



Georgia Masters Newsletter

Swimming in Georgia

February 2019

Chair's Corner – It's February Already!



February is in full swing. I read a note the other day that said January is just one long Monday. I can relate. January was a busy month with lots of work, swim meets and other commitments that come with having 2 kids under the age of 5.

I am happy to report though, that despite the busy month, I found some time to work on my new trick: the back to breast somersault turn (I don't even know the real term for this). Thanks to my coaches at Dynamo for being so patient with me. It is not easy to teach an old dog a new trick, but I am really trying. I sometimes find myself disoriented, upside down in the pool, trying to push off a wall where there is none. Don't make fun of me when you see me like this. I am practicing!

Having said that, I will be sticking to what I know best for the next upcoming meets. If you haven't done so already, please register for the St. Patrick's meet at Dynamo. It's a fantastic meet and a super fast pool! Get ready for some fast swimming and fun with your Georgia teammates.

We will have our mid-year meeting in March. If you are interested in what the Georgia LMSC does on a day-to-day basis, please feel free to come and listen in. RSVPs are required. Stay tuned for more information!

Happy swimming everyone!
Britta O'Leary

Don't Miss These Events

The **Dixie Zone SCY Championships** in Auburn should be taking place just about the time this newsletter goes out. Good luck and good times to all of our Georgia swimmers participating! We'll have a meet recap in the next newsletter.

W Gwinnett Park SCY *February 24*



Don't forget the upcoming West Gwinnett Park SCY Developmental Meet just around the corner on Sunday morning, February 24.

W Gwinnett is in Norcross at the corner of Peachtree Industrial Blvd and South Berkeley Lake Drive. More specific directions are in the meet info page. Meet info and entry are included with this newsletter.

If you're swimming in our upcoming St Pat meet in March, this is a great chance to get in some practice times in a low key setting. Or for any new Masters swimmers or those coming back after an absence, this is the perfect meet for starting out or starting back!

Handheld watches are used for timing- and if you like swimming really short distances, we have 25 yard events! Warmups are at 9:00am and the meet starts at 9:30am and should be finished by noon. For questions, contact meet director **Lisa Watson** at lisa.watson@ung.edu. Meet hosts are the **Georgia Killer Whales**.

ST Pat SCY – March 16&17



About a month to go until our annual St Patrick’s Day SCY Invitational- to be held at the **Dynamo Swim Center** on

March 16&17. We have again included the meet info and entry in this newsletter for your convenience. It can also be easily accessed either on our Georgia Masters website or the Dixie Zone website (www.dixiezone.org). Swimmers can enter by paper entries (deadline is **March 6**) or online (entry deadline is **March 14** at 11:59pm).

If you are a distance swimmer, note that the 1000yd free is limited to the first 30 swimmers. Get your entry in as soon as possible!

This regional meet attracts swimmers not just from Georgia but also from throughout the Dixie Zone- meet hosts are the **Dynamo Masters**. Meet directors are **Sam Wilson** (Sam@Dynamoswimclub.com) and **Maria Thrash** (404/374-3578). This meet is part of our 2019 Georgia Grand Prix Series.

USMS Fitness Challenge Series



2019 begins the second year of the USMS Fitness Challenge Series, sponsored by Smarty Pants

Vitamins. The first of the three events is the **Winter Fitness Challenge** - 30 minute swim, which can be done in any manner during February 15-28. We encourage our clubs to include the 30-minute swim as part of your club workout sometime during this time frame. It’s a lot more fun to do as a team!

This is also a great fundraising opportunity, as the entry fees go to support the **Swimming Saves Lives Foundation**. This year, swimmers can ‘bundle’ their events. You can enter all three of the Fitness Challenge events if you enter by February 28 for the reduced fee of \$25 (which covers all 3 events).

To enter, just go to the USMS website at www.usms.org -click on ‘Events’, then ‘Fitness Events’ and you’ll see the USMS Fitness Challenge below on the left.

In Georgia, we are again including participation in the Fitness Challenge events as part of our Grand Prix Series. In addition to the Winter Fitness Challenge, the other 2 events will be:

- Summer Fitness Challenge: 2k swim- July 15-31
- Fall Fitness Challenge: 1 mile swim- November 16-30

Other News

Georgia LMSC Mid-Year Meeting March 9

Our annual Georgia LMSC Mid-Year dinner meeting is coming up on Saturday, March 9. This year’s meeting will take place at 5:30pm at the **Mellow Mushroom** in Buckhead, located at 1770 Peachtree St NW, Atlanta, GA 30309. We will have a private area provided for us, so we can hear ourselves talk during dinner and the meeting!

This meeting is an opportunity for us to eat and socialize and catch up on the LMSC business at hand. It is open to all Georgia LMSC members- if you'd like to attend, please contact LMSC Chair **Britta O'Leary** at brittaoleary@gmail.com . Britta needs to submit a head count to the restaurant, so please let her know by March 2.

2018 Georgia Grand Prix Results

Speaking of the Grand Prix, we have the results from 2018. Here they are:

Women 25-29	Lauren Munches
Women 30-34	Britta O'leary
Women 45-49	Malena Hankins
Women 50-54	Marianne Countryman
Women 55-59	Muriel Cochran
Women 60-64	Ginger Penn
Women 65-69	Rebecca Hamilton
Women 70-74	Dodi Thomas
Women 75-79	Sue Ottosen
Women 80-84	Sally Newell

Men 25-29	George Mcdonald
Men 30-34	Dan Snyder
Men 35-39	Jonathan Dunn
Men 40-44	Nei-Kuan Chia
Men 45-49	Mike Gaw
Men 50-54	Mark Rogers
Men 55-59	Miquel Total
Men 60-64	David Hildebrandt
Men 70-74	John Zeigler
Men 75-79	Herb Chuven
Men 80-84	Craig Ray

Congratulations to all of our Grand Prix winners! Awards will be given out at the St Pat meet on Saturday, March 16- prior to the beginning of the 2nd session of the day.\

A big thanks to **Pat Eddy** for compiling and tabulating all of these results-this was a very time consuming task!

2019 Georgia Grand Prix

Here's the 2019 Grand Prix Series events:

- Feb 15-18 USMS Winter Fitness Challenge:
- Mar 16-17 St Patrick's Day SCY Invitational
- May 5 ART Spring Splash SCY
- Jun TBD Bulldog LC Invitational
- Jun 29 Georgia Games Open Water
- Jul 15-31 USMS Summer Fitness Challenge
- Sep 7 Southside Seals SCY Pentathlon
- Nov 15-30 USMS Fall Fitness Challenge
- Dec TBD St Nicholas SCM Invitational

USMS 2019 Registration



If you haven't renewed your USMS registration, please do so immediately! Your 2018 registration has now expired. Stay registered to be able to participate in all of our 2019 events and remain on the newsletter list.

You can easily register online at the USMS website. For questions, contact our Georgia LMSC Registrar **Andy Rettig** at arettig@gmail.com. A big thanks to **Bill Lotz**, our former Registrar, for stepping up the last couple of months to handle this position while Andy was having severe work conflicts which were taking up all of his available time.

Swimmer Profile – Stacy Fox

By Elaine Krugman



Since joining Georgia Masters' Facebook page, I had seen Stacy Fox's name pop up, but had never met her at a swim meet. Somehow, I even missed meeting her at the Georgia Golden Olympics, even though we were competing in the same age group. It wasn't until the Alabama Senior Olympics this past May when we finally met face-to-face, hung out together, and even competed against each other in the 50-yard breaststroke.

As it turns out, Stacy joined U.S. Masters Swimming five years ago, after getting hooked back into swimming by a friend who encouraged her to join the Roswell Rapids Adult Swim League. The team needed swimmers to fill events and field more relays, so they could rack up more points, and win another championship. Her friend

told Stacy, "You don't have to be any good; you just need to show up and finish to score points."

Stacy wasn't exactly a newbie; she had swum as a kid while growing up in Illinois and competed in high school. "I swam in high school on the men's team, because we didn't have a women's swim team. It was a lot of fun. Then, I didn't do any swimming for over thirty years other than floating with a glass of wine and a rubber duck!" she laughed.

That first day back between the lane lines proved to be a tough one. As the rusty swimmer explained, "I went to my first practice at a Roswell area pool, and I swam in lane 1 (the beginner lane), swam 25 yards, and almost died gasping for air! I got home and probably drank a half a bottle of wine after my first swim practice, because I was dying. But, I went back; and, I kept going and went to the meets. After my first summer, I lost about thirty-five pounds and was feeling really strong and fit; so, I looked to see where I could swim. I found the Stingrays (Masters), and have been swimming with the Stingrays in the Winter and competing in Masters, and then competing with Roswell Rapids in the Summer."

About those thirty-five pounds Stacy lost, she said, "It was a great byproduct [of swimming]. Losing weight, getting all of my cholesterol, and all of my labs, and my physical profiles back into normal ranges; but, that wasn't the reason I joined the swim team. I just joined because my friend said they needed bodies to compete, and so I did; and, I've never stopped swimming since!" She added, "Swimming on my team keeps me emotionally happy and keeps me physically fit; and, at my age, swimming 3,000 yards per day allows me to have an extra glass of wine at night or an extra slice of pizza."

Stacy has come a long way since feeling like she was going to die after her first lap back in the pool. She swims those regular 3,000-yard workouts in a

busy weekly schedule. “During the winter, I swim five days a week; Mondays, Wednesdays, and Fridays with the Stingrays, and by myself on Tuesdays and Thursdays at 6:00am. In the summer, I swim with the Stingrays on Mondays, Tuesdays, Wednesdays at 6:00am, I usually swim by myself on Thursdays, and we have swim meets on Fridays. Then, I swim with Roswell on Saturdays, outdoor long course.”

Freestyle is Stacy’s preferred stroke, and distance events are her favorite to race. “When I am swimming the long-distance events, I am always thinking in my mind, ‘I am going to be Katie Ladecky today! I am going to swim, and be powerful, and be fast!’” she laughed, and then added, “My goal is that I really want to compete in the 1650. That will enable me to set a [time goal] for the future.”

Due to sustaining a shoulder injury from practicing butterfly incorrectly and not being able to swim backstroke because of having positional vertigo, Stacy focuses on just swimming freestyle and breaststroke. “For the first time ever, I swam the 100 yard breaststroke and loved it; and, I would love to try and train for the 200 breaststroke,” she said.

Stacy uses a variety of resources to help improve her swimming. In addition to reading swimming articles on Facebook, Stacy said, “I read my U.S. Masters Magazine. When I travel (for work) to Houston, I have Coach Michael (Soderlund) send me workouts. My Roswell Rapids Coaches, Melissa (Massey) and Jonathan (Luckhurst), are fantastic and post our summer workouts on Google Drive. And if I need extra workouts, I’ll go to the U.S. Masters website. They have [an area on the site] where different coaches can [post] their workouts. It’s fun, because there are a ton of really interesting workouts on there that you can look at and choose to do. You get different ideas and different ways of doing things.”

Stacy tests her training in a variety of different competition settings. “The summer league is casual and a lot of fun. There are no awards other than bragging rights. We get a championship towel every year, and that’s the coveted towel. It’s another happy place, swimming outdoors in beautiful weather, and competing. It’s a lot of fun!... So, we have the more competitive Masters, and then, not that Atlanta Adult Swim League is not competitive, because it is about points, but it’s also about bringing home the coveted towel at the end of the year. But, it’s definitely much more casual.”

In addition to summer league and USMS meets, Stacy competes at various Senior Games meets, which she was introduced to by Stan Delair, profiled in the March issue of *Georgia Masters Newsletter*. “Stan told me about the Georgia Senior Games in Warner Robins, because it’s a lot of fun, great competition, it’s very casual, great medals, great t-shirts; and, I should sign up and go. I said, ‘Well, ok.’ So, I went down and swam, and came home with a flurry of medals.” I said, ‘Well, what else can I do?’ and then went to Alabama and qualified for the 2017 Senior Games in Birmingham, and then just qualified for the National Senior Games again in 2019. I really wanted to go to Pan Ams (UANA Pan Ams Masters Championships), but I just couldn’t afford the expense and the time off of work,” Stacy explained. “I don’t do as many Masters competitions as I want, because I also train my dogs and show my dogs in obedience, rally, and agility competitions. It always seems like a lot of the Masters competitions are already on a weekend where I have already entered a dog show. I definitely want to do more; but, what I train for every other year is to qualify for the [National Senior Games].”

Returning to swimming has been a memorable experience for Stacy; however, one memory in particular stands out. “The first time I swam at Warner Robins in the Georgia Senior Games, I

came home with a bronze, silver, or gold medal in every event. I just remember coming home and my family was like, ‘How did you do?’ I held up my medals and I’m like, ‘I did ok!’ That really kept me motivated. I thought, ‘Wow, I can be really good as a senior.’ I’m just going to keep swimming. It’s just so much fun, and I love it! I love competing, even if I don’t win medals; but, the medals are kind of fun. I started to rack up more medals swimming at different events, so my husband (Steve) and daughter (Rebecca) for my birthday bought me a big, beautiful cast iron medal hanger that hangs in the kitchen. We hang all my medals on there, and they’re all excited, because now we have to get a second one... My (16-year-old) daughter is always really proud when people come in and see all my medals. She’s like, ‘Yeah, my mom’s a bad-a**!’”

From the impression I got when I met Stacy at the Alabama Senior Olympics and talked with her about swimming, her enthusiasm will keep her in the sport for the rest of her life. “I love the feeling I get from getting up every morning at 4:45am and hopping in the pool, feeling strong, feeling fit, and having fun. The camaraderie on the teams I swim for—there are so many great people; I just love them all. It’s something that motivates me, and makes my heart happy... My goals are really just to keep swimming as long as I can. Sue Ottoson is one of my SHEroes, and I hope that when I am in my 70’s, I am still swimming and winning medals,” she said.

If that’s the case, Steve and Rebecca better start thinking of buying a third medal hanger, too!

Elaine’s Tip of the Month

Are you looking for a tasty and healthy high protein post-workout snack to eat on the go? Protein bars are a convenient option, and there are many varieties of protein bars commercially

available; however, most of them are full of preservatives and other unwanted ingredients.

How about making your own? Not only are these easy to make, but depending on the ingredients you choose, they can have far less preservatives than mass-produced varieties. (Opt for organic, all-natural peanut butter, for example.)

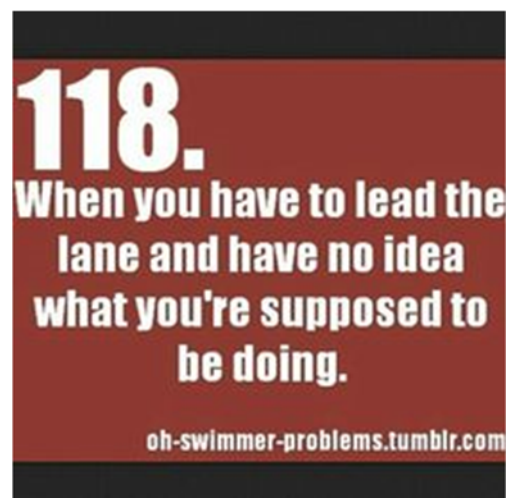
Protein Granola Bars

Ingredients

- 1-1/2 cups quick or rolled oats
- 1/4 tsp salt
- 1/2 cup peanut butter
- 1/2 cup raw agave or honey
- 2/3 cup protein powder (I use chocolate flavored)
- handful mini chocolate chips, optional (I use dark chocolate)

Instructions

Stir all ingredients together until well-mixed. Transfer the mixture to a 9×14 pan lined with parchment or wax paper. (For thicker bars use an 8×8 pan.) Place another sheet of parchment or wax over the top and continue to press down and spread until it fills the bottom of the pan. Freeze until hard, then cut into bars. For optimum freshness, store leftover bars in the freezer for up to a month.



Upcoming Events

February 2019			
15-28	USMS Winter Fitness Challenge: 30 minute swim	16-17	Dixie Zone SCY Championships Auburn, AL
24	W Gwinnett Park SCY Developmental Meet		
March 2019			
9	LMSC Mid-Year Dinner Meeting at the Mellow Mushroom-contact Britta O'Leary at brittaoleary@gmail.com	9	SCY – Suwanee, TN
16-17	St Patrick's Day SCY Invitational at Dynamo Swim Center	23-24	SCY – St Petersburg, FL
April 2019			
	LMSC Conference Call	6-7	SCY meet – Cary, NC
11-14	YMCA SCY Nationals – Orlando, FL	25-28	USMS Spring SC Nationals – Mesa, AZ
May 2019			
	LMSC Conference Call	5	ART SCY Spring Splash @ Georgia Tech
June 2019			
	LMSC Conference Call	TBD	Athens Bulldogs LC Invitational at UGA
15-16	LC meet – Greenville, SC	29	Georgia Games Open Water
July 2019			
	LMSC Conference Call	13-14	LC meet – St. Petersburg, FL
August 2019			
	LMSC Conference Call	7-11	USMS LC Summer Nationals- Mission Viejo
September 2019			
	LMSC Conference Call	7	Southside Seals SCY Pentathlon
11-15	USMS Convention – St. Louis	22	USMS 10k Open Water Championships – Knoxville
28	Swim Across America Open Water – Lake Lanier		

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.

Swim Websites	
ASL Silverking TRI-Masters	Swimasl.com
Athens Bulldog Swim Club	http://www.athensbulldogs.com
Atlanta Rainbow Trout	https://www.atlantarainbowtrout.com
Atlanta Water Jocks	http://www.atlantawaterjocks.com
Chastain Park Athletic Club	www.ChastainParkAthleticClub.org
Columbus Aquatic Club	http://www.swimhurricanes.com
Concourse Athletic Club	wellbridge.com/concourse-athletic-club/sandy-springs
Cumming Waves Swim Team	www.cummingwaves.net
Decatur Family YMCA	ddy.ymcaatlanta.org
DeKalb Aquatics Masters	http://daqswim.com
Douglas County Stingreys	douglascountystingrays.org
Dynamo Swim Club Masters	http://dynamoswimclub.com
Fyns	http://www.fynsmasters.com
Great White Shark Aquatics	www.gwsaswim.com

John P. Thayer YMCA Masters Swim	Columbusymca.com
Savannah Masters	http://www.tlb975.wix.com/mastersswimming
Stingrays Masters Swimming	http://www.stingraysswimming.com
Swim Gainesville	www.swimgainesville.com
Swim Macon Masters	www.swimmacon.com
Tidal Wave Masters Swimming	tidalwaveswimming.com
Tidal Wave Masters Swimming	tidalwaveswimming.com
Windy Hill Athletic Club Masters	http://www.midtown.com/windyhill
Georgia Masters Swimming	www.georgiamasters.org
USMS Dixie Zone	www.dixiezone.org/links.htm
USMS	www.USMS.org

GEORGIA CLUBS			
NAME	ABBR	CONTACT	EMAIL
Atlanta Rainbow Trout	ART	Sean Fitzgerald	seanfit@gmail.com
Atlanta Water Jocks	AWJ	Lorenzo Benucci	lbenucci@gmail.com
Andrew & Walter Young YMCA Masters	AWYY	lilonga Thandiwe	linz.t@mindspring.com
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	sbalkcum@ymcacolumbusga.com
Cumming Aquatic Center	CMMS	Susan Alston	cac2@cityofcumming.net
Concourse Athletic Club	CONC	Nancy Overheim	noverheim@wellbridge.com
Chastain Park Athletic Club	CPAC	Jim King	jimkingusa@gmail.com
Cumming Waves Swim Team	CWGA	Teresa Coan	swimcummingwaves@gmail.com
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	daqswim@bellsouth.net
Decatur Family YMCA	DFY	Beth Costello	bethc@ymcaatlanta.org
Georgia Masters	GAJA	Lisa L Watson	lisa.watson@ung.edu
Gwinnett County Masters Club	GMAC	Destry Dispain	destry.dispain@gwinnettcounty.com
Great White Shark Aquatics	GWSA	Phil Donihe	coachphil17@yahoo.com
Columbus Aquatic Club	HURM	Kathy Gramling	cachurricanes@gmail.com
Marietta Marlins	LINS	Larry Baskin	larry@larrybaskin.com
Life Time Swim Georgia	LTMS	Alicia Kockler	ryanbell@msn.com
Stingrays Masters Swimming	RAY	Ian Goss	rayscoach@gmail.com
Spartans Aquatic Masters Club	SAMC	Kris Kester	kris@kris-fit.com
Swim Gainesville	SG	Joy Kelleher	joylohr@yahoo.com
Tidal Wave Masters Swimming	TWMS	Andrew Baer	swimbaer@comcast.net
Wade Walker sharks	WWYS	Avel Lai Leung	Avel-laileung@comcast.net
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	keith.berryhill@windyhillclub.com
Northwest YMCA Grayfins	YGF	Muriel Cochran	murielcochran@gmail.com

GEORGIA SUPERTEAM (GAJA)			
ASL Silverking TRI-Masters	ASLM	Kathleen Greely	aslcoachgreely@gmail.com
Athens Bulldog Swim Club	ABSC	Craig Page	craigwpage@gmail.com
Augusta Recreation and Parks Blue Tides	ARP	Barbara Ingold	arpbluetides@gmail.com
Douglas County Stingreys	DCS	Jarrod Hunte	douglascountystingrays@gmail.com
Dynamo Swim Club Masters	DYNA	Mike Cotter	mikedynamo@earthlink.net
Fyns	FYNS	Raquel Terroba	fyns.coach@gmail.com
Georgia Masters Killer Whales	GMKW	Lisa Watson	lisa.watson@gsc.edu
Life Time Swim Alpharetta	ALPL	Ryan Moss	COCNAquaticsManager@lt.life
Life Time Swim Atlanta	ATLL	Katie Payne	GAATAquaticsManager@lt.life
Life Time Swim Johns Creek	JCL	Merrie Copeland	GAJCAquaticsManager@lt.life
Life Time Swim Sugarloaf	SUGL	William Breland	GASLAquaticsManager@lt.life
Life Time Swim Woodstock	WSKL	Jonathan Sims	GAMBAquaticsManager@lt.life
Savannah Masters	SAVM	Donna Hooe	rdhooe1@juno.com
Southside Seals	SSS	Rob Copeland	rob_copeland@comcast.net
Stingrays Masters	RAYS	Ian Goss	rayscoach@gmail.com
Swim Atlanta Masters	SAMS	Scot Davis	sdavisswim1980@yahoo.com
Swim Macon Masters	SMM	Tana Selby	tanatanas@bellsouth.net
Tidal Wave Masters Swimming	TWMS	Andrew Baer	swimbaer@comcast.net

Who Y'All Can Call

Name	Title	Phone	Email
Rob Copeland	Long Distance	(678) 817-1602	rob_copeland@comcast.net
Pat Eddy	Member at Large	(614) 670-1108	pateddy52@aol.com
Donna Hooe	Coaches Chair	(912) 884-6456	rdhooe1@juno.com
Bob Kohmescher	Newsletter Editor	(770) 722-2192	bobk340@comcast.net
Elaine Krugman	Contributing Editor	(678) 603-1543	ekrugman@aol.com
Bill Lotz	Member At Large	(404) 261-1906	blotz@mindspring.com
David Morrill	Safety	(770) 862-2533	latycar@latycar.org
Britta O'Leary	LMSC Acting Chair	(636) 295-3222	brittaoleary@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
Maddie Sibilialia	Members At Large		maddie.a.sibilialia@gmail.com
Jeff Tacca	Member At Large	(404) 256-0733	jtacca@comcast.net
Lisa Watson	Vice-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



Georgia Masters Swimming

West Gwinnett Park Short Course Yards Developmental Meet

Sunday, February 24, 2019

Sanction No. **459-S002R**

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 February 24, 2019. 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 February 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
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	72
Event #: 6	1:48
100 yard breast	
(leave room for timers)	

Seeding: Entries received by February 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, February 24, 2019

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”);

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



St. Patrick's Day Invitational

March 16-17, 2019

Raymond Arthur Bussard Aquatic Center
3119 Shallowford Rd NE, Atlanta, GA 30341

SANCTION

Sanctioned by Georgia LMSC for USMS: **459-S003**

FACILITY

The Dynamo Swim Center at 3119 Shallowford Road, Atlanta, GA, 30341. The pool is an indoor 10-lane, 25-yard pool, seven feet deep throughout. ***The pool has been certified and times will count for USMS records and Top Ten submission.*** There will be anywhere from 5 to 23 lanes available for warm-up/warm-down.

(Swimmers are reminded that USMS safety rules dictate a feet first entry in the warm-up/warm-down lanes except where designated.) Non-turbulent lane lines and automatic timing will be used. Athletes will have use of the shower and restroom facilities. There is ample onsite parking.

The Dekalb County Fire Marshall dictates that folding chairs will not be allowed on the pool deck.

RULES & ELIGIBILITY

Current USMS rules apply.

The event is open to USMS registered swimmers at least 18-years-of-age as of March 25th 2017.

A copy of your 2019 USMS card must accompany your entry in order for it to be processed.

ENTRY DEADLINE

Paper entries must be received by Wed March 6th, 2019.

Entries received after this date will be handled as **deck entries**.

Online entries close Thursday, March 14, 2019 - 11:59PM

Online Entries: https://www.clubassistant.com/club/meet_information.cfm?c=2396&smid=11219

ENTRIES

A swimmer may enter a maximum of four (4) individual events per day, exclusive of relays. Use the attached entry form. Relays will be deck seeded using forms available at the meet. All relay swimmers must be registered and entered in the meet. Deck entries will be accepted during Session I warm-ups on Saturday until 10:45am, with a \$10.00 late fee. (Late entries will be seeded into empty lanes when available. New heats will not be created to accommodate late entries.)

Events will be seeded as "Mixed Gender", by seed time.

The clerk of course will close at 12:00pm.

1000 FREESTYLE SWIMMERS

The 1000 free is limited to the first 30 entries. You may designate a "5th" event for Saturday should the 1000 be full. Make sure your 5th event is well marked or we will drop the last event listed for Saturday if needed.

CLERK OF COURSE

The meet will be managed by the Clerk of Course. Questions concerning entries and results will be handled by the Clerk during the meet.

FEES

One day: \$40.00 **Two days:** \$60.00

Deck entry add \$10.00 late fee.

There will be **no charge** for relay events.

There will be NO REFUNDS.

SEEDING

Women's events will precede men's. Heats will be slow to fast:

The 1000 free, 500 free and 400 IM will be swum slow to fast. The meet director/clerk of course reserves the right to combine men's and women's heats to swim these events as MIXED.

MEET SCHEDULE

Saturday: Session I:

Pool opens for warm-ups at 9:00 a.m.

1000 Freestyle starts at 9:45 a.m..

Saturday: Session II:

Relay entries for events 3/4/21 are due by 10:15a.m.

Warm-up for at least 30 minutes at the conclusion of the 1000 freestyle. Meet will not begin before 10:30a.m.

Sunday:

Relay entries for events 25/26/41 are due by 10:00 a.m. Warm-ups at 9am Competition begins at 10:00am

Concessions: Will NOT be offered at the meet

DIRECTIONS to POOL

Interstate 85 to exit #93 (Shallowford Road). Go north on Shallowford 1.3 miles; the Dynamo Swim Center is on the right side of the road.

MEET DIRECTOR

Sam Wilson- Sam@Dynamoswimclub.com

Maria Thrash - 404 374-3578

Notes: Masters swimming is a strenuous activity and each participant is advised to consult a physician before participating in such a program. Due to stipulations in the Dynamo Swim Center's insurance policy, you must be registered with USMS to participate in the meet. NO CHILDREN or NON-REGISTERED GUESTS will be allowed in the pools during the weekend.

Dynamo Masters Swim Team - St. Patrick's Day Invitational

March 16-17, Atlanta, GA

Name _____ Sex _____ Age _____ Birth date _____

Address _____ City _____ State _____ Zip _____

Telephone _____ E-mail _____

USMS# _____ Team* _____ Team Abbreviation* _____

Your entry will not be processed without a copy of your 2019 USMS Registration Card.

*** For in-state meets GAJA Super Team swimmers should use their Chapter Designation as their team, rather than GAJA.**

Saturday

(circle)	Seed time	Event
1	_____	1000 Free
2	_____	200 Freestyle Relay-Women
3	_____	200 Freestyle Relay- Men
4	_____	200 Butterfly
5	_____	50 Freestyle
6	_____	200 Breaststroke
7	_____	100 Backstroke
8	_____	200 Freestyle
9	_____	50 Butterfly
10	_____	50 Breaststroke
11	_____	400 IM
12	_____	200 Free Relay-Mixed

SUNDAY

(circle)	Seed time	Event
13	_____	500 Free
14	_____	200 Medley Relay-Women
15	_____	200 Medley Relay-Men
16	_____	200 IM
17	_____	50 Backstroke
18	_____	100 Freestyle
19	_____	100 Breaststroke
20	_____	100 Butterfly
21	_____	200 Backstroke
22	_____	100 IM
23	_____	200 Medley Relay-Mixed

Maximum of four individual events per day. The 1000 freestyle is open to the first 30 entrants.

Saturday: Warm-ups: 9am, competition: 9:45 a.m. **There will be a 30 minute warm-up at the conclusion of the 1000.**
Afternoon session starts no earlier than 10:30am

Sunday: Warm-ups: 9:00 a.m., competition: 10:00 a.m.

Fees

One Day \$40.00
Two Days \$60.00
Deck Entry \$10.00 late fee added

No Refunds

Total Cost : _____

Make checks payable to: Dynamo Parents' Club

c/o Maria Thrash (cell) 404 374-3578

3119 Shallowford Rd

Atlanta Ga 30341

****Entries without a copy of your 2019 USMS registration and signature will not be processed**

Must sign USMS Liability Release on Back of Entry

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