (about 38) years ago. Moved to Atlanta in 1985 and began swimming at Dynamo. That’s

when I met Lisa and we’ve been working together ever since. She’s one of the most dedicated swimmers I’ve ever met (along with **Ed Saltzman** and **Bill Lotz!**). She’s kept our LMSC alive and well through all of these years. One thing that Elaine did not mention in this article is that Lisa is not just a great swimmer, but an incredible tennis player. For as long as I’ve known her, she’s played at the top levels of ALTA – one of the largest tennis leagues in the United States. Even though the competition has gotten younger and tougher, she continues to compete at some of the highest levels of tennis. Lisa never does anything half way!



Bob Kohmescher and Elaine Krugman celebrating the re-opening of our pool at Sun City Peachtree. It had been closed for 6 months for repairs. We were the first ones in the pool after the “ribbon-cutting!”

Upcoming Events

March 2016			
*10	Georgia LMSC Conference Call – 7:15; Lisa at lisa.watson@ung.edu	19	Murfreesboro, TN
April 2016			
2-3	SCY – St Petersburg, FL	*9-10	Dixie Zone SCY Championships @ Georgia Tech (entry enclosed)
*10	Georgia LMSC Mid-Year Dinner Meeting at Georgia Tech	14-17	YMCA Nationals – SCY at Sarasota, FL
*24	W Gwinnett Park SCY Developmental Meet (entry enclosed)	28-1	USMS Spring SC Nationals – Greensboro NC
May 2016			
1	USMS Spring Short Course National at Greensboro, NC		Georgia LMSC Conference Call – 7:15; Lisa at lisa.watson@ung.edu
22	Ocala, FL		
June 2016			
*4	Bulldog Long Course Invitational at UGA		Georgia LMSC Conference Call – 7:15; Lisa at lisa.watson@ung.edu
17-19	Long Course at Greenville, SC		
July 2016			
	Georgia LMSC Conference Call – 7:15; Lisa at lisa.watson@ung.edu	9-10	LC at St Petersburg, FL
TBA	Georgia Games Open Water		
August 2016			
	Georgia LMSC Conference Call – 7:15; Lisa at lisa.watson@ung.edu	17-21	USMS Summer LC Championships at Gresham, OR
August 2016			
	Georgia LMSC Conference Call – 7:15; Lisa at lisa.watson@ung.edu	*10	Southside Seals SCY Pentathlon at Steve Lunquist Aquatic Center
*10	Georgia LMSC Annual Meeting	*17	Swim Across America Open Water
*21-25	USMS Convention at the Hyatt Regency in Atlanta		

Information on these and other Dixie Zone events can be found on the Dixie Zone website at www.dixiezone.org/Meets.htm.

*Dates in red are Georgia LMSC events.

Who Y'All Can Call

Name	Title	Phone	Email
Rob Copeland	Long Distance	(678) 817-1602	rob_copland@comcast.net
Donna Hooe	Coaches Chair	(912) 884-6456	rdhooe1@juno.com
Sean Fitzgerald	Vice-Chair	(404) 496-4422	seanfit@gmail.com
Bob Kohmescher	Newsletter Editor	(770) 722-2192	bobk340@comcast.net
Ian King	Member At Large	(678) 471-8483	ianeking_roswell@hotmail.com
Cody Wehunt	LMSC Registrar	(770) 402-9189	Registrar@galmsc.gmail.com
David Morrill	Safety	(770) 862-2533	latycar@latycar.org
Ed Saltzman	Treasurer, Records, Meet Sanctions, Communications	(770) 442-9075	swimsalt@bellsouth.net
Jeff Tacca	Member At Large	(404) 256-0733	jtacca@comcast.net
Lisa Watson	LMSC Chair	(770) 497-1901/(678)717-3646	lisa.watson@ung.edu
Karol Welling	Secretary	(770) 631-9195	krw83@mindspring.com
John Zeigler	Fitness	(770) 972-7981	jvzeigler@bellsouth.net

Swim Websites

Name	Website
Athens Bulldog Swim Club	http://www.athensbulldogs.com
Atlanta Rainbow Trout	www.atlantarainbowtrout.com/
Atlanta Water Jocks	www.atlantawaterjocks.com
Chastain Park Athletic Club	www.ChastainParkAthleticClub.org
Concourse Athletic Club Masters	https://www.wellbridge.com/concourse-athletic-club/sandy-springs
DeKalb Aquatics Masters	http://daqswim.com
Dixie Zone	www.dixiezone.org
Dynamo Masters	www.dynamomasters.com/index.html
Frances Meadows Aquatic Center	http://www.gainesville.org
Fyns	http://www.fynsmasters.com
Georgia Masters Swimming	www.georgiamasters.org
Georgia Masters Killer Whales	www.gakillerwhales.com
Golden Isles Swimming	www.goldenislesswimteam.org
John P. Thayer YMCA Masters Swim	www.Columbusymca.com
Nautical Milers Special Needs Swim Team	http://www.facebook.com/NauticalMilersSwimTeam
Northwest Georgia Aquatics	www.teamunify.com/ganga
Richmond Hill Swim Club	http://richmondhillswimclub.com
Savannah Masters	http://www.tlb975.wix.com/mastersswimming
Stingrays Masters Swimming	www.stingraysswimming.com
Swim Atlanta Masters	www.swimatlantamasters.com/
Swim Macon Masters	www.swimmacon.com
Tiftarea Tidal Wave	www.tiftareatidalwave.com
Warner Robins Aquanauts	http://wraswim.com
Windy Hill Athletic Club Masters	http://www.midtown.com/windyhill

Georgia Teams & Clubs

Georgia Clubs			
Name	Abbr	Contact	Email
Andrew and Walter Young YMCA	AWYY	Iilonga Thandiwe	linz.t@mindspring.com
Atlanta Rainbow Trout	ART	Sean Fitzgerald	seanfit@gmail.com
Atlanta Water Jocks	AWJ	Lorenzo Benucci	lbenucci@gmail.com
Brad Akins YMCA Barracudas	BAYB	Meredith Carroll	meredith@gapiedmontymca.org
Chastain Park Athletic Club	CPAC	Jim King	jimkingusa@gmail.com
Concourse Athletic Club Masters	CM	Tracy Meazell	noverheim@msn.com
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	daqswim@bellsouth.net
Frances Meadows Aquatic Center	FMAC	Meghan Modisette	mmodisette@gainesville.org
Georgia Masters	GAGA	Lisa L Watson	Lisa.Watson@ung.edu
Gwinnett County Masters Club	GMAC	Destry Dispain	
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	sbalkcum@ymcacolumbusga.com
Life Time Swim Georgia	LTMS	Ryan Bell	ryanbell@msn.com
Nautical Milers Special Needs Swim Team	NAUT	Patrick Thoreson	patrick_thoreson@yahoo.com
Northwest Georgia Aquatics	NWGA	Karney McNear	nwgaquatics@gmail.com
Northwest YMCA Grayfins	YGF	Muriel Cochran	murielcochran@gmail.com
Richmond Hill Swim Club	RHSC	Anne Cutchin	rhscswimcoach@gmail.com
Stingrays Masters Swimming	RAY	Ian Goss	rayscoach@gmail.com
Summit Family YMCA	SY	Mike Steele	mikes@ymcaatlanta.org
Tiftarea Tidal Wave	TTW	Dustin Bengston	tiftareatidalwave@gmail.com
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	keith.berryhill@windyhillclub.com
Georgia Superteam (GAJA)			
ASL Silverking TRI-Masters	ASLM	Kathleen Greely	aslcoachgreely@gmail.com
Athens Bulldog Swim Club	DAWG	Craig Page	craigwpage@gmail.com
Dynamo Swim Masters	DYNA	Coach Maria Thrash	mariat0202@aol.com
Fyns	FYNS	Raquel Terroba	Fyns.coach@gmail.com
Georgia Masters Killer Whales	GMKW	Lisa Watson	lisa.watson@ung.edu
Golden Isles Swimming	GIST	Betty Veater	betty@stmarkstowers.com
Lake & Mountain Hilltoppers	LMH	Bill Pave	wpave@windstream.net
Life Time Swim Alpharetta	ALPL	Ryan Moss	
Life Time Swim Johns Creek	JCL	Merrie Copeland	
Life Time Swim Woodstock	WSKL	Elizabeth Gibson	
Life Time Swim Atlanta	ATLL	Lauren Lamb	
Life Time Swim Sugarloaf	SUGL	Jonathan Sims	
Savannah Masters	SAVM	Donna Hooe	rdhope1@juno.com
Southside Seals	SSS	Rob Copeland	rob_copeland@comcast.net
Stingrays Masters	RAYS	Ian Goss	rayscoach@gmail.com
Swim Atlanta Masters	SAMS	Scott Davis	scot@swimatlanta.com
Swim Macon Masters	SMM	Tana Selby	tanatanas@bellsouth.net
Warner Robins Aquanauts	WRAM	Daniel Murray	coach@wraswim.com



Rainbow Trout Spring Splash
April 9-10, 2016
Georgia Tech Aquatics Center

Hosted by: Atlanta Rainbow Trout

USMS Sanction #: 456-S002

Meet Director: Sean Fitzgerald

Date: Saturday and Sunday, April 9-10, 2016

Time: Saturday Warm-ups start at 10 AM; Meet starts at 11AM. Sunday Warm-ups start at 9AM; Meet starts at 10AM.

Facility: Georgia Tech Campus Recreation Center (CRC). 10 Lanes, Short-Course Yards.

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

10 Lanes for warm-up/warm-down continuously running through the meet. <http://www.crc.gatech.edu> **750 Ferst Dr NW, Atlanta, GA 30318**. Free parking is available behind the CRC on Tech Parkway. Please pick up a parking pass inside the facility. Additional parking in pay lot adjacent to the CRC.

Eligibility: The meet is open to all persons 18 years and older as of April 9, 2016.

Your age on April 10, 2016 determines your age at the meet. USMS REGISTRATION IS REQUIRED. **Please include a copy of your USMS card with your registration.** For GAJA teams, this is a Dixie Zone Championship, so your team is GAJA.

Events: Swimmers may enter up to 5 individual events per day and 3 relays over the course of the 2-day meet.

Awards: Ribbons will be awarded for 1st, 2nd, and 3rd places. Team scores will be kept and the teams with the highest scores will be announced as winners for the top 3 highest teams. High point winners will be announced and will receive an award.

Timing: Touchpads/electronic timing with hand/stopwatch backup.

Scoring: Top eight finishers will score as follows: 9, 7, 6, 5, 4, 3, 2, 1 for individual events and 18, 14, 12, 10, 8, 6, 4, 2 for relays.

Fees: \$40 for one day and \$60 for two days covers facility and meet costs. Paper or email entries received after the deadline will be assessed a \$10 late fee.

Seeding: All events except for the 500 and 1650 Free will be seeded in advance, slowest to fastest. 1650 Free will be seeded fastest to slowest and only after positive check-in has expired. **No exceptions will be made for missing the cutoff for positive check-in.** Men and Women will be seeded together based on time. "NT" entries will be seeded in the slowest heat. Relays will be deck-seeded and posted at the meet. Psych sheets will be posted at www.atlantarainbowtrout.com and at www.georgiamasters.org around April 7th.

Relays: Entries for the 800 free relay will be due at 10:30 AM on Saturday. Entries for the 200 free relay will be due at 9:30 AM on Sunday. All other relay entries will be due 45 minutes before each relay and will be announced at the meet. Relay heat/lane assignments will be posted in various locations around the pool as soon as possible.

Entry deadline: Online entry will remain open until 11:59 PM Wednesday, April 6th. Paper/email entries must be received by Friday, April 1st. Paper/email entries received after April 1st will be assessed a \$10 late fee. There is no late fee for online entry. No deck entries will be accepted for individual events. Online Entry URL: <https://www.clubassistant.com/club/>



Include a copy of your USMS Card!

Last Name:		First Name:		Middle Initial:
Date of birth:	USMS#:	Club Affiliation:		
Gender:	Email address:			

Circle the event number and provide your best Short-Course Yards (25 Yards) time or NT (No Time) for each event you plan to enter. No deck entries will be accepted for Individual events. Maximum of 5 individual events. **500 and 1650 limited to the first 30 entries.**

DAY 1: Saturday, 4/9 Warm ups 10 AM; Meet Starts 11AM			DAY 2: Sunday, 4/10 Warm ups 9AM; Meet Starts 10AM		
#	EVENT	Time (00:00:00)	#	EVENT	Time (00:00:00)
1	Women 800 Free Relay		18	1650 Free	
2	Men 800 Free Relay		19	Women 200 Free Relay	
3	Mixed 800 Free Relay		20	Men 200 Free Relay	
4	400 IM		21	Mixed 200 Medley Relay	
5	100 Free		22	100 IM	
6	50 Breast		23	200 Fly	
7	100 Fly		24	50 Free	
8	Women 400 Free Relay		25	100 Breast	
9	Men 400 Free Relay		26	200 Back	
10	Mixed 400 Medley Relay		27	50 Fly	
11	100 Back		28	200 Free	
12	200 Breaststroke		29	50 Back	
13	200 IM		30	Women 400 Medley Relay	
14	500 Free		31	Men 400 Medley Relay	
15	Women 200 Medley Relay		32	Mixed 400 Free Relay	
16	Men 200 Medley Relay				
17	Mixed 200 Free Relay				

Payment Info:

Meet Entry Fee:	One day \$40.00 Both days \$60.00	Make Checks Payable to: Atlanta Rainbow Trout
<i>Late fee (after 4/1)</i>	<i>\$10.00</i>	Mail to: Sean Fitzgerald 847 Wildwood Rd NE, Atlanta GA 30324

Paper/email entry must be received by Friday, April 1st.

Questions? ph:404-316-4860 (Sean) atlseanf@gmail.com

Enter Online by Wednesday April 6th at: <https://www.clubassistant.com/club/>

Please sign the waiver on the back!



ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	



Georgia Masters Swimming

West Gwinnett Park Short Course Yards Developmental Meet

Sunday, April 24, 2016

Sanction No. 456-S001

Held Under the Sanction/Approval of USMS, Inc. & Georgia LMSC

Time: Sunday--Warm ups at 9:00 a.m. Meet begins at 9:30 a.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 4th stoplight will be S Berkeley Lake Rd.

This is a Category I Meet. Times will not count for Top Ten or Records.

The pool will be on your LEFT. Here's the address:

West Gwinnett Park Aquatic Center
4488 Peachtree Industrial Blvd
Norcross, Ga 30071
(678) 407-8801

Eligibility: The meet is open to all persons 18 years and older as of April 24, 2016. 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: \$18.00 for up to 5 events; \$2.00 surcharge for deck and late entries (received after April 22); \$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
lisa.watson@ung.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:

Bob Kohmescher	67
Event #: 6	1:39
100 yard breast	
(leave room for timers)	

Seeding: Entries received by April 22 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

West Gwinnett Park Short Course Yards Developmental Meet

Sunday, April 24, 2016

ENTRY FORM

Name	Sex	Age	DOB
Address		Cell/home phone	
City		State	Zip
USMS		Team	
E-mail			

SEED TIME	EVENT	SEED TIME	EVENT
	1. 500 yrd Free/400 Individual Medley.		9. 200 yrd Individual Medley
	2. 50 yrd Breastsroke		10. 50 yrd Butterfly
	3. 100 yrd Backstroke		11. 100 yrd Freestyle
	4. 200 yrd Butterfly		12. 200 yrd Breastroke
	5. 50 yrd Freestyle		13. 50 yrd Backstroke
	6. 100 yrd Breastroke		14. 100 Butterfly
	7. 200 yrd Backstroke		15. 100 yrd Individual Medley
	8. 25 yrd Choice		16. 200 yrd Freestyle
	MEDLEY RELAYS		FREESTYLE RELAYS

Circle event number and indicate seed time if known

Fees (Make checks payable to Georgia Masters)

ALL EVENTS	\$18.00
SURCHARGE – Late and Deck Entries \$2.00	
SURCHARGE- Did not use 3x5 cards \$2.00	
TOTAL AMOUNT ENCLOSED	



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. (“USMS”) allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities (“Event” or “Events”); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the “Agreement”);

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Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed