

Zone Representative  
Scott Rabalais  
950 S Foster Dr #29  
Baton Rouge, LA 70806  
Phone/FAX (504)928-5596  
CompuServe 76202,2203

# *Dixie Zone News*

## January - March 1995

Zone Recorder  
Rocky Motter  
3 Wando Circle  
Hertford, NC 27994

### SCY CHAMPIONSHIPS

The Dixie Zone Short Course Yards Championships are being held at the Dynamo Community Swim Center in Atlanta, Georgia on March 18-19. An entry form is printed in this newsletter.

The meet begins Saturday at 10:00 am with the 1650 Freestyle. Other events begin at 1:30 pm on Saturday. Sunday's events kick off at 9:30 am.

All entries must be received by March 9. There are a limited number of spaces available in the 1650 Freestyle on a first-come, first-served basis.

Meet Director Lisa Watson invites all Dixie Zone swimmers to participate in this annual St. Patrick's Day affair. Join your fellow Dixie Zone swimmers after the meet on Saturday for carbo-loading and attitude adjustment. For further information, call Lisa at (404)497-1901.

### NEW ORLEANS HOSTS SCM MEET

The 1994 Dixie Zone Short Course Meter Championships were held at the University of New Orleans Lakefront Arena Pool on December 9-11. Hosted by New Orleans Aquatics, the meet hosted 102 swimmers from 18 teams. Leading the team scoring was Ultra-Sport YBolt Masters with 1807 points. Crawfish Masters finished second with 807; Elmwood Sharks placed third with 746. Bama Masters, from Birmingham, made a strong showing, finishing fourth with 450 points.

Several world records were set at the meet. June Krauser, Gold Coast Masters, led the women with a world record in the 400 IM (65-69), swimming 7:18.55. Paul Hutinger of St. Petersburg Masters broke four world records in the 70-74 age group. His 50 Back (35.71), 100 Back (1:21.74), 200 Back (2:59.92), and 50 Fly (35.25) broke the existing standards. Steve Heck, Crawfish Masters, swam a 2:23.69 in the 200 IM to set a new record in the men's 45-49 age group.

A national record was set by Scott Guthrie, UNAT, in the 50 Breast. His time of 33.99 eclipsed the former record in the 50-54 age group. Steve Heck continued his record setting with a 5:14.02 national best in the 400 IM. The Crawfish Masters 400 Free Relay of Adam Werth, Steve Heck, Wade Riddick, and Dean Przymus established a national record time of 3:49.64 in the men's 120+.

High-point winners were as follows:

#### AGE

19-24  
25-29  
30-34  
35-39  
40-44  
45-49  
50-54  
55-59  
60-64  
65-69  
70-74  
75-79  
80-84

#### FEMALE (TEAM)

Allison Landry (ES)  
Dianne Batson (BAMA)  
Linda Tucker (CRAW)  
Cindy Hale (NOA)  
Karlene Wise (TXAM)  
Vicki Buccino (BOLT)  
Margie Hutinger (SPM)  
Patricia Arnold (NOA)  
Jackie Gothard (BOLT)  
June Krauser (GOLD)  
Margaret Brou (BOLT)  
Yvonne Frischhertz (NOA)  
Ruth Hamilton (BOLT)

#### MALE (TEAM)

L.J.Schmitt (BOLT)  
Keith Limbird (BOLT)  
Robert Gonzales (BOLT)  
Hugh Fleming (BOLT)  
Steve Heck (CRAW)  
Bob Reimers (ES)  
Robert Knight (CRAW)  
Dick Bower (BOLT)  
Richard Daniel (BOLT)  
Paul Hutinger (SPM)  
Maurice Stern (BOLT)

## **DIXIE SCM CHAMPIONSHIPS**

The Electric City Invitational, the popular annual meet in Anderson, South Carolina, has been named the 1995 Dixie Zone Short Course Championship Meet. The date of the meet has been tentatively set for December 2-3, pending the scheduling of the Carolina Panthers (NFL) football games. The entry form will be published in the July zone newsletter. For further information, call Steve Wycoff at (803)260-5170.

## **CHAIRMAN ON COMPUSERVE**

Your Zone Representative, Scott Rabalais, is now a member of CompuServe. You may send any meet information, comments, and suggestions to him by e-mailing to 76202,2203. Masters swimming is also on Compuserve in the Health & Fitness Forum. Check out over 50 interesting articles.

## **RECORDER'S NEW ADDRESS**

Rocky Motter, our Dixie Zone Recorder for records and top ten times, has relocated. Please send all meet results to her at **3 Wando Circle, Hertford, NC 27994**. Rocky's next publication will be the 1994 Dixie Zone SCM Top Ten and Records. All SCM meet results should be in Rocky's hands already, or ASAP.

## **AROUND THE LMSCs**

**FLORIDA** - The Florida LMSC newsletter has a fabulous new look, thanks to Jim Donnelly, recently-appointed editor. The Suncoast Masters have an interesting idea for expediting swimmer re-registration. Anyone who renews before December 4 receives a team swim cap -- free! Catherine Cooper has retired from service as registrar and tabulations chairman after ten years of service. The Florida LMSC honored "Catie" with a plaque.

**FLORIDA GOLD COAST** - FGC members will be featured in the MasterSpeak page of the March-April issue of SWIM Magazine answering, *"What do you eat before you compete?"* Also, Carl House's material on "Celebrating Coaches" will be highlighted on the "Splashes!" page. FGC swimmers Colin Hampton, Babbie Fielding, and Cullen Bullock are quoted, praising their coaches and clubs.

**GEORGIA** - Georgia Masters is hosting the 1995 USMS One Hour Postal Championships. Bill Black, chairman of the event, reports that the t-shirt slogan is "...our finest hour." Entries are due on February 10. Bill Black has also organized a new fitness event, Century Swim. The entry form was printed in the Jan/Feb issue of SWIM. Georgia Masters hopes to see you at the Zone Champs in March!

**NORTH CAROLINA** - North Carolina sadly reports the passing of Charless LeBourgeois, who died November 17, 1994. Charless moved to Raleigh in 1986, after being a Masters swimming pioneer in Louisiana in the 70s and 80s. He was an outstanding athlete, participating in Masters meets, long distance swims, and triathlons. He was a USMS All American in pool and long distance swims. He is survived by his wife, Penny, and two sons.

**SOUTH CAROLINA** - From their fall newsletter, South Carolina reports that LMSC members Tom Mather of Mt. Pleasant and Ginger Gregory of Isle of Palms qualified for the U.S. team at the U.S. National Amateur Triathlon Championships. Tom's top ten overall finish qualified him to represent the U.S. at the World Championships in New Zealand.

**SOUTHEASTERN** - Since 1992, Oak Ridge Masters has awarded a special trophy at the Southeastern Championship meet in memory of Dr. John P. Crews. Crews was co-founder of the Oak Ridge Club and until his death in 1992, was one of the top swimmers in Oak Ridge Masters. For the third consecutive year, the award went to Pat Wilson, Shoals Sharks Masters, for winning the men's 100 yard freestyle in the 50-54 age group.

**SOUTHERN** - The Southern LMSC is gearing up for another February Fitness Challenge. With last year's participation at 832, 1995 may be the year for breaking the 1000-swimmer barrier! Southern claims that participating in the "FFC" will promote "world fitness": If YOU become more fit, your community becomes more fit. If your community becomes more fit, our nation becomes more fit. And thus, a more fit world!

### **MISCELLANEOUS NOTES**

Nominations for USMS President, Vice-President, Secretary, and Treasurer are due February 28. If you wish to nominate someone, contact Betsy Durrant at (804)422-6811.

**ATTENTION! THE NATIONAL OFFICE HAS NOT YET RECEIVED 1993 REPORTS FROM THE FOLLOWING LMSCs:**

**FINANCIAL  
SOUTHERN  
SOUTH CAROLINA  
FLORIDA GOLD COAST**

**MINUTES  
SOUTHERN  
SOUTH CAROLINA  
SOUTHEASTERN**

**PLEASE SUBMIT YOUR REPORTS A.S.A.P TO DOROTHY DONNELLY. THIS INFORMATION IS REQUIRED IN ORDER TO MAINTAIN OUR TAX STATUS!**

### **AWARDS ACROSS AMERICA**

Although awards from the AAA program have been sent cross-country to benefit underprivileged children, the Crawfish Masters of Baton Rouge were able to use the donations in a local community project.

On December 3, about 20 members of the Crawfish Masters taught swim lessons to a group of 40 inner-city children who were part of Inner-City Kids Club (see picture, right). Each team member was given two children, who learned such skills as blowing bubbles, floating, diving, and even breaststroke (conventional, not wave!). A great time was had by all, and each child took home a shiny medal from the AAA program.

If you have awards that you would like to donate to the program, please send them to your Zone Representative Scott Rabalais, 950 S. Foster Dr., #29, Baton Rouge, LA 70806. Also, recipient organizations are needed who can use the donated awards. Children's organizations preferred.



## MEET CALENDAR

### **February 11-12**

CAT MASTERS  
VALENTINE MEET  
CLEARWATER, FL (SCY)  
Cashel Mack  
1501 N. Belcher  
Suite 229  
Clearwater, FL 34625  
(813)462-6097

### **February 18-19**

PALMETTO MASTERS  
INVITATIONAL  
CHARLESTON, SC (SCY)  
David Parler  
PO Box 490  
Folly Beach, SC 29439  
(803)588-9012

### **March 4**

IWSM SPRING MASTERS  
MEET  
HATTIESBURG, MS  
(SCY)  
Jeanne Franks  
210 W. Hospital Dr.  
Hattiesburg, MS 39404  
(601)268-5010

### **March 5**

ST. PETE DEVELOPMENT  
ST. PETERSBURG, FL  
(SCY)  
Harold Ferris  
1116 44th Ave NE  
St. Petersburg, FL 33706  
(813)896-0250

### **March 18-19**

DIXIE ZONE SCY  
CHAMPS.  
ATLANTA, GA  
Lisa Watson  
804 Howell Ct.  
Duluth, GA 30316  
(404)497-1901

### **March 25-26**

FRANK CLARK  
MASTERS OPEN  
GREENSBORO, NC (SCY)  
Karen Shore  
PO Box 4582  
Greensboro, NC 27404  
(910)299-7754

### **April 7-9**

25TH ANNUAL SCY  
ST. PETERSBURG, FL  
Harold Ferris  
1116 44th Ave NE  
St. Petersburg, FL 33706  
(813)896-0250

### **April 8-9**

SOUTHERN SCY  
CHAMPS.  
BATON ROUGE, LA  
Scott Rabalais  
950 S. Foster Dr. #29  
Baton Rouge, LA 70806  
(504)928-5596

### **April 22-23**

NORTH CAROLINA  
MASTERS SCY CHAMPS.  
RALEIGH, NC  
Ceil Blackwell, c/o RAM  
PO Box 19845  
Raleigh, NC 27619  
(919)787-8324

### **April 29-30**

IRCC 6TH ANNUAL  
CRAIGAE MEMORIAL  
FT. PIERCE, FL (SCY)  
Tom Harmon  
3209 Virginia Avenue  
Ft. Pierce, FL 34981  
(407)465-8385

### **May 18-21**

USMS NATIONAL SHORT  
COURSE CHAMPS. (SCY)  
FORT LAUDERDALE, FL  
Stu Marvin  
ISHOF Aquatic Complex  
501 Seabreeze Blvd.  
Ft. Lauderdale, FL 33316  
(305)468-1580

### **May 22**

USMS OPEN WATER 3.5  
MILE CHAMPS.  
FT. LAUDERDALE, FL  
Stu Marvin  
(see above)

### **June 3**

AQUACREST LCM MEET  
DELRAY BEACH, FL  
Scott Barlow/Dick Chelakis  
2503 Seacrest Blvd.  
Delray Beach, FL 33444  
(407)278-7174

### **June 10-11**

SUNCOAST MASTERS T-  
SHIRT MEET  
SARASOTA, FL (LCM)  
Deb Walker  
3671 Beneva Oaks Drive  
Sarasota, FL 34238  
(813)923-3540

### **July 14-16**

ST. PETE REGIONAL  
LCM CHAMPS.  
ST. PETERSBURG, FL  
Harold Ferris  
1116 44th Ave NE  
St. Petersburg, FL 33706  
(813)896-0250

### **July 28-30**

DIXIE ZONE LCM  
CHAMPS.  
BATON ROUGE, LA  
Scott Rabalais  
950 S. Foster Dr. #29  
Baton Rouge, LA 70806  
(504)928-5596

### **August 12-13**

GEORGIA MASTERS  
LONG COURSE MEET  
ATLANTA, GA  
Lisa Watson  
804 Howell Ct.  
Duluth, GA 30316  
(404)497-1901



# *Georgia Masters Swimming*

## *Dixie Zone SCY Championship*

*March 18-19, 1995*

*Georgia Masters Killer Whales*

*St. Patrick's Day Invitational Swim Meet*

*Dynamo Community Swim Center*

*Atlanta, Georgia*

*Sanction No. 455-S03*

*Meet Director: Lisa Watson*

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

---

**Location** DYNAMO COMMUNITY SWIM CENTER, 3119 Shallowford Road, is located in northeast Metro Atlanta between I-85 and Buford Highway. Traveling south on I-85, go right on Shallowford Road (this is the 2nd exit inside of I-285 -- Chamblee-Tucker Road is the first exit). After passing Dresden Drive (first traffic light), the pool is on the right, just beyond the Chamblee city limits sign.

**Facility** This 10-lane, 25-yard competition pool was built in 1980 with state-of-the-art equipment to minimize water turbulence and is one of the fastest pools in the Southeast. A 25-yard, 5-lane training pool adjacent to the competition pool is available for warmup. Colorado Electric Timing will be used.

**Rules** Current 1995 USMS rules.

**Schedule** Only those swimmers entered in the 1650 may warmup between 10:00 a.m. and 10:15 a.m.; the event starts at 10:20 a.m. DO NOT SHOW UP AT 10 a.m. to warmup if you are not swimming the 1650. Warmups for the other events are between 12:30 p.m. and 1:15 p.m. The meet starts at 1:30 p.m.

Sunday's warmups are between 8:30 and 9:15 a.m.; the meet starts at 9:30 a.m.

**Seeding** Women's events will precede men's. The 500 and 1650 Freestyle events will be deck seeded, with fast heats preceding slow. Other events will be seeded slow to fast. NT times will be seeded in slow heats.

**Entries** All entries must be received by March 9 to allow for computer seeding. **You must submit a copy of your current USMS card for 1995 with your entry! Entries without a copy of your card will be returned. There will be no deck entries for individual events.** Each swimmer is limited to 5 individual events per day. If you enter more than 5, we will take the first 5 for that day in order. There are a limited number of spaces available for the 1650 Freestyle, on a FIRST COME, FIRST SERVED BASIS. You may wish to designate an alternate event and include a self-addressed, stamped envelope for confirmation. Relays will be deck entered. All relay participants must be registered for the meet.



**Fees** \$6.00 general surcharge for electronic timing and heat sheet and \$1.00 Dixie Zone Championship Fee; \$3.00 per event; \$5.00 per relay entry. If you notify us by March 14, a refund less a \$5.00 service charge will be made. No other refunds will be made. Submit all fees with your entry.

**Instructions:**

1. Complete all requested information on the attached entry form. Make yourself a photocopy.
2. Sign the required release from liability (bottom of entry form).
3. USMS Registration is required. **Be sure to include a copy of your current USMS card with your entry form.** If your registration is pending, bring your card to the meet. **Remember, you must bring your card to the meet if you did not include a copy with your registration.**
4. Make checks payable to GEORGIA MASTERS and mail all the enclosed to:  
Lisa Watson  
804 Howell Court  
Duluth, Georgia 30136  
Phone: (404) 497-1901
5. Entries must be received by March 9, 1995. Late entries and entries without valid USMS numbers will be returned.

**Awards** Awards will be given for the 3 high-point out-of-state teams. Awards will be given to the high-point swimmer in each age group. You must swim a minimum of 5 individual events to qualify. Scoring will be 9-7-6-5-4-3-2-1 for individual events and 18-14-12-10-8-6-4-2 for relays.

**Social** Details at the meet! For a nominal charge of \$10.00, join us for carbo-loading, good food, and attitude adjustment.

**Note** Masters Swimming is a strenuous athletic activity and each participant is advised to consult his/her physician before undertaking the program.

Due to stipulations in the DYNAMO's Swim Center's insurance policy, you must be registered with USMS to participate in the meet. **NO CHILDREN or NON-REGISTERED GUESTS** will be allowed in either pool during the weekend.

**Lodging** Quality Inn--Shallowford Road & I-85. For reservations call 1-404-451-5231.

**T-shirts** T-shirts and other assorted swim items will be sold at the meet.

# Georgia Masters Swimming

## Dixie Zone SCY Championship

**St. Patrick's Day Invitational Swim Meet**  
**Atlanta, Georgia -- March 18-19 1995**

### ENTRY FORM

Name: \_\_\_\_\_ Sex: \_\_\_\_ Age: \_\_\_\_ DOB: \_\_\_\_\_  
 Address: \_\_\_\_\_ Home phone: \_\_\_\_\_ Work: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 USMS #: \_\_\_\_\_ Team: \_\_\_\_\_

### SEED TIME EVENT

### SEED TIME EVENT

Saturday, March 18		Sunday, March 19	
Women	Men	Women	Men
1. _____ 1650 yrd Free	2. 23. _____	500 yrd Free	24. _____
3. _____ 50 yrd Breast	4. 25. _____	200 yrd IM	26. _____
5. _____ 200 yrd Fly	6. 27. _____	100 yrd Free	28. _____
7. _____ 100 yrd Back	8. 29. _____	200 yrd Back	30. _____
9. _____ 50 yrd Free	10. 30. _____	50 yrd Fly	32. _____
11. _____ 400 yrd IM	12. 33. _____	200 Medley Relays	34. _____
13. _____ 200 Medley Relay	14. 35. _____	200 Mixed Medley	
15. _____ 200 Mixed Medley		37. _____ 200 yrd Breast	38. _____
17. _____ 100 yrd Breast	18. 39. _____	50 yrd Back	40. _____
19. _____ 200 yrd Free	20. 41. _____	100 yrd Fly	42. _____
21. _____ 100 yrd IM		43. _____ 400 yrd Free Relays	44. _____
		45. _____ 400 Mixed Free Relays	

*No deck entries. A maximum of 5 events per day. The 1650 is available only to the first 40.*

#### FEES:

NUMBER OF EVENTS: \_\_\_\_\_

Make checks payable to GEORGIA MASTERS

\_\_\_\_\_ x \$3.00

NUMBER FOR SOCIAL: \_\_\_\_\_

\_\_\_\_\_ x \$10.00

MEET SURCHARGE: (heat sheet & electronic timing)

\$6.00

DIXIE ZONE SURCHARGE:

\$1.00

TOTAL AMOUNT ENCLOSED: \_\_\_\_\_

RELEASE FROM LIABILITY:

"I the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been informed otherwise 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 of 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 loss or damages, including all claims for loss or damages caused by the negligence, 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, as a condition of my participation in masters swimming. In addition, I hereby agree to abide and be governed by the rules and regulations of USMS."

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

printed by  
**kinko's®**  
the copy center

**Open 24 Hours**

159 W. State Street  
Baton Rouge, LA 70802  
(504) 344-7296

638 Florida Street  
Baton Rouge, LA 70802  
(504) 389-0945

9945 Airline Highway  
Baton Rouge, LA 70809  
(504) 926-2679

**Visit one of our over 600 locations  
across the country.**

*Dixie Zone News  
c/o Scott Rabalais  
950 South Foster Dr. #29  
Baton Rouge, LA 70806*

