



# The Georgia Masters Newsletter

## Swimming in Georgia

### May 2016

#### Don't Miss These Events

#### *UGA Meet – June 4*



The meet info and entry are now available for the annual Georgia Masters LC meet at UGA on Saturday, June 4. The meet is now

named for previous meet director, **Raymond Woller**. For your convenience, the entry form is included in this newsletter, and is also posted on the Georgia website – [www.georgiamasters.org](http://www.georgiamasters.org).

The entry deadline is **May 27**. Late and deck entries will be accepted, depending on the availability of open lanes. New heats will NOT be created to accommodate late entries, so get your entry in on time! Warmups begin at 9am and the meet starts at 10am.

Don't pass up the chance to swim at this fantastic aquatic facility! This meet will also serve as part of our 2016 Georgia Grand Prix.

For questions, contact meet director **Craig Page** at [craigwpage@gmail.com](mailto:craigwpage@gmail.com)

#### *Georgia LMSC Dinner Meeting – June 12*

Since we didn't have our scheduled face-to-face midyear meeting at the end of the Trout meet on April 10, we have rescheduled it for Sunday evening, June 12 at 5:30pm.

This is a great opportunity to get together for a good meal with swimming friends and discuss some LMSC business as we eat and socialize.

We will also be honoring **Bill Lotz** for his 33 years of service as our previous LMSC registrar.

The location for the dinner will be at the **On The Border** restaurant in Buckhead. This dinner is **open to everyone** (it is not restricted to LMSC Board members). We will send out an electronic bulletin closer to the date with directions. Please contact Lisa Watson at [lisa.watson@ung.edu](mailto:lisa.watson@ung.edu) if you'd like to attend. We need to turn in a head count.

#### *Georgia Games Open Water – July 9*



The annual Georgia Games Open Water swim will be held on Saturday, July 9. You can register and find information on the Georgia Games

website at [www.georgiagames.org](http://www.georgiagames.org).

The open water event will be held at Lake Acworth, and offers 3 events:

5k swim event starts at 8:00am

3k swim event starts at 9:30am

1k swim event starts at 11:00am

Entry deadline is **July 2**. Late entries will be assessed a \$5 late fee, and will be accepted on the day of the swim up to the close of check-in for each event.

This event is now included as part of our 2016 Georgia Grand Prix!

*USMS Convention – September 21-25*

Don't forget that this year the convention is in Atlanta at the Hyatt Regency, so our Georgia Masters group will be the host. **Karol Welling** is our volunteer coordinator for the Hospitality suite at the convention, which will be manned throughout. Please contact Karol at [krw83@mindspring.com](mailto:krw83@mindspring.com) if you are able to volunteer during any part of that time. Give her your availability in terms of days and times. The convention runs Wednesday – Sunday, with Sunday (morning) mainly being a cleanup day.

*ALTS & Coaches Certification  
September 21*



Both the Adult Learn-To-Swim Instructor certification courses and Coaches certification courses (Levels, 1, 2, & 3) are being offered in Atlanta on September 21. For more information, contact **Marianne Groenings** at the National Office at [mgroenings@usms.org](mailto:mgroenings@usms.org). For more information, visit: [http://www.usms.org/content/alts\\_cert](http://www.usms.org/content/alts_cert)

*2016 Grand Prix Series*

April 9-19 Dixie Zone SCY Championships  
June 4 UGA meet LC  
July 9 Georgia Games Open Water  
September 10 SSS Pentathlon  
TBA St Nicholas Invitational SCM

Those swimmers who competed at Spring Nationals in Greensboro will get credit toward the 3 event required minimum for participation in the Grand Prix, but no additional points.

**Meet Recaps**

*W Gwinnett Park Meet Recap  
April 24*



Twenty swimmers and assorted family & friends attended the annual West Gwinnett Park SCY Developmental Meet, held on Sunday morning, April 24. As is typical of our developmental meets, we welcomed a number of new swimmers competing in their very first Masters meets, as well as returning 'veterans.'

Participating teams included:

- Andrew & Walter Young Y (AWYY)
- Gwinnett County Masters (GMAC)
- Georgia Killer Whales (GMKW)
- Northwest Georgia (NWGA)
- YMCA Gray Fins (YGF)
- Unattached (UC45).

Thanks to all who volunteered to time in between their events, and particularly to **Ian & Angela King** who volunteered their Sunday morning to come time at the meet.

Special thanks also to our officials, **Andy Rettig** and **Harry Heath**.

## USMS Spring (SCY) Nationals Recap April 28 – May 1

By Lisa Watson



Another huge turnout of over 1,800 swimmers at Nationals in nearby Greensboro, NC (similar to the large turnout in 2012). From Georgia, we had 45

swimmers registered from our Georgia Super Team (GAJA), 2 swimmers from the Atlanta Rainbow Trout (ART), 6 swimmers from Atlanta Water Jocks (AWJ), 1 from the Windy Hill Athletic Club (WHAC), and 5 unattached Georgia swimmers (UC45).

In addition to our swimmers, our perennial volunteers **Ed Saltzman** and **Donna Hooe** were working the decks as officials throughout the meet. A big thanks to Donna, who as our Coaches Chair, also organized all of the GAJA relays. Donna was a very busy lady, juggling her officiating and coaching duties with swimming!

This was a very competitive meet! Kudos to all Georgia swimmers on their swims. We had 3 All American 1<sup>st</sup> place finishes:

- Will Thies/UC45 (M25-29) - 500 free
  - Andy Dyer/AWJ (M55-59) - 200 breast
  - Hal Stolz\*/GAJA (M80-84) - 100 breast
- \*Hal took a fall on his way to Nationals and had to scratch all of his other events, but still managed to pull off a 1<sup>st</sup> place finish in the 100 breast, despite a battered body!

Other top ten finishes from Georgia included:

### Women

- Alyson Kayworth/GAJA (W18-24): 3<sup>rd</sup>-50 free, 7<sup>th</sup>-100 back, 4<sup>th</sup>-100 IM, 2<sup>nd</sup>-100 breast, 5<sup>th</sup>-200 free
- Caitie Curran/GAJA (W 25-29): 9<sup>th</sup>-100 breast, 9<sup>th</sup>-200 IM, 7<sup>th</sup>-200 breast
- Amy Webb/AWJ (W25-29): 7<sup>th</sup>-100 back, 10<sup>th</sup>-100 free, 6<sup>th</sup>-200 free

- Megan Tosh/GAJA (W30-34): 10<sup>th</sup>-500 free, 5<sup>th</sup>-1650 free
- Carrie Hughes/GAJA (W40-44): 7<sup>th</sup>-200 breast, 9<sup>th</sup>-100 breast, 9<sup>th</sup>-50 breast
- Heidi Natkin/AWJ (W40-44): 10<sup>th</sup>-500 free
- Amanda Olsen/UC45 (W45-49): 5<sup>th</sup>-1650 free
- Pam Rogan/GAJA (W45-49): 6<sup>th</sup>-100 free, 6<sup>th</sup>-50 free, 5<sup>th</sup>-1000 free
- Marianne Countryman/GAJA (W50-54): 6<sup>th</sup>-400 IM, 5<sup>th</sup>-200 fly, 7<sup>th</sup>-200 IM, 6<sup>th</sup>-500 free, 2<sup>nd</sup>-1650 free
- Donna Hooe/GAJA (W50-54): 7<sup>th</sup>-1650 free
- Elaine Krugman/GAJA (W50-54): 10<sup>th</sup>-1650 free
- Jennifer Almand/GAJA (W55-59): 7<sup>th</sup>-100 breast, 7<sup>th</sup>-200 IM, 9<sup>th</sup>-200 breast
- Leslie Landey/GAJA (W65-69): 4<sup>th</sup>-100 back, 7<sup>th</sup>-100 free, 7<sup>th</sup>-50 back
- Margo Schneider/GAJA (W65-69): 10<sup>th</sup>-100 back, 5<sup>th</sup>-50 breast, 8<sup>th</sup>-100 IM, 5<sup>th</sup>-50 back

### Men

- Andrew Catanese/GAJA (M18-24): 6<sup>th</sup>-200 free, 6<sup>th</sup>-500 free, 2<sup>nd</sup>-1650 free
- Will Thies/UC45 (M18-24): 5<sup>th</sup>-200 free
- Kevin Flood/UC45 (M18-24): 6<sup>th</sup>-50 fly, 7<sup>th</sup>-100 fly, 4<sup>th</sup>-200 free
- Evan Boley/AWJ (M25-29): 9<sup>th</sup>-50 free
- Cameron Webb/ART (M25-29): 10<sup>th</sup>-100 IM, 9<sup>th</sup>-100 free
- Allen Gilchrist/GAJA (M35-39): 7<sup>th</sup>-100 back, 3<sup>rd</sup>-200 back
- Chris Hartley/GAJA (M40-44): 4<sup>th</sup>-1650 free
- Lorenzo Benucci/AWJ (M45-49): 8<sup>th</sup>-500 free, 6<sup>th</sup>-100 free, 10<sup>th</sup>-100 IM, 8<sup>th</sup>-100 breast
- Mark Beatty/GAJA (M45-49): 4<sup>th</sup>-50 breast, 4<sup>th</sup>-50 free, 5<sup>th</sup>-50 fly, 4<sup>th</sup>-50 back
- Dan Beatty/GAJA (M50-54): 7<sup>th</sup>-200 IM, 10<sup>th</sup>-100 back, 6<sup>th</sup>-100 IM, 6<sup>th</sup>-50 back
- Mike McCool/GAJA (M50-54): 3<sup>rd</sup>-50 free, 6<sup>th</sup>-50 breast, 8<sup>th</sup>-100 breast
- Keith Berryhill/WHA (M55-59): 7<sup>th</sup>-500 free, 8<sup>th</sup>-200 free
- Andy Dyer/AWJ (M55-59): 3<sup>rd</sup>-200 IM, 6<sup>th</sup>-100 free
- Rod Bergstrom/GAJA (M60-64): 7<sup>th</sup>-200 IM

- David Hildebrandt/GAJA (M60-64): 6<sup>th</sup>-100 fly, 7<sup>th</sup>-100 IM, 10<sup>th</sup>-50 back
- Joe Reid/GAJA (M65-69): 4<sup>th</sup>-50 back, 9<sup>th</sup>-50 breast, 8<sup>th</sup>-100 breast, 4<sup>th</sup>-100 back
- Russ Callen/GAJA (M70-74): 8<sup>th</sup>-200 back, 5<sup>th</sup>-200 fly, 8<sup>th</sup>-200 IM, 7<sup>th</sup>-400 IM
- John Zeigler/GAJA (M70-74): 3<sup>rd</sup>-400 IM, 6<sup>th</sup>-50 breast, 6<sup>th</sup>-100 fly, 3<sup>rd</sup>-200 fly, 5<sup>th</sup>-200 breast, 6<sup>th</sup>-100 breast
- David Miller/GAJA (M75-79): 3<sup>rd</sup>-500 free, 2<sup>nd</sup>-50 breast, 2<sup>nd</sup>-200 breast, 5<sup>th</sup>-100 free, 2<sup>nd</sup>-100 breast, 5<sup>th</sup>-50 fly

200 MIXED FREE RELAY- GAJA 65+: 8<sup>th</sup>  
(Leslie Landey, Margo Schneider, Stan Delair,  
John Quanrud)

400 MIXED FREE RELAY- GAJA 65+: 4<sup>th</sup>  
(Leslie Landey, Margo Schneider, Joe Reid,  
David Miller)

200 WOMEN'S MEDLEY RELAY- GAJA 45: 7<sup>th</sup>  
(Donna Hooe, Marianne Countryman,  
Carrie Hughes, Jennifer Almand)

200 MEN'S MEDLEY RELAY-GAJA 45+: 9<sup>th</sup> (  
Mark Beatty, Dan Beatty, Mike McCool,  
Rod Bergstrom)

200 MIXED MEDLEY RELAY-GAJA 65+:7<sup>th</sup>  
(Leslie Landey, Margo Schneider, Joe Reid,  
David Miller)

For complete results, check the national website at [www.usms.org](http://www.usms.org) – click Events & Results and then click on National Championships, find Greensboro and the results.

If anyone has been left off the top ten list, I apologize. I went through all the results and tried my best to find all Georgia swimmers in the Top Ten.

Next National meet will be the Summer LC Nationals in Gresham, Oregon. They have a beautiful outdoor pool located at the foot of Mt Hood! Dates are August 17-21.

### YMCA Masters Nationals

By Donna Hooe

Georgia Masters was well represented at YMCA Masters Nationals in Sarasota Florida this year. A small squad of 4 swimmers **Loren Winge**, **Richard Ross**, Assistant Coach **Anthony Racinelli** and Coach **Donna Hooe** combined to place 15th in the team standings out of 42 teams.



**Loren, Ryder, and Richard**

For **Loren Winge** (18) this was her first Masters meet, she was recruited from GCAT when she turned 18. Loren contributed 29 points to the team effort with a 3<sup>rd</sup> place finish in the 400 IM and 200 Back, 5<sup>th</sup> place finishes in the 200 Free, 100 Back and 100 Free, 6<sup>th</sup> in the 200 IM and 7<sup>th</sup> in the 50 Free.

**Richard Ross** is no stranger to Y Nationals or Masters. He placed 3<sup>rd</sup> in the 50 Back, 4<sup>th</sup> in the 50 Breast, 6<sup>th</sup> in the 100 Free and 7<sup>th</sup> in the 50 Free contributing 18 points to the team total.

**Anthony Racinelli** another familiar face in Masters swimming and YMCA Nationals placed 5<sup>th</sup> in the 1000 Free, 200 Breast, 200 Back and 500 Free, 6<sup>th</sup> in the 1650 Free and 100 Back, 8<sup>th</sup> in the 50 Back, contributing a total of 23 points to the team total. What makes his 200 Breast finish so amazing is that he swam this 8 weeks after having hip replacement!

**Donna Hooe** lead the scoring with 1<sup>st</sup> in the 1650 Free, 2<sup>nd</sup> in the 200 Fly, 5<sup>th</sup> in the 1000 Free, 6<sup>th</sup> in the 400 IM and 200 Breast, 8<sup>th</sup> in the 500 Free,

200 Back, and 100 Back contributing 30 points to the team total.

We combined for 2 mixed relays in the 18+ age group placing 6th in the 200 Free Relay and 5th in the Medley Relay.



The team camped at the Myakka River State Park where we saw lots and lots and lots of GATORS! There were nature trails, bike trails, boat rentals and we took a guided tour of the lake and learned about the wildlife in the park. Gators can move up to 35 miles per hour in a short burst and we were probably a little too close several times as you can

see with Ryder (aka Gator Bate) and his picture with one of the largest ones we saw.



The first night we had a noisy visitor (raccoon) trying to get in our cooler and he was successful. So much for lunch. After that the cooler was kept in the vehicle at night, end of problem. We did still hear him rummaging in the trash bin down the road at night.



Hopefully we can bring more people with us next year as we will be in Sarasota the first weekend in May.

**Other News**

***USA Masters Games – July 21-31***

Greensboro will also be the site of the upcoming USA Masters Games, which offers competition in 24 different sports (including pickleball which was just added!). Check out the website for more information at [www.usamastersgames.com](http://www.usamastersgames.com).

*Swimmer Profile – David Hildebrandt*

By Elaine Krugman



Like many swimmers who have joined U.S. Masters Swimming, David Hildebrandt returned to the sport after a 31-year layoff. As a teenager, he started swimming at age 14 and continued through college at the University of Missouri where he attended on a scholarship.

In 2007, he decided to return to swimming for health reasons. Losing weight and getting into better aerobic condition were motivating factors, but stress relief from his job as an insurance underwriter was the clincher. As David explained, “Swimming was a relief for me more than anything else. It was relief from the day-to-day stresses of working. It really helped!”

At first, David and his wife, Sheila started their new fitness routine together by going to the fitness center 2 to 3 times per week and working out in adjacent lanes. He would swim about 1,000 yards and she would walk with water weights. “One day [in January, 2008], we were at the pool and [USMS member] **Herb Chuvén** was next to us. He was swimming laps and stopped me and said, ‘Hey, you’re a pretty good swimmer. Georgia has an excellent Masters program. We have great people, and you ought to join Masters.’” After doing research and checking out the Georgia Masters and USMS websites, he decided to register and get back into competition.

David’s first USMS meet was St. Pat’s at the Dynamo pool in 2008. As it turned out, it was his first event that proved to be his favorite Masters Swimming memory. “I said, ‘Ok, I’m making my comeback after a 31-year layoff. At age 22, I competed in my last race in college, and now on my birthday, I’m 53 years old, and I’m swimming my first race, the 50 freestyle at Dynamo.’ What I’m very proud of is that I won my very first race. Right after the meet, I called my dad. He was a swimmer and competed in numerous Senior Olympics competitions. He was happy I was returning to the sport and competing again. My dad was in declining health at the time, and I wanted to win some medals for him. He passed away in 2010, and now I focus on winning awards for my mother.”

After that first meet, the competitive bug bit hard and this former collegiate swimmer was hooked. It wasn’t just about getting fit and relieving stress anymore for David. He wanted to win. His goal? “To compete at a high level and try to win in regional meets. On a National level, it’s always to try to win a ‘big boy medal’ (top three). I have never won a ‘big boy medal,’ but I’ve come in 4<sup>th</sup> twice. The ultimate goal for me is to win a National Championship someday,” David said with conviction. “It’s so cool to win. It doesn’t matter if [the other swimmers in your heat] are in your age group or not, it’s just the spirit of competition.”

David’s first USMS Nationals was the same as mine: 2010 Spring Nationals at Georgia Tech. “I absolutely love going there, and I try never to miss a meet at Georgia Tech. It’s a treat!”

You may remember that back in 2010, full-length tech suits were still legal in swimming, but they were banned soon after. When David stepped up on the starting block at Lane 10 for the final heat of 100 yard fly, he looked down the starting blocks at his competitors and realized he was the only swimmer not wearing a full tech suit. “I refused to wear one, because I knew [tech suits] were going away. They had made the announcement that it would be the last Nationals allowing them. I didn’t

even want to see what I could do in a tech suit, because part of what drives me to this day is wanting to improve on my times. Last year, I did a personal best at age 60. I was faster at age 60 than I was at 53! I want to keep doing that although I know it can't last forever; it's physically impossible. I didn't ever want to have my results skewed by tech suit results."

As it turned out, David placed 12<sup>th</sup> in the 100 yard fly and 11<sup>th</sup> in the 50 yard fly, just losing out on a medal. All of the swimmers who beat him in both races were wearing full-length tech suits. As he reflected, "A tech suit might have gotten me a medal, but I didn't win a medal." He did have the satisfaction of swimming personal best times, though.

"It was my expectation to compete and hold my own against these guys out there. If I could maintain dedication to the sport, stay disciplined, and train accordingly; my expectation was to compete at a high level," David explained about his experience at his first Nationals competition. He continued, "The number one reason I do it is because it's fun; but, the underlying thing, too, is that I am a competitor, I want to compete, and I want to win. I want there to be goals, and I want to accomplish them, because at the end of it all, that's what makes me happy."

To achieve his goals, David now trains 4-5 days per week and logs anywhere from 6,000 to 12,000 yards each week. None of it is "garbage yardage." In between warm-ups and cool-downs, he is putting in quality training with emphasis on sprints to prepare him for racing short-distance events. As he explained, "I like all of the strokes, and all of the 50 and 100 races. My favorite is the 100 IM, because it's all of the strokes in one [race]. It's one of the most competitive events, because it takes versatility to swim all of the strokes well. It's a fun race!"

Unfortunately, David had to have a double hernia operation and was forced to put the brakes on his training and competition. He wasn't able to return

to swimming until two months before the April Spring Splash meet at Georgia Tech, and his comeback leading up to that meet was slow. "Initially, I could do only one length of butterfly after about two or three weeks of training. Then, after four and five weeks, I made two lengths of butterfly... About one week before Georgia Tech, I swam 100 butterfly at the beginning part of my workout to see if I could make four lengths." David succeeded, so he raced the event at the Spring Splash and put in a blazing time of 1:03.65, which was less than one second off his same race in 2015. What a great post-surgery success!

As a matter of fact, on a national level, David has had a lot of success achieving the goals he has set for himself. To date, he has amassed 25 individual and 9 relay Top Ten Achievements as well as four Top 10 FINA World Rankings.

Setting goals is important to this motivated competitor, and it's one of the things David emphasizes when offering advice to other Masters swimmers. "First and foremost, have fun! I have fun racing, competing, and meeting people. Have fun first and set goals for yourself. Have a set of goals you can think about, and try to achieve those goals. Also, don't overdo it. Don't over-train and hurt yourself. Don't be afraid to back off when your body is telling you to back off."

David also recommends working on stroke technique and researching different ways to train. "Try to improve any deficiencies that you may have," he said adding that he doesn't have a coach, so he is sometimes unaware of his own stroke deficiencies. "I train on my own, so nobody can ever tell me what I'm doing wrong. I'm a little blind to what I think I need to be doing. If you can, have somebody watch you. [Georgia Masters teammate], **Mark Beatty** has done that a few times on my breaststroke. All of a sudden, I dropped a second in my 50 breaststroke time, because he was watching me and saying I needed to shorten my stroke a little bit, and keep my chin in the tucked position. He didn't have to do that! He took five minutes of his day to help me, and then I go to

Nationals and improve my time by over one second!”

These successes are just part of what David has enjoyed about Masters Swimming. “It’s such a wonderful sport... The most gratifying thing is that I’ve met scores and scores of people I never would have met. I’ve also rekindled friendships with people I haven’t seen in thirty-five years. When I went to Nationals at Georgia Tech, there were four of them there from my college team. That was really special.”

One of David’s other favorite Masters memories was competing with GAJA at 2011 Long Course Nationals in Auburn, Alabama. “Our Georgia Masters team were the National Champions! I have to thank **Walter Leen** for what he did organizing the relays. It was just a lot of fun!”

“I just love the sport of swimming,” David continued. I’m thankful that there’s a Masters organization that was formed [in 1971]. Think of all the people that have participated over the years. Think of the longevity over people’s lifetimes, because they became a member of Masters. They started training again and took their health more seriously. They have fun, enjoy the spirit of competition, and have happiness in their lives now. I guarantee you people live five and ten years longer because of that experience. I think it’s a wonderful thing. As you get older, and you retire, it’s a great outlet for you; and, you have the social experience as well. You meet new people, and continue to meet new people at national competitions.”



“What I want to say is just a very big ‘thank you’ to all the people who support Masters Swimming—especially at our local chapter, all the people who volunteer. They’re wonderful people! They enable us to be able to do this.”

*Editor’s note: David won three medals at the 2016 USMS Spring National Championship meet: 100 Butterfly, 6<sup>th</sup> Place; 100 IM, 7<sup>th</sup> Place, 50 Backstroke, 10<sup>th</sup> Place. About the meet, he said, “The meet was a blast and fast! It was also great seeing everyone!”*



*Pictures from Nationals*



**Donna Hooe, Graham Fuller, Dan Beatty & Elaine Krugman**



**Leann Rossi**



**Georgia Masters Swimmers**



**Ian King!!!! BTW, this got a lot of likes on Facebook**



**Marianne Countryman & Ed Saltzman**

## *Upcoming Events*

June 2016			
<b>*4</b>	Bulldog Long Course Invitational at UGA; contact Craig at <a href="mailto:craigwpage@gmail.com">craigwpage@gmail.com</a>	<b>*12</b>	Georgia LMSC Meeting at On The Border at 5:30pm Contact Lisa at <a href="mailto:lisa.watson@ung.edu">lisa.watson@ung.edu</a> if you'd like to come
<b>11-12</b>	Sarasota, FL	<b>17-19</b>	Long Course at Greenville, SC
July 2016			
<b>*9</b>	Georgia Games Open Water at Lake Ackworth	<b>21-31</b>	USA Masters Games – Greensboro, NC – visit <a href="http://www.usamastersgames.com">www.usamastersgames.com</a> for more info
<b>25</b>	Dixie Zone Open Water Championships – Greensboro, NC		
August 2016			
	Georgia LMSC Conference Call – 7:15; Lisa at <a href="mailto:lisa.watson@ung.edu">lisa.watson@ung.edu</a>	<b>6-7</b>	Dixie Zone LC Championships – Greensboro, NC
<b>17-21</b>	USMS Summer LC Championships at Gresham, OR		
September 2016			
	Georgia LMSC Conference Call – 7:15; Lisa at <a href="mailto:lisa.watson@ung.edu">lisa.watson@ung.edu</a>	<b>*10</b>	Southside Seals SCY Pentathlon at Steve Lunquist Aquatic Center
<b>*10</b>	Georgia LMSC Annual Meeting	<b>*17</b>	Swim Across America Open Water at Lake Lanier
<b>*21-25</b>	USMS Convention at the Hyatt Regency in Atlanta	<b>*21</b>	Learn to Swim Instructor Certification Class
<b>*21</b>	USMS Level 1 & 2 Coaches Certification		

Information on these and other Dixie Zone events can be found on the Dixie Zone website at [www.dixiezone.org/Meets.htm](http://www.dixiezone.org/Meets.htm).

\*Dates in red are Georgia LMSC events.



**Brian Yetter and Stan Delair**

*Who Y'All Can Call*

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

*Swim Websites*

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

**Georgia Teams & Clubs**

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

ENTRY FORM  
2016 WOLLER ABSC / GEORGIA MASTERS LONG-COURSE MEET  
2016 GEORGIA LONG COURSE METERS STATE CHAMPIONSHIP  
GABRIELSEN NATATORIUM AT THE UNIVERSITY OF GEORGIA

June 4, 2016

USMS SANCTION: **456-L001**

**Date and Time:** June 4, 2016: Warm-ups in the competition pool will be available from 9:00-9:50am. The diving well will be available for warm-up from 9:00am until 30 minutes after the end of the meet. The meet begins at 10:00am.

**Location:** Gabrielsen Natatorium, University of Georgia, 330 River Road, Athens, GA 30602, 706-542-5060

**Meet Director:** Craig Page [craigwpage@gmail.com](mailto:craigwpage@gmail.com) 706-461-8288

**Facility:** The Gabrielsen Natatorium is a state-of-the-art indoor facility with three pools, which was dedicated in 1996. The natatorium has three separate pools: a 50-meter competition pool with two movable bulkheads, ranging in depth from 8 ft to 9ft; a diving pool; and an instructional and recreational pool. All lanes feature non-turbulent lane lines and starting blocks. One 50 meter 8-lane course will be used for this competition. At least 4 lanes for continuous warm-down will be available in the diving well. 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. Total seating is 2,000.

**Eligibility:** Participants must be registered Masters Swimmers and at least 18 years of age as of June 4, 2016. Swimmers turning 18 after the meet entry deadline and by June 4, 2016 must enter the meet by the meet entry deadline and register for USMS either before or June 4. If a swimmer wishes to affiliate with a Masters club, the club and swimmer must both be registered with the same Local Masters Swimming Committee. If there are questions about affiliation, the swimmer will be entered with the affiliation "UC45."

**Age Groups:** Age for the meet is determined as of December 31, 2016, except for 18-year-olds, who must be 18 by June 4, 2016. Age groups for individual events: 18–24, 25–29, 30–34, 35–39 ... (five-year increments as high as necessary). Relay events: 18+, 25+, 35+, 45+, etc. (10-year increments as high as necessary, determined by the age of the youngest relay member).

**Seeding:** One course will be used for all the events. All swimmers will be seeded in mixed heats for each event, slowest to fastest by entry time, regardless of age or gender.

**Meet Roster:** A meet roster, including name, age, gender, and club, will be available at the meet and emailed to all participants who provided an email address prior to the meet.

**Warm-up Procedure:** Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed, except in designated sprint lanes. One or two lanes will be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pool only. Any swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (rule 102.13.3). Pull buoys, kickboards, fins, hand paddles, and snorkels are not allowed in the competition or warm-up pools.

**Scratches:** Any swimmer failing to report to the proper lane in the correct heat of an event will be scratched from that event and will not be permitted to swim that event at another time.

**Entry Forms:** Read all instructions and fill out the form completely. Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected (except for 18-year-olds who turn 18 after the meet entry deadline, but before the first day of the meet, who must enter the meet by the meet entry deadline, but may register for USMS either before or on June 4). A swimmer whose club affiliation differs from what is listed on his or her USMS registration card must send either a new USMS registration card or a letter from the local registrar with the new club affiliation and effective date.

**Fees:** Fees are \$40 per individual for a maximum number of five (5) individual events per swimmer. Fees must accompany the entry form and must be paid in U.S. dollars by check or money order. Do not mail cash. The entry is not complete until the check has cleared the bank. If there are questions about an entrant's check, full cash payment in U.S. dollars will be required before the entrant is allowed to swim. No refunds will be given for events not swum. Relay-only swimmers must submit an entry form with payment by the entry deadline. All fees should be made payable to "Craig Page".

**Entry Deadline / Mail Entry / Deck Entries:** Completed entries (Entry form, signed waiver, copy of USMS card, and fee) must be received by May 27, 2016 to be seeded appropriately at the meet. Entries received after May 27, 2016 and before June 4, 2016 will be processed as a deck entry. Deck entries will be accepted the day of the meet until 9:30am. Deck entries will only be permitted in open lanes. New heats will not be created to accommodate late entries.

No telephone entries will be accepted. Mail paper entries early. Do not send certified or overnight mail requiring a signature. Photocopy completed entry forms and personal checks for your records and verification.

**Mail paper entries to:** Craig Page, 801 Baxter St Apt B3, Athens, GA 30605

**Number of Events:** Competitors may enter up to five individual events and three relays.

**Relay Information:** Relays will be entered on the day of the meet by the deadline time announced. Relay-only swimmers (i.e., not entered in an individual event) must have entered the meet and paid the fee by the meet entry deadline or as a deck entry. Each competitor is allowed to swim a maximum of three relays. Relay entries will be submitted to the meet director. Each of the four members of any relay team must be registered with the same Masters club.

**Scoring/Awards:** Individual Events: 9-7-6-5-4-3-2-1. Relays: 18-14-12-10-8-6-4-2.

Team scoring will be tabulated by workout group for Georgia teams and by club for all out of state teams.

Ribbons will be available for pickup for first through third places in each age group with result labels. Unclaimed awards will not be mailed.

ENTRY FORM  
 2016 WOLLER ABSC / GEORGIA MASTERS LONG-COURSE MEET  
 2016 Georgia LONG COURSE METERS STATE CHAMPIONSHIP  
 GABRIELSEN NATATORIUM AT THE UNIVERSITY OF GEORGIA  
 June 4, 2016  
 USMS SANCTION: **456-L001**

NAME \_\_\_\_\_ SEX \_\_\_\_\_  
 AGE on 12/31/2016 \_\_\_\_\_ BIRTH DATE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_  
 STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_  
 USMS# \_\_\_\_\_ (Include a copy of your card) E-Mail \_\_\_\_\_  
 TEAM NAME \_\_\_\_\_ TEAM ABBREVIATION \_\_\_\_\_

(UC## = unattached; GAJA use local chapter or club name)

**Enter your events and seed times on this form**

SATURDAY June 4, 2016      **Warm-ups: 9:00 A.M.**      **Meet 10:00 A.M.**

	EVENT	SEED TIME		EVENT	SEED TIME
1.	400 m. Freestyle	_____	10.	200 m. Indiv. Medley	_____
2.	200 m. Butterfly	_____	11.	100 m. Breaststroke	_____
3.	400 m. Free Relay	Deck Entries	12.	50 m. Backstroke	_____
4.	100 m. Backstroke	_____	13.	100 m. Butterfly	_____
5.	50 m. Freestyle	_____	14.	200 m. Free Relay	Deck Entries
6.	200 m. Breaststroke	_____	15.	200 m. Freestyle	_____
7.	200 m. Medley Relay	Deck Entries	16.	50 m. Breaststroke	_____
8.	50 m. Butterfly	_____	17.	200 m. Backstroke	_____
9.	100 m. Freestyle	_____	18.	400 m. Medley Relay	Deck Entries

Swimming Fees: \$40 for up to 5 individual events  
 (Relays will be deck entered at the meet)  
 Mail a copy of your USMS card with this entry form

Entry Deadline: May 27, 2016  
 Meet Director: Craig Page ([craigwp@gaia.com](mailto:craigwp@gaia.com))  
 Make checks payable to: **Craig Page**  
 Mail to: Craig Page  
 810 Baxter Street  
 Apt B3  
 Athens, GA 30605

**You must sign the waiver on the back!**



**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");

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	



# Directions to Gabrielsen Natatorium/Ramsey Center/UGA Campus

## Access to Ramsey Center via I-20 (from Birmingham)

Take I-20 east until you reach Exit 82 (State Route 138 at Conyers). Turn left onto SR 138 at the light. Continue for approximately 20 miles where SR 138 will merge into US Highway 78 east. Continue on US 78 east for 18 miles and turn right onto SR 316. Go approximately 4 miles until you reach the Athens Bypass (State Route 10 Loop) southbound. Take College Station Road Exit and turn left. Then turn right onto River Road. The parking lot and parking deck will both be on the left.

## Access to Sanford Stadium via I-20 (from Augusta)

Take I-20 west and exit at US Highway 78 north (west) to Athens. Continue on US 78 to Athens. Turn left onto the Athens Bypass (State Route 10 Loop). Exit onto College Station Road and turn right at the bottom of the ramp. Then turn right onto River Road. The parking lot and parking deck will both be on the left.

## Access to Sanford Stadium via I-85 (from Atlanta)

Take I-85 North to State Route 316 (signs to Athens). Continue on SR 316 approximately 40 miles. Turn right on the Athens Bypass (State Route 10 Loop) southbound (signs to UGA). Take College Station Road exit and turn left. Then turn right onto River Road. The parking lot and parking deck will both be on the left.

## Access to Sanford Stadium via I-85 (from Greenville)

Take I-85 south to Highway 106 (Exit 166). Follow the road to Athens (no turns) where it becomes Danielsville Road and then North Avenue. Continue into downtown Athens on North Avenue which will become Thomas Street and then East Campus Road. Turn left onto College Station Road and then left onto River Road. The parking lot and parking deck will both be on the left.

