

# ***DIXIE ZONE NEWS***

## **APRIL - JUNE 1998**

### **LMSC NEWS**

#### **FLORIDA - POWER OF THE MIND - SHARKS, HYENAS, ADRENALINE** by Coach George Bole

Perth, Australia was the venue for the World Swimming Championships in January. As well as the Olympic pool events, there was an open water event. To the concern of intended competitors and coaches, there had been a spate of shark attacks in the area of competition! To allay the obvious fears, the race competitors would have a support boat as well as back-up crews with rubber dinghies. Also, there would be helicopters in attendance, a spotter plane looking for sharks, and a team of scuba divers armed with spear guns!!!

The coordinator said that all these precautions were to stop the swimmers from experiencing fear!!

The question asked by a famous zoologist is: would the swimmers move faster with the fear? This man, a Dr. Murray Watson, is convinced that a fear-enhanced event will beat a drug-enhanced performance. To back up his conviction, he instances an occasion when he believes he broke the world high jump record. This record is not recorded in the Guinness Book of World Records!

In his early studies in Africa, Watson's Land Rover broke down and he decided to walk back to camp rather than stay with the vehicle. Within a few hundred yards, and with the light fading, he found he was being hunted by a pack of hyenas. When the pack leader snapped at him, he decided to seek a hiding place. In desperation, and with the hyenas snarling at his back (one even took a bite out of his shorts) he jumped for the lowest branch of a tree and swung to safety. He sat in the tree until dawn.

At dawn, he was amazed to find that he was 12 feet from the ground. Once down, no matter how he tried, he could not get within 4 feet of that limb, no could any of his colleagues.

There was another case of the distraught Florida mother, Maxwell Rodgers, who lifted a station wagon off her trapped son and held it long enough for the child to be pulled free. Mrs. Rodgers weighed 123 lb. And the vehicle 3000 lb. Trained strongmen, steroid-loaded, failed to match her feat. No drugs for her. Instead she was making use of the great resources available to any sportsman - the power of mind over matter.

There are many sports scientists today who are of the opinion that physical conditioning has reached its

limits - that almost all the modern fitness developing machines have made it possible for anyone to acquire tip-top fitness. And so, improvement, or further improvement, in the opinions of these experts, lies in physiology. What they do know is that the human who attempts the impossible because he is being chased by wild animals is mobilizing an innate fear or fright reaction and dosing himself up on one of the most powerful and ancient of stimulants - adrenaline.

Adrenaline is the most remarkable performance enhancer. If athletes were offered a stimulant that promised to increase the rate and depth of their breathing during competition, boost heart rate and mask pain, the international Olympic Committee would want to ban it! Yet it already exists. When the adrenaline kicks in, it can fire freak performances from the untrained and spark barrier-breaking records from sportsmen providing tantalizing glimpses of what is possible without drugs.

Sometimes we are privileged to witness the untapped potential of the body within a stadium or a pool. Bob Beaman shattered the world long jump record in 1968 and put it out of reach for nearly three decades. Other examples are Jim Montgomery's sub-50 sec. 100 meters and Janet Evans' fantastic 800 meters record. David Hemery, 400 meters gold medal winner in 1968, states in his book, "Winning Without Drugs" that everything a human might achieve with drug enhancement can be matched using natural and legal training procedures by harnessing the power of the mind.

As Shakespeare said, "that is the question". How does one harness the power of the mind? Make believe, sharks, snarling hyenas in the mind might unlock amazing powers to run, jump or swim? To our ancestors, such sport was really a matter of life or death. Today the consequences of failure are not so dire.

But, I believe even at our own level, we could do some mind harnessing. Not with great white sharks or fierce laughing hyenas, but with some forethought.

Desire to be the best if fierce enough can produce this marvelous stimulant, adrenaline. The will to win, the need to help your relay to win, the search for gold, the yearn for recognition, or just plain dislike of the opposition - there are many ways to "pump up" the adrenaline. But, or - please be sure these adrenaline producing thoughts are developed before competition and forgotten afterwards. Do not ever get on the starting block free of adrenaline - that's the way to flat performance. How you get the adrenaline flowing is your choice - sometimes with a little help from your coach.

But one thing is for sure, that without the sharks and the hyenas, you will be dead last!

### FLORIDA GOLD COAST - The Biggest Bluefish to Ever Come Ashore at Sanibel Island by Randy Nutt

19:42 AM on January 10, 1998, Miami's Gail Rice, Gold Coast Masters, splashed into the 66 degree waters on the southeast side of Sanibel and began swimming the 22 miles around the island. The 41 year old mother of two tackled this swim, as she does all her marathon swims, armed only with her suit, cap and goggles. She only paused long enough every ½ hour to smile and take some warm fluids from her 3 man crew kayaking at her side. Five hours into her swim, she entered Blind Pass, the mile long shallow divide between Sanibel and Captiva. For over an hour, her crew directed her in zigzags and circles in order to find knee deep waters she could swim through. When she finally passed into the Gulf of Mexico for her final 8 mile stretch, a three foot wave hit the kayaks sending the remaining warm fluids overboard. During the final three hours, the wind picked up as the sun disappeared into the horizon and to combat the cold, Gail churned her arms through the water even faster. Her every muscle quivered so much that when a small fish sneaked into her suit, she thought it's flailing were her muscles shaking and so the fishy stayed with her to the end. Nine hours and 37 minutes after she'd begun, Gail Rice, in a lovely shade of blue, swam ashore exactly where she'd started and became the first person ever to swim around Sanibel Island. (Last summer, Gail swam 44 of the projected 70 miles in her Bahamas-to-Florida attempt before being defeated, after 14 hours and 53 minutes, by battalions of biting jellyfish that made her nauseous, dizzy and swollen from the stings. She said she will be back. She won the 1995 Manhattan Island Marathon Swim, finished 2<sup>nd</sup> in 1996, and last year, at age 40, became the first person to swim around Miami Beach - 21 miles.)

YMCA MASTERS NATIONAL CHAMPIONSHIPS - 54 swimmers from our LMSC have joined the Boca Y and will be competing in these championships on April 23-26. 31 relays have been entered and we hope to make a good showing.

USMS NATIONAL LONG COURSE CHAMPIONSHIPS will take place at the ISHOF pool in Fort Lauderdale on August 20-23. Look for the entry in your May-June SWIM magazine. With two 50 meter pools available it should make for a nice meet.

SWIM ZONE - This swim shop opened on February 10<sup>th</sup> specializing in competitive & aqua fitness swim wear and equipment. It is located at 1313 W. Boynton Beach Blvd. Telephone # 561-733-3663 and fax: 561-733-3676. They specialize in Speedo, TYR, Ocean, Competitor, Dolphin Zura, Aqua Jogger, Swim Diapers, Caps, Goggles, Bullfrog, Freestyle Watches, Swimming/Coaching Books & Videos, Fitness Suits with & w/o Bras, Triathlon wear & much More!!!

GEORGIA - ST PAT INVITATIONAL/DIXIE ZONE SCY CHAMPIONSHIPS - This meet was held on March 14-15 at the Dynamo pool. The heat sheet said 357 swimmers entered but there were a few more entries due to some mail problems. This made for a long meet. On Saturday,

the meet started late about 1:30 (after the I650 event) and lasted until past 8 PM. I didn't realize how late it was until I went outside and found it to be night time! It was a little cold inside the pool and the water but it made for some fast swimming. No results yet, so don't know which teams won. The individual high point awards were really neat - a nice green umbrella. With the El Nino rains this year it was a very timely award. This is always a very well run meet with Lisa Watson the Meet Director. Our thanks to Lisa! The list of Do's at Large Swim Meets was good advice:

- Check in and pick up your heat sheet.
- If you're going to shave it all off, you'll have to do it before you come to the pool - the no shaving rule is in effect.
- Males: please remember to tie the string on your suit before entering the pool. Failure to do so could embarrass innocent bystanders!
- Visualize success!

### NORTH CAROLINA - NORTH CAROLINA MASTERS SWIMMING GOALS by Don Gilchrist

Masters Swimming should provide a fitness regimen for adults of all ages as well as a venue for the more serious competitive swimmer and triathlete. The climate also should be fun and social. North Carolina Masters needs new participants, young and old, from the novice fitness swimmers to the veterans who aspire to perform like they once did. Wherever there is water Masters should be i.e., at the lakes, rivers, oceans, channels, as well as the pools.

Triathletes do not swim 1k butterfly nor are they likely to swim a 50 or 100 yard race in a pool. We can attract them by providing long distance events such as open water races. Local programs can offer open-water technique instruction especially for them.

Similarly, we are missing out on seniors and those who have been out of the water for some time. One good reason to recruit the seniors is they generally have a better sense of humor and perspective than the younger more serious athletes. Frankly, we forget sometimes how social this sport really is and what fun it can be. We need seniors not only for their swimming contribution but also their social perspective. It makes for a healthy association. Many programs center their work outs around the fast swimmers, while the rest are left to do their own workouts. LMSC of NC and local teams should encourage senior participation by tailoring workouts and instructions for this group. Raleigh Area Masters is a model of how a team can foster senior involvement. Meets could offer 25 yard races, and developmental meets should be staged at the club level to help the newcomers or timid ones to "get their feet wet" again. Since many prospective Masters swimmers are already members of YMCAs, athletic and triathlete clubs, the LMSC needs to market its programs and events to these associations.

Do not forget the younger former collegiate swimmers. It was terrific to see Rick Fox, 1996 Olympian, and his wife Michelle compete at last year's state meet in spite of Rick being disqualified in his first race! A swimming career need not end after college; just



look at the state and national records as proof that serious swimmers are competing. Masters competition is fast, and many college swimmers are no longer waiting until they are thirty plus and overweight to swim. North Carolina Masters and local teams should appeal to these swimmers. Experienced competitive swimmers encourage more competition and draw members into the Masters fold.

One last note, if you think you are too old to compete again, then read the article on Tom Lane in a recent issue of SWIM MAGAZINE. Tom, the oldest competitor in Masters swimming history, died in August at 103. What an inspiration and legend. Thanks for taking Masters swimming where no one has gone before.

- **MAKE MASTERS SWIMMING WORK!**
- **SWIM, LAUGH AND GET WET!**

**SOUTHERN - CRAWFISH TALES** (The Newsletter of the Crawfish Masters Swim Team of Baton Rouge, LA) is one of the best club newsletters! Scott Rabalais always does a good job and writes so well. Always mentioned are the swimmers who participated in past meets. Then there is a section on UPCOMING EVENTS. The section on PRACTICES in the March newsletter went like this:

It was a busy February, to say the least. Dozens of swimmers took advantage of the 5 AM workouts. Two developmental meets were held. Sunday brunch was served, along with a few king cakes. Bingo was a smash. And, 14 sleepy swimmers closed the door on February with a "Swim 'Til Midnight" workout on the last day of the month. (Fitness Challenge Month)

All Crawfish are encouraged to keep the momentum rolling into March and enter upcoming meets to reap the benefits of increased training. Also, all Crawfish should calculate their February yardage on the FFC entry form and give it to the coach my March 16th.

Congratulations to all the individuals who set and achieved their personal goals during February. Your effort and time spent in the water were impressive. Complete team totals will be listed in next month's newsletter.

Other topics covered might be RECOGNITION, FUND RAISING, RULES, PEOPLE, ADMINISTRATION, APPAREL and sometimes COACHES COLUMN. And all of this usually contained on one sheet or paper, two sides!

---

## **NEW CHAIRMAN**

NORTH CAROLINA has a new chairman. Don Gilchrist and his address is P.O. Box 3955, Wilmington NC 28406. 910-313-0541

---

## **USMS MENTOR CLINIC**

Each year, the USMS Coaches Committee awards host status to eight sites across the country for Mentor Coach and Swimmer Clinics. These clinics consist of a

minimum two-hour coaches clinic and four-hour swimmers clinic. Both clinics are run by a mentor coach approved by the Coaches Committee. Ideally, the Coaches Committee will award one clinic to each USMS zone throughout the course of a year. However, if applications are not sent in from every zone, more than one clinic may be held in a particular zone. As a sponsor of the clinics, USMS grants \$500 seed money to the clinics, assuming specific conditions are met, to help offset the travel, accommodations and honorarium costs of the mentor coach. For more information on hosting a clinic and for a clinic application, contact either of the following:

Scott Rabalais scottrabalais@compuserve.com  
504-766-5937

Lorie Gibson-Rick coachlorie@aol.com 716-338-3209

---

## **RULE CHANGES**

The rules of competition within USMS have changed due to actions taken by the USS Rules Committee in early February. The actions by USS were in response to changes enacted by FINA at the World Championships in January. USS also made changes to their start rules. However, the changes are not applicable to the USMS start and therefore no action was required. Questions can be directed to Leo Letendre, USMS Rules Chairman, 267 Glandore Dr, Manchester MO 63021, e-mail: Rules@usms.org or contact your local Masters team rep. EFFECTIVE DATE: MARCH 6, 1998

### **SUMMARY OF CHANGES**

- Breaststroke - To permit the shoulder to drop on turns and during the swim.
- Butterfly - To permit the shoulder to drop on turns.
- Butterfly - To limit underwater portion to 15 meters.
- Freestyle - To limit underwater portion to 15 meters.

---

## **PRINTING**

### **COMPLIMENTS OF**

### **THE CITY OF FORT LAUDERDALE AND**

### **THE HALL OF FAME AQUATIC COMPLEX**

# CALENDAR

## 1998

- APR 4-5 SCY Southern Masters Champ - Scott Rabalais, 3537 Christina Ave, Baton Rouge LA 70820  
504-766-5937
- 11 OW Indiatlantic, Florida 3K Open Water Swim - Sam Freas (407) 773-3367
- 18-19 SCY Raleigh, NC - NC Masters Champs. - Sharon Barrell 919-834-6518
- 18-19 SCY 9<sup>th</sup> Annual Craige Memorial Meet - Ft. Pierce, FL
- 23-26 SCY **YMCA MASTERS CHAMP** - Stu Marvin, ISHOF Aquatic Complex, 501 Seabreeze Blvd, Ft. Lauderdale, FL 33316 954-468-1582
- 25-26 SCY Pensacola, FL - GPAC (904) 484-1312
- MAY 2 OW Tampa - Florida Bay Open Water Challenge 3 Mile Swim - Toby O'Brien (813) 896-5320
- 7-10 SCY **USMS NAT SC CHAMP** - Indianapolis, IN - IUPUI Pool - Judy Goldstein 317-253-8289
- 15-Sep 30 USMS 5K and 10K National Postal Championships - Elin Zander (509) 448-5250
- 23 OW Pensacola 5K - GPAC (904) 484-1312
- 23 OW St. Pete Beach - 2.4 Mile Open Water Swim - Bruce Day (813) 345-1629
- 23-24 LCM Montgomery, AL
- JUN 6 LCM Athens, GA - Classic City Masters UGA Pool
- 6 LCM Scott Barlow, Aqua Crest Pool, 2503 Seacrest Blvd, Delray Beach FL 33444 561-278-7174
- 13 OW **2- MI CABLE & 3.6 MI CHAMP.** - Atlanta, GA - Bill Black 770-698-8020
- 13 OW 12.5 mi Swim Around Key West - S.A.S.E. to Coral Springs Masters c/o J.P.C., PO Box 8086 Coral Springs FL 33065
- 19-30 LCM **VII FINA MASTERS SWIMMING WORLD CHAMP** - Organizing Committee, Avenue des F.A.R. - Tour Habous 13eme etage, Casablanca, MORROCCO FAX: (212-2) 31.11.76
- 20 LCM Georgia Tech - Atlanta Rainbow Trout, 1182 Russell Dr, Decatur GA 30030  
Jill Van Auken (404) 288-5225 or FreedomSwim98@mindspring.com
- 20-21 LCM Sarasota - 21<sup>st</sup> Annual LCM T-Shirt Swim Meet - Deb Walker (941)923-3540
- 27-28 LCM **DIXIE ZONE CHAMPIONSHIPS** - Greenville, SC - Jim Keogh (864) 295-0032
- JUL 4OW **1-MI OPEN WATER CHAMPIONSHIPS** - Greenwich Swim Committee
- 10-12 LCM St. Petersburg - Nancy Eaddy (813) 347-0565 or nheaddy@aol.com
- 11 LCM Coral Springs Relay Carnival - Jonathan Coyle (954) 340-5508
- LCM Maryland Farms, TN - Dates TBA
- 31-AUG 2 LCM Pool Championships - Coral Springs, FL - Jonathan Coyle (954) 340-5508
- 31-AUG 2 LCM Southern Masters Champ - Scott Rabalais, 3537 Christina Ave., Baton Rouge LA 70820  
504-766-5937
- AUG 1OW **6+ MILE CHAMPIONSHIPS** - Santa Cruz Masters
- 8 OW **1-3 MILE CHAMPIONSHIPS** - Nevada Masters
- 10-15 LCM **1998 WORLD MASTERS GAMES** - For instant athlete registration and confirmation call - 1-800-98-GAMES (1-800-984-2637)
- 20-23 LCM **USMS NAT LC CHAMP** - Stu Marvin, ISHOF Aquatic Complex, 501 Seabreeze Blvd., FL  
Lauderdale, FL 33316 954-468-1582
- LCM Baton Rouge, LA - Dates TBA
- SEP 5 SCM Scott Barlow, Aqua Crest Pool, 2503 Seacrest Blvd, Delray Beach, FL 33444 561-278-7174
- 13 OW **5K NATIONAL CHAMP** - Lake Lanier, GA
- 30-OCT 4 **USMS CONVENTION**, Cincinnati OH
- OCT 10-11 SCM **DIXIE ZONE CHAMPIONSHIPS** - Orlando, FL
- 17-18 SCY Montgomery, AL
- NOV 1 OW 3<sup>rd</sup> St. Croix 5 mile Coral Reef Swim - Patty Sperber 800-524-2026 - St. Croix US Virgin Islands
- 7 SCM Scott Barlow, Aqua Crest Pool, 2503 Seacrest Blvd, Delray Beach, FL 33444 561-278-7174
- 7-8 SCM Anderson, SC
- 15 SCM Coral Springs, FL - Brute Meet (200 fly, 400 IM, 1500 Free) - Jonathan Coyle (954) 340-5508
- DEC 5-7 SCM Coral Springs, FL - Jonathan Coyle (954) 340-5508

## 1999

- MAY 13-17 SCY **USMS NATIONAL SC CHAMPIONSHIPS** - Santa Clara, CA
- AUG 19-23 LCM **USMS NATIONAL LC CHAMPIONSHIPS** - University of Minnesota
- OCT 19-29 **NATIONAL SENIOR GAMES** - Walt Disney Resort in Orlando FL
- NOV OW **INVITATIONAL** - ISHOF - Ft. Lauderdale, FL

## 2000

- JULY 27 - AUG 9 - **VIII FINA MASTERS SWIMMING WORLD CHAMP** - Munich, Germany
- NOV OW **WORLD CHAMPIONSHIPS** - ISHOF



# TEAM GREENVILLE MASTERS INVITATIONAL

## (Dixie Zone and South Carolina LMSC Long Course Championships)

### June 27 - 28, 1998

**Meet Location:** Westside Aquatic Center, 2700 Blue Ridge Drive (S.C. Highway 253), Greenville, SC.

**Host:** Team Greenville Masters and Greenville County Recreation District

**Sanction:** Sanctioned by South Carolina LMSC for USMS, Inc. #558-003

**Meet Director:** Jim Keogh, c/o Aquatics, 500 Roper Mountain Road, Greenville, SC 29615, (864) 220-0209.

**Facility:** Westside Aquatic Center is an indoor climate controlled facility with an eight lane 50 meter pool and adjacent diving well. One fifty meter lane will be available for warmdown. Bottom striped and wall targeted. Non-turbulent lane lines. Bleacher seating for spectators and ample deck space for swimmers.

**Rules:** The meet will be conducted according to 1998 U.S.M.S. rules and this meet information.

**Eligibility:** This meet is open to all USMS swimmers registered for 1998. A copy of your USMS card must be enclosed with your signed entry form. Age determined as of the last day of the meet.

**Fees:** \$9.00 surcharge per swimmer for Dixie Zone fee, pool fees, electronic timing, and heat sheet. \$2.50 per individual event, \$4.00 per relay (paid on deck). Deck entries will be accepted for available lanes at \$4.00 per event plus the \$9.00 swimmer surcharge. Make checks payable to Team Greenville.

**Entries:** Completed entry form, copy of USMS card, and check should be sent to Pete Combes, 2155 Medway Road, Charleston, SC 29412. (803) 762-0486. Express or certified mail should be sent with a signature release. Deadline is Tuesday, June 16, 1998. Maximum of five individual events per day.

**Time of the Meet:** Warmup Saturday for 800/1500 Free at 8:30 am, Meet starts at 9:00 am. Warmup Saturday for remaining events at 12:30 pm, Meet starts at 1:30 pm. Warmup Sunday at 8:30 am, Meet starts at 9:30 am.

**Awards:** Individual event ribbons 1st-8th place in each age group. High point award for each age group (minimum of at least five events to qualify). Team awards to top 3 teams in and out of state. Scoring to 8 places.

**Seeding:** Heats will be seeded from slowest to fastest using submitted long course meters times. As necessary, ages and sexes may be combined. No time (NT) entries will be seeded in the early heats. All events 400 meters and longer will be deck seeded fastest to slowest. Check-in for all events 400 and longer will close 30 minutes before the start of the event/meet. Swimmers not checked in will be scratched.

**Social:** After the Saturday events, a dinner and social will be held at the Comfort Inn Executive Center. Pre-registration is encouraged. A limited number of tickets will be sold at the meet. Time TBA.

**Lodging:** Our host hotel is the Comfort Inn Executive Center, 540 N. Pleasantburg Drive (exit 40 at I-385 and S.C. 291). (864) 271-0060. Mention the Team Greenville Masters Invitational when making reservations to receive the best rate. Make your reservations early as there are several large events in Greenville this weekend.

**Directions:** From Interstate 385 go North into Greenville. Go through town past the new arena on your right and the Library on your right. Take S.C. 183 towards Pickens. At S.C. 253 turn left on to Blue Ridge Drive. Pool about one mile on right.

From Interstate 85 take exit 44 (White Horse Road, U.S. 25 By-Pass). Go north on 25 for approximately five miles. Turn right on S.C. route 253. Pool is about one-half mile on the left.

If coming down Interstate 26 through Asheville, exit on to U.S. Highway 25 towards Greenville. After Travelers Rest, take U.S. 25 By-Pass (to Atlanta). Pass Furman University. Turn left on S.C. route 253.

**Special Notice:** The Greenville Country Recreation District has a "no cooler" policy for all its facilities. Please leave your coolers outside, in your car, or at home. Concessions will be available on the venue. Thank you for your cooperation on this matter.

# TEAM GREENVILLE MASTERS INVITATIONAL ENTRY FORM

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_

Team \_\_\_\_\_ Abbreviation \_\_\_\_\_ U.S.M.S.# \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

## Saturday, June 27

1-2 \_\_\_\_\_ 1500 Free

3-4 \_\_\_\_\_ 800 Free

*You may swim either the  
1500 or 800, not both.*

5-6 \_\_\_\_\_ 50 Breast

7-8 \_\_\_\_\_ 200 Fly

9-10 \_\_\_\_\_ 100 Back

**\*\*Break (if time line warrents)\*\***

11-12 \_\_\_\_\_ 200 Breast

13-14 \_\_\_\_\_ 50 Fly

15-16 \_\_\_\_\_ 200 Free

A-B 200 Free Relay

C 200 Mixed Free Relay

**\*\*Break\*\***

17-18 \_\_\_\_\_ 400 I.M.

## Sunday, June 28

D-E 200 Medley Relay

F 200 Mixed Medley Relay

19-20 \_\_\_\_\_ 200 I.M.

21-22 \_\_\_\_\_ 50 Free

23-24 \_\_\_\_\_ 100 Breast

25-26 \_\_\_\_\_ 200 Back

**\*\*Break (if time line warrents)\*\***

27-28 \_\_\_\_\_ 100 Free

29-30 \_\_\_\_\_ 50 Back

31-32 \_\_\_\_\_ 100 Fly

**\*\*Break\*\***

33-34 \_\_\_\_\_ 400 Free

*You may enter a maximum of five events per day. List a long course meters seed time or N.T.  
for the events you wish to enter. Relays will be entered and paid for on deck at the meet.*

Fees: Number of individual events entered \_\_\_\_\_ x \$2.50 per event = \$ \_\_\_\_\_

Swimmer surcharge (for Dixie Zone, heat sheet, timing and pool fee) + \$9.00

Advance Reservations for Social (Number Attending \_\_\_\_\_ ) + \$10.00

Total Enclosed (make check payable to Team Greenville) \$ \_\_\_\_\_

**Release from Liability:** I, the undersigned participant, intending to be legally bound, do 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 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 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. (Rule Book Article 203.1)

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Mail to: Pete Combes, 2155 Medway Road, Charleston, SC 29412, by Tuesday, June 16, 1998.**