



# Dixie Zone News

October - December 1994

## USMS DIXIE ZONE MEETING

Zone Representative  
Scott Rabalais  
950 S. Foster Dr. #29  
Baton Rouge, LA 70806  
(504)928-5596 (Phone/FAX)

Zone Recorder  
Rocky Motter  
108 Tiffany Rd.  
Bristol, TN 37620  
(615)652-1998

*(The following report was compiled from the Dixie Zone Meeting minutes taken by Zone Recorder Rocky Motter.)*

A meeting of the Dixie Zone Committee was held on September 30, 1994 in Kansas City, Missouri at the USMS convention. Those in attendance were:

**Florida:** Meegan Wilson, Catie Cooper, Charles Kohnken, Jerry Glancy

**Florida Gold Coast:** June Krauser, Lil Haneman, Judy Bonning, Carl House, Randy Nutt

**Georgia:** Lisa Watson

**North Carolina:** Ceil Blackwell, George Simon, Krista Phillips

**South Carolina:** Joe Kurtzman

**Southeastern:** Pat Wilson, Elleen Schappel, Rocky Motter, Mary Lee Watson

**Southern:** Barbara Bower, Scott Rabalais (Zone Representative)

Scott Rabalais opened the meeting by reviewing a newly-written list of USMS Dixie Zone **policies** (see enclosed). After a clarification regarding the Zone Rep's fee payments to convention, a motion was made to accept the Zone's Policy Statement as read. It was seconded and approved.

It was noted that the zone **newsletter** is published four times per year for the purpose of communicating among the LMSCs and from the national office to the LMSCs. The newsletter is currently published in January, April, July, and October. It is distributed to all the Dixie Zone teams, the LMSC chairmen and newsletter editors, and those LMSC representatives in attendance at the annual Dixie Zone meeting.

Rocky Motter apologized for omitting two meets from the recently-distributed 1994 SCY Dixie Zone **Top Ten & Records**. The corrections are contained within this newsletter. It was recommended that newsletter editors remind swimmers that any times achieved outside of the Dixie Zone (except in National Championships), be forwarded to Rocky. Sanction chairmen for meets in Dixie Zone should also add to their instructions to meet directors to send a copy of the meet's final results to Rocky. A suggestion was made to place the swimmers' club and/or LMSC designation in the Dixie Zone Top Ten. Rocky said she would attempt to add another field to the current program. She thanked all for their cooperation.

The three Zone **championship meets** held over the past year went very well, with Anderson having 134 swimmers, Raleigh with 225, and St. Petersburg with 170. The Dixie Zone Short Course Meters Championships for 1994 will be held at the University of New Orleans on December 9-11. An entry form to the SCM Championships is enclosed, and all Dixie Zone clubs and swimmers are invited to attend.

Bids were received from the following sites for 1995 championship meets. All were approved.

1995 Short Course Yards	St. Patrick's Day Meet (3/18-19)	Atlanta, GA
1995 Long Course Meters	Southern LCM Champs (7/28-30)	Baton Rouge, LA
1995 Short Course Meters	Electric City Invitational (11/4-5)	Anderson, SC

*(SCM site/date approved is tentative pending approval from Anderson meet officials.)*

A schedule of upcoming Dixie Zone meets was compiled (see enclosed calendar). Meet Directors should send in meet information or a meet entry form ASAP to Scott Rabalais so that the meet may be listed in the national calendar.

The financial statement was reviewed. To date, the balance from the USMS allotment is \$17.06. The balance of the separate Dixie Zone account is \$414.10, with approximately \$170.00 in income still to come from Zone Long Course Championships (St. Petersburg).

Finally, Judy Bonning distributed a coaching survey and asked the attenders to give to their coaches. Scott Rabalais informed the committee that he would serve one more year as Zone Representative and then step down as of next year's election.

### **GENERAL CONVENTION NEWS**

\*The 1996 USMS Short Course Championships will be held in Cupertino, California at DeAnza Community College. The Long Course Championships will be staged in Ann Arbor, Michigan at the University of Michigan. National qualifying times will continue to be in effect, but will be based on previous year's national top ten plus 10%.

\*For all FINA competitions and for World Record considerations, age will be determined by one's age as of December 31 of the year of competition. No change to USMS rules!

\*Relay splits may now count for records and top ten purposes when timed with automatic electronic timing.

\*The "Planner" will be published again by the marketing committee in 1995. A USMS clothing line has been developed by Kastaway manufactures. A brochure will be mailed to all USMS members.

\*A first-rate leadership workshop was run featuring talks on fund raising, marketing, running an event, and incorporation of fitness ideas into a Masters program.

\*A sports-medicine workshop included lectures on workout content, nutrition, freestyle stroke technique, and medical aspects of Masters swimming.

\*Todd Samland of Omaha Masters won the 1994 Coach-of-the-Year award. The *Gulf Masters Newsletter* was named the winner of the first USMS Newsletter-of-the-Year award.

## **USMS DIXIE ZONE POLICIES**

### **Dixie Zone Committee**

The Dixie Zone Committee consists of the Dixie Zone Representative and the voting delegates from the following LMSCs: Florida, Florida Gold Coast, Georgia, North Carolina, South Carolina, Southeastern, and Southern. The USMS Dixie Zone Committee shall meet annually at the United States Aquatic Sports Convention.

### **Zone Representative**

The business of Dixie Zone shall be conducted by the Dixie Zone Representative. The Zone Representative is elected to a two-year term in odd-numbered years by the Dixie Zone Committee. The Zone Representative's expenses to the convention shall be paid by the Zone's LMSCs. Amount to be paid by each LMSC is determined by the percentage of Dixie Zone members in each respective LMSC as of July 1. Expenses reimbursed include round-trip coach air fare, 1/2 hotel room cost, and ground transportation cost. The Representative's convention registration fee shall be paid from the Dixie Zone account.

### **Newsletter**

A Dixie Zone newsletter shall be published on a regular basis to Dixie Zone clubs, convention delegates, and Dixie Zone LMSC chairmen and newsletter editors. Other copies are sent to the National Office, the USMS President, Zone Chairman and Zone Representatives.

### **Top Ten & Records**

A Dixie Zone Top-Ten & Records shall be tabulated and maintained by the Zone Recorder. The Recorder shall be appointed by the Zone Representative. Top Ten & Records shall be maintained in three courses: short course yards, long course meters, and short course meters. Swims by Dixie Zone members at all sanctioned or recognized meets inside or outside the Dixie Zone shall be considered for Zone Top Ten and Records purposes. All meet directors in the Dixie Zone are asked to send a copy of their final results to the Zone Recorder. Zone Top Ten & Records are sent to the Dixie Zone clubs, convention delegates, and LMSC chairmen and newsletter editors.

### **Zone Championship Meets**

Three Dixie Zone Championship meets shall be held each year, one in each course. The championship meet sites for the following year shall be selected at the convention. A brief presentation will be allowed by each meet wishing to be considered as a Zone championship. Meets will be selected in the following order: SCY, LCM, and SCM. If necessary, a written vote by the Zone Committee will determine the meet site. No LMSC shall be eligible to host a championship meet in the same course in two consecutive years, unless no other bids are considered.

The Dixie Zone shall promote the championship meets by mailing a copy of the meet's entry form to the Zone clubs and LMSC chairmen and newsletter editors. The Zone championship meets shall also be submitted for listing in the Calendar of Events in SWIM Magazine. In return, a \$1.00 entrant surcharge shall be charged to the meet, payable to the Dixie Zone for assistance in handling the affairs of the Zone. It is requested that this fee be paid within thirty days after the meet.

### **Financial**

Two financial accounts shall support the activities of the Dixie Zone:

- a) The USMS Dixie Zone allocation (currently \$325.00), which is not a "carry-over" amount;
- b) The Zone championship meets funds, that is, monies raised through the \$1.00/entrant fee at Zone championship meets.

A reporting of financial activity shall be made by the Zone Representative at the Zone Committee meeting, and shall be published annually in the Dixie Zone newsletter.

### **Awards Across America**

The Awards Across America program has been established to channel unused and donated swimming awards to underprivileged and needy children. Donated awards shall be packaged and shipped to recipient agencies at Zone expense.

# 1994 DIXIE ZONE FINANCES

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USMS ALLOTMENT \$325.00

EXPENSES 66.23  
125.74  
69.99  
46.98

(Zone News & Top Ten -  
Printing & Postage)

TOTAL EXPENSES 308.94

BALANCE 17.06

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## ZONE ACCOUNT (Oct '93 to Sep '94)

BALANCE BROUGHT \$414.10  
FORWARD FROM '93

INCOME 134.00  
225.00

SCM Championships, Anderson  
SCY Championships, Raleigh

TOTAL INCOME 359.00

EXPENSES 45.64  
34.80  
38.80  
8.41  
24.30  
52.00  
75.00  
29.58  
26.85

Recorder's Expenses  
Zone News Postage 10/93  
Zone News Printing 10/93  
Phone Expense - Zone Rep 11/93  
Top Ten/Records Printing 11/93  
Top Ten/Records Postage 11/93  
Zone Rep Conv. Reg. 7/94  
LCM Champs Entry Postage 7/94  
AAA Postage 7/94

TOTAL EXPENSES 335.46

CURRENT BALANCE 437.64

Yet to be received: LCM Champs Zone fee (\$170.00)

**Dixie Zone  
Meet Calendar  
1994-95**

**October 29, 1994**

Juno Beach, FL  
Sea Dragon Monster Mash (SCM)  
Gina Mavigliano, Sea Dragon Masters, 861  
Tony Penna Drive, Jupiter, FL 33458  
(407)745-0842

**November 5-6**

Anderson, South Carolina (SCM)  
Electric City Invitational  
Steve Wycoff, Sheppard Swim Center, 1115  
Cornelia Rd., Anderson, SC 29621  
(803)260-5170

**November 12**

Delray Beach, Florida (SCM)  
Top Ten Challenge  
Scott Barlow, 2503 Seacrest Blvd., Delray  
Beach, FL 33444  
(407)278-7174

**November 19**

Baton Rouge, Louisiana (SCY)  
Crawfish Masters 7th Annual Thanksgiving  
Pentathlon  
Scott Rabalais, 950 S. Foster Dr. #29, Baton  
Rouge, LA 70806  
(504)928-5596

**December 2-4**

Fort Lauderdale, Florida (SCY)  
Gold Coast Invitational  
Stu Marvin, ISHOF, 501 Seabreeze Blvd., Ft.  
Lauderdale, FL 33316  
(305)468-1580

**December 3**

Charlotte, North Carolina (SCM)  
MAC Masters Fall Classic  
Rick Fenton, 9850 Providence Rd., Charlotte,  
NC 28277  
(704)846-5335

**December 9-11**

New Orleans, Louisiana (SCM)  
1994 Dixie Zone Short Course Meters  
Championships  
Janice Roth, UNO Lakefront Arena Pool, New  
Orleans, LA 70148  
(504)286-7238

**January 28-29, 1995**

Charlotte, North Carolina (SCY)  
MAC Masters Sunbelt Championships  
Rick Fenton, 9850 Providence Rd., Charlotte,  
NC 28277  
(704)846-5335

**February 18-19**

Charleston, SC (SCY)  
Palmetto Masters Invitational  
David Parler, PO Box 490, Folly Beach, SC  
29439  
(803)588-9012

**March 18-19**

Atlanta, Georgia (SCY)  
St. Patrick's Day Meet/Dixie Zone SCY  
Champs.  
Lisa Watson, 804 Howell Ct., Duluth, GA  
30136  
(404)497-1901

**March 25-26 (tentative)**

Greensboro, North Carolina (SCY)  
Frank Clark Masters Open  
Karen Shore, PO Box 4582, Greensboro, NC  
27404  
(910)299-7754

**April 22-23**

Raleigh, North Carolina (SCY)  
North Carolina Masters Short Course  
Championships  
Ceil Blackwell, c/o RAM, PO Box 19845,  
Raleigh, NC 27619  
(919)787-8324

**July 28-30**

Baton Rouge, Louisiana (LCM)  
1995 Dixie Zone LCM Championships  
Scott Rabalais, 950 S. Foster Dr. #29, Baton  
Rouge, LA 70806  
(504)928-5596

**August 12-13**

Atlanta, Georgia (LCM)  
Georgia Masters Long Course Meet (LCM)  
Lisa Watson, 804 Howell Ct., Duluth, GA  
30136  
(404)497-1901



Women 19-24  
 Jessica Hulnik 22  
 1000 Free - 12:54.38, 1st  
 Gina Navigliano 23  
 200 I.M. - 2:41.04, 8th

Women 25-29  
 Paige Harper 28  
 50 Free - 26.95, 8th  
 50 Breast - 33.84, 2nd  
 100 Breast - 1:14.99, 4th  
 100 I.M. - 1:10.09, 7th  
 Cheryl Simmons 26  
 500 Free - 8:09.75, 6th  
 1000 Free - 12:39.91, 3rd  
 200 Breast - 2:49.44, 4th  
 200 Fly - 2:42.50, 2nd  
 200 I.M. - 2:33.13, 8th  
 400 I.M. - 5:24.63, 7th

Women 30-34  
 Karen Bash 30  
 200 Breast - 2:58.35, 6th

Women 35-39  
 Dianne Schmidt 35  
 50 Free - 28.52, 9th  
 100 Back - 1:12.10, 3rd  
 Linda Gould 38  
 1000 Free - 18:54.05, 9th  
 Donna Russell 35  
 50 Breast - 39.49, 6th  
 200 Breast - 3:22.85, 8th  
 200 I.M. - 3:05.77, 10th

Women 40-44  
 Virginia Getz 41  
 200 Back - 4:09.07, 8th  
 Sandra Cathey 44  
 50 Breast - 39.8, 8th  
 100 Breast - 1:27.54, 9th  
 200 Breast - 3:08.70, 4th  
 1000 Free - 14:14.36, 3rd  
 200 I.M. - 2:51.84, 7th  
 400 I.M. - 6:00.52, 5th

Women 45-49  
 Vicki Buccino 47  
 100 Free - 1:13.35, 6th  
 1000 Free - 14:07.87, 3rd  
 50 Breast - 44.75, 10th  
 100 Breast - 1:38.85, 6th  
 50 Fly - 37.96, 8th  
 Sandra Cathey 45  
 1000 Free - 14:09.55, 2nd  
 200 Back - 2:54.80, 2nd  
 50 Breast - 40.35, 5th  
 200 Breast - 3:07.76, 3rd  
 400 I.M. - 6:04.96, 2nd  
 Diana Mmahaffey 47  
 1000 Free 16:12.59, 6th  
 Susan Nalder 46  
 50 Back - 42.38, 7th

Women 50-55  
 Patricia Arnold 54  
 200 Free - 3:18.28, 7th  
 500 Free - 8:49.74, 7th  
 1000 Free - 17:17.83, 4th  
 200 Back - 3:43.93, 3rd  
 50 Breast - 50.98, 7th  
 100 Breast - 1:50.49, 5th

Women 55-59  
 Barbara Bower 56  
 100 Free - 1:21.62, 6th  
 200 Free - 3:01.20, 5th  
 1000 Free - 18:38.18, 2nd  
 50 Back - 46.74, 7th  
 200 Back - 3:35.34, 4th  
 Jackie Gothard 59  
 500 Free - 10:46.32, 6th  
 100 Breast - 2:15.52, 9th

Women 60-64  
 Barbara Owens 64  
 100 Free - 1:28.77, 5th  
 100 Back - 1:47.13, 5th  
 50 Breast - 48.92, 1st  
 100 Breast - 1:48.84, 1st  
 50 Fly - 48.83, 5th  
 100 Fly - 1:47.41, 2nd  
 200 I.M. - 3:37.86, 3rd  
 Betty Russo 62  
 1000 Free - 22:58.80, 7th  
 100 Back - 2:13.61, 9th  
 200 Back - 5:00.24, 9th

Women 65-69  
 Claire Roach 66  
 50 Free - 46.84, 7th  
 200 Free - 4:07.27, 6th  
 500 Free - 11:35.27, 4th  
 100 Back - 2:17.80, 7th

200 Back - 4:57.20, 8th  
 50 Breast - 1:17.33, 7th  
 50 Fly - 1:09.08, 4th  
 100 I.M. - 2:26.24, 7th  
 June Krauser 67  
 100 I.M. - 1:27.81, Record

Women 75-79  
 Ruth Hamilton 79  
 50 Free - 1:00.88, 9th  
 200 Free - 4:38.89, 4th  
 500 Free - 12:46.87, 4th  
 1000 Free - 25:53.81, 4th  
 100 Back - 2:42.81, 7th  
 200 Back - 6:11.16, 8th  
 100 Breast - 3:37.89, 5th  
 200 Breast - 7:22.78, 4th  
 50 Fly - 1:17.59, 4th  
 100 I.M. - 2:44.73, 8th

Men 19-24  
 Tynaro Diaz 19  
 50 Free - 22.46, 4th  
 50 Breast - 29.95, 4th  
 200 I.M. - 2:15.88, 4th

Men 25-29  
 Mark MacDonald 26  
 100 Free - 49.87, 5th  
 200 Free - 1:53.09, 4th  
 50 Breast - 29.96, 6th  
 100 Breast - 1:06.43, 5th  
 50 Fly - 25.60, 8th  
 Bob Fulton 28  
 1000 Free - 12:00.52, 3rd  
 100 Fly - 1:00.00, 9th  
 400 I.M. - 4:57.54, 7th  
 L.J. Schmitt 25  
 1000 Free - 14:02.50, 4th  
 200 Back - 2:26.08, 10th  
 400 I.M. - 5:49.15, 9th  
 Andy Deichert 26  
 50 Back - 25.83, 2nd  
 50 Breast - 27.88, 1st  
 100 Breast - 1:01.82, 1st  
 100 I.M. - 1:00.03, 9th  
 Neil Harper 28  
 50 Breast - 28.38, 2nd  
 100 Fly - 53.98, 1st

Men 35-39  
 Bud Ernst 35  
 1000 Free - 14:30.41, 10th  
 Terry Jaynes 38  
 100 Back - 1:01.41, 7th  
 50 Fly - 24.84, 5th

Men 40-45  
 Steve Hack 44  
 1000 Free - 11:37.61, 2nd  
 100 Back - 1:03.32, 5th  
 Christopher Russ 40  
 100 Breast - 1:15.14, 10th  
 200 Breast - 2:49.88, 8th

Thomas Proctor 44  
 50 Back - 31.64, 10th

Tarn Thompson 41  
 50 Free - 24.09, 7th  
 50 Back - 29.55, 8th  
 50 Fly - 25.57, 4th  
 100 Fly - 58.94, 5th  
 100 I.M. - 1:01.62, 10th

Bruce Mallette 41  
 50 Back - 26.38, 1st  
 200 Back - 2:05.13, Record  
 400 I.M. - 4:25.83, Record

Men 45-49  
 William Babcock 45  
 50 Free - 24.93, 3rd  
 200 Free - 2:04.33, 4th  
 1000 Free - 11:16.33, 1st  
 200 Breast - 2:49.52, 7th  
 100 Fly - 1:03.64, 3rd  
 400 I.M. - 4:58.50, 2nd

John Lane 47  
 1000 Free - 12:26.44, 3rd

Men 55-59  
 Douglas Holmes 57  
 100 Back - 1:27.01, 7th  
 100 Breast - 1:24.08, 4th  
 200 Breast - 3:06.00, 3rd  
 100 I.M. - 1:21.18, 10th  
 200 I.M. - 2:59.59, 7th

Men 60-64  
 Sherwin Drobner 64  
 50 Free - 27.99, 6th  
 50 Back - 36.93, 7th  
 200 Breast - 3:23.08, 5th  
 Larry Shannon 61  
 200 Free - 2:29.14, 6th  
 500 Free - 7:14.14, 6th  
 200 Fly - 3:07.59, 3rd  
 Clarke Mitchell 61  
 50 Free - 28.56, 8th  
 50 Breast - 37.30, 4th  
 Thomas Koenig 62  
 50 Free - 29.62, 10th  
 50 Back - 36.36, 5th  
 100 Back - 1:13.43, 2nd  
 200 Breast - 3:08.74, 8th

Men 65-69  
 Richard Daniel 68  
 1000 Free 17:06.70, 1st  
 100 Back - 1:42.20, 10th  
 200 I.M. - 3:40.60, 5th  
 Vester Boone 68  
 200 Free - 3:09.88, 7th  
 1000 Free - 17:33.22, 2nd  
 100 Breast - 1:43.80, 5th  
 200 I.M. - 3:41.88, 6th

Men 70-74  
 Norman Hedrick  
 100 Free - 1:18.18, 6th  
 100 Back - 2:06.16, 9th  
 Elmer Frost 71  
 1000 - 20:03.92, 4th  
 100 Back - 1:55.20, 7th  
 200 Back - 5:17.21, 10th  
 50 Fly - 53.40, 7th  
 100 I.M. - 1:43.28, 7th

Men 75-79  
 William Charlton 77  
 500 Free - 14:38.37, 8th  
 100 Back - 3:19.16, 9th  
 200 Back - 7:23.01, 5th  
 Maurice Stern 77  
 1000 Free - 19:58.79, 2nd  
 Mike Offner 79  
 50 Back - 52.41, 5th  
 50 Breast - 46.73, 3rd  
 Russ Witte 77  
 50 Free - 35.29, 6th  
 50 Fly - 52.90, 2nd

Men 80-84  
 William Grant 80  
 50 Back - 49.16, 1st  
 100 Back - 1:53.04, 2nd

# RELAYS

Women - 200 Medley 55-64  
 Bolts - 3:58.84, 5th  
 Men - 200 Free 55-64  
 Bolts - 2:39.39, 7th  
 Men - 200 Medley 65-74  
 Bolts - 3:06.18, 2nd  
 Mixed 200 Free  
 35-44 Bolts - 2:07.87, 8th  
 45-54 Bolts - 3:05.48, 7th  
 55-64 Bolts - 2:59.74, 7th  
 65-74 Bolts - 3:12.42, 4th  
 Mixed 200 Medley  
 19-24 Bolts - 2:01.84, 7th  
 65-74 Bolts - 3:47.73, 3rd

CORRECTIONS -  
 1994 DIXIE ZONE  
 SCY TOP TEN

# 1994 SOUTHERN MASTERS SHORT COURSE METER CHAMPIONSHIP DECEMBER 9-11,1994

## 1994 DIXIE ZONE SHORT COURSE METER CHAMPIONSHIPS

SANCTION BY: SOUTHERN MASTERS SWIMMING FOR USMS, INC. # 244-007

LOCATION: UNIVERSITY OF NEW ORLEANS LAKEFRONT ARENA POOL - (504)286-7238  
NEW ORLEANS, LA. 70148

HOST: NEW ORLEANS AQUATICS, INC.

DATES AND: FRIDAY DECEMBER 9, 1994; WARM-UP 5:00 PM, EVENTS 6:00 PM  
TIMES SATURDAY DECEMBER 10, 1994; WARM-UP 8:00 AM, EVENTS 9:00 AM  
SUNDAY DECEMBER 11, 1994; WARM-UP 8:00 AM, EVENTS 9:00 AM

ELIGIBILITY: ALL PARTICIPANTS MUST BE REGISTERED WITH UNITED STATES MASTERS  
SWIMMING. MINIMUM AGE IS 19 YEARS BASED ON AGE ON DECEMBER 11, 1994.

RULES: 1994 USMS RULES SHALL GOVERN THE MEET.

FACILITIES: INDOOR, 8 LANE, 25 METER COURSE IN A 50 METER POOL. A 25 YARD COURSE  
SEPARATE FROM THE 25 METER COURSE WILL BE AVAILABLE THROUGHOUT THE  
MEET. DEPTH OF 25 METER COURSE IS 6 TO 12 FEET.

REFEREE: JOHN ROTH

MEET DIRECTOR: JANICE ROTH - 104 YELLOWSTONE STREET - KENNER, LA 70065.  
- PHONE W(504)286-7238, H(504)469-3119.

TIMING: COLORADO 4000 WITH AUTOMATIC TOUCHPADS AND A 8 LANE SCOREBOARD, WITH 1  
BUTTON AND 1 WATCH AS BACKUP.

AWARDS: PARTICIPATION AWARD; TOP 3 TEAMS; TOP SCORER MEN AND WOMEN IN EACH AGE  
GROUP.

DUE DATE: ENTRIES MUST BE RECEIVED BY THE MEET REFEREE BY THURSDAY  
DECEMBER 1, 1994.

SEND ENTRIES TO:  
JOHN ROTH - MEET REFEREE (504)469-3119  
104 YELLOWSTONE ST.  
KENNER, LA. 70065

INCLUDE A COPY OF YOUR 1994 USMS REGISTRATION CARD WITH THE ENTRY.

HEAT SHEETS: EVERYONE PARTICIPATING IN THE MEET WILL RECEIVE A COPY OF THE HEAT  
SHEET AND FINAL RESULTS.

LATE ENTRIES: ONLY IN OPEN LANES AND AT THE DISCRETION OF THE REFEREE

SCORING: IND. 9-7-6-5-4-3-2-1  
RELAYS 18-16-14-12-10-8-6-4-2

AGE GROUPS: IND. 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54 ETC.  
RELAYS - 76-99, 100-119, 120-159, 160-199, 200-239 ETC.

FOOD/DRINK: THERE WILL BE A CONCESSION STAND OPEN DURING THIS MEET FOR YOUR  
CONVENIENCE.

FEE: COST FOR THE FULL 3 DAY PARTICIPATION IS \$26.00. FOR THOSE WISHING TO  
SWIM THE 1500 FREE ON FRIDAY ONLY THE FEE IS \$7.00. \$1.00 OF THE FEE  
GOES TO DIXIE ZONE

"MAKE CHECKS PAYABLE TO: NEW ORLEANS AQUATICS, INC."

SEEDING: ALL EVENTS ARE TIMED FINALS AND WILL BE SEEDED SLOWEST TO FASTEST BY  
ENTRY TIMES SUBMITTED. ONLY THE 1500 AND 400 FREESTYLE EVENTS WILL BE  
DECK SEEDED WITH A CHECK IN TIME OF 30 MINUTES PRIOR TO THAT EVENT.  
TO KEEP THESE EVENTS MOVING, MEN AND WOMEN MAY BE COMBINED BY THE MEET  
REFEREE.

#### ORDER OF EVENTS

##### FRIDAY DECEMBER 9, 1994

women	men	event
1	2	1500 Freestyle

##### SATURDAY DECEMBER 10, 1994

women	men	event
3	4	100 I.M.
5	6	200 Freestyle
7	8	100 Butterfly
9	10	50 Breaststroke
11	12	400 I.M.
13	14	100 Backstroke
15	16	50 Freestyle
17	18	200 Breaststroke
19	20	200 Freestyle Relay
21	22	200 Mixed Freestyle Relay

##### SUNDAY DECEMBER 11, 1994

women	men	event
23	24	100 Freestyle
25	26	200 Butterfly
27	28	50 Backstroke
29	30	200 I.M.
31	32	100 Breaststroke
33	34	50 Butterfly
35	36	200 Backstroke
37	38	200 Medley Relay
39	40	200 Mixed Medley Relay
41	42	400 Freestyle

HOTELS: IT IS SUGGESTED THAT YOU STAY IN THE METAIRIE AREA.  
HERE IS A LIST OF SUGGESTED ACCOMMODATIONS:

LANDMARK HOTEL	2601 SEVERN AVE.	504-888-9500
HOLIDAY INN	I-10 SERVICE RD	504-833-8201
LA QUINTA INN	I-10 SERVICE RD	504-835-8511

IF YOU HAVE ANY QUESTIONS PLEASE CALL JANICE ROTH AT THE ARENA POOL  
PHONE: (504) 286-7238



## ENTRY FORM

## 1994 SOUTHERN MASTERS AND DIXIE ZONE SHORT COURSE METERS CHAMPIONSHIP

DECEMBER 9-11, 1994 \*\*\* UNO LAKEFRONT ARENA POOL

NAME \_\_\_\_\_ AGE (AS OF 12-11-94) \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY/STATE \_\_\_\_\_

ZIP CODE \_\_\_\_\_ PHONE \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ USMS# \_\_\_\_\_

TEAM NAME \_\_\_\_\_ ABBREVIATION \_\_\_\_\_

Please circle desired event numbers for individual events. Limit is 5 individual events per day. Enter times in best SHORT COURSE METER TIMES, use NT if you have no seed time. All relays are automatic with sufficient number of swimmers entered.

FRIDAY DECEMBER 9, 1994

women	men	event	seed time
1	2	1500 Freestyle	_____

SATURDAY DECEMBER 10, 1994

women	men	event	seed time
3	4	100 I.M.	_____
5	6	200 Freestyle	_____
7	8	100 Butterfly	_____
9	10	50 Breaststroke	_____
11	12	400 I.M.	_____
13	14	100 Backstroke	_____
15	16	50 Freestyle	_____
17	18	200 Breaststroke	_____
19	20	200 Freestyle Relay	*****
21	22	200 Mixed Freestyle Relay	*****

SUNDAY DECEMBER 11, 1994

women	men	event	seed time
23	24	100 Freestyle	_____
25	26	200 Butterfly	_____
27	28	50 Backstroke	_____
29	30	200 I.M.	_____
31	32	100 Breaststroke	_____
33	34	50 Butterfly	_____
35	36	200 Backstroke	_____
37	38	200 Medley Relay	*****
39	40	200 Mixed Medley Relay	*****
41	42	400 Freestyle	_____

## MASTERS CHAMPIONSHIP LIABILITY RELEASE FORM

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide and be governed by the rules of USMS."

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

FEES: 3 DAY MEET: \$26.00 \_\_\_\_\_  
 1500 ONLY: \$ 7.00 \_\_\_\_\_

A COPY OF YOUR 1994 USMS REGISTRATION CARD MUST ACCOMPANY THIS FORM. ENTRY DEADLINE IS DECEMBER 1, 1994. PLEASE SIGN THE LIABILITY RELEASE AND ENCLOSE CHECK PAYABLE TO NEW ORLEANS AQUATICS, INC. WITH YOUR ENTRY. FOR ENTRY CONFIRMATION PLEASE ENCLOSE A SELF-ADDRESSED POST CARD.

MAIL ENTRY TO: JOHN ROTH, MEET REFEREE  
 104 YELLOWSTONE ST.  
 KENNER, LA. 70065

## AROUND THE DIXIE ZONE

**Florida** - Welcome to its newest club, Winter Haven Masters Swim Team. Coached by Jim Granger, they have about 15 members.

**Florida Gold Coast** - The 12.5 Mile Annual Swim Around Key West attracted over 70 competitors ranging in age from 20 to 77 years, who took part in several divisions: solo, 3 person relay, 6 person relay, and mask/snorkel/fins.

**Georgia** - Killer Whale Eddie Wolpaw was named Georgia State Games Athlete of the Year by Georgia's Lt. Governor. Swimming since age nine, Eddie helps produce the Georgia Masters Newsletter, organizes monthly Killer Whale meetings, and teaches swimming to Special Olympians.

**North Carolina** - Answer these NC newsletter crossword puzzle questions:

6.214 miles equals \_\_\_\_ meters

LMSC newsletter for NC - first word

Site: 94 International SCM Championships

*Ceil Blackwell has the answers!*

**South Carolina** - Heather Reed, SC newsletter editor, gives her new address as 742 Collette St., James Island, SC 29412. She welcomes articles, anecdotes, and suggestions.

**Southeastern** - Greater Pensacola Aquatic Club welcomed 71 swimmers to their Octoberfest Invitational. GPAC led the pack with Y-Bolts and Crawfish Masters finishing next in team scoring.

**Southern** - Ron Murlin of Elmwood Sharks elected new chairman, filling a 2-year term recently made vacant. Crawfish Masters have 33 swimmers complete 10K Swim in September.

*Dixie Zone News  
c/o Scott Rabalais  
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Baton Rouge, LA 70806*

