



The Georgia Masters Newsletter

Swimming in Georgia

January 2017

Don't Miss These Events

W Gwinnett Park – February 26



Get ready for our short course yards season with the West Gwinnett Park SCY Developmental meet on Sunday morning, February 26. This is a great setting to get some practice times for our upcoming St Pat & Spring Splash meets, or for anyone going to SC Nationals. This is also a good venue for those new Masters swimmers or those returning after a long absence. The theme of developmental meets is “low key” – a nice relaxed atmosphere for some competition. We even have 25yd events! Hand held watches will be used for timing.

This meet is sponsored by the **Georgia Killer Whales**. Warmups are at 9:00am and the meet starts at 9:30am. The meet should be over by noon, so you still have half of your Sunday left for other things!

The meet info and entry are included in this newsletter, and can also be accessed on our

Georgia Masters website at www.georgiamasters.org Click on “Meet Schedule” and scroll down to February 26.

For questions, contact meet director **Lisa Watson** at lisa.watson@ung.edu or (770) 497-1901 after February 24. Please, no calls after 8:00pm.



VOLUNTEERS

We need volunteers to help with timing. If you are bringing family members or friends who can help time, we'd appreciate it! Or anyone who is not planning to compete, but can spare a few hours to volunteer that morning, please contact Lisa.

St Patrick's Day SCY *March 25-26*

Our annual St Patrick's Day SCY Invitational at Dynamo Swim Center returns this year on March 25-26. This event will be sponsored by **Dynamo Masters**. The info and entry form will be posted soon on the Georgia and Dixie Zone websites. We'll send it out to our members in an electronic bulletin once it is available.

Mark these dates on your calendar! This event will be our first event of the 2017 Georgia Grand Prix Series. For questions, contact Ed Saltzman at swimsalt@bellsouth.net

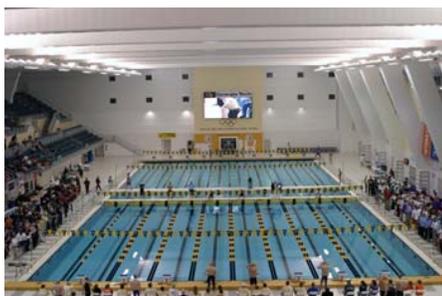


**Georgia LMSC Mid-Year Meeting
April 2**

Our annual Georgia LMSC mid-year dinner meeting will be held on Sunday evening, April 2 at the **On The Border** restaurant at 5:30pm. This is an opportunity for a face-to-face meeting. We'll enjoy dinner and socialize as we discuss current LMSC business.

This meeting is open to everyone (not restricted to board members). We do need to have an approximate head count to give the restaurant, so non-board members, please contact Lisa (lisa.watson@ung.edu) if you'd like to attend.

ART Spring Splash – April 23



The annual Atlanta Rainbow Trout SCY Spring Splash will be held this year on Sunday, April 23, at the Herb McAuley Aquatic Center at Georgia Tech. Info and entry should be posted sometime next month. For questions regarding this event, contact Sean Fitzgerald at seanfit@gmail.com

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
- TBA* Bulldog LC @ UGA
- July Georgia Games Open Water
- September 10 SSS Pentathlon (tentative date)

*Normally, the UGA meet is held the first Saturday in June. However, since we have a large number of swimmers participating in the Senior Olympics in Birmingham the following week, meet director Craig Page has been asked to move the date to later in the summer. We'll announce the revised date as soon as we know it!

The 2016 Grand Prix Series winners will be announced and awards given out at the St Pat meet on Saturday, March 25.

**USMS Hour Swim Postal
Championships**



Good news for our distance swimmers and triathletes who enjoy a long swim. The annual Hour Swim postal championships, usually held for the month of January, will now run for two months, January 1 – February 28. For our various clubs and workout groups, this would be a great opportunity for some inter-squad competition among teammates. We encourage our groups to reserve one or more practices in January and February for doing the Hour Swim.

This event is a good motivator for anyone who wants to get a good hour workout in. The Hour

Swim does not have to be swam straight through; it could be done in any type of interval sets, e.g., swim sets of 500s, 200s, 100s, or whatever you choose. Forms can be easily accessed from the USMS website. Start the year off with a good Hour Swim!

Meet Recaps

Go The Distance 2016



Our top three finishers in the National *Go The Distance* postal event are repeats from last year-

- 1- Chris Greene 1750.00 miles
- 2- Pat Eddy 1024.73 miles
- 3- John Zeigler 997.40 miles

Congratulations to these long-distance swimmers! Below is a list of all of our Georgia participants in the 2016 *Go The Distance* event.

ATLANTA RAINBOW TROUT(ART)

Sara Edwards 213.74 miles

ATLANTA WATER JOCKS (AWJ)

David Eng 96.82 miles
 Heidi Natkin 534.49
 Britta O’Leary 122.95

ANDREW & WALTER Y (AWYY)

Douglas Carrington 58.97 miles

CHASTAIN (CPAC)

Mary Davenport 12.10 miles
 Christopher Lee 150.06
 Nathaniel Pieper 101.36

GEORGIA (GAJA)

Jennifer Almand	422.95
James Breen	251.40
Mickey Buono	419.93
Linda Burkhead	99.89
Andrew Catanese	60.51
Gayla Chalmers	309.23
Rob Copeland	366.00
Marianne Countryman	367.87
Carol Cunningham	167.36
Craig Current	301.45
Brett Davis	165.31
Bill Dudley	113.13
Andy Eberheart	20.07
Pat Eddy	1024.73
Patrick Frost	162.30
Christopher Gay	32.41
Sam Grandinetta	406.45
Chris Greene	1750.00
Chris Hartley	232.66
Donna Hooe	348.50
Robin Hoy	101.59
Carrie Hughes	136.69
Kim Hurst	522.39
David Jacobson	42.78
Cathy Jones	301.61
Sarah Kelly	54.73
Andy Klenzak	417.36
Elaine Krugman	329.00
Bill Lotz	453.41
Condit Lotz	318.30
Melissa Massey	863.51
Pam McClure	413.51
Doug Michalke	84.85
Robert Millican	180.88
Daniel Murray	100.06
Andrew Perry	143.16
Thomas Sealey	292.36
Joseph Sebestyen	31.36
Mike Slotnick	302.16
Mike Still	184.68
Beth Sutton	113.68
Ann Sykes	376.39
Megan Tosh	418.37
Lisa L Watson	439.89
Karol Welling	4.15
Brian Yetter	226.09

John V Zeigler 997.40

Altogether, our LMSC total mileage was 17,891.68 miles, with an average of 259.30 miles per swimmer!

Please sign up for the 2017 *Go The Distance* on the USMS website Go to Fitness and then GTD. It's a great way to motivate you into more mileage throughout the year!

Other News

2017 USMS Registration

If you have not yet renewed your USMS membership, please do so as soon as possible. After February, those who have not renewed will be taken off our electronic mailing list.

You can register online at www.usms.org or access a paper registration on our Georgia website, www.georgiamasters.org. Contact our Georgia registrar **Andy Rettig** for any questions at arettig@gmail.com

Why do you Swim Masters?

By Joe Hutto

Simple question, but the rationale of why one swims can change over time. Let me give you my reasons for swimming Masters over the years.

Twenty-five years ago while we lived in South Florida, I was very involved in my daughter's age grouping swimming. She was a member of the Coral Springs Swim Club for many years. Having to hang around swim meets year-round, I wanted to get more involved to pass the time and to help the team out.



First step was to become a certified stroke and turn judge, then onto officer positions in the age-group club. Well, you might ask what does that have to do with me swimming? Nothing... until the Masters swim team under the leadership of world famous Masters swim coach, Judy Bonning caught my eye on the deck.

I kept telling my 12-year-old daughter, I am going to do that one of these days." She laughed out loud and said I was too old. I was only 40 years old, but had never swam competitively in my life and was 40+ pounds overweight.

After several months, I finally got up the courage to go on deck and talk to Coach Judy. She looked at me and said, "You don't look too bad." I showed up in a few days with a beach swimsuit on and jumped in. Judy got me immersed immediately. I could not swim across the pool without gasping for breath.

Slowly, she got me up to 1,000 yards in a practice. She had a knack for pushing swimmers to their max regardless of their levels. Quickly, I realized this swimming thing was something special. It was the exhilaration of the water, a swimmer's high, Coach Judy's kind but tough coaching, watching

the weight peel off, and the camaraderie of the Masters swimmers that got me hooked on the sport.

After a month or so, she started working on me to put the speedo on (her goal). I flatly refused due to not having the Phelps swimmer's body. Slowly, she won, but I went to biker shorts for some time until the weight came off.

Next, Coach Judy started working on me to try out competition meets (her goal). But my reaction was, "No, I am not fast enough for that." Well, Coach Judy won that argument, too. I started going to meets in South Florida; and, it allowed me to set goals, to work harder in practice, get in better shape, and get a little faster.

Having started at age 40 and never having swum competitively, Judy helped me set goals for times in meets. She was always rewarding personal bests with positive reinforcement. She told me I probably would not make national top ten times, but could set goals to make Dixie Zone top ten times. I did set that goal and made many Dixie Zone Top Ten times while in South Florida.

Along the way, I started doing a few ocean swims and heard about the Swim Around Key West. The first year, I did a relay with an age-grouper and another Masters swimmer. I said to myself, "This is fun and not too hard." I set the goal to do Key West. So, for the next four years I did the annual solo Swim Around Key West.



After that time frame, I was transferred in my job to New Jersey. One of the South Florida swimmers that I developed friendship with was Gail Rice of Miami. She was getting ready to do the Swim Around Manhattan. I offered to crew for her on the boat in 1996.

Well, guess what? The next year I set the goal to do the Swim Around Manhattan. In 1997, I finished as the top swimmer above age of 40 in 8:07. I found early on I was not a sprinter nor particularly fast, but I was like the Energizer Bunny; "I could keep going!"



Time for a new goal. Let's do the English Channel! With the help of another famous coach, Cathy Copeland, I trained hard for another year to successfully complete the channel in 1998. Coach Cathy was a taskmaster asking me do back-to-back

Masters sessions on a fast clock. Over three hours in the water each Sunday with cold water ocean swims, I also trained with the local YMCA age group team. So, on August 18, 1998 I was blessed with 60 degree water and a great weather day for the swim. We made it to France in 12:37 hours with Gail Rice, her kids, and my family on the boat as crew.

After intense training for eight years and reaching my goals, I took a break and retired from swimming. I did my high stress corporate job for the next 14 years gaining weight and feeling the stress in my body from lack of exercise. A little over 3 years ago, I retired from corporate life with the intention to join the good life of retirement and spend more time in one my passions, fishing with my bass club and just enjoying life. I did that for a few months and then something major happened in my life.

My wife has been a type-1 diabetic since she was 13 years old. This chronic disease caught up with her, and she developed kidney disease, meaning that over the course of about a year, her kidneys shut down completely. This meant she would have to go on dialysis for the rest of her life or get a kidney transplant. After looking at all the types of dialysis treatments, we locked on home hemodialysis where a machine would be set up in our home to take fluids off and purify her blood. I became a caregiver by cannulating her before each treatment and managing the machine, while she sat in the chair for 3-3.5 hours per day, five days a week. The entire process took 20-25 hours per week plus doctor appointments.

What does that have to do with swimming? While she started treatments, we knew she needed to get a kidney transplant to have a better quality of life. Dialysis keeps you alive, but it takes so much out of the patient and caregiver. So, we started testing to see if she was healthy enough for the transplant surgery and also to see if we could get any family members to be a donor. Only one family member stepped forward...me. We both passed the tests to be a donor and recipient, but we had incompatible

blood types. So we were looking for a pair match or a chain.

I was healthy enough, but the doctors told me I would do much better if I became more active and lost some weight. My BMI was high, and they gave me a goal to lower it. There is only one way for me to reach that goal: Masters swimming! I started back with Masters in August 2015.

After a 14-year layoff, it was a little rough, but I took it slow and worked up to decent yardage with the Dynamo Masters and solo efforts at the Dynamo pool. During 2016, I set individual goals along the way. I swam the local meets and set a goal to rejoin the Dixie Zone list of Top Ten times. By setting these intermediate goals, it pushed me to train more often to get in shape for the big goal of kidney transplant surgery.

Along the way I saw my old friend from NJ, Rob Copeland, who encouraged me to do some open water swims to keep it interesting. I did the Lake Acworth 5K swim, the Chattanooga 5-mile River Rat Race. I topped the open water season off with the [Swim the Suck](#), a 10-mile swim in the Tennessee River on October 8. I was the oldest competitor finishing the race and got a beautiful picture for it.

The big goal was met in early December 2016 when Emory gave us a call stating that an altruistic donor in Missouri had started a kidney chain. On December 7 that person donated to my wife, and I donated to another person in Atlanta. Both of us are doing well in recovery. Transplantation is so much better for all than kidney dialysis.

Now for the advertisement: Chronic Kidney Disease is a very tough disease. With the End Stage Renal Disease, dialysis just keeps one alive. It takes a toll on the body and the family. I would encourage all of us to put "organ donor" on our driver's license. Each person who donates this way helps 8-9 people have better lives. Tendons, corneas, livers, kidneys, hearts, etc. are all used. After all you cannot take them with you. If would

like to discuss kidney dialysis options for a loved one or living donor donation, let me know. I welcome helping others with this tough disease.

With recovery just about complete, I will hit the water again not later than February 1. Maybe I will “Swim the Suck” again, do the USMS Open Water Championship in Chattanooga, or a few meets along the way. Now, I am 65 years old and have as much enthusiasm for Masters swimming as when I started 25 years ago. You never know what the new goal might be! See you at the pool!

Swimmer Profile – Pat Eddy

By Elaine Krugman



Pat Eddy and Kevin Masters

If you are fortunate in life, your chosen career brings you much joy and happiness in addition to regular paychecks. That wasn’t always the case for Swim Atlanta Masters Swimming Coach, Pat Eddy, who previously worked in direct sales.

The road to Swim Atlanta was a long circuitous one that took him from his childhood home in Atlanta, to Ohio where he went to live with his father after his mother passed away unexpectedly. Before his world was turned upside down, Pat had swum from age six through the 11th grade under Pete Higgins at Atlanta Independent Swim

Association. Pat thrived under Higgins’s coaching, and he experienced what he describes as his greatest accomplishment. “I was the first swimmer in the state of Georgia to break two minutes in the 200 IM.” That was at a state high school meet back in 1974, and he achieved High School All-American Honors in Georgia that year. Then, in 1975, Pat received High School All American status in Ohio.

In addition, as a teenager, Pat would spend his summers training with his oldest brother, Mike, who was team captain at the University of North Carolina Chapel Hill. He has Coach Higgins, his brother, and the continual support of his dad to thank for developing him as a swimmer, so he could compete on a national level.

Pat went on to swim for Ohio State University and qualified for the NCAA Championships all four years while in college and also qualified for the 1976 Olympic Trials. After graduating OSU in 1979, he qualified to swim at the trials once again in 1980.

While training for the trials, Pat coached the Dayton (Ohio) Raiders—the first of several coaching stints Pat had in the various other states he lived and worked in over the years.

During the years of 1984-1986, the former collegiate star joined USMS and competed; however, Pat was injured in a triathlon and quit swimming for what turned out to be 26 years. He worked in retail and direct sales during that time which paid the bills, but didn’t satisfy Pat the way coaching did.

In 2012, for personal reasons, Pat made the decision to move back home to Atlanta. Swim Atlanta offered Pat a coaching opportunity that proved to be the best personal and career move Pat had ever made. He left his job, packed his bags, and journeyed full circle back to his childhood city of Atlanta. Swim Atlanta had just started a brand-new Masters swimming program in Marietta the previous week—one of seven locations currently

under the Swim Atlanta umbrella. Pat was tasked with building up the program from the 11 swimmers who had just joined the team at the new location, in addition to coaching the age-group program.

Those 26 years out of the pool before becoming Swim Atlanta's newest Masters coach? History. "I went to my first meet as a coach and was not only inspired by all the swimmers there of various ages, but I was inspired by *my* swimmers. I decided to get back in the water and swim again." That first meet was the 2013 St. Nick's at Georgia Tech, and Pat hasn't stayed dry for long ever since. "A Masters swimmer introduced me to the "Go the Distance" program, and in 2014 I got really into it. I swam 1,700 miles that year." Pat was 58 at the time, and he placed second in his age group. In 2015, he totaled 1,320 miles and placed second as well.

This former middle-distance and 400 IM swimmer was hooked and has transitioned to distance swimming ever since. In a typical week, Pat swims six days (with some doubles) and no less than 25,000 yards. He has swum as much as 80,000 in one week! Crunch the numbers, and you will discover that is over 45 miles!

Why does this ironman swimmer subject his body to so many round-trips in the pool while staring at that black line beneath him? "I just really enjoy training; it's a lot of fun! In my prior swimming life, I was fondly referred to as "Fast Eddy." Today, I can satisfy my competitive side with distance. I just keep swimming," Pat cheerfully replied, while I contemplated those mind-boggling numbers.

Pat further explained, "It didn't come overnight. I just gradually keep pushing the envelope. I remember the first practice I swam a 9,000-yard workout. I was amazed that I could get to that level. Once you start increasing your [yardage], it is pretty much easy to repeat that. I've swum as much as 25,000 yards in one workout, which by yourself is boring; but, I am able to mix it up by

being in the pool by myself. I have all the lanes to swim in, so I swim several sets in one lane, and then do others in another lane."

Swimming massive daily yardage explains why I witnessed Pat finishing the 5K race so strong at the Georgia Open Water Games Meet these past few years. He won the 55-59 age group in 2014 and 2015, and I remember seeing him on the beach following the race looking like he was ready to race another 5K!

Actually those 5K's were nothing compared to the race he swam the last two October's in Tennessee. "Probably one of my favorite races is the "[Swim the Suck](#)," which is a 10-mile race in the Tennessee River in Chattanooga. I've done that the last two years, and I do open water races as often as I can." Last year, he won his age group and was 5th overall for the men.



At pool meets, the avid distance swimmer mixes it up by racing a variety of events, depending on what he feels like registering for at the time. He has even competed in 25 Yard Freestyle!

For 2017, though, Pat's focusing his training for the National Senior Games, in Birmingham, Alabama, as well as the "Swim the Suck," in Tennessee.

To prepare, light-weight weightlifting and a lot of stretching is part of Pat's training mix along with

the massive yardage swum in the pool.

Meanwhile, Coach Pat sets his goggles aside in between training sessions for his beloved coaching job with Swim Atlanta. He devotes five days per week to the Masters program, coaching three early morning workouts and four lunch-time sessions per week. Combining his various workout groups, forty adults get enthusiastic leadership under Pat's watchful eye.

"I have a very diverse group. I have some people who are just learning to swim and do it for fitness; and, those that are very serious about swimming. I have some swimmers that are serious about triathlons, from the Ironman all the way down. The diversity is tremendous. I'll have six lanes running with 3-5 in a lane, and they're all doing different workouts," Pat explained about his Masters swimmers.

"It's a great group of swimmers, and they're from all over. Some of them travel quite a distance to get to workouts. They're all positive and encouraging, regardless of the level of swimmer." The dynamics of coaching Masters is quite different than coaching age-groupers. As Pat explained, "They're all here for different reasons. They don't assume that they know it all. They all listen and want to get better. That in itself makes it extremely great for me— and exciting. Every practice is exciting. They inspire me to swim, and my swimming inspires me to coach them better."

Summing up the coaching experience at the Masters level, Pat said, "It's heaven; it's what I want to do. I don't consider it work. I'm very blessed, and very fortunate to be part of Swim Atlanta."

When he reflects back on his favorite Masters memory, Pat didn't talk about winning a particular race or swimming a personal best time. Instead, he remembered the first swim meet as coach of Swim Atlanta, the St. Nick's meet at Georgia Tech. "The vibe that was in the air for everybody that was swimming and competing— everybody was

encouraging each other to do their best, and it wasn't a competition. When I was competing [in college], it was very nerve-wracking and stressful, and Masters swimming is not stressful. Everyone is out there to do the best they can, and everyone is encouraging [others] no matter who they are to do their best. It's inspiring! I'm inspired by Masters Swimming."

"I am thankful for the Masters swimmers I have swimming in my program—how they encourage me to coach. I'm thankful for them being in the water, so I can be on deck doing what I want to do, and that's coach. I just love to be around the pool swimming. That inspires me."

Pat also said, "If it were not for the support and encouragement of my wife Chrissy I wouldn't be coaching or swimming. I also want to thank Chris Davis, Swim Atlanta, and Rick Vogler for giving me the opportunity to follow my passion." Finally, he encouragingly added in a nod to Dory and Nemo, "Always and remember, 'Just keep swimming!'"

Editor's Note: Congratulations to Coach Pat and his Swim Atlanta Masters Swim Team for winning the St. Nick's SCM Meet, in December.

Upcoming Events

February 2017			
16*	Georgia LMSC Conference Call at 7:15; contact Lisa Watson at lisa.watson@ung.edu	11-12	Auburn, Al – SCY
26*	West Gwinnett Park SCY Developmental Meet (entry attached)	Feb	USMS Hour Swim Postal Championship
March 2017			
	Georgia LMSC Conference Call at 7:15; contact Lisa Watson at lisa.watson@ung.edu	4	Sewanee, TN – SCY
25-26*	St. Patrick’s Day SCY Invitational at Dynamo		
April 2017			
2*	Georgia LMSC Mid-Year Meeting-5:30pm at On the Border in Buckhead	1-2	St Petersburg, FL SCY
23*	Atlanta Rainbow Trout SCY Spring Splash @ Georgia Tech	27-30	USMS Spring SC Nationals – Riverside, CA

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
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Sean Fitzgerald	Vice-Chair	(404) 496-4422	seanfit@gmail.com
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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
<i>Georgia Superteam (GAJA)</i>			
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	
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Southside Seals	SSS	Rob Copeland	rob_copeland@comcast.net
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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



Georgia Masters Swimming

West Gwinnett Park Short Course Yards Developmental Meet

Sunday, February 26, 2017

Sanction No. 457-S001

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

Time: Sunday--Warm ups at 9:00 a.m. Meet begins at 9:30 a.m.

Location: West Gwinnett Park is an 8 lane 25 yard pool, and is located at the intersection of Peachtree Industrial Blvd and South Berkeley Lake Rd. From I-285, take the Peachtree Industrial Blvd exit going NORTH (away from Atlanta). Go 7.5 miles to S. Berkeley Lake Rd. The West Gwinnett pool is on the RIGHT corner. OR: from I-85, take Pleasant Hill exit going WEST (past Gwinnett Mall). Turn left on Peachtree Industrial Blvd. The 4th stoplight will be S Berkeley Lake Rd.

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

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

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

Eligibility: The meet is open to all persons 18 years and older as of February 26, 2017. 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 24); \$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 #: **Home** - (770) 497-1901/**Work** - (678) 717-3646

lisa.watson@ung.edu

Entries: Indicate events desired on the entry form--circle event # and provide seed time; use NT for No Time. Please fill out a 3 x 5 index card for each event entered. Include name, age, sex, event number/name, and seed time. EXAMPLE:

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

Seeding: Entries received by February 24, 2017 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 26, 2017

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	

You must sign the waiver on the next page!



**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 25-26, 2017

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

SANCTION

Sanctioned by Georgia LMSC for USMS: **457-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 2017 USMS card must accompany your entry in order for it to be processed.

ENTRY DEADLINE

Entries must be received by Wed March 15, **2017**. Entries received after this date will be handled as **deck entries**.

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.)

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 25-26, 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 2017 USMS Registration Card.

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

Saturday

Women (circle)	Seed time	Event	Men (circle)
1	_____	1000 Free	2
3	_____	200 Freestyle Relay	4
5	_____	200 Butterfly	6
7	_____	50 Freestyle	8
9	_____	200 Breaststroke	10
11	_____	100 Backstroke	12
13	_____	200 Freestyle	14
15	_____	50 Butterfly	16
17	_____	50 Breaststroke	18
19	_____	400 IM	20
21	_____	200 Free Relay Mixed	

SUNDAY

Women (circle)	Seed time	Event	Men (circle)
23	_____	500 Free	24
25	_____	200 Medley Relay	26
27	_____	200 IM	28
29	_____	50 Backstroke	30
31	_____	100 Freestyle	32
33	_____	100 Breaststroke	34
35	_____	100 Butterfly	36
37	_____	200 Backstroke	38
39	_____	100 IM	40
41	_____	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 2017 USMS registration and signature will not be processed**

Must sign USMS Liability Release on Back of Entry

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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	