



Georgia Masters Newsletter

Swimming in Georgia

November 2021

Chair's Corner – November

Chair's Corner



Fall is in full swing. I am honest that I have been avoiding the lake the last few weekends and I am envying all of you that are still enjoying the cold outdoor waters around Georgia because you

are not as weak as me :)

Well, since I am swimming more indoors nowadays again, I am also excited for SCM season. Short Course Meters season is always a fun one. There aren't many meets that offer that pool length, there aren't that many swimmers interested in it, because it's not yards, and it's therefore much easier to make a Top 10 list. It all has its benefits to swim later in the year and around the holidays. Having said that, I hope to see many of you at the annual St Nicholas Invite at Georgia Tech in December. Meet info is further down in this newsletter.

Until then, Happy Thanksgiving!

HAPPY THANKSGIVING!!!

As the Thanksgiving holiday approaches, we have much to be thankful for- in addition to everyone's personal blessings, we can be thankful that we are swimming again and competition has returned. Speaking of competition, look below to see what's up next in Georgia!

Don't Miss These Events

St Nicholas SCM Invitational - December 12

The annual St Nick SC meters meet returns to Georgia Tech and will take place on Sunday, December 12 at the Herb McAuley Aquatic Center on the Tech campus. This meet is hosted by the Atlanta Rainbow Trout.

The meet will open at 9:00am for warmups with a meet start of 10:00am. Swimmers can swim up to five individual events. Entry fee is \$70, which covers facility and meet fees and also includes a parking pass. Due to COVID-19, the meet is limited to the first 150 entries.

Paper entries must be **received by December 1**
Online entries must be **received by 11:59pm on December 3**

The meet info is attached with this newsletter and can also be found on our Georgia Masters website at www.georgiamasters.org -just click on 'Meet Schedule' at the top of the page and St Nick will be the first event listed.

Thanks so much to the Trout for hosting this meet, as well as the LC meet that they held in September! Meet Director is Shayne Lastinger.

Meet Recaps

USMS LC Nationals

The 2021 LC Nationals were held late this year on October 7-10 in Geneva, Ohio.

There was a good turnout, considering COVID-19. We had four Georgia swimmers participating: Ramon Valle (45-AWJ); Dan Beatty (55-GAJA), Alfred Rogers (88-GAJA), and Dan Snyder (37-GAJA).

Ramon took 1st place in both the 400 and 800m free. Dan Beatty took 2nd in the 200 & 400m IM, 3rd in the 100m breast, 4th in the 50m breast, and 6th in the 50m back. Alfred placed 2nd in the 200m back & 400m free, and 4th in the 100m back. Dan Snyder placed 2nd in the 50m back & 50m fly, 3rd in the 50m free & 50m breast, and 4th in the 100m free & 100m breast.

Collins Hill SCM – October 24

The first developmental meet held since February 2020 was the Collins Hill SCM Developmental meet, hosted by the Killer Whales, which took place on October 24. A small but eager group of swimmers was on hand to compete, representing the Andrew & Walter Young YMCA (AWYY), Douglas County Stingrays (DCS), Georgia Killer Whales (GMKW) and several Unattached.

Ages of the competitors ranged from 18-82. We had one swimmer who travelled from Tennessee to participate in the meet! Thanks to the volunteers who helped to put on this meet!

Referee: Ed Saltzman

Timers: Kai Smith, Michelle Wondaferew, Lisa Watson

You can find the meet results on the Georgia Masters website at www.georgiamasters.org . For questions, contact Meet Director Lisa Watson at lisa.watson@ung.edu.

13th Annual Rowdy Gaines SCM Masters Classic - Orlando

The meet at the Orlando Rosen YMCA Pool ran three days, October 15-17. Georgia was represented by Gina Grant, age 23, Nautical Milers, David Hildebrandt, 66, Atlanta Water Jocks, and John Zeigler, 76, Georgia Masters. Former Georgia swimmers also attended, David Miller and Andy Dyer.

Gina won the 800 freestyle, 200 backstroke, and 200 butterfly for 18-24 age group, and second in three other races.

David Hildebrandt won the 50 breast, 25 fly, and 100 meter fly, taking second in five other races in the 65-69 age group.

John Zeigler broke the meet record in the 400 meter Individual Medley for 75-79 men. John won the age group high point award, a snow globe swim trophy with 257 points. John won eight gold medals, four silvers, and two bronze medals.

Other News

2022 USMS Registration

Individual USMS registration opened up on November 1. All currently registered swimmers should have received notices from USMS to renew their membership. Your current membership will expire on December 31, so renew your membership as soon as possible! You can easily renew on the USMS website at www.usms.org. For questions about registration, please contact our Georgia Membership Coordinator **Mark Rogers** at mlrogers_98@yahoo.com. All clubs who were registered with members in 2020 have now been renewed by the Georgia LMSC.

Swimmer Profile –Bruce Johnson

By Elaine Krugman



Before writing one of my Swimmer Profile features, I typically request an interview via e-mail and conduct the interview by phone. I have a list of questions as a framework for the interview, and they often lead to other questions once the interview is underway.

In the case of Bruce Johnson, he offered to “put together a summary of ‘facts’ and send it” to me, so I would have some idea of his background. Three and a half pages (2,249 words) later, I had a complete “Swimmer Profile” on my computer screen! I could have easily sent it off to Bob Kohmescher as is, canceled the interview, and been done! That would have been too easy and no fun, though. My favorite part about doing these profiles is getting to know my subject better; so, I forged ahead, conducted the interview, and asked a few questions during our delightful conversation that he hadn’t thought of first.

As it turns out, Bruce Johnson earned a degree in Journalism, worked as Managing Editor for *Water Polo Scoreboard* magazine, and Editor of *Khamsat*, a quarterly journal about desert-bred Arabian horses. He was also a technical writer at the nuclear plant where he worked.

Here, then, is Bruce Johnson in his own words, and in mine...

Bruce started his swimming career by learning how to swim in the late ‘50s at the Green Spring Valley Hunt Club, in Owings Mills, Maryland. “You learned to be fast since the pool was spring-fed with the water entering at what I was told as 48 degrees! We were kids and didn’t know better, thinking all pools were like this!” He doesn’t remember many adults lollygagging in the water for very long.

It wasn’t until Bruce’s family moved to Newport Beach, California, in 1962, that Bruce got any formal swim training. During the summer before entering high school, he participated in a city swim league that was coached by the new Newport Harbor High School swimming and water polo coach. Bruce had planned to try out for the football team, but after school started, he was spotted by his summer swim coach who asked why he wasn’t at water polo practice. Bruce replied that he was trying out for football, and the water polo coach said, “Not any longer! Be at the pool tomorrow [afternoon].” Being a high school freshman, Bruce did what he was told!

The freshman ended up playing water polo and competing on the swim team for all four years of high school—the last three coached by a different coach, Bill Barnett. During Bruce’s senior year, he started for the varsity water polo team. They won the California Interscholastic Championship and were ranked the #1 high school water polo team by *Water Polo Scoreboard* magazine. Coach Barnett ultimately went on to coach the United States Olympic Water Polo Team to a Silver Medal, in 1988, and a fourth-place finish, in 1992.

Following high school graduation, Bruce attended and swam at California State University Fullerton, for two years, where he earned three Division II All-American swim awards in the 1650 and 500 freestyle events. At the conference championships his sophomore year, Bruce was tasked with swimming the 200 fly, since he didn’t have anything else to swim that day of the meet. It was the first time he had ever swum the event, and he turned in a 2:10 time with no training!

Reflecting back on his high school and college swimming days before swimming goggles became available, Bruce said, “Homework was performed after workouts squinting through large fuzzy circles around every light due to the effects of the chlorine on the eyes.”

Bruce wasn’t attending college on a scholarship, so he left swimming after his sophomore year, so he could get a job to pay for his education. Bruce did play water polo for 4 years with the college team,

however, which earned a third-place finish at the 1971 NCAA Championships, after defeating the defending National Champions in the first round.

During his college senior year, Bruce took an assistant swim coach job at the AAU (now USS) team at his former high school. He went on to coach both swimming and water polo at Saddleback Valley Aquatics, followed by stints at Cerritos Aquatics and Servite High School, in Southern California.

After several years of coaching, Bruce joined the US Navy where he was ultimately stationed in San Diego. During a training period there, he found time to swim and even competed in an early Masters swim meet, setting a San Diego County Masters Record for his 25-29 age group in the 200 IM. “It was funny then and now since I am the world’s worst breaststroker!” he laughed.

While in the navy, Bruce’s swimming skills came in very good use on one occasion when the navy destroyer he was working aboard was testing an exercise anti-submarine torpedo just off the coast of his hometown. The 8-to-10-foot swells were too large for the torpedo retrieval boat to get close enough to snag it, so there was a shout out for a volunteer to jump off the destroyer to retrieve it. Being the very strong ocean swimmer that he was, Bruce offered himself up for the task. A line was tied around him, he jumped off the destroyer, swam out to the torpedo, and the

crew hauled him back in with torpedo in hand!

Following his four years in the Navy, Bruce's work took him to Arizona and away from the water for about twelve years. He then returned to swimming for exercise and to lose weight. Soon, he realized that he had missed the routine and sense of satisfaction when swimming challenging sets. He met some other Masters swimmers at the pool and started competing in Arizona meets, in 1992, improving enough to enjoy multiple National Top 10's in distance events. In all, he racked up 20 individual and four relay Top 10's, between 1992 and 1996.

Bruce also kept very busy competing in open water with the other Masters swimmers from his Litchfield Park pool, in Arizona. The group started with a 2-mile swim in Lake Pleasant, in 1995, which Bruce won beating all of the other swimmers to the finish line. That whetted his appetite for some longer swims, including the Newport Beach Pier to Pier 1.8-mile swim, the USMS National Championship 10-mile Swim up the coast from the Huntington Beach Pier to the Seal Beach Pier, the Long Beach 3-mile Swim ("It felt like a sprint after the 10 miler the previous week!"), and the 12-mile swim around Coronado Island, in San Diego. At the 10-mile race, Bruce was told the ocean's water temperature that day was 63 degrees, which was almost 25 degrees colder than the pool temperatures he was used to in his training pool! Bruce earned a

first-place finish in his age group and a case of hypothermia when he finished!

To fit in long-distance training to accomplish those swims while working a full-time schedule, Bruce found a clever solution. As he explained, "I was able to take an hour of vacation every day, Monday through Friday. That way, I could do two-a-day workouts when the pool opened at 6:00 am, [swim] until 7:00, and still be at work, which was about 40 minutes away; and, then workout in the afternoon."

Work commitments left Bruce with little time to continue his 10,000-yard training sessions, so he transitioned his workouts to focus on fitness, and he stopped competing. He continued, however, to run the weekly swim workouts for the Litchfield Park Masters group for eight years.

Following retirement and a move to Clermont, Georgia, in 2014, Bruce stopped swimming again. "I felt that the pool was too far away to justify the time spent driving back and forth. I reconsidered this position after the bathroom weight scale started sounding alarms, so I started swimming at the Frances Meadows Aquatic Center, in Gainesville, Georgia, in September of 2016," he said.

Describing his current swim group, Bruce said, "We have a tiny group of mostly 60+ year-old swimmers, and we call ourselves the 'Olympic Nopefuls!' We swim Monday through Friday for about an hour and a quarter, starting at 5:00 am. Our workouts are designed for fitness, and we do almost

entirely freestyle workouts. Additionally, the words ‘kick’ and ‘sprint’ are known as four-letter words, so we never do that; although, fins are allowed in every set if you like.”

Evidently, dryland training is also something Bruce curses, because when asked if he does any to supplement his swimming workouts, he simply replied, “I mow the lawn!” which turns out includes 12 acres of pasture and woods.

Bruce does have a grueling workout that he likes to do in the pool, however, and it began as a punishment set ordered by his high school coach. As he remembered, “In my senior year in high school, I was cast in a musical, and our rehearsal ran really late. I arrived at the pool at the same time the rest of the swim team was getting out, having finished their workout for the day. Coach Barnett was really mad! He told me to warm up, and then do 20 x 200 freestyle swims @ 2:30. This was 1969, and we had never approached that level of continuous high intensity work or that short of an interval. Everyone left, and I swam back and forth alone. Fortunately, it was April, so there was enough light out, and I didn’t have to swim in the pitch-black darkness! I survived the workout, but confess I had to swim the last four as a continuous swim! Ever since then, I have used that 20 x 200 freestyle workout as a metric to test my fitness. I went back and swam that workout in the new pool at my 50th high school reunion. I also swam it successfully on my 70th birthday at Frances Meadows in April; although, for both of these swims, I added

30 seconds to the interval and used pull buoys and paddles as aids. “After all, that was 50 years and about 60 pounds ago!”

Bruce’s goal going forward is to keep swimming that 20 x 200’s set on the 3:00 interval for the next ten years!

You have to really like swimming to do that type of a set, and Bruce says, “...Challenging yourself to do some really hard workouts to see if you can still make them” is what he enjoys most about being in the pool.

The camaraderie of swimming with his fellow “Olympic Nopefuls” is his favorite thing about Masters. “I also appreciate the yard-tracking (Go the Distance) aspect of the [USMS.org] website, so I can keep track of whether I am doing better or worse than at the same time last year.” As of this writing, Bruce has enjoyed logging in a lot of yardage in the Go the Distance Fitness Log. Currently, he is ranked 5th of 39 Georgia swimmers registered on the site. Keep up those 20 x 200’s, Bruce!

Passing of a Georgia Masters Legend – Anne Dunivin

By Elaine Krugman



I just returned home from the pool today (November 15) to a phone message from Anne Dunivin's daughter, Virginia Merritt, that Anne Dunivin died "peacefully and joyfully" on November 10 at age 105. For those of you who didn't know her, she was the sweetest and most positive person you could ever know. She was a role model for all who knew her, and I know I wasn't the only person to tell her, "I want to grow up to be just like you!"

One of my favorite non-swimming memories of Anne was visiting her in the hospital after she had surgery following a chair aerobics injury (the chair slipped, and she fell). She was all smiles; and, according to Virginia, the first question Anne had asked the doctor was, "When I can I get back in the pool?" The other favorite was celebrating her 100th birthday with her, and when I told her she looked great, she replied, "Well, I don't feel like I'm 100; I feel good!"

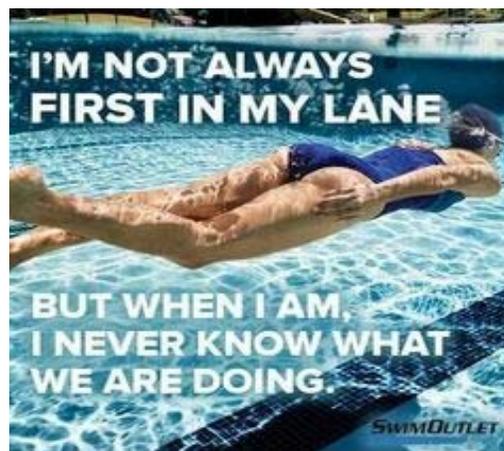
My all-time favorite swimming memory of Anne was at the 2016 UGA long course meet when she set a record for being the first woman to swim the 200 meter freestyle in the 100-104 age group. USMS had to add that age group to the software!

150 meters into the swim, Virginia was concerned that Anne wouldn't make it and thought I should stop her so nothing bad would happen. We were at the far end of the pool, and I convinced her to let Anne swim, because she was doing great, looked strong, and was doing what she loved to do. When Anne reached the wall for her last turn, she took one look up at us, and with the most determined look I had ever seen, spun around in a quick open turn and headed for home. (It's as if she had known what we were talking about and was determined to prove her wrong!). At the end of her 200, Anne evidently forgot where she was in the race, because she turned around and kept going! At the same time, Mark Rogers and I both leaped in the pool to stop her, so she wouldn't swim another 100 meters! I tapped her on the head and said, "Anne, you are all done! You set the record!" She just smiled and swam back to the edge of the

pool. The crowd went nuts; she was a rock star!

A memorial service will be held after the holidays. I will make sure to pass along any information I receive.

Swimming Humor



Upcoming Events

December 2021			
14	Georgia LMSC monthly Zoom meeting	12*	St. Nicholas SCM Invitational @ Georgia Tech Meet entry attached.
January 2022			
TBA	Georgia LMSC monthly Zoom meeting	1	National Hour Swim Postal Championships – Through February 1
February 2022			
TBA	Georgia LMSC monthly Zoom meeting	1-15	USMS Winter Fitness Challenge – 30 minute swim
12-13	Southeast Zone SCY Championship - Auburn		
March 2022			
TBA	Georgia LMSC monthly Zoom meeting	*6	W Gwinnett Park SCY Developmental Meet
19-20	St Petersburg, FL – SCY	*26-27	St Patrick’s Day SCY Invitational at Dynamo
April 2022			
TBA	Georgia LMSC monthly Zoom meeting	7-10	Y Nationals SCY – Orlando, FL
28	USMS SC Nationals – San Antonio, TX		

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

ARP Blue Tides	https://www.augustaga.gov/DocumentCenter/View/12491/ARP-Blue-Tides-flyer
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 Stingrays	www.swimdcs.com
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

**For more information about the clubs and teams,
Visit www.georgiamasters.org**

Name	Abbr	Contact	Phone	Email
GEORGIA CLUBS				
Atlanta Rainbow Trout	ART	Jake Macks	(602) 821-2677	jake.macks@gmail.com
Atlanta Water Jocks	AWJ	Lorenzo Benucci	(404) 353-2952	lbenucci@gmail.com
Camden PSA Masters	CAST	John Eife	(407) 212-2410	jdeife@co.camden.ga.us
Chastain Park Athletic Club	CPAC	Star Brackin	(404) 841-9196	masters@chastainparkac.org
Columbus Aquatic Club	HURM	Andrew Beggs	(610) 742-8114	andrew.t.beggs@gmail.com
Concourse Athletic Club	CONC	Chris Nasser	(770) 713-3694	swim@concoursemasters.com
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	(770) 736-3512	
Dutch Island Dolphins	DID	Joyce Bustinduy		jobustinduy@gmail.com
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	(706) 322-8269	sbalkcum@ymcacolumbusga.com
Kennesaw State University Masters	KSUM	Cheryl Richardson	(615)828-9206	bricha89@kennesaw.edu
Nautical Milers Special Needs Team	NAUT	Patrick Thoreson	(770) 289-0235	patrick_thoreson@yahoo.com
Southern Eagle Aquatics	SEGA	Beau Caldwell	(614) 440-1660	swimsega@gmail.com
Spartans Aquatic Masters Club	SAMC	Kris Kester		spartanscoachkarl@gmail.com
Summer Hill Orcas Swim Club	SHOC	Kaleigh Shook	(706) 835-7604	summerhillrec@gmail.com
Swim Gainesville	SG	Joy Kelleher	(904) 955-7344	joylohr@yahoo.com
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	(770) 657-1851	keith.berryhill@windyhillclub.com

GEORGIA SUPER TEAMS - GAJA				
Georgia Masters	GAJA	Lisa L Watson	(770) 497-1901	lisa.watson@ung.edu
Athens Bulldog Swim Club	ABSC	Craig Page	(706) 461-8288	craigwpage@gmail.com
Augusta Recreation & Parks Blue Tides	ARP	Barbara Ingold	(815) 370-7722	arpbluetides@gmail.com
Douglas County Stingreys	DCS	Jarrod Hunte	(352) 804-2106	coachjrodhunte@gmail.com
Dynamo Swim Club Masters	DYNA	Rebecca Carpenter		rebecca@dynamomultisport.com
Georgia Masters Killer Whales	GMKW	Danny Palma	(770) 548-7562	danny@buckheadaquatics.com
Savannah Masters	SAVM	John Denion	(912) 655-6589	jmd7362@gmail.com
Southside Seals	SSS	Rob Copeland	(404) 667-7902	rob_copeland@comcast.net
Stingrays Masters	RAYS	Michael Soderlund	(678) 877-1306	rebecca@dynamomultisport.com
Swim Beyond Atlanta	SBA	Mandi Bell	(404) 450-4956	mandi@swimbeyond.com
Swim Macon Masters	SMM	Jason Michael	(478) 474-9689	mrbreaker66@gmail.com
Warner Robins Aquanuts	WHA	Daniel Murray	(478) 714-8246	dmurray54.dm@gmail.com
LIFE TIME SWIM				
Life Time Swim Alpharetta	ALPL	Aquatics Manager	(678) 327-2623	GAALAquaticsManager@lt.life
Life Time Swim Atlanta	ATLL	Aquatics Manager	(678) 832-2323	GAATAquaticsManager@lt.life
SWIM ATLANTA MASTERS				
Swim Atlanta Masters-Cumming	SAMS	Andrew Rogers	(770) 888-0010	
Swim Atlanta Masters-Georgia Tech	SAMS	Clarín Ellard	(678) 230-4248	coachclarin@gmail.com
Swim Atlanta Masters-Hamilton Mill	SAMS	Mary Tripp	(678) 889-2039	

Swim Atlanta Masters-Johns Creek	SAMS	Elizabeth Stowe	(770) 232-7227	
Swim Atlanta Masters-Marietta	SAMS	Pat Eddy	(614) 670-1108	pateddy52@aol.com
Swim Atlanta Masters-Roswell	SAMS	Andy Griffin		andy@swimatlanta.com
Swim Atlanta Masters-Sugarloaf	SAMS	Scot Davis	(678) 442-7946	scot@swimatlanta.com

GEORGIA SUPER TEAMS - YMCA				
YMCA of Metro Atlanta	ATLY	Becky Shipley	(678) 569-9622	beckys@ymcaatlanta.org
Andrew & Walter Young YMCA Masters	AWYY	lilonga Thandiwe	(404) 523-9622	linz.t@mindspring.com
Decatur Family YMCA	DFY	Beth Costello	(404) 377-9622	bethc@ymcaatlanta.org
G.Cecil Prueett Community Center YMCA				
J.M Tull-Gwinnett Family YMCA				
McCleskey-East Cobb Family YMCA				
Summit Family YMCA				-

Who Y'All Can Call

Name	Title	Phone	Email
Rob Copeland	Long Distance	(678) 817-1602	rob_copland@comcast.net
	Coaches Chair		
Elizabeth Giesecking	Member At Large		elizabeth@giesecking.us
Bob Kohmescher	Newsletter Editor	(770) 722-2192	bobk340@comcast.net
Elaine Krugman	Contributing Editor	(678) 603-1543	ekkrugman@gmail.com
Britta O'Leary	LMSC Chair	(636) 295-3222	brittaoleary@gmail.com
Mark Rogers	Membership Coordinator		mlrogers_98@yahoo.com
Leann Rossi	Diversity & Inclusion Chair		swimfastatlanta@gmail.com
Ed Saltzman	Treasurer, Records, Meet Sanctions, Communications	(770) 442-9075	swimsalt@bellsouth.net
Jeff Tacca	Member At Large	(404) 256-0733	jtacca@comcast.net
Lisa Watson	Vice-Chair	(770) 497-1901	lisa.watson@ung.edu
Karol Welling	Secretary	(770) 631-9195	krw83@mindspring.com
John Zeigler	Fitness	(770) 972-7981	jvzeigler@bellsouth.net



Hosted by: Atlanta Rainbow Trout
Meet Director: Shayne Lastinger

USMS Sanction #: 451-S003
Date: December 12th, 2021

Time: The meet will have warm-ups start at 9AM; meet starts at 10AM.

Facility: Georgia Tech Campus Recreation Center (CRC). 10 Lanes, Short-Course Meters 10 Lanes for warm-up/warm-down continuously running through the meet. <http://www.crc.gatech.edu/aquatics/>

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1; but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

A separate warm up pool will be available throughout the meet.

Address: 750 Ferst Dr NW, Atlanta, GA 30318. A Parking pass is included in the registration fee. The pass is good for parking along Tech Parkway, behind the Aquatic Center. Closer lots are available at an hourly rate. Please see a parking pass attendant at the back entrance of the CRC (along tech parkway) for a parking pass.

Eligibility: The meet is open to all persons 18 years and older as of December 12th, 2021. Your age on December 31, 2021 determines your age at the meet. USMS REGISTRATION IS REQUIRED. If you are not registered, your application can be accepted at the meet. **Please include a copy of your USMS card with your registration.**

Covid-19: Due to the pandemic, we will only accept the first 150 registrants. We will follow CDC guidelines and provide updates within one week of the event regarding spectators, and locker room policies.

Events: Swimmers may enter up to 5 individual events per day and 3 relays.

Awards: Ribbons will be awarded for 1st, 2nd, and 3rd places. Individual High point winners will receive an award.

Timing: Touchpads/electronic timing with hand/stopwatch backup. Times will count toward USMS Records and Top Ten.

Scoring: Top eight finishers will score as follows: 20, 17, 16, 15, 14, 13, 12, 11 for Individual events and 40, 34, 32, 30, 28, 26, 24, 22 for relays.

Fees: \$70 covers facility and meet costs.

Seeding: All events will be seeded in advance and slowest to fastest. Men and Women will be seeded together based on time.

Relays will be deck-seeded and relay heat/lane assignments posted at the meet. Psych sheets will be posted at www.georgiamasters.org around December 10th (depending on the number of late entries being processed).

Relays: Entries for events 3-5 will be due at 9:30 AM. Entries for events 21-23 will be due at 12:30 PM.

Entry deadline: Paper entries must be received by Wednesday, December 1st. Mailed entries received after that date will be assessed a \$10 late fee. No new heats will be created to accommodate late entries.

ENTER ONLINE at https://www.ClubAssistant.com/club/meet_information.cfm?c=2176&smid=13543 until December 3rd at 11:59PM. No late fee with online registration!



Include a copy of your USMS Card!

Last Name:		First Name:		Middle Initial:
Date of birth:	USMS#:	Team/Club Affiliation (NOT GAJA):		
Gender:	Email address:			

Circle the event number, and provide your best Short-Course Meter (25M) time for each event you plan to enter. No deck entries will be accepted for Individual events. Maximum of 5 individual events per day. **400 IM, 400 & 800 Free limited to the first 10 entries.**

Warm ups 9 AM; Meet Starts 10AM.					
#	EVENT	Time (00:00:00)	#	EVENT	Time (00:00:00)
1	800 Free		13	100 Back	
2	400 IM		14	50 Fly	
3	Women 200 Free Relay		15	200 Free	
4	Men 200 Free Relay		16	100 Breast	
5	Mixed 200 Free Relay		17	200 Fly	
6	50 Breast		18	50 Free	
7	100 Free		19	200 Back	
8	100 Fly		20	100 IM	
9	50 Back		21	Women 200 Medley Relay	
10	200 Breaststroke		22	Men 200 Medley Relay	
11	200 IM		23	Mixed 200 Medley Relay	
12	Exhibition Reindeer Relay			400 Free	

Payment Info:
Meet Entry Fee:
\$70.00

Make Checks Payable to: **Atlanta Rainbow Trout**
Mail to: Atlanta Rainbow Trout, 43 Ivy Ridge NE, Atlanta, GA 30342

Paper Entry must be received by Wednesday, November 13th.

Online entry: https://www.ClubAssistant.com/club/meet_information.cfm?c=2176&smid=13543

Questions? Email Shayne.lastinger@comcast.net

Must sign USMS Liability Release on Back of Entry



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 acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 or have traveled to or from a highly impacted area, I will not attend an Event for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the USMS coach or club administrator immediately.
5. 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.
6. 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	



USMS COVID-19 Attendee Screening Form

The following form is based on CDC guidance and must be completed by all attendees (swimmers, volunteers, officials, and facility staff) in the 24 hours prior to the event and submitted prior to entering the facility. If the answer to any of these questions is yes, the participant shall not attend the event unless clearance is given by their medical provider.

Name Printed		Date	
Name Signature		Temperature	
In the past 48 hours, have you had any of the following symptoms?			
Yes <input type="checkbox"/> No <input type="checkbox"/>	Fever of 100.4 F (38 C) or above	Yes <input type="checkbox"/> No <input type="checkbox"/>	Cough
Yes <input type="checkbox"/> No <input type="checkbox"/>	Trouble breathing, shortness of breath, or severe wheezing	Yes <input type="checkbox"/> No <input type="checkbox"/>	Muscle aches
Yes <input type="checkbox"/> No <input type="checkbox"/>	Chills or repeated shaking with chills	Yes <input type="checkbox"/> No <input type="checkbox"/>	Sore throat
Yes <input type="checkbox"/> No <input type="checkbox"/>	Loss of sense of smell or taste, or a change in taste	Yes <input type="checkbox"/> No <input type="checkbox"/>	Headache
Yes <input type="checkbox"/> No <input type="checkbox"/>	Nausea, vomiting, or diarrhea		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Within the past 14 days, have you been in close proximity (6 feet or closer for a cumulative total of 15 minutes) to any individual who tested positive for COVID-19 or has symptoms consistent with COVID-19?		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Are you isolating or quarantining because you may have been exposed to a person with COVID-19 or are worried that you may be sick with COVID-19?		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Are you currently waiting on the results of a COVID-19 test?		

The event host shall keep all original USMS COVID-19 Attendee Screening Forms for no less than 90 days following the completion of the event or until directed by USMS to dispose of them.