



The Georgia Masters Newsletter

Swimming in Georgia

August 2017

Don't Miss These Events

Southside Seals Pentathlon ***September 9***

Our next Georgia event, the annual Southside Seals SCY Pentathlon, is just around the corner. You'll find the info and entry for the meet included with this newsletter. It will also be posted on the Georgia website (www.georgiamasters.org).

The meet will be held on Saturday, September 9 at the Steve Lundquist Aquatic Center in Jonesboro. Directions are included on the info page of the entry. Warm-ups are at 11:30am and the meet starts at 12:30pm. The Southside Seals are hosting the meet.



This meet offers 3 Pentathlons:

Sprint – 50s of each stroke & 100 yd IM
Middle Distance – 100s of each stroke & 200 IM
Ironman – 200s of each stroke & 400 IM

Pentathlon awards will be given to the winners of each group in all Pentathlon categories. Don't want to swim a pentathlon? That's fine! You can enter up to five individual events of your choosing.

After the meet, please stay for our Georgia LMSC annual meeting which will be held at the Steve Lundquist facility immediately following the meet.

A big thanks to **Rob Copeland** and **Mike Slotnick** for making the arrangements for this meet. For meet questions, contact Rob, who is serving as meet director, at rob_copeland@comcast.net. This meet is part of our Georgia Grand Prix Series.

Georgia LMSC Annual Meeting ***September 9***

Our Georgia LMSC annual meeting will take place on Saturday, September 9 at the Steve Lundquist Aquatic Center (site for the Southside Seals pentathlon) immediately following the Pentathlon. Anticipated start time is about 3:00pm. This will be an afternoon social with food and beverages provided as we conduct our yearly business. No charge for Pentathlon entrants. For those who did not participate in the Pentathlon, there is a nominal \$5 surcharge.

Please come and give us your input as we plan for our next year! This is an election year. The following have been nominated by our LMSC Board of Directors for the next two-year term:

- Chair - Ian King
- Vice Chair - Lisa Watson
- Secretary - Karol Welling
- Treasurer - Ed Saltzman
- Registrar - Andy Rettig
- Member At Large - Jeffrey Tacca
- Member At Large - Bill Lotz
- Member At Large - Britta O'Leary

Mark September 9 on your calendar for the pentathlon and our annual meeting!

***USMS Convention –
September 13-17***

This year’s annual USMS Convention is being held September 13-17 in Dallas, Texas. Attending the convention from Georgia are **Rob Copeland, Ian King, David Morrill, Ed Saltzman, and Lisa Watson**. Look for a full report from the convention in next month’s newsletter.

***Swim Across America Open
Water -- September 23***

Swim Across America’s annual open water event is being held on Saturday, September 23 at Lake Lanier. This event serves as a charity fundraiser for cancer research. There are 3 distances offered: ½ mile swim; 1 mile swim; and 2 mile swim. You can register online by going to www.swimacrossamerica.org. Registration closes on **September 20**.

2017 Grand Prix Series

The following events have been chosen for the 2017 Georgia Grand Prix Series:

- March 25-26 St Patrick’s Day SCY
- June 17 Bulldog LC @ UGA
- July Georgia Games Open Water
- September 9 SSS Pentathlon

Meet Recaps

Greenville LC Recap

By John Zeigler

This three-day meet ended July 2 with GAJA placing fourth in team points at 742 behind the other best out of state team, North Carolina at 1,000 points. Water Jocks earned 72, Gwinnett Masters 11 points, and Georgia unattached 18 points.

Irwin Stolz swam the 1500 free Friday but did not feel well Saturday and he and **Hal Stolz** packed up and returned to Georgia without swimming any other races and 320 age relays. GAJA had other men for relays but not enough to swim four on the older relay.

Britta O’Leary won four races in the 30-34 age, 100 free, 50 back, 100 breast, 200 IM. **Nei-Kuan Chia** won 100 back, 50 fly, 100 fly for the Water Jocks.

Malena Hankins was 4th in the 50 free, 3rd in 200 back. **Maria Vazquez** is now swimming for North Carolina. **Marianne Countryman** won the 50-54s 400 IM. **Margo Schneider** was 1st in the 200 free, 2nd in 100 free, and 2nd in 50 free. **Judith Haase** was 1st in 400 free, 2nd in 200 back & 200 free, 3rd in 100 free and 100 back 75-79 events. **Sally Newell** kicked hard winning 50 & 200 frees, 50, 100, & 200 backs, and **Sue Ottosen** won the 400 free and the 70-74 high point award. **Rebecca Hamilton** placed in ten races and swam on relays. **John Zeigler** won the men’s high point, 70-74, and the shocker of the meet. **Joe Hutto** won the 50 fly & 400 IM, and the 65-69 men’s high point award, and swam relays with **Stan Delair, John Zeigler, Herb Chuyen** for some 1st and 2nd places. **Stan Delair** won the 50, 100, & 200 back races. **Brian Yetter** swam relays and won the 50-54 200 free and 200 breast.

***Georgia Games Open Water
Results -- July 8***



The annual Georgia Games Open Water swim was held on Saturday, July 8 at Lake Acworth. As usual, a great turnout for this event featuring three distances: 1k, 3k, and 5k. Following are the results:

1k results

Erin Horne (W18-24)
Tyler Spencer (M18-24)
Genny Bush (W25-29)
Travis Mayer (M25-29)
Nadia Rodriguez (W30-34)
Kyle Ruth (M30-34)
Malena Hankins (W40-44)
Alan Gilchrest (M40-44)
Kelly Diggs (W45-49)
Mike Gaw (M45-49)
Felicia Bianchi (W50-54)
Elaine Krugman (W55-59)
Thomas Sealey (M55-59)
Ginger Penn (W60-64)
Pat Eddy (M60-64)
Kathy Masterson (W 65-69)
Joe Hutto (M65-69)
Sue Ottosen (W70-74)
John Zeigler (M70-74)
Judith Haase (W75-79)
Tony Rende (M75-79)

3k results

Hannah Martin (W18-24)
Tyler Spencer (M18-24)
Stacy Perlis (W25-29)
Sean Concepcion (M25-29)
Carrie Romer (W30-34)
Yeseal Sumalave (M30-34)
Sasha Stolz (W35-39)
Malena Hankins (W40-44)
Alan Gilchrest (M40-44)
Gigi Gill (W45-49)
Mike Gaw (M45-49)
Mary Anders (W50-54)
Brad Hodges (M50-54)
Muriel Cochran (W55-59)
Thomas Sealey (M55-59)
Ginger Penn (W60-64)
Pat Eddy (M60-64)
Kathy Masterson (W65-69)

Frank George (M65-69)
John Zeigler (M70-74)

5K results

Erin Horne (W18-24)
Tyler Spencer (M18-24)
Lauren Minchew (W25-29)
Max Tannenbaum (M25-29)
Katelyn Bures (W30-34)
Jeffrey Wood (M30-34)
Ashley Whitney (W35-39)
Tyler Barbridgo (M35-39)
Malena Hankins (W40-44)
Thompson Brock (M40-44)
Kimberly Moneymaker (W45-49)
Ryan Bell (M45-49)
Leann Rossi (W50-54)
Andrew Klenzak (M50-54)
Ellen Clay (W55-59)
William Jenkins (M55-59)
Pat Eddy (M60-64)
Martha Erickson (W65-69)
Joe Hutto (M65-69)
Tony Rende (M75-79)

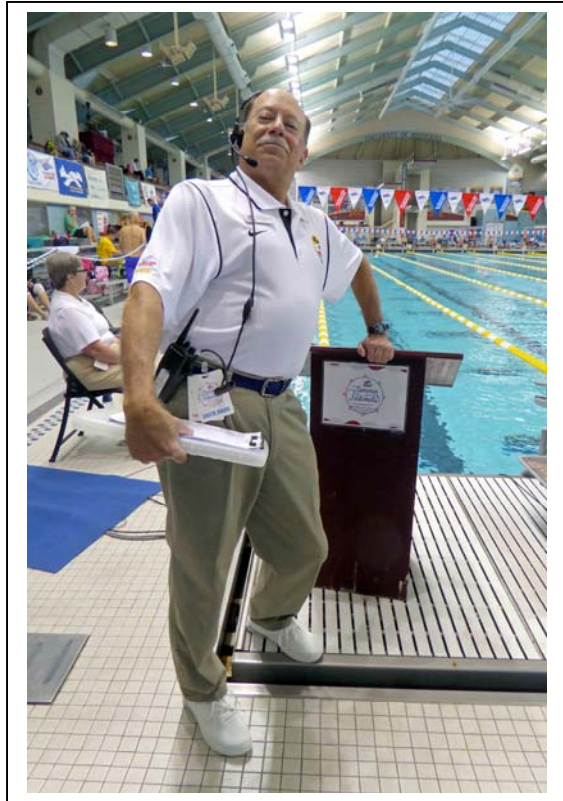
Note that **Tyler Spencer**, **Malena Hankins**, and **Pat Eddy** all competed and won their age groups in all 3 distances!

Summer Nationals



USMS Summer LC Nationals was just held in Minneapolis, Minnesota on August 2-6, with 1,037 swimmers entered and many state, national, and

world records set. Look for a recap of the meet in our next newsletter. Kudos to **ED SALTZMAN** who volunteered his time to officiate the meet for all 5 days!



Cobb Stingrays Coach Sets a World Record



Stingrays swim team **Coach Michael Soderlund**, who Coaches the "Elite" Masters group and Senior 1 groups, set a new world record in the 200 meter backstroke for the 55-59 age group. Coach Soderlund was competing at

the 2017 World Games in Auckland, New Zealand. He won four golds (50, 100, and 200 back and 200

free). He had to withdraw from the 50 and 100 freestyle due to a torn ligament in his finger finishing his world record swim. He still holds the 50-54 world record.

Coach Soderlund represented Sweden at the 1980, 1984 and 1988 Olympic Games, winning a bronze medal in 1984.

2017 Athletes Without Limits LC Swimming National Championships

This event, which was held July 7-9, is the first-ever opportunity for all swimmers with an Intellectual or Developmental Disability to compete with their peers. **Coach Patrick Thoreson** was the Meet Director. He was very thankful for the Masters swimmers who came out to the Cherokee County Aquatic Center to help out as timers and lap counters. He also extended his thanks to the Masters swimmers who came out to Lake Acworth/Cauble Park to help as swim angels and kayakers to support the swimmers in the 1k and 3k events.

Special thanks to **Ed Saltzman, Eric Pfeifer** and **Rob Copeland** who served as meet referees. Ed was the man behind the Hytek meet events and results, working hard to make Hytek accept the disability classes and wrestle with it to make it work in spite of all the challenges.

The handling of swimming violations was a major issue. Ed and his crew came up with some creative solutions for these swimmers.

Prelims sessions: Warnings

During the prelims session, Ed and his crew wrote up "warnings" (same DQ slips) that were handed out to the parents and coaches of the swimmers, so they could discuss what their athlete needed to change if they reached that same event in finals.

Finals sessions: Official DQs

They enforced traditional DQs as required during the finals session. By then, the parents, coaches,

and athletes understood what they needed to work on and completely understood the standards were higher in the finals.

We should all feel proud of the Georgia Masters swimmers, officials and Coach Patrick for making this national event a success.

Other News

Swimmer Profile –Jeff Tacca

By Elaine Krugman



Most of the Georgia Masters swimmers I have interviewed and profiled have had fairly similar swimming backgrounds. Even if they didn't swim on their high school or college team, they competed as a child or enjoyed the sport recreationally. That wasn't the case with Georgia Masters Board of Directors at-large member, Jeffrey Tacca. He hated even getting wet!

Having to get wet wasn't going to stop this highly motivated athlete from achieving his goals. In 2000, at the age of 34, Jeffrey made the decision to start swimming for two reasons: First, his weightlifting partner moved, so lifting weights without his buddy wasn't much fun anymore. Then, Jeffrey, a self-described "serial entrepreneur" attended a motivational lecture

where the attendees were asked to write down their date of birth—and, their date of death! After being taken aback by the thought of predicting his own demise, he thought, "Well, what would I put down if I really had the choice? I put down that I wanted to live to 120. I'm pretty healthy, and people's life spans are longer... After that, everything I put into my mouth, and everything I did, I thought, 'Is it going to help me live to 120? That's what prompted me into swimming. I'm not going to be able to work out [with weights] when I'm 80, so I want to find a sport I can do when I'm old, because exercise is going to help me live for as long as I can. I think swimming is the best sport there is."

"When I first started swimming, I was horrible; it was much harder than I thought," Jeffrey confessed about his new form of exercise. Although he was exposed to swimming as a kid, Jeffrey hated putting his head underwater. He didn't like it any better as an adult; however, "It was a necessary evil to get better and perform a sport I could do when I get older. I forced myself to be uncomfortable... It was definitely a challenge, but it gradually went away."

It took this determined swimmer a year to get comfortable in the water and start enjoying it, although freestyle breathing didn't come easy. Realizing he needed coaching, Jeffrey first joined a Masters group at Agnes Scott College; however, the location wasn't convenient. Soon, he switched to swimming with **Bill Lotz** and the Killer Whales at Pace Academy where he met and hired **Coach John Ague** for private one-on-one coaching. Jeffrey felt that his weekly sessions would help accomplish three objectives: improve his stroke, keep him motivated to swim, and move him in the right direction to achieving his goal of a long life. During his private sessions, Coach Ague used Terry Laughlin's "Total Immersion" method, which Jeffrey found to be quite helpful with improving his freestyle stroke technique, balance in the water, and endurance. Ague also taught him butterfly and backstroke. In addition, coaches **Tim Storsteen**, **Maria Thrash** and **Danny Palma** helped him with his swimming technique.

When asked about swimming breaststroke, Jeffrey replied, "When I started to learn breaststroke, it bothered my knees. I thought, well, this isn't healthy for me. I don't want to create any problems."

Throughout those early stages of swimming, Jeffrey was driven to succeed. As he explained, "I wanted to learn to swim, so I thought setting a goal would help. After a little practice, I could swim a 50 in under 30 seconds, so I thought doing a 200 [yard free] in under two minutes was ambitious, but achievable. (Although he didn't break 2 minutes until 2010, he nailed a time of 1:59.52, ranking him 80th of 320 in his age group. In 2013, his 24.40 in the 50 free was ranked 80th of 500, and his 52.82 in the 100 was ranked #49 of 481 in his age group. Those are all fantastic times and rankings for such a later learner!)

"Honestly, if I had known it was going to take me that long, and that much effort, I don't know if I would have set that 200 goal. I don't think I would have done it," Jeffrey said, adding with a laugh, "It's good to be naïve sometimes. I got much more out of it than I expected."

"Learning to swim fast took a lot more time than I expected," Jeffrey continued. "I was a collegiate athlete (wrestled for Clemson) and was able to swim a 50 in 30 seconds soon after I started as an adult, so I thought I could swim 4 of those 50s in a row within about two years of practice. It actually took me 10 years competing in about 3 swim meets a year (about 130 races in all). My times came down from 2:26 in 2000 to 2:10 two years later. It seemed to plateau after 2005 at 2:05, dropping about 1 or 2 seconds a year until finally (and unexpectedly) I swam a 1:59.52 at the Auburn meet in 2010."

It may have taken this tenacious swimmer ten years to achieve his lofty sub-2:00 goal; however, he has come a long way from hating to put his head in the water!

When asked what he attributes to his success in the pool, Jeffrey replied, "Grit! Perseverance has always been one of my strong qualities. One week before going under 2 minutes I swam a 2:05.94 at a local meet. The people I met helped a lot too. Swimming attracts a lot of bright and interesting people, and they helped pull me through my ten-year journey. My teammates on the Atlanta Water Jocks competition team and all of my lane mates through the years inspired and motivated me to reach my goal."

Currently, Jeffrey's favorite race is the 100 yard free; however, he has his sights set on improving his 100 and 200 meter long course events. To accomplish those goals, he is swimming 3,000 yards per day on average, four days per week. In addition, Jeffrey lifts weights once a week and uses his Upper Body Ergometer (UBE) 2-3 days per week.

The motorcycle accident to which Jeffrey was referring knocked him out of swimming competition for two years while he was healing and rehabilitating. "In August of 2015, I was driving my motorcycle when an SUV cut out in front of me. There was a collision, but I'm lucky to be alive today. The most serious injuries were a small broken bone in my hand and a torn shoulder tendon (rotator cuff). The shoulder injury is what kept me from being able to swim in another meet for two years. I needed surgery for the quickest recovery, but couldn't have it done because my son was only 6 months old, and I needed to be able to pick him up a lot. Surgery required complete immobilization for at least 6 weeks. It ended up taking a lot of physical therapy and time to be able to swim hard consistently without pain, but I did it so that I could compete again. It's a lot of fun to get up on the blocks and dive in with everyone else especially with the new fin enhanced blocks. There are some exciting new innovations in swimming." When I saw him at the Spring Splash this past April, Jeffrey was just getting back into competition and only signed up for the 50 and 100 free events to test his shoulder and hand. He nailed times faster than his 2014 races at the Southside

Pentathlon, so I would have to say he has recovered nicely!

Now that Jeffrey knows his body can endure racing, I asked which meets he hopes to participate in. "At least two meets per year to keep me 'young'. There's nothing like getting 'butterflies' before a race to keep you feeling humble," he replied, adding that Atlanta Rainbow Trout's Spring Splash and Dynamo's St. Pat's meets are two of his favorites. He also has great memories of being part of the creation of a new swim team (Atlanta Water Jocks) and traveling with them to the 2011 U.S. Masters Swimming Summer National Championships, in Florida.

Besides working towards that (very!) long-term goal of living to 120, there are other things that keep Jeffrey coming to the pool to train and race at his favorite meets. When asked what he enjoys most about Masters, this passionate swimmer couldn't settle on just one thing. "There are three things: First, I get a great total body workout without having to train three sports, and you don't end up with sweaty and smelly clothes at the end of the day. Second, the people. Swimming attracts some really bright and interesting people. Third, the sound of the water, conversations with lane mates, and challenging sets help clear my mind.

"One of my favorite quotes is 'For every disciplined effort there are multiple rewards'. I'm so grateful for the [swimming] skills I've learned, but more so for the people I've met, friends I've made, and healthy habits I now have. I think it's also been an inspiration to my wife and kids. Learning to swim has made a huge impact on my life, and it all started with a disciplined effort.

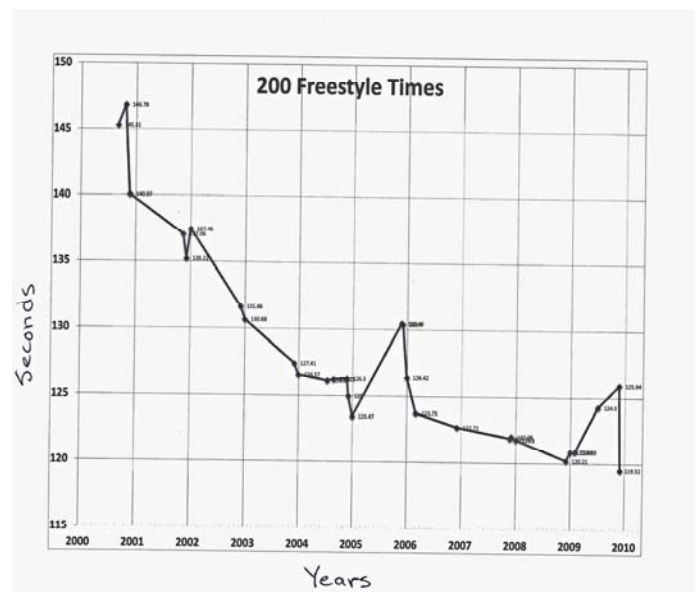
If Jeffrey has his way, swimming will continue making a positive impact on his life for years to come. For all you young Georgia Masters swimmers, keep an eye on the heat sheets for the name "Jeffrey Tacca" over the next 70 years, because he'll be aiming to follow in **Anne Dunivin's** footsteps creating new age brackets in the USMS record books!

Setting Goals – Measuring Progress

Getting better with your swim events is all about setting goals. However, if you don't track your progress, you'll only have a vague sense of how well you're doing. Some swimmers like to keep track of their times with numbers:

- 10/07/13
100 back – 1:14
- 02/12/14
100 back – 1:12

Jeff Tacca records his times on a chart which he hangs in his office. From his chart, you'll see that progress does not come evenly. Sometimes, no matter how hard you try, you go backward before you can go forward.



Just remember – document your progress! Some swimmers even document every workout they swim. At the very least, keep track of every event that you swim in each meet. In ten years, you can look back at how well you've progressed!

Pictures – Georgia Games Open Water Swim



Georgia Penn



Elaine Krugman and Mike Gaw



Rebecca Hamilton and Judith Haase



Nautical Milers & Coach Thoreson



Rob and Megan Copeland



Nautical Milers and Swim Escorts



Ellen Clay and Craig Ray



Pat Eddy and Malena Hankins



Leann Rossi



Sue Ottosen and Judith Haase

Upcoming Events

September 2017			
9*	Southside Seals Pentathlon – Steve Lunquist Aquatic Center (entry enclosed)	9*	Georgia LMSC Annual Meeting Contact Lisa Watson at lisa.watson@ung.edu
13-17	USMS Convention – Dallas, TX	17	10 Mile Open Water – Knoxville, TN
23*	Swim Across America Open Water – Lake Lanier – www.swimacrossamerica.org		
October 2017			
13-15	Dixie Zone SCM Championships	29*	Collins Hill SMC Developmental Meet (tentative date)
November 2017			
	LMSC Conference Call	4-5	SCM – Sarasota, FL
December 2017			
	LMSC Conference Call	3*	St Nicholas SCM Invitational at Georgia Tech

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
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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_rosswell@hotmail.com
Elaine Krugman	Contributing Editor	(678) 603-1543	ekrugman@aol.com
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David Morrill	Safety	(770) 862-2533	latycar@latycar.org
Britta O'Leary	Member At Large	(636) 295-3222	b.boesing@gmail.com
Andy Rettig	LMSC Registrar	(678) 417-6411	arettig@gmail.com
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
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 & 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	Nancy Overheim	cacmasteratl@gmail.com
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	daqswim@bellsouth.net
Frances Meadows Aquatic Cnter	FMAC	Meghan Modisette	mmodisette@gainesville.org
Georgia Masters	GAJA	Lisa L Watson	Lisa.Watson@ung.edu
Golden Tiger Aquatic Club	GTAC	Nate Rhoads	nrhoads@brenau.edu
Gwinnett County Masters Club	GMAC	Destry Dispain	Destry.Dispain@gwinnettcounty.com
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





2017 Georgia Masters SouthSide Pentathlon Swim Meet

Saturday, September 9, 2017

Warm-ups 11:30 am Meet Starts 12:15 pm

Sanctioned by GA-LMSC for USMS, Inc.: Sanction # 457-S004

Hosted by SouthSide Seals Swim Team and Smart Swimming

Meet Director – Rob Copeland

Meet Referee – TBD



- Facilities:** Steve Lundquist Aquatic Center 9045 Tara Boulevard , Jonesboro, GA 30236
Indoor ten lane – 25 yard (1-2 lanes will be kept open at all times for warm-up/warm-down). Automatic electronic timing and scoreboard will be used. Deck space for 200+ swimmers, and spectators.
- 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.**
- Directions:** From Atlanta – Take I-75 South to Exit 235 (US 19/41 Tara Blvd). Follow Tara Blvd south past turnoff to US 54 (Fayetteville Rd and Quick Trip). Turn right at Justice Center Rd, just past Talmadge Pools (about 5.4 miles from I-75). The Harold Banke Justice Center is on the SW corner of Justice Center Rd and Tara Blvd. Follow the Aquatic Center signs then turn right into Aquatic Center parking area.
- Eligibility:** Open to all 2017 registered United States Masters Swimming (USMS) members 18 years or older as of September 9, 2017.
- Rules:** 2017 USMS rules apply.
- Entries:** Maximum of five individual events, plus two relays. You may enter any events you choose. However, to be eligible for one of the 3 pentathlons, you must enter as follows:
Sprint Pentathlon – 50 Fly, 50 Back, 50 Breast, 50 Free, plus 100 IM
Middle Distance Pentathlon – 100 Fly, 100 Back, 100 Breast, 100 Free, plus 200 IM
Iron Man Pentathlon – 200 Fly, 200 Back, 200 Breast, 200 Free, plus 400 IM
- Deadline:** On-line entries close 11:59PM September 7th. Paper entries must be received by September 6th. Mail your entry form, copy of your 2017 USMS card, and check for \$35.00 payable to Karol Welling to:
Deck Entries will be accepted up until the start of the meet, at a fee of \$40.00. Deck entrants will be seeded into open lanes of existing heats.
- Information:** Contact Rob Copeland – Phone: (404) 667-7902 E-Mail: rob_copeland@comcast.net
- Seeding:** All events are pre-seeded and timed finals. Heats are seeded and swum from slowest to fastest, with men and women seeded together.
- Awards:** Awards for 1st through 3rd places by age group and men and women for individual events. Men and Women Pentathlon winners (lowest cumulative time for the 5 events) in each age group and for each Pentathlon distance (Sprint, Middle Distance & Iron Man) receive trophies!
- Fees:** \$35.00 - Individual event fees must accompany entries and are non-refundable. Make checks payable to Karol Welling. Deck entrant fees are \$40.00.
- Warm-Up:** The pool will be available for warm-up from 11:30 to 12:10 pm. Warm-up/warm-down lane(s) will be available during the entire meet. Diving permitted ONLY in designated 1-way sprint lanes.
- Relays:** Relay swimmers must be entered in at least one individual event. Relays will be deck entered. Relay entry forms will be provided and must be submitted 45 minutes before the relay event.
- Social:** A social gathering and the Georgia LMSC Annual Meeting will follow the meet. The social is free to all meet entrants and \$5.00 for each non-entrant. Last year, everyone had a great time, so don't miss out. Details will be available at the meet.

Rob Copeland
100 Grouse Point
Fayetteville, GA 30215

On-line Entry: https://www.clubassistant.com/club/meet_information.cfm?c=2278&smid=9370

2017 Georgia Masters – SouthSide Pentathlon Swim Meet
September 9, 2017

First Name _____ Last _____

Gender _____

Date of Birth _____

USMS # _____

Club/Chapter _____

Address _____

City/State/Zip _____

Telephone _____

E-Mail _____

Georgia Masters' membership will be verified against our registration files. All other Masters please attached a copy of your 2017 USMS Registration Card HERE.

REMEMBER:

- ___ Complete information above and attach USMS card (at right)
- or enter on-line at https://www.ClubAssistant.com/club/meet_information.cfm?c=2278&smid=6885
- ___ Sign and Date the Liability release (next page)
- ___ Include a check for \$35.00, payable to Karol Welling
- ___ Plus \$5.00 for each additional social attendee
- ___ Mail to Rob Copeland; 100 Grouse Point; Fayetteville, GA 30215

Event #	Distance	Stroke	Group	Seed Time (or NT)
1	200	Free	RELAY (Men/Women)	Deck Entered
2	400	IM	Iron Man	_____
3	500	Free	Non-Pentathlon	_____
4	100	Fly	<i>Middle Distance</i>	_____
5	50	Back	Sprint	_____
6	200	Free	Iron Man	_____
7	200	IM	<i>Middle Distance</i>	_____
8	50	Fly	Sprint	_____
9	200	Breast	Iron Man	_____
10	100	Free	<i>Middle Distance</i>	_____
11	100	IM	Sprint	_____
12	200	Free	RELAY Mixed	Deck Entered
13	200	Medley	RELAY (Men/Women)	Deck Entered
14	200	Back	Iron Man	_____
15	100	Breast	<i>Middle Distance</i>	_____
16	50	Free	Sprint	_____
17	200	Fly	Iron Man	_____
18	100	Back	<i>Middle Distance</i>	_____
19	50	Breast	Sprint	_____
20	200	Medley	RELAY Mixed	Deck Entered

- Circle the Event # and enter your yards seed time or NT for no time.
- Limit of five individual events.
- All Relays will be deck entered.
- Warm-up at 11:30 AM
- Meet starts at 12:15 PM
- Social and Georgia LMSC Annual Meeting immediately following the meet

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	