



# Georgia Masters Newsletter

## Swimming in Georgia

### July 2020

#### *Chair's Corner – July*



Hello everyone,

I hope everyone of you has slowly found some ways to swim again over the last few weeks, no matter if the water was cold, warm, hot, chlorinated, or full of debris. Where there is a will, there is a way!

I look forward to a few virtual opportunities to swim against other people in July and August. If you do not have access to a pool, you can hop on the dry land options to mix some fun competitions into your workouts.

I am trying to get some people together so we can race each other to "spice" it up. In preparation, I did a dive off the blocks this week. My calves cramped up immediately. I think I have the work cut out for me over the next few weeks.

Stay positive. Stay safe. And keep on swimming and working out.

Britta

#### **Don't Miss These Events**

#### ***Summer Fitness Challenge 2k Swim – July 15-31***

Finally, since the last USMS event took place in early March, here is an event that everyone should be able to do, regardless of the pandemic situation

in your area. The standard summer event of the USMS Fitness Challenge Series is the 2k swim- which can be done in any body of water, either open water or pool.

It can also be done in any manner – any combination of strokes, rest intervals if you need them – just need to complete it. For 2020, since at this time not everyone has access to places to swim, a 30-minute dryland workout option has been added as an alternative.

To enter, just go to the USMS website at [www.usms.org](http://www.usms.org) and click on 'Events'- then 'Fitness Events.' You will see the Fitness Challenge Series. Entry fees will benefit the USMS COVID-19 Relief Program for Clubs.

Swim.com has also added a virtual challenge to its app, so swimmers can track their 2k swim or 30-minute dryland activities in the app to complete the challenge. Participants will earn a digital badge to showcase their swim.com profile.

This event can be done anytime from July 15 through July 31. Go ahead and enter now so you can get your Summer Fitness Challenge swim cap and wear it when you do your event!

#### ***2020 Virtual USMS Championships - August 12-23***

For competitive USMS swimmers, there has obviously been a huge void since all forms of USMS competition including both 2020 National Championships having been canceled this year. To fill that void, USMS is hosting the first ever Virtual USMS National Championship which will take place August 12-23.

Medals, swim cap, and sticker will be mailed to participants upon paid entry. All standard 25-yard

events and several open water distances will be offered.

For those Georgia clubs that are now able to conduct swim practices, you could make this part of a swim practice. If you're swimming on your own, you can do your timed swim individually. Times can be entered manually or via smartwatch. All proceeds will go to the USMS COVID-19 Relief Program for Clubs. Get your swimming buddies together and get those competitive juices flowing again!

Go to the USMS website to enter this event.

**Other News**

***Swimmer Profile Backlash – Transitioning during COVID-19***

By Elaine Krugman

March 14, 2020—a day I won't soon forget. I arrived at my community pool, just as a note was taped on the window, and the doors were locked: "CLOSED DUE TO CORONAVIRUS..." I have no memory of what the rest of the note said, because my eyes filled with tears as I just stood there in shock. When would I get to swim again? As the reality set in that I was stuck exclusively with dryland workouts for possibly months, a wave of guilt rushed through me for selfishly dwelling on something completely trivial in the greater scheme of things. It was time to brace myself for some scary and sad times ahead...

On morning walks during my eleven weeks out of the pool, my thoughts often wandered to the 48 Georgia swimmers I had interviewed for "Swimmer Profile" features, since September 2014. Where are they now? What are they doing during the pandemic? Then, in May, as the weather warmed up, and pools started to re-open, I wondered who returned to the pool, headed to open

water, or never stopped swimming after the lockdown.

Knowing how exhilarated I felt at the moment of my first plunge, on June 1<sup>st</sup>, I became curious about my Georgia Masters swim buddies. How are their transitions back to swimming progressing? On June 14<sup>th</sup>, I sent out an e-mail and asked. Read on to find out about 26 of them. (If you would like to read more in depth about these past "Swimmer Profile" featured swimmers, go to: <https://www.georgiamasters.org/GAM/news.cfm> (Profiles are posted dating back to 2016. Contact me for 2014 & 2015 profiles.)

My very first (and favorite!) profile subject, featured in the September 2014 issue, was Georgia Masters' matriarch, Anne Dunivin, now age 103(!). Although I knew she had quit Georgia Masters soon after setting state and national records at the age of 100, I was anxious to get an update from her daughter. Virginia responded, "Mother is in a loving memory care community, in Decatur, Georgia, since February 7. It was a difficult decision for my sister, Barbara and me to make. Lockdown because of the COVID-19 virus began mid-March, and we have been unable to visit, though we connect through periodic Skype calls. She looks good and says she is happy. We send flying kisses and love, and hope that soon we will be able to visit and give her lots of hugs! Mother's smiling face brings sunshine to the other residents. She is called 'Miss Sunshine'." We miss you, Anne!



Anne Dunivin at 100 Years Old

For everybody else, I asked, “When did you return to swimming following the coronavirus shutdown? If you haven’t returned to swimming, what are your future plans?”

Several swimmers didn’t wait for the pools to re-open. They braved the frigid lakes during March and April—with, and without wetsuits. Former Atlanta Rainbow Trout, Sara Edwards (November 2016 newsletter), now lives in Virginia where the water was cold in spring; and, there was a lot of rain and flooding keeping her out of the water. “In the past few weeks, we’ve finally been able to swim in the lake without massive debris or winds so high that they almost swamped the kayaks!” she said.

Here in Georgia, Lake Peachtree and Lake Allattona have been regular spots for several of our swimmers. Vesna Stojanovska (4/20 newsletter), in describing her quarantine lead-up to plunging into Lake Peachtree said, “I got the COVID-30 (lbs) and didn't realize it until last month. I've been working on baby #2 in my free time, and we might have succeeded this month... time will tell. Some of us have been swimming at Lake Peachtree/Drake field for the past month or so; mostly Rob Copeland (4/16) and myself. But, when I tell people there will be beer or mimosas and sandwiches after the swim, we've managed to get up to seven swimmers in the lake!”

Both Vesna and Rob have been supplementing their lake swims (and

working off those mimosas and Chick-fil-a sandwiches) with pool workouts. That didn’t go so well for Rob, though. “They opened up the neighborhood pool this week, so first time since March I’m back in the pool. About halfway through the first set, I crack my heels on the gutter, I guess I need to re-learn flip turns,” Rob lamented.

Over at Lake Allatoona, it looks like the Atlanta Water Jocks Swim Sisters (Leann Rossi, Marianne Countryman, Jennifer Almand, Tracy Collett, Britta O’Leary, and Malena Hankins) were making the most of the situation with a group swim, followed by a picnic. They’re stylin’ in their matching Swim Sisters masks!



Britta (1/18) wasn't out of the water for long. As she explained, "After a two-week break from chlorine, I started taking advantage of friend's backyard pools and the lake. I usually swam once a week in some backyard pool and once a week at the lake. I started at Lake Allatoona when it was 60F water temp! I will never complain about cold water again. Did I mention I don't own a wetsuit?!"

Jennifer (5/15) had a different experience with her lake swims: "After about 2 weeks, I was coerced into open water swimming by some of my distance swimmer friends. I conveniently live on a 100-acre lake (in Snellville), so it was very easy for me to do. I bought a wetsuit and safety buoy and started swimming four or five days a week in the lake.

Southwest of LaGrange, at West Point Lake, Muriel Lancaster (8/18) tried swimming in the chilly water after one month out of the pool, but it didn't work out well for her. She discovered that cold water affected her asthma. The lake has since warmed up, though, and she is biking and swimming with a group of friends there once a week. "The local pool opened up finally two weeks ago. Restrictions are limiting, so I plan to continue with open water distance and stroke/sprint in pool."

Mike Gaw (2/18), now living in Miami, Florida, opted for the ocean. "I just returned to swimming last week when Miami FINALLY re-opened the beaches... I met up with a buddy of mine from Masters

swimming, and we did an open water swim off Miami Beach. Since then, we've been meeting up 3+ times each week to do open water swims."

Most of the open water swimmers have also found open pools to swim in at least occasionally; however, most everybody else waited until the pools re-opened beginning in mid-May.

According to David Hildebrant (5/16), "I resumed training four weeks ago when LA Fitness opened up. I have to say they have done a good job...very clean, appropriate water temps, and to my astonishment, hardly anyone shows up to the pool. Sometimes I have the pool all to myself." Dan Beatty (6/18) joined Swim Atlanta, in Roswell on May 15, and Mark Rogers (11/18) returned to his YMCA on May 17. Stephanie Lemmons (11/17) also returned on May 17, but with Swim Atlanta, at Sugarloaf. Stacy Fox (2/19) and Lesley Landey (7/17) both headed over to the Cherokee Aquatic Center—Stacy on May 21<sup>st</sup>, and Lesley in early June. According to Stacy, "I had been out of the pool for (1,392 hours) 58 days," she said. (But who's counting? Actually, I think we all were!) Lisa Watson (3/16) was able to swim at the Gwinnett pool on May 25th, around the same time that Randy Russell (1/20) was able to rejoin his workout group up north in Calhoun, Georgia.

Sally Newell (10/18) jumped back in a few weeks ago in her neighborhood pool. "My 'hood pool is not 25 yards long, but by

counting my strokes I've figured over 25 yards. I swim the length then turn into the diving well. I'd doing about 2,000 yds three times a week," she explained.

Meanwhile, around the same time, Stan Delair (3/18) got back in the water. He had this to say in his reply back to me and the other swimmers. "This is for all those idlers who claimed they swam over the last three months or so, I've got you beat, as I excessively gained weight, and sank quickly and steadily into a state of inactivity over this period. I doubt anybody became as much of a couch potato or drank as much beer as I did, and I believe I deserve some kind of award as a result for my efforts. Perhaps Georgia Masters could establish an annual award for the most slovenly and lazy swimmer. It would certainly be something different."

Bill and Condit Lotz (10/15) stayed a lot more active than Stan during their time off from swimming, but they weren't able to return until June 18. They swam at the Family Life Center because the Westminster pool where they usually swim, has not reopened. As a result, it has scattered the 100+ Killer Whales members who usually swim there.

Karol Welling (8/16) walked during her quarantine, but as she explained, ... "the numbers on my scale have been shocking after so much comfort food. Evidently, I needed a LOT of comforting." Yeah, that seems to be a common theme, because Randy had mentioned in his e-mail that he had put on an extra "COVID-10."

Cathy Jones (5/18) is back in the swim at her neighborhood pool. She said, "I can't swim with the team yet, because only members are allowed and I figure I'm too out of shape to swim with them anyway." Out in California, former Swim Atlanta member, Ian King (9/15), has found a new home with the Walnut Creek Masters team, after a job transfer took him to the west coast. He returned to the Masters pool a day before the Lotzs, but he had been swimming in his backyard pool before then.

Megan Melgaard (2/15) also moved to California and now lives in Santa Monica. "I returned to swimming (once we were able to venture out safely in Los Angeles) thanks to a friend's 14-yd outdoor backyard pool. She allowed me to enter the pool area via the back gate and swim solo for 30-45 minutes, while she remained indoors."

Finally, there is Ted Hammond (8/19) who simply replied, "My story is total dull. Our pool and gym shut down, so zero swim or gym dry land training. I've played tennis every day....my tennis has improved significantly. I may be taking beginner swim lessons with toddlers when pool opens." Ted, buddy; you have my sympathy!

For those who are swimming again, I asked about their transition back. Most responded they were happy, but Megan expressed the same sentiments I had been feeling: "It was absolutely GLORIOUS to get back into the water! I started each swim by taking a few moments of gratitude for the upcoming

experience, my friend's generosity, and deep appreciation for the water. My workouts began with easy, self-prescribed sets and finished off with fun . . . dolphin dives at the end of each session!" For Mark, "This has been the best time for swimming, for me!" Lesley is "just loving the water," and Lisa said, "The transition has gone surprisingly well." For Stacy, it "went better than expected." Like me, she was able to ramp up her yardage faster than anticipated, but she is "still struggling with the intervals, not making them by as much as before, but still making them." Randy agreed!

Patrick Thoreson (6/15) was very succinct about his transition back to the pool: "This is me trying to remember how to do freestyle before returning to the pool..." He included a hilarious short computer animation of an upright gecko running clumsily through the water on his hind legs with his front legs flailing.

The transition for Stephanie was challenging. As she described, "The first time I swam again, it felt weird - like the first time I got back in the pool after nine years away. Didn't think 1:30 pace 100's would be so challenging, but woaaa, I felt like I was sprinting to make those intervals."

Mike said, "I am definitely out of shape, especially compared to how I felt right before COVID, when I was swimming 5-6 days a week. But, each swim gets easier than the one before it. My open water swim

buddy and I have been gradually increasing the distance we swim, and that is allowing us to gradually build up our fitness."

Stan had a rough go of it. He said, "Very tough at first as my main objective was to make it to the other end of the pool. At 70+ years I am finding that I am regaining my stroke but having difficulty with stamina... As a senior citizen I think it will take me longer, so my advice to people is to not overdo it at the beginning and to have patience."

Dan, on the other hand, returned to the pool in great shape after a lot of long walks and doing a strict daily routine of core work. "I would do 3 sets of 40 crunches, 20 back raises, 15 push-ups, 20 sit-ups, and a two-minute plank. I later added in some lunges and stretch band exercises trying to simulate swimming."

David was enthusiastic about his transition, declaring, "After 4 weeks, I feel I'm now 85%! I'm ready to take on Ted (Hammond) in the 50 and 100! Ha, ha."

Several of the swimmers were surprised about some aspects of returning to the water after their forced time off. Mark said, "I was surprised by how easy it was to get back in and pick up where I was at. I have definitely seen an improvement in form and strength lately." Cathy agreed. "Surprisingly, I felt good in the water when I got back in! Normally if I am out for a week, it takes me forever to get back to feeling good in the water, so I was quite excited about that - I guess all the running

really did help!” Lisa “thought the transition back would be worse than it has been,” and Jennifer was surprised at “how much this middle-distance swimmer enjoyed long swims. My shoulders talked to me a little bit the first couple of weeks, but they toughened up!”

Mike had pleasant surprises both in the pool and during his ocean swims. “I set out to do a 100 IM, but, when I found that the first 25 yards of butterfly felt so easy and effortless, I decided at the wall to make it a 200 IM. So, I was surprised to find fly feeling so easy and effortless and I was very pleased to find that my 200 IM time was not slower than pre-COVID! And, my strength in the open water has felt remarkably stronger each time I get back in the water, including when swimming against the current.”

As for Karol, well, she had a different sort of surprise. “Little did I realize how sunburned I could get in 45 minutes! Next time I'll need to wear a rash guard. Lesson learned. It felt so nice to be back in the water, though. If nothing else, I can appreciate my extra buoyancy. Ha, ha!”

Looking back on our time away from swimming, we all realized even more how much we had missed the water and our teammates. I could relate to how Lisa and Megan summed it up. Lisa said, What I have missed most about the water is— EVERYTHING! The motion of swimming, the feeling of being immersed in the water, the good tired feeling after finishing a hard

set... and I love swimming outdoors for that special feeling of how the sunlight sparkles on the water while you're swimming. I've missed that, too!” Megan said, “I missed the *feel* of the water flowing around and past me while swimming. That feeling is truly like none other on this earth. I spent many laps just pushing off the wall in a streamline with and without kicking, relishing the sensation.”

Mark missed the alone time that swimming solo provides. “I simply missed my laps, that time when it is just me and myself and thoughts. One thing I love about swimming is that it is my time. No students, meetings—just me!! Secondly, I missed my teammates and our meets. Our meets are fun and social. Miss that a lot.”

Bill and Condit missed swimming with their friends, and both Mike and Ian missed the camaraderie of their Master's team. Sarah agreed, and said, “I missed seeing my Masters teammates. I'm so glad our little team started a Facebook group last winter so we could keep in touch through Facebook. We probably won't have formal practice at least until the fall (Virginia is on a slower "reopening" schedule than Georgia.)” She also added, “I really miss my coach telling me to kick more!”

Speaking of coaches, Ian said, “...I missed the enthusiasm and motivation of the coaches.” He also added, “I missed swimming in meets and challenging myself to go beyond my limits (tried that with running...didn't work so well). And lastly...I

missed that faint whiff of chlorine on my skin, hours after I finished swimming and took a shower!!” Britta agreed, saying she “lost my clean, chlorine smell.” She also missed her more regular practice times and schedule.

Finally, after all the stress, anxiety, frustration, and sadness so many of us surely have felt since COVID-19 struck, we can relate to what Stephanie expressed about being back in the water: “Swimming has always been my safe/happy/meditation so not being able to swim was a struggle. Swimming is the place I go to empty my mind, turn my brain off from everything but practice and just be. I’m unbelievably grateful to be able to swim again.”

*A special thanks to all of you for taking the time to respond to my questions. I appreciated it, and it was great to hear from you! This was a really fun article to write; my favorite of all!*



**Swimming Humor**

#89  
when you're at the pool with your non-swimmer friends and they all want to race you.  
swimmerprobs.tumblr.com

#193  
complaining about swimmers in movies because of their bad technique.  
swimmerprobs.tumblr.com





## *Upcoming Events*

<b>July 2020</b>			
15-31	Summer Fitness Challenge - 2k Swim		
<b>August 2020</b>			
<b>2*</b>	Georgia LMSC Zoom Conference call – contact Brita at <a href="mailto:brittaoleary@gmail.com">brittaoleary@gmail.com</a>	12-23	USMS Virtual National Championships
<b>September 2020</b>			
<b>TBA</b>	Georgia LMSC Annual Meeting (either in person or virtually)	23-27	USMS Convention – a virtual conference!

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

\*Dates in red are Georgia LMSC events.

## *Swim Websites*

ASL Silverking TRI-Masters	Swimasl.com
Athens Bulldog Swim Club	<a href="http://www.athensbulldogs.com">http://www.athensbulldogs.com</a>
Atlanta Rainbow Trout	<a href="https://www.atlantarainbowtrout.com">https://www.atlantarainbowtrout.com</a>
Atlanta Water Jocks	<a href="http://www.atlantawaterjocks.com">http://www.atlantawaterjocks.com</a>
Chastain Park Athletic Club	<a href="http://www.ChastainParkAthleticClub.org">www.ChastainParkAthleticClub.org</a>
Columbus Aquatic Club	<a href="http://www.swimhurricanes.com">http://www.swimhurricanes.com</a>
Concourse Athletic Club	<a href="http://wellbridge.com/concourse-athletic-club/sandy-springs">wellbridge.com/concourse-athletic-club/sandy-springs</a>
Cumming Waves Swim Team	<a href="http://www.cummingwaves.net">www.cummingwaves.net</a>
Decatur Family YMCA	<a href="http://ddy.ymcaatlanta.org">ddy.ymcaatlanta.org</a>
DeKalb Aquatics Masters	<a href="http://daqswim.com">http://daqswim.com</a>
Douglas County Stingreys	<a href="http://douglascountystingrays.org">douglascountystingrays.org</a>
Dynamo Swim Club Masters	<a href="http://dynamoswimclub.com">http://dynamoswimclub.com</a>
Fyns	<a href="http://www.fynsmasters.com">http://www.fynsmasters.com</a>
Great White Shark Aquatics	<a href="http://www.gwsaswim.com">www.gwsaswim.com</a>
John P. Thayer YMCA Masters Swim	<a href="http://Columbusymca.com">Columbusymca.com</a>
Savannah Masters	<a href="http://www.tlb975.wix.com/mastersswimming">http://www.tlb975.wix.com/mastersswimming</a>
Stingrays Masters Swimming	<a href="http://www.stingraysswimming.com">http://www.stingraysswimming.com</a>
Swim Gainesville	<a href="http://www.swimgainesville.com">www.swimgainesville.com</a>
Swim Macon Masters	<a href="http://www.swimmacon.com">www.swimmacon.com</a>
Tidal Wave Masters Swimming	<a href="http://tidalwaveswimming.com">tidalwaveswimming.com</a>
Tidal Wave Masters Swimming	<a href="http://tidalwaveswimming.com">tidalwaveswimming.com</a>
Windy Hill Athletic Club Masters	<a href="http://www.midtown.com/windyhill">http://www.midtown.com/windyhill</a>
Georgia Masters Swimming	<a href="http://www.georgiamasters.org">www.georgiamasters.org</a>
USMS Dixie Zone	<a href="http://www.dixiezone.org/links.htm">www.dixiezone.org/links.htm</a>
USMS	<a href="http://www.USMS.org">www.USMS.org</a>

<b>GEORGIA CLUBS</b>			
<b>NAME</b>	<b>ABBR</b>	<b>CONTACT</b>	<b>EMAIL</b>
Atlanta Rainbow Trout	ART	Shayne Lastinger	shayne.lastinger@comcast.net
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
Eagle Watch Eagles Masters	EWE	Brett Daniels	tricoachbrett2005@yahoo.com
Georgia Masters	GAJA	Lisa L Watson	lisa.watson@ung.edu
Global Adaptive Aquatics	GAA	Helmut Levy	swim@globaladaptiveaquatics.org
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
Kennesaw State University Masters	KSUM		
Life Time Swim Georgia	LTMS	Alicia Kockler	ryanbell@msn.com
Marietta Marlins	LINS	Larry Baskin	larry@larrybaskin.com
Nautical Milers Special Needs Team	NAUT	Patrick Thoreson	<a href="mailto:patrick_thoreson@yahoo.com">patrick_thoreson@yahoo.com</a>
Southern Eagle Aquatics	SEGA	Beau Caldwell	<a href="mailto:swimsega@gmail.com">swimsega@gmail.com</a>
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	<a href="mailto:joylohr@yahoo.com">joylohr@yahoo.com</a>
Tidal Wave Masters Swimming	TWMS	Andrew Baer	swimbaer@comcast.net
Wade Walker sharks	WWYS	Avel Lai Leung	<a href="mailto:Avel-laileung@comcast.net">Avel-laileung@comcast.net</a>
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	keith.berryhill@windyhillclub.com
Northwest YMCA Grayfins	YGF	Muriel Cochran	murielcochran@gmail.com
<b>GEORGIA SUPERTEAM (GAJA)</b>			
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	<a href="mailto:lisa.watson@gsc.edu">lisa.watson@gsc.edu</a>
Life Time Swim Alpharetta	ALPL	Ryan Moss	<a href="mailto:COCNAquaticsManager@lt.life">COCNAquaticsManager@lt.life</a>
Life Time Swim Atlanta	ATLL	Katie Payne	<a href="mailto:GAATAquaticsManager@lt.life">GAATAquaticsManager@lt.life</a>
Life Time Swim Johns Creek	JCL	Merrie Copeland	<a href="mailto:GAJCAquaticsManager@lt.life">GAJCAquaticsManager@lt.life</a>
Life Time Swim Sugarloaf	SUGL	William Breland	<a href="mailto:GASLAquaticsManager@lt.life">GASLAquaticsManager@lt.life</a>
Life Time Swim Woodstock	WSKL	Jonathan Sims	<a href="mailto:GAMBAquaticsManager@lt.life">GAMBAquaticsManager@lt.life</a>
Savannah Masters	SAVM	Donna Hooe	<a href="mailto:rdhooe1@juno.com">rdhooe1@juno.com</a>
Southside Seals	SSS	Rob Copeland	<a href="mailto:rob_copeland@comcast.net">rob_copeland@comcast.net</a>
Stingrays Masters	RAYS	Ian Goss	<a href="mailto:rayscoach@gmail.com">rayscoach@gmail.com</a>
Swim Atlanta Masters	SAMS	Scot Davis	<a href="mailto:sdavisswim1980@yahoo.com">sdavisswim1980@yahoo.com</a>
Swim Beyond the Boundaries	SBB	Mandi Bell	<a href="mailto:mandi@swimbeyond.com">mandi@swimbeyond.com</a>
Swim Macon Masters	SMM	Tana Selby	<a href="mailto:tanatanas@bellsouth.net">tanatanas@bellsouth.net</a>
Tidal Wave Masters Swimming	TWMS	Andrew Baer	<a href="mailto:swimbaer@comcast.net">swimbaer@comcast.net</a>

***Who Y'All Can Call***

<b>Name</b>	<b>Title</b>	<b>Phone</b>	<b>Email</b>
Rob Copeland	Long Distance	(678) 817-1602	<a href="mailto:rob_copeland@comcast.net">rob_copeland@comcast.net</a>
Pat Eddy	Coaches Chairge	(614) 670-1108	<a href="mailto:pateddy52@aol.com">pateddy52@aol.com</a>
Bob Kohmescher	Newsletter Editor	(770) 722-2192	<a href="mailto:bobk340@comcast.net">bobk340@comcast.net</a>
Elaine Krugman	Contributing Editor	(678) 603-1543	<a href="mailto:ekkrugman@gmail.com">ekkrugman@gmail.com</a>
Stephanie Lemmons	Social Media		<a href="mailto:snlemmons@gmail.com">snlemmons@gmail.com</a>
Bill Lotz	Member At Large	(404) 261-1906	<a href="mailto:blotz@mindspring.com">blotz@mindspring.com</a>
David Morrill	Safety	(770) 862-2533	<a href="mailto:latycar@latycar.org">latycar@latycar.org</a>
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Andy Rettig	Membership Coordinator	(678) 417-6411	<a href="mailto:arettig@gmail.com">arettig@gmail.com</a>
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**2020 USMS Top 10 SCY for Georgia LMSC – Preliminary**  
**Final list to be released in August**

**Women 25-29 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
10	<a href="#">200 Breast</a>	Lauren Minchew	29	WCYGF	Georgia	<a href="#">2:56.11</a>
8	<a href="#">200 Fly</a>	Lauren Minchew	29	WCYGF	Georgia	<a href="#">2:50.83</a>

**Women 30-34 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
4	<a href="#">200 Free</a>	Vesna Stojanovska	34	GAJA	Georgia	<a href="#">2:05.93</a>
7	<a href="#">500 Free</a>	Vesna Stojanovska	34	GAJA	Georgia	<a href="#">5:44.72</a>
10	<a href="#">1650 Free</a>	Lauren Harville	30	AWJ	Georgia	<a href="#">21:51.97</a>
9	<a href="#">200 Breast</a>	Vesna Stojanovska	34	GAJA	Georgia	<a href="#">2:49.12</a>
8	<a href="#">100 Fly</a>	Vesna Stojanovska	34	GAJA	Georgia	<a href="#">1:07.45</a>
3	<a href="#">200 Fly</a>	Vesna Stojanovska	34	GAJA	Georgia	<a href="#">2:20.35</a>
7	<a href="#">200 Fly</a>	Lauren Harville	30	AWJ	Georgia	<a href="#">2:43.89</a>
9	<a href="#">400 IM</a>	Vesna Stojanovska	34	GAJA	Georgia	<a href="#">5:08.27</a>

**Women 35-39 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
1	<a href="#">100 Free</a>	Britta O'Leary	35	AWJ	Georgia	<a href="#">53.34</a>
4	<a href="#">100 Free</a>	Laura S Templin	38	GAJA	Georgia	<a href="#">56.19</a>
7	<a href="#">500 Free</a>	Sarah M Chinn	35	GAJA	Georgia	<a href="#">5:52.89</a>
5	<a href="#">1000 Free</a>	Sarah M Chinn	35	GAJA	Georgia	<a href="#">11:56.29</a>
2	<a href="#">100 Back</a>	Britta O'Leary	35	AWJ	Georgia	<a href="#">1:03.91</a>
2	<a href="#">50 Breast</a>	Britta O'Leary	35	AWJ	Georgia	<a href="#">31.26</a>
1	<a href="#">100 Breast</a>	Britta O'Leary	35	AWJ	Georgia	<a href="#">1:09.84</a>
2	<a href="#">100 Breast</a>	Laura S Templin	38	GAJA	Georgia	<a href="#">1:10.17</a>
1	<a href="#">200 Breast</a>	Britta O'Leary	35	AWJ	Georgia	<a href="#">2:24.76</a>
4	<a href="#">50 Fly</a>	Laura S Templin	38	GAJA	Georgia	<a href="#">27.71</a>
2	<a href="#">100 Fly</a>	Britta O'Leary	35	AWJ	Georgia	<a href="#">1:02.38</a>
3	<a href="#">100 IM</a>	Laura S Templin	38	GAJA	Georgia	<a href="#">1:03.51</a>
1	<a href="#">200 IM</a>	Britta O'Leary	35	AWJ	Georgia	<a href="#">2:09.48</a>

**Women 45-49 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
10	<a href="#">200 Back</a>	Cathy W Jones	48	GAJA	Georgia	<a href="#">2:53.03</a>
8	<a href="#">400 IM</a>	Cathy W Jones	48	GAJA	Georgia	<a href="#">6:10.76</a>

**Women 50-54 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
4	<a href="#">50 Free</a>	Pam W Rogan	51	GAJA	Georgia	<a href="#">27.13</a>

1	<a href="#">200 Free</a>	Pam W Rogan	51	GAJA	Georgia	<a href="#">2:09.40</a>
3	<a href="#">1650 Free</a>	Pam W Rogan	51	GAJA	Georgia	<a href="#">20:09.15</a>
4	<a href="#">100 Breast</a>	Ann Colloton	51	AWJ	Georgia	<a href="#">1:17.70</a>
5	<a href="#">100 Fly</a>	Ann Colloton	51	AWJ	Georgia	<a href="#">1:10.82</a>
1	<a href="#">200 IM</a>	Ann Colloton	51	AWJ	Georgia	<a href="#">2:30.58</a>

**Women 55-59 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
5	<a href="#">200 Free</a>	Marianne Countryman	55	AWJ	Georgia	<a href="#">2:13.56</a>
2	<a href="#">500 Free</a>	Marianne Countryman	55	AWJ	Georgia	<a href="#">5:48.93</a>
1	<a href="#">1000 Free</a>	Marianne Countryman	55	AWJ	Georgia	<a href="#">11:43.89</a>
1	<a href="#">1650 Free</a>	Marianne Countryman	55	AWJ	Georgia	<a href="#">19:25.67</a>
6	<a href="#">100 Fly</a>	Marianne Countryman	55	AWJ	Georgia	<a href="#">1:11.08</a>
1	<a href="#">200 Fly</a>	Marianne Countryman	55	AWJ	Georgia	<a href="#">2:35.86</a>
7	<a href="#">200 IM</a>	Marianne Countryman	55	AWJ	Georgia	<a href="#">2:37.73</a>
2	<a href="#">400 IM</a>	Marianne Countryman	55	AWJ	Georgia	<a href="#">5:21.04</a>

**Women 60-64 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
8	<a href="#">100 Breast</a>	Jennifer Almand	61	AWJ	Georgia	<a href="#">1:26.39</a>
9	<a href="#">100 Fly</a>	Jennifer Almand	61	AWJ	Georgia	<a href="#">1:28.80</a>
5	<a href="#">200 IM</a>	Jennifer Almand	61	AWJ	Georgia	<a href="#">2:49.64</a>

**Women 65-69 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
8	<a href="#">50 Back</a>	Leslie J Landey	68	WCYGF	Georgia	<a href="#">36.95</a>
8	<a href="#">100 Back</a>	Leslie J Landey	68	WCYGF	Georgia	<a href="#">1:21.29</a>

**Women 75-79 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
7	<a href="#">400 IM</a>	Sue C Ottosen	75	GAJA	Georgia	<a href="#">11:59.84</a>

**Women 80-84 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
10	<a href="#">100 Free</a>	Sally Newell	82	GAJA	Georgia	<a href="#">1:58.11</a>
8	<a href="#">200 Free</a>	Sally Newell	81	GAJA	Georgia	<a href="#">4:00.25</a>
2	<a href="#">500 Free</a>	Sally Newell	81	GAJA	Georgia	<a href="#">10:15.69</a>
5	<a href="#">50 Breast</a>	Sally Newell	81	GAJA	Georgia	<a href="#">1:00.49</a>
5	<a href="#">100 Breast</a>	Sally Newell	81	GAJA	Georgia	<a href="#">2:15.70</a>
4	<a href="#">200 Breast</a>	Sally Newell	82	GAJA	Georgia	<a href="#">5:05.50</a>

**Men 18-24 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
6	<a href="#">500 Free</a>	Connor Cochran	21	WCYGF	Georgia	<a href="#">5:02.61</a>
2	<a href="#">1650 Free</a>	Connor Cochran	21	WCYGF	Georgia	<a href="#">17:35.19</a>

10	<a href="#">200 Back</a>	Amos Chan	24	ART	Georgia	<a href="#">2:21.68</a>
9	<a href="#">200 Breast</a>	Amos Chan	24	ART	Georgia	<a href="#">2:45.36</a>
9	<a href="#">400 IM</a>	Amos Chan	24	ART	Georgia	<a href="#">5:22.09</a>

**Men 25-29 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
5	<a href="#">1000 Free</a>	Matt W Jones	28	NAUT	Georgia	<a href="#">15:24.16</a>
8	<a href="#">1650 Free</a>	Matt W Jones	28	NAUT	Georgia	<a href="#">25:19.91</a>

**Men 30-34 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
2	<a href="#">50 Free</a>	Todd F Weyandt	32	GAJA	Georgia	<a href="#">21.65</a>
3	<a href="#">100 Free</a>	Todd F Weyandt	32	GAJA	Georgia	<a href="#">47.74</a>
4	<a href="#">50 Back</a>	Todd F Weyandt	32	GAJA	Georgia	<a href="#">25.94</a>
3	<a href="#">100 Back</a>	Todd F Weyandt	32	GAJA	Georgia	<a href="#">56.12</a>
2	<a href="#">200 Back</a>	Todd F Weyandt	32	GAJA	Georgia	<a href="#">2:05.26</a>
9	<a href="#">200 Breast</a>	Adam J Paul	30	ART	Georgia	<a href="#">2:40.09</a>
1	<a href="#">50 Fly</a>	Todd F Weyandt	32	GAJA	Georgia	<a href="#">23.29</a>
4	<a href="#">100 Fly</a>	Todd F Weyandt	32	GAJA	Georgia	<a href="#">52.33</a>
8	<a href="#">100 IM</a>	Todd F Weyandt	32	GAJA	Georgia	<a href="#">56.65</a>
6	<a href="#">200 IM</a>	John Snyder	33	GAJA	Georgia	<a href="#">2:09.24</a>
4	<a href="#">400 IM</a>	John Snyder	33	GAJA	Georgia	<a href="#">4:45.76</a>

**Men 35-39 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
4	<a href="#">50 Back</a>	Dan Snyder	35	GAJA	Georgia	<a href="#">25.59</a>
3	<a href="#">100 Back</a>	Dan Snyder	35	GAJA	Georgia	<a href="#">57.66</a>
2	<a href="#">50 Breast</a>	Dan Snyder	35	GAJA	Georgia	<a href="#">27.79</a>
3	<a href="#">100 Breast</a>	Dan Snyder	35	GAJA	Georgia	<a href="#">1:01.40</a>
5	<a href="#">200 Breast</a>	Dan Snyder	35	GAJA	Georgia	<a href="#">2:22.77</a>
7	<a href="#">50 Fly</a>	Dan Snyder	35	GAJA	Georgia	<a href="#">24.47</a>
3	<a href="#">100 IM</a>	Dan Snyder	35	GAJA	Georgia	<a href="#">55.12</a>
5	<a href="#">200 IM</a>	Dan Snyder	35	GAJA	Georgia	<a href="#">2:05.83</a>

**Men 40-44 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
3	<a href="#">50 Free</a>	Matthew J Mills	42	GAJA	Georgia	<a href="#">22.20</a>
4	<a href="#">100 Free</a>	Matthew J Mills	42	GAJA	Georgia	<a href="#">49.96</a>
6	<a href="#">200 Free</a>	Ramon Valle	43	AWJ	Georgia	<a href="#">1:53.59</a>
10	<a href="#">500 Free</a>	Ramon Valle	43	AWJ	Georgia	<a href="#">5:15.27</a>
2	<a href="#">1650 Free</a>	Ramon Valle	43	AWJ	Georgia	<a href="#">18:23.15</a>
9	<a href="#">50 Fly</a>	Matthew J Mills	42	GAJA	Georgia	<a href="#">24.61</a>
3	<a href="#">100 Fly</a>	Matthew J Mills	42	GAJA	Georgia	<a href="#">54.12</a>
3	<a href="#">100 IM</a>	Matthew J Mills	42	GAJA	Georgia	<a href="#">55.52</a>

**Men 50-54 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
6	<a href="#">1650 Free</a>	Kirk S Wimberly	51	WHA	Georgia	<a href="#">19:23.41</a>

**Men 60-64 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
9	<a href="#">200 Free</a>	Keith Berryhill	60	WHA	Georgia	<a href="#">2:09.46</a>
6	<a href="#">1650 Free</a>	Rob Copeland	63	GAJA	Georgia	<a href="#">20:58.17</a>
5	<a href="#">100 Fly</a>	David C Hildebrandt	64	AWJ	Georgia	<a href="#">1:04.17</a>
2	<a href="#">200 Fly</a>	Rob Copeland	63	GAJA	Georgia	<a href="#">2:33.80</a>
7	<a href="#">100 IM</a>	David C Hildebrandt	64	AWJ	Georgia	<a href="#">1:05.56</a>
6	<a href="#">400 IM</a>	Rob Copeland	63	GAJA	Georgia	<a href="#">5:34.05</a>

**Men 65-69 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
7	<a href="#">200 Fly</a>	Bob Cutrone	65	GAJA	Georgia	<a href="#">3:16.96</a>

**Men 70-74 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
8	<a href="#">200 Fly</a>	John V Zeigler	74	GAJA	Georgia	<a href="#">3:46.44</a>
10	<a href="#">400 IM</a>	John V Zeigler	73	GAJA	Georgia	<a href="#">7:30.87</a>

**Men 75-79 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
8	<a href="#">100 Fly</a>	Russ Callen	76	GAJA	Georgia	<a href="#">1:56.64</a>
5	<a href="#">200 IM</a>	Russ Callen	76	GAJA	Georgia	<a href="#">3:41.13</a>

**Men 80-84 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
6	<a href="#">100 Fly</a>	Craig Ray	81	GAJA	Georgia	<a href="#">3:03.75</a>
9	<a href="#">200 IM</a>	Craig Ray	81	GAJA	Georgia	<a href="#">5:30.96</a>

**Men 85-89 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
8	<a href="#">200 Back</a>	Alfred J Rogers	86	GAJA	Georgia	<a href="#">5:17.80</a>

**Men 90-94 SCY (2020)**

Place	Event	Name	Age	Club	LMSC	Time
1	<a href="#">200 Free</a>	Irwin W Stolz	90	GAJA	Georgia	<a href="#">4:41.22</a>