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 (954)564-6185

DIXIE ZONE NEWS

Top Ten/Records
 Rocky Motter
 3 Wando Circle
 Hertford, NC 27944
 (919)426-2038

JANUARY - MARCH 1997

VII World Masters Swimming Championships Casablanca 1998

The Royal Moroccan Swimming Federation have chosen the city of Casablanca, the economic capital of Morocco, as the site to hold the VII World Master Swimming Championships in July 1998. A modern city with more than 4,000,000 inhabitants, Casablanca has many advantages for having been the chosen city. Its geographical position lying at the cross-roads of major air and sea routes, its road and rail links, its great ability to adapt to modern techniques and its people's capabilities. These are the best guarantees that can be offered to participants attending this World Masters Swimming Championships.

The international success of the 1950's film "Casablanca", starring Humphrey Bogart and Ingrid Bergman, has contributed to the development of this economic capital which continues to be a most popular tourist destination. The shopping and the many local attractions including the Hassan II Mosque, (the "Eighth Wonder of the World"), gives the city the status of "Imperial City". In Morocco there are other towns who share this title of "Imperial City" such as Marrakech, Fez and Meknes.

Casablanca prides itself on its modern facilities, hotels and tourist infrastructure. It has become a favoured venue for business affairs, conferences, seminars and international sporting events. Example are the Mediterranean Games, Pan Arab Games, African Championships, Games for Francophone Countries, and the Medical World Championships. There are 10,000 hotel beds available. Sports centres and the university facilities are also available for the use of participants.



Casablanca, the port of entry and the heart of the economy to the Royal Kingdom, has an International Airport which provides all modern amenities along with cultural authenticity. The new terminal installations allows the Mohamed V Airport to offer the highest standard of service and facilities to give a warm welcome together with every modern convenience. The airport is linked to four continents by "Royal Air Maroc" the national carrier. It is located only 20 minutes from the centre of the city with fast and reliable transport available. Prices are reasonable with trains \$3-00, buses \$3-00 and taxis \$20-00.

Negotiations have been under way with hotels to negotiate the hotel prices. It has been confirmed that a reduction of 50% on listed prices will be given to all participants. Sport centres and the university have agreed that tariff will be no more than 50% of listed full board and will include transport to the competition venues. In Casablanca there is a modern public transport service including buses and reasonably priced taxis covering the whole city and its suburbs.



For the Masters Championships, the Royal Moroccan Swimming Federation will make use of the Olympic Pools situated in Casablanca and the suburb of Mohamedia. These include:

Reprinted from the Official Newsletter of the FINA Masters Swimming Committee.

□ The Mohamed V Olympic Pool which is located at the Sports Complex. It has 8 lanes and seating for 3,500. There is also a Diving pool and a 25m pool. This will be the venue for Swimming and Diving.

□ The Olympic Pool at Mohamedia (10 lanes). This will be the venue for Water Polo and the longer distance events.

□ The Olympic Pool of Sidi Othmane. It has 8 lanes and will be used for Water Polo, Synchronised Swimming and training.

Possible venues for the Open Water Swimming are the Bay of Mohamedia (20km from Casablanca) and the Bay of d'El Jadiad (100km from Casablanca). These sites have all the necessary amenities and safety features.

The City of Casablanca itself has more than a dozen swimming pools along its beautiful coastline (la Corniche) together with a multitude of restaurants. Masters Swimmers from all over the world are invited to visit Morocco to enjoy the competition and Casablanca's warm welcome and hospitality. You will not be disappointed.

New Committee

The new FINA Masters Committee for the four year period 1996-2000 is as follows:

*Nory Kruchten	Luxemburg
(Bureau Liaison)	
*Victor Nogueira	Portugal
(Chairman)	
Lin Min Shan	Chinese Taipei
(Vice Chairman)	
Bruce Rogers	Canada
(Hon. Secretary)	
*Zyi Ruttert	Israel
*Tarja Liljestrom	Finland
*Frantisek Stochi	Czech Republic
*Daniel Garcia	Uruguay
Rose Cody	Puerto Rico
June Krauser	USA
*Allam Farid	Morocco
Tom Logan	New Zealand
*Ivan Wingate	Australia

* indicates newly appointed member

LMSC NEWS

FLORIDA - Sue Moucha, a Blue Wave Masters Swimmer, competed in her fourth Paralympics in Atlanta. She set a new American Record, 59.74 in the 50 m Backstroke event for her class. Sue also swam the Backstroke leg of the 4 x 50 m Medley Relay which received a Silver Medal presented by Attorney General Janet Reno. Sue was born with hemiplegic Cerebral Palsy, involving her right side, but has never let it keep her from athletics. With a master's degree in physical education from Texas Women's College, Sue competes in swimming, cross country, and track...Each year the Officials Committee of Florida Swimming nominates an official to receive the Fred Cruciger Award. This award is based on an official who has been there when needed, dedicated to being fair, works with other officials for the betterment of our sport of Swimming. For 1996 the nomination and award went to Frank Tillotson simply saying "Frank has been an official for 20 years. He is active not only on a local level but statewide in LSC Championship meets. He is a National Championship Official with his resume listing Senior and Junior Nationals, Olympic Trials, traveling over the USA to be there. To round out his spare time, Frank is a Masters Swimmer and holds many Age Group Records. He has competed in National and International Masters Meets throughout the USA and the World. Florida Swimming is proud to have a person of this dedication on our decks."

FLORIDA GOLD COAST - Judy and John Bonning and family are moving to Australia in May. We will all miss Judy and her dynamic enthusiasm for ALL Masters activities! Best of luck to them in their new adventure...Anne McGuire is improving rapidly after two operations. She will soon be back to swimming, running and golfing...Ernie Leskovitz is planning on moving to Hawaii permanently. However he will be going back and forth for various Open Water Swims. The College Swim Coaches Forum was held at the ISHOF pool from December 19 - January 11. For over 60 years hundreds of collegiate teams have flocked to the warm weather and fabulous facilities of the Hall of Fame for winter training. The weather really cooperated this year!...ISHOF Executive Assistant Meg Keller and ISHOF Aquatic Complex Manager Stuart Marvin were married, October 3, in Verona, Italy by Honorary FINA Technical Committee Secretary & World of Swimming Editor, Camillo Cametti. Cametti, who is also Vice-Mayor of Verona, performed the ceremony off Juliet's tomb.

GEORGIA - 1997 will be the first year of Georgia's "Super Team". Six Georgia LMSC clubs will be participating in the "Super Team". When the swimmers swim within the State they will represent their local team but when they compete out of state they will swim under the USMS registered team...There were two February meets left off the calendar: Feb. 8th the 2nd Annual Metro Atlanta Championships for SCY will be held so contact the City of Atlanta, DPRCA, Masters Program, Attn: Adrian Haywood, 675 Ponce de Leon Ave, Atlanta GA 30308. Feb. 9th a Development Meet for SCY and contact Lisa Watson, 804 Howell Ct., Duluth GA 30136

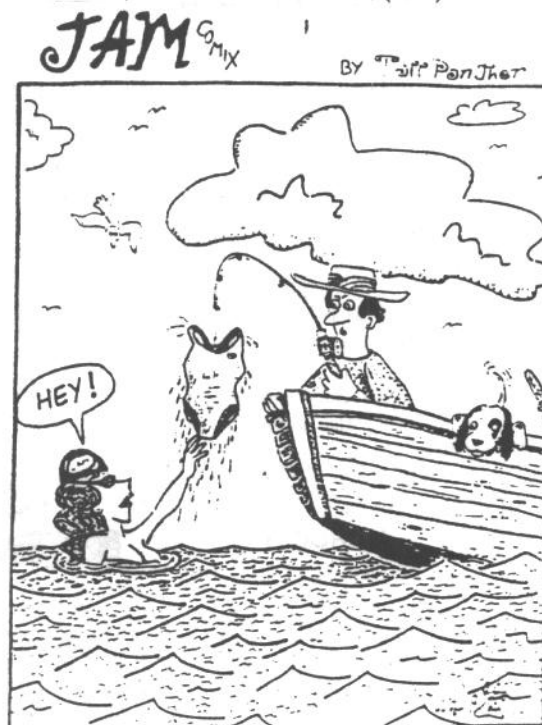
NORTH CAROLINA - Jim Green has been swimming Masters since 1972. He began competing in triathlons during the sport's infancy. Jim's first Iron Man was in February of 1980, when they were still weighing competitors during the competition. Green completed the event in 12 hours and 30 minutes. A year later during his second Iron Man, Jim's rear bike wheel collapsed and it took half an hour to fix. Despite this

delay his finish time was 11 hours and 30 minutes. The following October, Green competed in his last Iron Man and walking pneumonia did not stop him from attaining his personal best of 11 hours. Despite a long career in competitive swimming, Jim has never experienced an injury serious enough to prevent him from training for more than a day or two and he attributes this phenomenal fact to a weight training regimen and excellent coaching in stroke technique.

SOUTH CAROLINA - Great swims and good times (both in and out of the pool) abounded in Anderson at their latest successful swim meet. 124 swimmers from 7 states dogpaddled their way to town to compete for the coveted team trophy and beer award. Once again, Parris Island gathered those two prizes with North Carolina in close pursuit. 101 people showed up for the social to eat, drink, be merry, and vie for the wonderful door prizes.

SOUTHEASTERN - SWIMMING HUMOR - Laughter is almost as good for us as swimming, so why not combine the two? It was 5 am on an early June day in Nashville, TN. We (Music City Masters Team) were going outside to the 50 meter pool for the first practice for long course season. We noticed a mallard duck had joined us in the far end of the outdoor pool, but seemed to object to sharing so promptly left. Thinking the excitement was over, each of us chose a lane and started the workout. Twenty seconds later an ear-splitting shriek brought us all to a shrieking halt! A team member just swam through a floating dead mouse (mice are not very good distance swimmers) that would not seem to leave her alone. She was upset so screamed until our coach rescued her by scooping the mouse into a cup and taking it away. (I would have been upset if I had come face to face with an old dead, cold, slimy mouse myself.)

SOUTHERN - For the first time in its history, the Crawfish Masters won the team title at the Southern Masters SCM Championships at U.N.O. on December 14-15. With 36 swimmers, the team amassed 2,004 points, outscoring Bolts Masters (1,308) and Elmswood Sharks (696).



ONE OF THE HAZARDS OF
OPEN WATER SWIMMING.

CALENDAR

1997

- FEB** PST Fitness Challenge
- FEB 8** SCY Delray Beach Senior Games, Delray Bch Pks & Rec Dept, 50 NW 1st Ave, Delray Bch FL 33444
- EEB 8-9** SCY Clearwater, FL - Nancy Durstein 813-784-5780
- FEB 15-16** SCY Charleston, SC - Marty Hamburger, PO Box 2271, Mt. Pleasant, SC 29465 803-886-9695
- FEB 14-16** SCY Stu Marvin, ISHOF Aquatic Complex, 501 Seabreeze Blvd, Ft. Lauderdale, FL 33316 954-468-1580
- MAR 15-16** SCY Atlanta, GA - Lisa Watson, 804 Howell Ct., Duluth, GA 30136 770-497-1901
- MAR 22** SCY Frank Clark Meet - Greensboro, NC - Jennifer Kowalski 910-272-2016
- MAR 22-23** SCY Indian River - Tom Harmon, IRCC, 3209 Virginia Ave, Ft. Pierce, FL 34981 407-465-8385
- APR 4-6** SCY St. Pete - Nancy Eaddy, 431 Park St. So., St. Petersburg, FL 33707 813-347-0565
- APR 5-6** SCY North Carolina Masters Championships - Raleigh, NC - Sharon Barrell 919-834-6518
- APR 12** OPN Indiatlantic, Florida 3K River Swim - Sam Freas 407-723-6536
- APR 18-20** SCY ISHOF - **DIXIE ZONE CHAMPIONSHIPS** - See Stu Marvin above
- APR 26-27** SCY Indian River CC - Tom Harmon - above
- MAY 1-4** SCY YMCA NATIONAL CHAMPIONSHIPS - Indianapolis, IN
- MAY 10** OPN I-Mile NAT. CHAMP. - Craig Tribuzi, 7504 Zurich Dr., Plano, TX 75025 214-517-2498
- MAY 10** OPN Lake Lanier, Georgia 5K State Championship - Bill Black - 770-698-8020
- MAY 15-18** SCY **USMS NAT SC CHAMP.** - Hugh Moore, 1867 58th St NE, Tacoma, WA 98422 206-925-8562
- MAY 15-Sep 30** 5 & 10K Postal NATIONAL CHAMPIONSHIPS - Scott Rabalais, see above
- MAY 25** OPN Reston, Virginia USMS 1-3 Mile Championships - Tom Yorty 703-476-6853
- MAY 29** OPN 2-Mile NAT> CHAMP. - Tom Yorty, 12817 Gatepost Ct., Hemdon, VA 22071
- JUN 7** OPN Swim Around Key West - SASE to JPC - PO Box 8086, Coral Springs, FL 33065
- JUN 14** LCM Scott Barlow, Aqua Crest Pool, 2503 Seacrest Blvd, Delray Beach, FL 33444 561-278-7174
- JUN 14** OPN Lake Allatoona, Georgia Two Mile Cable Swim - Bill Black 770-698-8020
- JUN 14-15** LCM Suncoast Maters LCM T-Shirt Meet - Sarasota, FL - Deb Walker 941-923-3540
- JUN 23-29** LCM **PAN PACIFICS** - Maui, Hawaii - Hawaii Sports, 1155 Olowalu Way, Honolulu, HI 96825
- JUL** LCM Relay Carnival at Coral Springs - See Judy Bonning, Above
- JUL 5-6** LCM Greenville, SC
- JUL 18-20** LCM St. Petersburg, FL - Harold Ferris - 813-896-0250
- JUL 19** OPN 10-Mile NAT. CHAMP. - Seal Beach Swim Club, PO Box 605, Seal Beach, CA 90740
- JUL 25-27** LCM **DIXIE ZONE CHAMP** - Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820 504-766-5937
- AUG 1-3** LCM Pool Championships at Coral Springs, FL - see Judy Bonning Above
- AUG 2-3 or AUG 9-10** - Atlanta, GA - LCM
- AUG 14-18** LCM **USMS NAT LC CHAMP.** - Larry Peck, PO Box 2051, Winter Park, FL 32790 407-647-7793
- SEP 1-NOV 30** 3000 yard Postal NAT. CHAMP. - Jane Moore, 1867 58th St. NE, Tacoma, WA 98422 206-925-0803
- SEP 6** SCM Aqua Crest at Delray, FL - see Scott Barlow above
- SEP 21** OPN 5K NAT. CHAMP. - Tom Katsouleas, 20452 Pacific Coast Hwy., Malibu, CA 90265 801-456-3657
- SEP 24-28** **USMS CONVENTION** - Burlingame, CA
- OCT 11-12** SCY Montgomery, AL
- NOV 1-2** SCM **DIXIE ZONE SCM CHAMPIONSHIPS** - Steve Wycoff, Anderson Swim Centers, 1115 Comelia Rd., Anderson, SC 29621 864-260-5170
- NOV 1-2** SCY Winter Haven, FL
- NOV 1** SCM Aqua Crest - Scott Barlow - see above
- DEC 5-7** SCM Holiday Classic - Judy Bonning - see above

Webb Sites

- | | |
|----------------------------------|---|
| NCMS/LMSC for NC | http://www.RTPnet.org/~swiminnc (club & chapter info, meet schedule, USMS rules, records) |
| USMS Top Ten | http://www.icanect.net/swimfold/tt (database of Top Ten list) |
| The World of Masters Swimming | http://www.hk.super.net/~kff/wms.html (World Masters Records & swimming humor) |
| Swimmer's Guide On-Line | http://205.159.83.130:80/~SGOL (year-round pools in US & Masters workouts) |
| WebSwim | http://isg.cs.tcd.ie/tinneen/swim/header.html (listing of books & publications) |
| FINA Index | http://www.unb.ca/web/Masters_swimming/FINAindex.html (FINA rules, world info) |
| Swimming Science Journal | http://rohan.sdsu.edu/dept/coachsci/swimming/index.html (analytical approach to swimming) |
| SwimmingWorld/SWIM/Techniques | http://www.swiminfo.com (Olympic info, on-line catalog of books and videos) |
| Clinics/Camps/CD-ROMs | http://www.worldwideswim.com (Peak Performance Clinics/Camps info, video stroke tips) |
| Terry Laughlin's Total Immersion | http://www.totalimmersion.pair.com (swim articles & equipment/books/videos for sale) |

DIXIE ZONE LMSC OFFICERS AND CHAIRMEN - 1997

FLORIDA

CHAIRMAN	HAROLD FERRIS	1116 44 TH AVE NE, ST PETERSBURG FL 33703	813-896-0250
REGISTRAR	CHARLES H. KOHNKEN	1258 FLUSHING AVE, CLEARWATER FL 34624	813-531-0008
TREASURER	THOMAS C. ROBERGE	1 BEACH DR SE #1714, ST PETERSBURG FL 33701	813-823-2928
SANCTIONS	RON L. COLLINS	2323 FEATHER SOUND DR #F204, CLEARWATER FL 34622	813-573-1214
LONG DIST	RON L. COLLINS	2323 FEATHER SOUND DR #F204, CLEARWATER FL 34622	813-573-1214
EDITOR	JAMES M. DONELLY	5239 BOX TURTLE CIR, SARASOTA FL 34232	941-371-4084
TOP TEN	ANGELO VENTRILLO	PO BOX 12085, FORT PIERCE FL 34979	407-465-8123
OFFICIALS	JOAN M. GLARATON	4590 COLONIAL AVE, JACKSONVILLE FL 32210	904-388-8727

FLORIDA GOLD COAST

CHAIRMAN	RANDY NUTT	2857 NW 91 ST AVE APT 101, CORAL SPRINGS FL 33065	954-755-3318
REGISTRAR	JUNE F. KRAUSER	2308 NE 19 TH AVE, FT LAUDERDALE FL 33305	954-564-6185
TREASURER	JUNE F. KRAUSER	2308 NE 19 TH AVE, FT LAUDERDALE FL 33305	954-564-6185
SECRETARY	RORIE M. ANDERSON	10042 NW 16 TH ST, CORAL SPRINGS FL 33071	954-341-3683
EDITOR	SUSAN LUDWIG	10333 NW 49 TH CT, CORAL SPRINGS FL 33076	954-341-8290
TOP TEN	HERB KERN	2404 N ATLANTIC BLVD, FT LAUDERDALE FL 33305	954-564-0860
LONG DIST	DAVID P. BOURDREAU	380 COCONUT CIR, FT LAUDERDALE FL 33326	954-389-5927
OFFICIALS	HOWARD LAUCELLA	1422 COOLIDGE ST, HOLLYWOOD FL 33020	954-923-7181

GEORGIA

CHAIRMAN	LISA L. WATSON	804 HOWELL CT, DULUTH GA 30136	770-497-1901
VICE CHAIR	SEAN FITZGERALD	2578 RIDGEWOOD TER NW, ATLANTA GA 30318	404-355-5171
REGISTRAR	BILL LOTZ	4140 N BROADLAND RD NW, ATLANTA GA 30342	404-261-1906
TREASURER	EDWARD SALTZMAN	5060 CAMERON FOREST PKY, ALPHARETTA GA 30202	770-442-9075
SANCTIONS	JOHN ZEIGLER	2468 ELLIS CT, SNELLVILLE GA 30278	770-972-7981
EDITOR	BOB KOHMESCHER	340 SPYGLASS BLUFF, ALPHARETTA GA 30202	770-587-2192
TOP TEN	BRETT SORGE	2601 FLOWERS RD S STE 160, ATLANTA GA 30341	404-458-8500
LONG DIST	BILL BLACK	7040 HUNTERS KNOLL NE, ATLANTA GA 30328	770-399-6731

NORTH CAROLINA

CHAIRMAN	CEIL BLACKWELL	4305 JOHN RENCHER WYND, RALEIGH NC 27612	919-787-8324
VICE CHAIR	KRISTA PHILLIPS	9408 HESTER RD, HURDLE MILLS NC 27541	919-732-3818
REGISTRAR	GEORGE S. SIMON	10229 BOXELDER DR, RALEIGH NC 27613	919-846-2423
TREASURER	CHARLES IRWIN	994 SNOW HILL FALLS CIR, FRANKLIN NC 28734	704-524-7720
SECRERARY	JEANNIE MITCHELL	RT 1 BOX 338, BANNER ELK NC 28604	704-963-4202
EDITOR	LINDA ENDERS	3 BOOKER CREEK #B, CHAPEL HILL NC 27510	919-933-8726
TOP TEN	CEIL BLACKWELL	4305 JOHN RENCHER WYND, RALEIGH NC 27612	919-787-8324
LONG DIST	DENNIS WATSON	2851 BURLWOOD DR, WINSTON SALEM NC 27103	910-768-5185

SOUTHERN

CHAIRMAN	L.J. SCHMITT	1626 SAINT ROSE ROAD, BATON ROUGE LA 70806	504-296-0701
REGISTRAR	GRAHAM STEWART	4138 COUNTRY WAY DR, BATON ROUGE LA 70816	504-753-3761
SANCTIONS	L.J. SCHMITT	1626 SAINT ROSE ROAD, BATON ROUGE LA 70806	504-296-0701
TREASURER	LINDA TUCKER	4619 ALVIN PARK AVE #1, BATON ROUGE LA 70820	504-766-2974
EDITOR	ROBERT CAMBIAS	6601 VETERANS BLVD STE 41, BATON ROUGE LA 70820	504-888-8207
TOP TEN	VICKI BUCCINO	31 OSBORNE, KENNER LA 70065	504-443-2497
SAFETY CRD	ELLEN HALL	141 MAGNOLIA BLVD, HARRAHAN LA 70123	504-737-4262

SOUTH CAROLINA

CHAIRMAN	TOMI RICHARDS	1911 E CALHOUN ST, ANDERSON SC 29621	864-226-6489
REGISTRAR	RICHARD FETTERS	2 HARBORVIEW CIR, BEAUFORT SC 29902	803-524-9733
TREASURER	RICHARD FETTERS	2 HARBORVIEW CIR, BEAUFORT SC 29902	803-524-9733
EDITOR	HEATHER REED	742 COLLETTE DR, CHARLESTON SC 29412	803-795-6309
TOP TEN	TRACEY WEBSTER	406 OLD COLONU RD, ANDERSON SC 29621	864-375-0223
LONG DIST	JACQUE GROSSMAN	110 PLEASANT VIEW DR, CLEMSON SC 29631	864-654-4704
FITNESS	STEVE WYCOFF	405 BLACKBERRY LN, ANDERSON SC 29625	

SOUTHEASTERN

CHAIRMAN	RICK HARRIS	1025 E FAIRVIEW ARE, MONTGOMERY AL 36106	334-263-3902
REGISTRAR	JEAN FOX	117 CHEESKOGILI WAY, LOUDON TN 37774	423-458-9525
SANCTIONS	ROXANNE MOTTER	3 WANDO CIR, HERTFORD NC 27944	919-426-2039
TREASURER	JEAN FOX	117 CHEESKOGILI WAY, LOUDON TN 37774	423-458-9525
EDITOR	JUNE EWING	7809 FARMINGTON PL, NASHVILLE TN 37221	615-662-6601
TOP TEN	ROXANNE MOTTER	3 WANDO CIR, HERTFORD NC 27944	919-426-2039
FITNESS	DOTTY WHITCOMB	1981 VILLAFANE DR, PENSACOLA FL 32503	904-433-6241

THE SHOWDOWN
DIXIE ZONE VS. COLONIES ZONE
SHORT COURSE MASTERS CHAMPIONSHIP
APRIL 18-20, 1997

Sanctioned by Florida Gold Coast Masters for USMS, Inc.
Sanction #507-003

- DATES:** Thursday, April 17 Warm-up 8:00 a.m. to 8:00 p.m.
Friday, April 18 Warm-up 7:00 a.m. Meet 9:00 a.m.
Saturday, April 19 Warm-up 7:00 a.m. Meet 9:00 a.m.
Sunday, April 20 Warm-up 7:00 a.m. Meet 9:00 a.m.
- POOL:** International Swimming Hall of Fame Aquatic Complex
501 Seabreeze Boulevard
Fort Lauderdale, FL 33316
PH: 954-468-1580
- COURSE:** Two 8 - lane, 25 yard courses separated by temporary dock. Colorado timing with 16 lanes displayed. 20 lanes available for warm up in adjacent 50 - meter pool. Women and men will change courses each day.
- ELIGIBILITY:** Meet is open to all USMS registered swimmers 19 years or older. Age to be determined as of April 20, 1997.
- RULES:** 1997 USMS rules will govern this meet.
- ENTRIES:** Competitors may enter up to a maximum of three (3) events per day, plus relays. Entries will be seeded slowest to fastest by time. **The 1000 and 1650 will be positive check in events.** Check-in deadlines will be **8:00 a.m. Friday morning for the 1000, and 11:00 a.m. Sunday morning for the 1650** at the Aquatic Complex.
- RELAYS:** Relays must be entered by submitting the Relay Entry Form mailed to each team. Additional forms are available by contacting the Aquatic Complex office at the above address and phone. Pre-entered relays are \$8.00; deck entered relays are \$10.00
- DEADLINE:** All entries must be received by **April 1, 1997. ATTACH A COPY OF YOUR 1997 USMS REGISTRATION CARD TO THE ENTRY FORM.** Include a self addressed, stamped envelope for confirmation by mail. Checks for entry fees are to be made payable to: **ISHOF Special Events**, and mailed to:
- THE SHOWDOWN**
Hall of Fame Aquatic Complex
501 Seabreeze Boulevard
Ft. Lauderdale, FL 33316
- SCORING:** Meet will be scored as a dual meet, Dixie Zone versus Colonies Zone. Unattached swimmers residing in each Zone will score points for their respective Zone. Unattached swimmers residing outside of either the Dixie or Colonies Zone will not score points but will be eligible for all individual awards.
- AWARDS:** Specially designed medals will be awarded to the first three places, ribbons for 4th through 10th. A **SHOWDOWN** Trophy will be awarded to the winning Zone, along with trophies awarded to the top three highest scoring women's teams and men's teams.
- RESULTS:** Two types of results will be available. A full set of Showdown results, as well as *intrazone* results ranking the performances of swimmers in their respective Zones (Dixie results and Colonies results). Intrazone awards will not be given at this meet.
- SOCIAL:** A social will be held at the Aquatic Complex following the conclusion of the meet on Saturday afternoon.

** OFFICIAL ENTRY FORM **

**COLONIES
DIXIE**

Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
 Phone(home) _____ (work) _____
 Age: _____ Birthdate: _____ Sex: _____
 1997 USMS # _____ Club: _____

**ATTACH
COPY
OF USMS
CARD
HERE**

(If card is current, provide only age & phone numbers at left)

WOMEN

EVT

1 _____
 3 SEE RELAY FORM
 5 _____
 7 _____
 9 _____
 11 _____
 13 _____
 15 SEE RELAY FORM
 17 SEE RELAY FORM

FRIDAY @ 9:00 am

1000 FREE
 400 FREE RELAY
 50 BREAST
 200 FREE
 200 BACK
 100 IM
 50 FLY
 400 MEDLEY RELAY
 200 MIXED FREE RELAY

MEN

EVT

2 _____
 4 SEE RELAY FORM
 6 _____
 8 _____
 10 _____
 12 _____
 14 _____
 16 SEE RELAY FORM
 17 SEE RELAY FORM

SATURDAY @ 9:00 am

19 SEE RELAY FORM
 21 SEE RELAY FORM
 23 _____
 25 _____
 27 _____
 29 _____
 31 _____
 33 SEE RELAY FORM
 35 SEE RELAY FORM
 37 _____

800 FREE RELAY
 200 MIXED MEDLEY RELAY
 100 BREAST
 200 FLY
 100 FREE
 50 BACK
 200 IM
 200 MEDLEY RELAY
 400 MIXED FREE RELAY
 500 FREE

20 SEE RELAY FORM
 21 SEE RELAY FORM
 24 _____
 26 _____
 28 _____
 30 _____
 32 _____
 34 SEE RELAY FORM
 35 SEE RELAY FORM
 38 _____

SUNDAY @ 9:00 am

39 SEE RELAY FORM
 41 _____
 43 _____
 45 _____
 47 _____
 49 _____
 51 SEE RELAY FORM
 53 SEE RELAY FORM
 55 _____

800 MIXED FREE RELAY
 400 IM
 100 BACK
 200 BREAST
 50 FREE
 100 FLY
 400 MIXED MEDLEY RELAY
 200 FREE RELAY
 1650 FREE

39 SEE RELAY FORM
 42 _____
 44 _____
 46 _____
 48 _____
 50 _____
 51 SEE RELAY FORM
 54 SEE RELAY FORM
 56 _____

Enter
times
in
proper
column

*Limit
3
events
per
day*

WOMEN

*Limit
3
events
per
day*

MEN

Enter
times
in
proper
column

Meet Fee	(required of all swimmers)	\$10.00
Event Charge	\$3.00 ea. x _____ events	_____
Results mailed	\$5.00 ea. x <input type="checkbox"/> SHOWDOWN <input type="checkbox"/> COLONIES <input type="checkbox"/> DIXIE	_____
TOTAL ENTRY:		_____

*** PLEASE SIGN RELEASE BELOW ***

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 of 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. In addition, I agree to abide by and be governed by the rules of USMS.

Date: _____

Signature: _____

THE SHOWDOWN

DIXIE ZONE VS. COLONIES ZONE

SHORT COURSE MASTERS CHAMPIONSHIP

APRIL 18-20, 1997

Club Rep: _____
 Phone (D): _____
 Phone (E): _____

Sanctioned by Florida Gold Coast Masters for USMS, Inc.
 Sanction #507-003

CLUB: _____
 LMSC: _____
 ZONE: _____

RELAY ENTRY FORM

		19 +	25+	35+	45 +	55 +	65+	75 +	85+
EVENT 3 W 400 Free Relay	A								
	B								
	C								
EVENT 4 M 400 Free Relay	A								
	B								
	C								
EVENT 15 W 400 Medley Relay	A								
	B								
	C								
EVENT 16 M 400 Medley Relay	A								
	B								
	C								
EVENT 17 X 200 Free Relay	A								
	B								
	C								
EVENT 19 W 800 Free Relay	A								
	B								
	C								

Instructions: Enter an ached or aggregate time for the relay teams under correct age group and opposite correct event. The age of the youngest swimmer determines the relay age group. Do not enter "No Time". Relays are \$8.00 per team and entries are due by April 1, 1997. Relays can be deck entered for a fee of \$10.00 per team. **NOTE: RELAY ONLY SWIMMERS MUST COMPLETE THE INDIVIDUAL ENTRY FORM AND PAY THE \$10.00 MEET FEE.** See other side of this form for additional events & financial re-cap.

		19 +	25+	35 +	45 +	55 +	65 +	75 +	85 +
Event 20 M 800 Free Relay	A								
	B								
	C								
Event 21 X 200 Medley Relay	A								
	B								
	C								
Event 33 W 200 Medley Relay	A								
	B								
	C								
Event 34 M 200 Medley Relay	A								
	B								
	C								
Event 35 X 400 Free Relay	A								
	B								
	C								
Event 39 X 800 Free Relay	A								
	B								
	C								
Event 51 X 400 Medley Relay	A								
	B								
	C								
Event 53 W 200 Free Relay	A								
	B								
	C								
Event 54 M 200 Free Relay	A								
	B								
	C								

FINANCIAL RECAP

Relays Entered x \$8.00 = \$ _____
 Make checks payable to: **ISHOF SPECIAL EVENTS**

Mail checks to:

THE SHOWDOWN
 Hall of Fame Aquatic Complex
 501 Seabreeze Boulevard
 Fort Lauderdale, FL 33316
 (954) 468-1580

** ENTRY DEADLINE: APRIL 1, 1997 **

PRINTING COMPLIMENTS OF THE CITY OF FORT LAUDERDALE AND THE HALL OF FAME AQUATIC COMPLEX

Editors Note: Please send news of your LMSC for publication in our Dixie Zone Newsletter. The deadline dates for the Newsletter are the 1st of the months of October, January, April and July. During those months the Newsletter will be assembled and mailed. Entry blanks for the Dixie Zone Championship meets should be sent at least three months in advance. SCY in January, LCM in April and SCM in July. This is my first Newsletter on my new computer! It has been quite a learning experience. At least it gives me something to do on my new computer.

Dixie Zone News
c/o June F. Krauser
2308 NE 19th Ave.
Ft. Lauderdale, FL 33305

