

Zone Representative
June F. Krauser
2308 NE 19th Ave.
Ft. Lauderdale, FL 33305
(954)564-6185

Top Ten/Records
Karen Crossen
533 Towne Lake Drive
Montgomery, AL 36830
(334) 215-3109

DIXIE ZONE NEWS

JANUARY - MARCH 1999

NEW DIXIE ZONE TOP TEN RECORDER

Karen Crossen of the Southeastern LMSC has agreed to take on duties as the Top Ten Recorder for the Dixie Zone. PLEASE TAKE NOTE LMSC CHAIRS, LMSC SANCTIONS CHAIRS, LMSC TOP TEN CHAIRS, AND ESPECIALLY MEET DIRECTORS: Prompt reporting of meet results to Karen is the only way to ensure your swimmers are appropriately considered for Dixie Zone Top Ten lists. Karen has asked that we tell you that she wants meet results submitted in electronic format whenever possible, via email or on a disk. She would greatly prefer submission in Hy-Tek format. If your meet is run using Hy-Tek software, this should be no problem whatsoever. If you do not know how to do this, contact her for assistance. If electronic format submission is not possible, printed meet results will be accepted. The advantages to you of electronic submission are that it is quick, cheap, and easy, and the Dixie Zone top ten list will be more accurate because the possibility of human keystroke error is eliminated at the top ten recorder level. In the near future, we plan to include results of all Dixie Zone meets on the Dixie Zone web page, and submission of meet results to Karen can be your one-step method for simultaneous web posting and top ten submission. You can contact Karen via snail mail at 533 Towne Lake Drive, Montgomery, AL, 36117, telephone at 334-215-3109, or email at kcrossen@aol.com.

Karen is an active member of the Montgomery (AL) YMCA Barracuda Masters, and is the mother of four swimmers. Ten-year-old daughter Kelly swims for the Montgomery Barracudas age group team. Twin daughters and former Barracudas Kendra and Cammy are sophomores and swim for the Arizona State University junior varsity and the East Carolina University varsity, respectively. Son Adam swam for the University of Southern California under coach Mark Schubert. He currently is a graduate assistant coach under Dave Marsh at Auburn University and also serves as coach for the Auburn Masters.

ELECTRIC CITY MASTERS SWIM MEET By Steve Wycoff

The 16th Annual Electric City Masters Swim Meet was held on November 14-15, 1998 at the Sheppard Swim Center in Anderson, South Carolina. One hundred seventy Masters swimmers from nineteen teams and eight states entered this 25 meter competition. Parris Island came away with the team championship followed by the North Carolina Masters, Team Greenville, Georgia Masters, Palmetto Masters, and the host Anderson Masters. Robert Poiletman lowered the current World and American records in the 100 m. Butterfly (1:06.29) and the 200 m. Butterfly (2:31.16) for his 55-59 age group. Congratulations, Robert! Many state Records, Dixie Zone Top Ten, and National Top Ten were established as well. The Anderson Masters social on Saturday night featured good food and a drawing for a variety of prizes including the return of "Elvis". The bust of Elvis along with an "Elvis Doing the Butterfly" T-shirt donated by Joe Kurtzman (last year's winner) and a box of Elvis candy were presented to Coach Dick Fettes of Parris Island. On Sunday, Elvis sat in the bleachers and seemed ready to try the 100 Butterfly (goggles and cap on)! Hopefully, everyone had a great weekend in Anderson and we hope to see you in November 1999 for the 17th Annual.

THE VICTOR 23RD ANNUAL SWIM AROUND KEY WEST

Entry forms are now available for this classic open water swim to be held June 12, 1999. Set your goals to swim solo 12.5 miles or put together a 3 or 6 person relay. There is even a fin division. For entries or information call Randy Nutt at (800) 356-5132 or E-mail Randy@TheVictor.com.

HONORABLE MENTION

The Maverick Club of the Florida LMSC submitted their newsletter to the National USMS contest. Nothing ventured; nothing gained; and perhaps it would make the top 25. The Florida LMSC Newsletter won the contest, and the **MAVERIC LANE LINES** reached the top eight semi-finalists. Since there is no differentiation between LMSC and Club newsletters, that was quite an achievement!

IMMORTALITY?---MAYBE.

IMPOSSIBILITY?---NO!

Excerpts from Coach George E. Bole's article

Time is a-rolling on and soon the 1900's will be history. Having lived through more than 80% of that era, and remembering how it used to be, one wonders what the twenties will have in store. Much better, I hope.

1916 was the second year of the First World War, the Great War, the War to end all Wars. That spiel proved pretty much untrue, to put it mildly. The early twenties and the thirties heralded the Great Depression -world wide. Here in the U.S., October, 1929, was the great Wall Street crash. "Buddy can you spare a dime" was top of the "pops".

I site these tid-bits to let you know how my childhood days were surrounded by so many hardships. But, strangely enough, I can't remember being really unhappy. Perhaps finding morsels to eat is an antidote to misery?

Perhaps the happiest place for me, my "playground" was the swimming baths. My father was "the trainer" so I could in for nothing. You could say I was born into the sport.

I can remember the strokes then. The breaststroke was mostly swum under water. Freestyle was trudgeon or single overarm using the breaststroke kick. Backstroke was soft double arms, although better swimmers used alternate arms, but with breaststroke kick.

The start for freestyle was to throw your body out with the swing of the arms to add speed, so to hit the water flat and, so they told me, bounce like a pebble on the waves. Breaststrokers dived deep and stayed swimming underwater until they reached the other wall.

Most local competitions did not have starting blocks and they used a towel to prevent slipping. Lane ropes were just that - ropes, which caused many burns to the competitors.

Pools had no filtration systems. Each week, the pool was emptied and then cleaned, and filled again. When newly filled, it was freezing but got warmer with the increase of bodies entering. No mixed bathing - men only on Mon., Wed., and Fri., with women on Tues., Thur., and Sat. Sunday was taboo.

The main sport was water polo - a savage game, as played then - and no holds barred. Still, out of such maelstroms good swimmers were produced. How? Who knows? I am aware that, after nearly fifty years of coaching and fourteen years

of swimming, there is so much more to learn about this wonderful sport. And yes, it will be so. Now, with so much more research and with so much technology, I believe there will be a giant step forward in swimming - especially competitive swimming. And my reason for optimism for the future of swimming? In previous years, people dreamed of the impossible, but now in these years when men walk on the moon, when the world communications bring information instantly, when medical research lengthens our lives, there is less dreaming of the impossible. There is a leaning to believing. There is no such thing as impossible.

THE INTERNET

As I write this it is the 6th of January. On the 3rd of January I received an E-mail from Dick Brewer that he put up a rough draft of a Dixie Zone web site online at the new URL -<http://home.att.net/~DixieZone>, asking us to look at it and make suggestions. He also submitted an outline of what should be included on that web site. And in three days it has really progressed! So, keep in touch and look at the newly created Dixie Zone web page plus his site for meet entries and information.

Carl House is also working on some charts for keeping track of how many World Records individuals have, USMS records and Combined. So many wonderful things you can do with computers!

SWIMMING IN BATON ROUGE by Scott Rabalais

For roughly 13 years, the Bengal Tiger Aquatic Club has been the dominant, if not only, year-round swimming organization in Baton Rouge. It is run by a Board of Directors and is based out of the Louisiana State University pools. It consists of age-group, Masters and diving programs.

On November 4th, a group of five individuals met to discuss the possibilities for starting a new team in Baton Rouge. On that day, a green light was given on a potential lease on the aquatic facility at the Jimmy Swaggart Ministries campus. It consists of a heated, indoor 50-meter pool, which is housed in an ultra-modern health center, which indulges vast locker rooms, weight-training facilities, multiple basketball courts and tennis courts, and an indoor jogging track.

This group made the commitment to establish a team, name it Crawfish Aquatics, and start practice 12 days forward on November 16th. The swimming community was sent abuzz. On the first day of practice, 85 youngsters and 42 Masters showed up for practice. Since then, the USA team numbers have jumped over 100 and Masters at 85.

My position in Crawfish Aquatics is that of director. I oversee all coaching, including the hiring. Also, I run the day-to-day business of the organization. It is truly a team effort. And - I continue to be the coach of the Masters group, now also called Crawfish Aquatics. There is still a Crawfish Masters group at LSU. As far as my employment goes, my responsibilities have about tripled, and I am currently working very long hours.

1999 LMSC OFFICERS & Committee Chairmen

OFFICE	NAME	ADDRESS	HOME PHONE	WORK PHONE	FAX	E-MAIL
FLORIDA (14) Dixie Zone						
Chairman	Larry Peck	5625 Satel Road, Orlando FL 32810	407-647-7793	407-647-7793		ldpeck@juno.com
Editor	James Donnelly	5239 Box Turtle Circle, Sarasota, FL 34232	941-371-4084	941-365-3014	941-955-4861	floridaeditor@usms.org
Fitness	Meegan Wilson	620 NW 27 th Way, Gainesville FL 32607	904-373-0023			
Long Distance	Ron Collins	1920 Cobblestone Way, Clearwater FL 33760	727-535-4067	800-888-4082	813-577-7435	rcollin3@tampabay.rr.com
Officials	Joan Glaraton	4590 Colonial Avenue, Jacksonville FL 32210	904-388-8727			
Registrar	Maude Orlando	2503 Bayshore Drive, Belleair Beach FL 33786	813-596-9276			
Safety	Richard Avery	1111 Cherry Hills Drive, Sun City Center FL 33573	813-633-3970			
Sanctions	Ron Collins	1920 Cobblestone Way, Clearwater FL 33760	727-535-4067	800-888-4082	813-577-7435	rcollin2@tampabay.rr.com
Secretary	Cathy Shonkwiler	7614 Pointview Circle, Orlando FL 32836	407-354-3382			
Top Ten	Margie Hutingner	1755 Georgia Ave. NE, St. Petersburg FL 33703	813-521-1172			paul_hutingner@integracom.net
Treasurer	Meegan Wilson	620 NW 27 th Way, Gainesville FL 32607	904-373-0023			
FLORIDA GOLD COAST (50) Dixie Zone						
Chairman	Debbie Cavanaugh	P.O. Box 14341, Ft. Lauderdale FL 33302	954-524-5084	305-447-6500		cavdeb@juno.com
Editor	Tad Berkowitz	P.O. Box 1108, Deerfield Beach FL 33446	561-393-0035			tad@powersolutions.com
Fitness	Lil Haneman	1003 SE 6 th Street, Deerfield Beach FL 33441	954-428-2868	954-974-7055	954-974-0776	flswim@aol.com
Long Distance	Randy Nutt	2857 NW 91 st St., Apt 101, Coral Springs FL 33065	954-755-3318	954-753-1500	954-752-5216	
Officials	Howard Laucella	1422 Coolidge Street, Hollywood FL 33020	954-923-7181			
Registrar	June Krauser	2308 NE 19 th Avenue, Ft. Lauderdale FL 33305	954-564-6185		954-564-8854	junekrauser@mindspring.com
Safety	Debbie Cavanaugh	P.O. Box 14341, Ft. Lauderdale FL 33302	954-524-5084	305-447-6500		cavdeb@juno.com
Sanctions	June Krauser	2308 NE 19 th Avenue, Ft. Lauderdale FL 33305	954-564-6185		954-564-8854	junekrauser@mindspring.com
Secretary	Rorie Anderson	1760 Riverland Road, Ft. Lauderdale FL 33312	954-391-1800			
Top Ten	Herb Kern	2404 N Atlantic Blvd., Ft. Lauderdale FL 33305	954-564-0860			
Treasurer	June Krauser	2308 NE 19 th Avenue, Ft. Lauderdale FL 33305	954-564-6185		954-564-8854	junekrauser@mindspring.com
Vice Chairman	Ken Nemet	529 Waterway Village, West Palm Beach FL 33413	561-963-4749			
GEORGIA (45) Dixie Zone						
Chairman	Lisa Watson	804 Howell Court, Duluth GA 30096	770-497-1901	770-718-3646	770-718-3898	lwatson@hermes.gc.peachnet.edu
Editor	Bob Kohmescher	340 Spyglass Bluff, Alpharetta GA 30022	770-587-2192	404-639-8300	404-639-8874	bobkoh@aol.com
Fitness	John Zeigler	2468 Ellis Court, Snellville GA 30278	770-972-7981	404-763-7248	404-763-7661	zeigler@mindspring.com
Long Distance	Brett Sorge	2951 Flowers Rd. S Ste. 237, Atlanta GA 30341	770-458-8500	770-458-8500	770-458-9050	bsorge@chi.com
Long Distance	Cord Kammholz	460 Musket Entry, Roswell GA 30076	770-993-7198			
Long Distance	Dan Goerke	1508 Evanston Lane, Marietta GA 30062	770-579-9272			
Officials	George Ways	5545 Glen Errol Road NW, Atlanta GA 30327	404-252-1307	404-607-5556	404-607-6465	george.ways@nationsbank.com
Registrar	Bill Lotz	4140 N Broadland Road NW, Atlanta GA 30342	404-261-1906		404-705-9952	blotz@mindspring.com
Safety	Edwin Wolpaw	4883 Roswell Road NE Apt. A1, Atlanta GA 30342	404-252-3114	404-347-2442		
Sanctions	John Zeigler	2468 Ellis Court, Snellville GA 30278	770-972-7981	404-763-7248	404-763-7661	zeigler@mindspring.com
Secretary	Bob Kohmescher	340 Spyglass Bluff, Alpharetta GA 30022	770-587-2192	404-639-8300	404-639-8874	bobkoh@aol.com
Top Ten	Brett Sorge	2901 Flowers Road S Suite 237, Atlanta GA 30341	404-458-8500	404-458-8500	770-458-9050	bsorge@chi.com
Treasurer	Edward Saltzman	5060 Cameron Forest Pky, Alpharetta GA 30022	707-442-9075	404-529-5920	770-740-9259	ed.saltzman@bridge.bst.bis.com
Vice Chairman	Sean Fitzgerald	847 Wildwood Road NE, Atlanta GA 30324	404-876-9949			

1999 LMSC OFFICERS & Committee Chairmen

OFFICE	NAME	ADDRESS	HOME PHONE	WORK PHONE	FAX	E-MAIL
NORTH CAROLINA (13) Dixie Zone						
Chairman	Don Gilchrist	P.O. Box 3955, Wilmington NC 28406	910-2156-9626	910-313-0541		NCchairman@usms.org
Editor	Jim Enyart	2840 Marsh Point Road SE #199, Southport NC 28461	410-531-5629			NCnewsletter@usms.org
Fitness	Sandra Cathey	130 Park Street, Statesville NC 28677	704-872-0364			13x2@aol.com
Long Distance	Dan Forrester	4718 Greenway Avenue, Wilmington NC 28403	910-799-2845			
Officials	James Slaughter	3108 Suffolk Drive, Shelby NC 28152	704-487-0290	919-254-0760		jimswims@shelby.net
Registrar	George Simon	10229 Boxelder Drive, Raleigh NC 27613	919-846-2423	929-254-0760		NCregistrar@usms.org
Safety	Philip Eisenhart	704 White Oak Drive, Cary NC 27513	919-460-1756			swimram@juno.com
Sanctions	George Simon	10229 Boxelder Drive, Raleigh NC 27613	919-846-2423	929-254-0760		george.simon@usms.org
Secretary	Jeannie Mitchell	65 Watauga River Rd, Apt. A, Banner Elk NC 28604	828-963-4202			
Top Ten	Ceil Blackwell	4305 John Rencher Wynd, Raleigh NC 27612	919-787-8324			ceilb@aol.com
Treasurer	Charles Irwin	994 Snow Hills Fall Circle, Franklin NC 28734	704-524-7720			
Vice Chairman	Jerry Clark	3107 Cloverfield Road, Charlotte NC 28211	704-366-2045			jclark3107@aol.com
SOUTH CAROLINA (55) Dixie Zone						
Chairman	Darryl Wolfe	107 Melody Lane, Cayce SC 29033	803-794-5825	803-777-4694		ibiles@worldnet.att.net
Editor	William Irwin	1213 Princeton Street, Columbia SC 29205	803-771-8982			
Fitness	Steve Wycoff	1115 Cornelia Road, Anderson SC 29621	864-225-6447	864-260-5170		
Long Distance	Jacque Grossman	110 Pleasant View Drive, Clemson SC 29631	864-654-4704		864-654-4704	
Registrar	Richard Fettes	2 Harborview Circle, Beaufort SC 29902	803-524-9733			rbf@bbs.pconnect.com
Safety	Steve Wycoff	405 Blackberry Lane, Anderson SC 29625	864-225-6447	864-260-5170		
Sanctions	Richard Fettes	2 Harborview Circle, Beaufort SC 29902	803-524-9733			rbf@bbs.pconnect.com
Top Ten	Tracey Nettles	406 Old Colony Road, Anderson SC 29621	864-375-0223	864-2605000		
Treasurer	Richard Fettes	2 Harborview Circle, Beaufort SC 29902	803-524-9733			rbf@bbs.pconnect.com
SOUTHEASTERN (15) Dixie Zone						
Chairman	Rick Harris	5722 Red Barn Road, Montgomery AL 36116	334-272-9949	334-240-3503	334-240-3147	rharris@adph.state.al.us
Editor	Eric Youngquist	3737 West End Ave. #102, Nashville TN 37205	615-463-3179	615-298-3813	615-298-3813	
Fitness	Dotty Whitcomb	1981 Villafane Drive, Pensacola FL 32503	904-433-6241			
Officials	William Lauer	9117 Tallahassee Lane, Knoxville TN 37923	423-691-5453			
Registrar	Jean Fox	117 Cheeskogili Way, Loudon TN 37774	423-458-9525			bjfattv@aol.com
Safety	Pat Wilson	842 W Alabama Street, Florence AL 35630	205-766-2582			
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Top Ten	Karen Crossen	533 Towne Lake Drive, Montgomery AL 36117	334-215-3109			kcrossen@aol.com
Treasurer	Jean Fox	117 Cheeskogili Way, Loudon TN 37774	423-458-9525			bjfattv@aol.com
SOUTHERN (24) Dixie Zone						
Chairman	Joie Stanley	32251 LA Highway 16, Denham Springs LA 70726	504-667-4316			swimminbum@aol.com
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Registrar	Graham Stewart	4238 Country Way Drive, Baton Rouge LA 70816	504-753-3761	504-295-4556		
Sanctions	Joie Stanley	32251 LA Highway 16, Denham Springs LA 70726	504-667-4316			swimminbum@aol.com
Top Ten	Vicki Buccino	31 Osborne, Kenner LA 70065	504-443-2497			
Treasurer	Linda Gamble	13084 K.C. Road, Gonzales LA 70737	504-647-3344			

CALENDAR

1999

- JAN** **ONE HOUR POSTAL - GREATER INDIANA MASTERS**
- 3 OW Boca Raton, FL - Florida Chiefs Association
- 9 OW Deerfield Beach, FL
- 10 OW Delray Beach, FL
- 30-31 SCY Sunbelt Championships, Charlotte NC - Jerry Clark - 704-366-2045
- FEB** **FITNESS CHALLENGE**
- 6-7 SCY Auburn Masters - Connor Bailey, 323 Brookside Dr., Auburn, AL 36830 334-844-5632
- 13-14 SCY Cat Masters Valentine Meet - Kelly Allen - 727-791-9542
- 13-14 SCY Palmetto Championships - Charleston SC - Gretchen Woods-Sief - 843-886-5326
- 27 SCY Frank Clark Masters Meet - Greensboro NC - Ed Stevens - 336-286-1007
- 26-28 SCY ISHOF - Stu Marvin, 501 Seabreeze Blvd, Ft. Lauderdale, FL 33316
- MAR** 13-14 SCY Atlanta, GA - Lisa Watson, 804 Howell CT, Duluth, GA 30136 770-497-1901 770-718-3646
- APR** 9-11 SCY St. Petersburg, FL
- 16-18 SCY **DIXIE ZONE CHAMPIONSHIPS** - Steve Weatherman, POB 19845, Raleigh, NC 27619 919-844-3673
- 22-25 SCY **YMCA MASTERS NATIONALS - BROWN DEER, WI**
- 24 OW Tampa Bay 24 Mile Marathon Swim - Ron Collins - 727-535-4067
- 24-25 SCY Montgomery, AL
- MAY** 2 OW 3rd Annual Tampa Bay Challenge 5K Open Water Baywatch - 727-892-5320
- 13-17 SCY **USMS NATIONAL SC CHAMPIONSHIPS** - Santa Clara, CA
- *22 OW Wrightsville Beach, NC - Dan Forrester - 910-799-2845
- 22 OW 2.4 Mile Hurricane Man Open Water Swim - St. Pete Beach - Bruce Day - 727-345-1629
- ? OW Pensacola, FL
- JUN** 5 LCM Athens, GA
- 5 LCM Delray Beach, FL - Scott Barlow, c/o Aqua Crest Pool, 2503 Seacrest Blvd., Delray Beach, FL 33444
- 12 OW The Victor - 12.5 Mile Swim Around Key West - Randy Nutt - 800-356-5132
- 17-20 SCM Gay Games, Atlanta, GA
- 18-21 LCM Sarasota, FL
- JUL** 16-18 LCM St. Petersburg, FL
- 30-A1 LCM **DIXIE ZONE CHAMPIONSHIPS** - Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820 504-766-5937
- AUG** *7 LCM Atlanta, GA - Lisa Watson, 804 Howell CT, Duluth, GA 30136 770-497-1901 770-718-3646
- 19-23 LCM **USMS NATIONAL LC CHAMPIONSHIPS** - University of Minnesota
- SEP** 6-11 LCM **5th LATIN AMERICAN & CARIBBEAN MASTERS SWIMMING CHAMPIONSHIPS AT ISHOF**
http://www.unb.ca/Masters_swimming/LatyCar99.htm For further information contact:
 Craig Mackay, 16931 NW 83rd Avenue, Miami, FL 33016 Fax#: 305-821-7372
- 11 SCM Delray Beach, FL - Scott Barlow, c/o Aqua Crest Pool, 2503 Seacrest Blvd., Delray Beach, FL 33444
- OCT** 9-10 SCM Orlando, FL
- 16-24 LCM **PAN PACS** - Mr. Malcolm Stokes Administrator, AUSSI Masters Swimming - WA, PO Box 564, Claremont, WA 6010, AUSTRALIA
- OCT** 21-29 LCM **NATIONAL SENIOR GAMES** - Walt Disney Resort in Orlando FL
- 23 SCY South Florida Senior Games - Ft. Lauderdale, FL
- NOV** OW INVITATIONAL - ISHOF - Ft. Lauderdale, FL
- 6 SCM Delray Beach, FL - Scott Barlow, c/o Aqua Crest Pool, 2503 Seacrest Blvd, Delray Beach, FL 33444
- ? SCM Anderson, SC
- DEC** 3-5 SCM **DIXIE ZONE CHAMPIONSHIPS** - Jonathan Coyle, 9022 NW 28th Dr. #203, Coral Springs, FL 33065 954-340-5508

2000

- APR** 21-23 SCY **DIXIE ZONE VS COLONIES ZONE - ISHOF POOL, FT. LAUDERDALE, FL**
- MAY** 11-14 SCY **USMS NATIONAL SC CHAMPIONSHIPS - PHOENIX, AZ**
- JULY 27 - AUG 7 - VIII FINA MASTERS SWIMMING WORLD CHAMP - MUNICH, GERMANY**
- AUG** 17-20 LCM **USMS NATIONAL LC CHAMPIONSHIPS - BALTIMORE, MD**

* Tentative

DIXIE ZONE SHORT COURSE YARDS CHAMPIONSHIPS

RALEIGH AREA MASTERS INVITATIONAL

April 17-18, 1999

- Sponsored by:** Raleigh Area Masters
- Sanction by:** LMSC for NC, for USMS, Inc. Sanction No. 139-02
- Meet Director:** Tim Sexauer
- Meet Referee:** Debbie Resetar
- Facility:** Pullen Aquatic Center, 410 Ashe Avenue, Raleigh, N.C. The pool is 50 meters by 25 yards with a bulkhead dividing the competition area into a 8 x 25 yard course. Non-turbulent lane lines and electronic timing system will be used. Continuous warm-up area will be available in the remaining 25 yard course area.
- Rules:** Swimmers must be registered with U.S. Masters Swimming (USMS). A photocopy of your current 1999 registration must be attached to your entry. Registration will be available at the meet. The 1999 USMS rules shall prevail. Each swimmer will be limited to five events per day plus relays. Swimmers may enter either the 1650 or the 1000 Free, not both.
- Fees:** Entry fees are \$3.00 for each individual event and a \$7.00 surcharge is added for zone fee, automatic timing and pool rental. Relay fees are \$5.00. **Fees must accompany entries and are non-refundable.** Late and deck entries will be accepted. Late and deck entry fees will be \$6.00 per event. Make checks payable to **Raleigh Area Masters**. Send entries to Tim Sexauer, 2121 Ruddy Road, Raleigh, North Carolina 27616.
- Deadline:** Entry deadline to be seeded is April 5, 1999.
- Awards:** Awards will be given for 1st - 8th place in each age group in each event. The high point winner in each age group will receive a custom award. Team awards will be given to the 1st - 3rd place teams.
- Scoring:** 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.
- Events:** **Saturday, April 17, 1999 --** Warm-up for the 1650 and 1000 begins at **8:00 a.m.** Heats for the 1650 and 1000 begin at **8:30 a.m.** with a final check-in at **8:15 a.m.** Heats will be mixed sex and swum fastest to slowest. Meet management reserves the right to re-deck seed based upon participation. Warm-up for other Saturday events will begin at **12:00 noon**. Heats begin at **1:00 p.m.** Deck entries for all Saturday afternoon events will be accepted until **12:00 noon**. **Sunday, April 18, 1999 --** Warm-up begins at **8:00 a.m.** and heats will begin at **9:00 a.m.** A final check-in for the 500 free will be held at **10:30 a.m.** on Sunday morning. Deck entries for all Sunday events will be accepted until **8:45 a.m.**
- Lodging:** The Brownstone Hotel, 1707 Hillsborough Street, (919) 828-0811, will be the meet headquarters hotel. A block of rooms will be held at a special rate of \$59 (single), \$69 (double) plus tax per night until March 26, 1999. The hotel is approximately 1 mile from Pullen Aquatic Center. Indicate participation in Raleigh Area Masters swim meet to receive special rate.
- Social:** There will be a "dutch treat" social at the Players Retreat Club on Saturday night, April 17, 1999. The PR is located across Hillsborough Street from the Brownstone, directly beside Darryl's Restaurant at 105 Oberlin Road. Food and beverages will be available from the menu.
- LMSC-NC Meeting:** There will be a meeting of LMSC-NC immediately following the events on Saturday, April 17, 1999.
- Information:** Tim Sexauer, Meet Director, (919) 266-6315

ORDER OF EVENTS

SATURDAY, APRIL 17, 1999		SUNDAY, APRIL 18, 1999	
Women	Men	Women	Men
--Warm-up 8:00 a.m.--		--Warm-up 8:00 a.m.--	
--Start 8:30 a.m.--		--Start 9:00 a.m.--	
1 1650 Freestyle	2	100 I.M.	26
3 1000 Freestyle	4	200 Butterfly	28
--Warm-up 12:00 noon--		200 FREE RELAY	30
5 200 I.M.	6	100 Backstroke	32
7 MIXED 200 FREE RELAY	8	50 Breaststroke	34
9 100 Butterfly	10	--10 Minute Break--	
11 50 Freestyle	12	400 FREE RELAY	36
13 200 Backstroke	14	200 Breaststroke	38
--10 Minute Break--		100 Freestyle	40
15 200 MEDLEY RELAY	16	50 Butterfly	42
17 100 Breaststroke	18	MIXED 200 MEDLEY RELAY	44
19 200 Freestyle	20	500 Freestyle	46
21 50 Backstroke	22		
23 400 I.M.	24		

Local Masters Swimming Committee for North Carolina CONSOLIDATED ENTRY CARD

Name _____ Male _____ Female _____ USMS # _____ - _____

Birthdate ____ / ____ / ____ Age ____ Club or Chapter _____ Phone (____) _____ - _____

Event No.	FREESTYLE (submitted time)	Event No.	BACKSTROKE (submitted time)	Event No.	BREASTSTROKE (submitted time)	Event No.	BUTTERFLY (submitted time)	Event No.	INDIV MEDLEY (submitted time)
	50 : .		50 : .		50 : .		50 : .		100 : .
	100 : .		100 : .		100 : .		100 : .		200 : .
	200 : .		200 : .		200 : .		200 : .		400 : .
	400/500 : .	Meet: _____ No. of Events _____ X \$ <u>3.00</u> = \$ _____ Surcharge = \$ <u>7.00</u> Meet Results Mailed \$ <u>3.50</u> = \$ _____ Total = \$ _____						For Office Use Only Amt Recvd _____ Date _____	
	800/1000 : .								
	1500/1650 : .								

Include a copy of USMS Card Signature on form is REQUIRED! Include a copy of USMS Card

Late or incompletd entries (no fee, incomplete entry card, incomplete entry date) or entries postmarked after date due **MAY BE REJECTED!**

ALL MASTERS Swimmers are required to send a photo-copy of their current USMS card with their entry. ALL MASTERS Swimmers may be asked to show their USMS card if requested at the meet.

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 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.

PLEASE Sign and Date: _____

Is this your first Masters Meet ? Yes _____ No _____
 Read the meet information sheet carefully. Make your check payable as shown on the meet information sheet and mail it to the address shown

Non-LMSC for NC swimmers please include your address:
 Street: _____
 City, State, Zip: _____

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.

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

