



# H2O\*H\*I\*O

The O\*H\*I\*O Masters  
Swim Club Newsletter  
Fall 2007



## President's Letter

*Thanks*



A heartfelt thanks to Tom Spence and Doug Brogan for their years of service with the O\*H\*I\*O Masters Open Water Swim. Tom has served as Race Director for the past 5 years. Doug has been involved with the event since its beginnings in 1990. He served as Race Director and in just about every other capacity. Thanks again for your selfless commitment to this successful annual event.

## Convention Update:

O\*H\*I\*O did not fair well at the convention this year. O\*H\*I\*O was once again nominated for club of the year, but we lost out to Walnut Creek, California. Dave Barberic did not know it, but I submitted his newsletters to USMS for consideration for Newsletter of the Year. That honor went to Oregon. The bad news continued as I found out my rule book cover design entry went down in flames. They chose a boring design, which showed no creativity....mmmm no sour grapes here! Our losing trend continued when our bid was lost for the 2009 One Hour Postal. We lost the bid despite the strong recommendation for O\*H\*I\*O from the chair of the Long Distance Committee, which awards the postal events. To add insult to injury, midway through the last day at the convention, I took a very unpopular but important position on an issue in the House of Delegates. As I was speaking, I was booed and hissed off the floor by some 400 or so delegates. Tough crowd this year for sure!

## *Special Open Water Edition*

### **O\*H\*I\*O Masters Swim Club Officers**

#### **PRESIDENT**

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## Lead Off Split Time:

One BIG bright spot was the passage of the lead off swimmer split rule. Yes, it passed, and O\*H\*I\*O had everything to do with it. As predicted, the Legislation Committee was going against letting the lead off swimmer in non-conforming events time count until I pulled out my ace. That ace was your e-mails supporting it. That was a show stopper! Those e-mails not only got the attention of the Legislation Committee but also the Chairman of Rules, which also had to approve this proposal. It was YOUR e-mails that convinced the Legislation Committee to pass the proposal intact! Your voices were heard loud and clear all the way to California. I want to thank every single one of you that sent me your e-mails. You made my job so easy and your impact will be felt throughout the entire country for a long time to come!

WAY.. TO... GO.... O\*H\*I\*O!

## Be On the Lookout:

One of our swimmers will be the centerfold in your next issue of *USMS Swimmer*!! I recently got a sneak peak at the magazine at Convention. The swimmer is our own Laura Kessler showing off her water polo skills. The article is not only interesting but includes several nice pictures of Laura. In our next bubble, I will let you know how much Laura is charging for her autograph, you know how these famous athletes are these days!



*This summer's O\*H\*I\*O Masters Long Course Nationals team*

## Meet News:

For those of you wondering about our fall meet, it will be a Pentathlon meet at Orange on Sunday, November 11th. *See the complete O\*H\*I\*O Masters meet schedule in this newsletter.*

The OHIO LMSC (we are Lake Erie) has agreed to work with our LMSC to host a State Championship at OSU the first week of April. A lot of work has to be done yet before this can become a reality, but our talks with the OHIO LMSC at the convention went well and now I can move forward on talks with OSU. More updates as things become available.

*Dan*



*Long Course Nationals Mixed Relay National Champions 200 Age Group (L-R) Todd Stultz, Jack Groselle, Ann Guinbs, Laura Kessler*

# Annual Meeting Award Dinner

On June 30, the Annual Meeting and Awards Dinner was held at the Sweetwater Landing Restaurant at the Emerald Necklace Marina in Cleveland's Rocky River Metropark in Lakewood. An excellent meal and social hour preceded the election of the following to two year Board positions: Secretary - Tom Gorman, Treasurer - Tom Spence, and Board Members - Dave Barberic, Kristen Bergmann and Diane Rothenberg. In addition, the following awards were presented at the event:

## Open Water All American

Kristen Bergmann  
Marianne Brogan  
Andrea Gray  
Audrey Gray  
Linda Heuman  
James Janesko  
Dale Korner  
Peggy Maish  
John Medici  
George Roudebush  
Betty Russ

## All Americans

Jack Groselle  
Yoshi Oyakawa

## All Star

Jack Groselle

## Iron Person

Diane Rothenberg  
Melinda Smith  
Eve Weishar

## Super Iron Person

Joanne Collins  
Carol Ganzel  
Duane Grassell



*Super Iron Person  
Joanne Collins*

## Relay All Americans

Ann Guins  
Sid Hall  
Laura Kessler  
Joe Lammert  
John Medici  
Yoshi Oyakawa  
Melinda Smith  
Todd Stultz



*Super Iron Person and 25 year  
O\*H\*I\*O Masters Member  
Duane Grassell*

## 2006 Most Improved

Chris Brookes  
Tom Esposito  
Fiona Green  
Pam Kent  
Jodi Thomson

## President's Award

Tom Gorman

## 25+ Years of Membership

Duane Grassell



*O\*H\*I\*O Board members Lilly Kron and  
Diane Rothenberg (far right) volunteer at the  
Open Water Swim.*

*Way To Go!*

## Open Water 1-Mile and 2-Mile Swims - Cleveland, Ohio



*Julio Aponte crosses the finish line.*

On Saturday July 28, 2007, O\*H\*I\*O Masters Swim Club sponsored its 18th Annual Open Water Swims at Edgewater State Park. Competitive Aquatic Supply was the event sponsor. This event was a fundraiser for the Northern Ohio Breast Cancer Coalition.

This year, for the first time, the 1-mile course was laid out in a triangular shape to take the sun out of the swimmers eyes. Ninety-one swimmers were checked in at race time. In the 1-Mile distance, the fastest woman was Audrey Gray with a time of 22:41. The fastest man was Chris Brookes with a time of 22:36. In the 2-Mile distance, twice around the course, the fastest woman was Amanda Gannon with a time of 42:10. The fastest man was Rick Durstein with a time of 44:09. The oldest woman was Dotty Steenson 65-69. The oldest men were Gerry Meyer, Julio Aponte and Ken Bechtol all in the 60-64 age group.

I want to thank the people who have so very helpful to me over past many years as volunteers. Doug Brogan, Margaret Bayless, Dave Barberic, and Kevin McCardle. An event like this is less about the Meet Director and than it is about the volunteers. These four people plus the many others who are too numerous to name have made this event a huge success over the years. Thank you All,

*Tom Spence*

Meet Director



*Peggy Maish and Luise Easton celebrate their swims.*



*The Brogans have worked with the Open Water Swim for 18 years.*

## The O\*H\*I\*O Masters Open Water Swim - a History of Success

Since 1990, the O\*H\*I\*O Masters Swim Club has held an open water swim at Edgewater Beach in Cleveland. It began in 1989 when Marianne Brogan attended the Long Distance Committee meetings at the National Convention. A committee of interested open water swimmers made a proposal to the OMSC board to hold the initial open water swim in 1990.

Since 1982 the event has given the net proceeds to charity, including The Arthritis Foundation, the Multiple Sclerosis Assoc. of American, the Northern Ohio Breast Cancer Coalition Fund. This long-running successful event has hosted four open water USMS National Long Distance Championships. Marianne Brogan was the first race director and has been followed by Maureen Koss, Debbie Ross, Doug Brogan and Tom Spence. Both Marianne and Doug have been involved in the event since its inception in 1990.

# RECOLLECTIONS OF A LONG SWIM

Here are some post swim thoughts on the National 10K Open Water Championship, which was held July 15th at Huntington Bay, NY. In order, the author's are Marcia Cleveland, Tom Spence and Colleen (last name unknown).

Phew! Talk about challenging conditions! Yesterday's 10K OW National Championship at Huntington Bay, NY was a real doozie. Weather-wise, we couldn't have asked for a better day: crystal clear skies, no wind, 80F air, 72F water, flat seas to start, and not a jellyfish to be found. Several of us have swum this triangular course many times, but yesterday took the cake. I certainly got my money's worth as my time (and those times of most repeat competitors') was an HOUR slower than the last time I did this, and I was in equal (or better shape!) this year. In 2004, I finished in 2 hours, 40 minutes; this year I clocked in at 3:40 and I was trying!!!



*The start of the 10K Open Water Championship.*

At the start, little did anyone know that we all would be battling a head-on strong current for the 2+ mile leg twice. This little monster had not yet reared its ugly head above the surface when we started. During my first pass, I wondered if we all had made a wrong turn or was the course seriously mis-measured? What in the world could have caused me and everyone else to be moving at a turtle's pace? Bea Hartigan runs superb races and this one was no different. I had a feeling that the course was correctly measured. It was only after I finished and asked, "Was that 10 MILES, instead of 10K?" that I was told, and then could see, the major current that all of us had traversed.

Well, anyways, I'm glad I completed the whole 10K yesterday. No exceptional aches or pains today but boy, am I tired! Better yet, I'm always glad to see all my swimming buddies who were there en masse. What a great group of athletes! On to the next race. - Marcia Cleveland

Hi Marcia, you told the story. I'll add a footnote. I'll call it the *Report From the Rear*.

After that very long first lap, I was reconciled to swimming until I got pulled. I did not know about the tides at the time. I thought it was me. As it happened, I was not pulled. After the first time down the long leg, the people on the turn boat offered me a martini. I told them maybe later and settled for water. The second time I went past, about 3 hours later, they said, "Back so soon?" A kayaker escorted me from about half way around the second lap. Very kind of her. She called me Swimmer. I called her Kayaker. We bonded. The tide and the wind gave her a hard time. She almost ran me into an anchored sailboat. Between the final turn and the finish, she floated right over me. I remembered not to grab on to the kayak.

I was the last person to finish the race. Don't all the other finishers have to pay the Anchorman a dollar? No? Oh, well. I finished 1 1/2 hours



## RECOLLECTIONS OF A LONG SWIM (continued)

behind you. That makes it 5+ hours in the water. The others in my age-group were unable to finish. That makes it mission accomplished. A winning swim. Ugly but mission accomplished. I have a little thing going with these same guys from NYC. I swim against them in the Hudson River. I had bragging rights two years ago. Lost them big time last year. Got them back this year. I enjoyed this event. Physical stress, discouragement, humor and redemption all in one swim. Is this fun or what? - Tom

Oh my gosh that was such a hard swim! I wasn't physically drained but mentally I think. I did the 5K and I have swum the course twice before, and I had such a hard time figuring out the direction I was headed. At one point the kayaker told me I swimming out to the ocean. I guess it was the tides that threw me off. And there were jellyfish! I got stung real bad on my neck. I feel like I have a scab now across my neck. At a certain point I feel like I lost track of the time I was swimming. Some people from my team got out because they were having a tough time. I think the rest that stuck it out didn't realize what a hard time it was and probably were delirious. I swam about 2 1/2 hours - I think the last time I was an hour and half or maybe 1 hour 45, so this took a lot longer.



I admire greatly those that did the 10K! Congrats to Tom! - Colleen

## Chestertown, Maryland Open Water Swim



*Gerry and Dave pre-race  
(who needs a wet suit!)*

This past June, Dave Barberic, Gerry Meyer and their spouses traveled to Chestertown, Maryland, where Dave and Gerry participated in the 16th Annual Swim for Life. The swim is sponsored by the District of Columbia Aquatics Club and raises money that supports organizations in the Washington DC area that provide services for families affected by HIV/AIDS. This year's event raised over seventeen thousand dollars.

The event offers one, two, three, four and five mile races. Both Dave and Gerry swam the two mile race. Gerry finished in 1:04 and Dave finished in 1:05. (The DCAC web site mistakenly has Gerry finishing in 3:40). The event concluded with a wonderful lunch provided by the Chester River Association.



## Steve Wargo Swims the Strait of Gibraltar

Shortly after completing his crossing of the Strait of Gibraltar, Steve Wargo sent this email.

Dear Friends and Family,

I DID IT!! On Monday, September 17, 2007, I became the 175th person and 24th American to cross the Strait of Gibraltar by swimming.

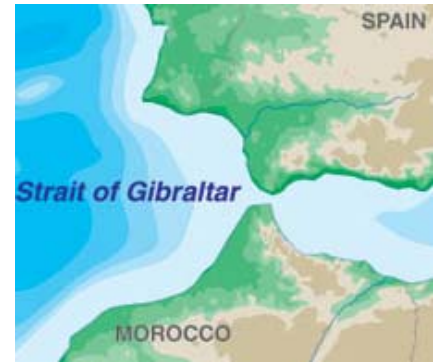


My official time was 4 hours, 17 minutes. Favorable

currents allowed me to swim in a straight line of approximately 9 miles to Punta Çires, Morocco, Africa. When I came ashore, yes, I did think of each one of you at that moment in my victory. The beautiful blue sea conditions had 2 to 4 ft- swells with a temperature of 67\*.

Having swum at 90% or 60 strokes per minute, my condition at the finish was excellent. My special thanks Donata Burger who put up with my pre-race jitters, helped me train, had confidence in me and supported me in every possible way and to my mom for taking me to that first

swimming lesson in 1964, that selfless act continues to blossom. Another giant thank you to ALL OF YOU for your confidence and good wishes and donations to Catholic Relief Services. Thanks to CRS for allowing me to represent all the great work that CRS does all over the world. To be able to achieve my swimming goal and for it to be beneficial to others is extraordinarily satisfying.



Congratulations, Steve, on an amazing effort. Even more importantly, this will benefit Catholic Relief Services and the good work that it does worldwide.

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## USA Triathlon Short Course National Championship

On June 30<sup>th</sup>, Joanne Collins and I (Angie Ridgel) participated in the USA Triathlon Short Course National Championship in Portland, OR. 1068 of the best athletes in the country participated in this hilly and challenging course. The weather was perfect and the course was amazingly scenic. It was quite an honor and a humbling experience to race with all of these great athletes. I have to admit that the course was one of the hardest I have ever raced in my 5 years of triathlon and I am sure that Joanne would agree. Nevertheless, we both placed in the middle of our age groups. Although neither of us qualified for the World Championship, we enjoyed the race and had a great visit to the West Coast. Perhaps we will try again another year!!



# REGISTRAR'S REPORT - October 5, 2007

O\*H\*I\*O Masters Swim Club currently has a record 394 members, up 8% from the previous year. The 2008 USMS & O\*H\*I\*O Masters registration renewal form will be mailed in late October to all current members. The annual fee will remain at \$40.00. Again this year, each member will receive a personalized form that will include his or her information on file. If this information is still current, all you will need to do is sign the form, enclose your check, and mail it off to the Registrar. If updates are necessary, they can be noted on the form. Please be sure that we have your correct email address, as email is the primary mode of communication for newsletters and other updates. Although the 2007 registration cards are valid until December 31, 2007, the 2008 registration period will extend from November 1, 2007 through December 31, 2008. So register early and beat the rush! Remember, you must be USMS and O\*H\*I\*O Masters registered to swim at our workout groups.

## NEW OHMA MEMBERS, 4/21/07 - 9/30/07

Mark D. Anghilante  
Michael H. Davidson  
Shari L. Dutton  
Jane C. Finley  
Jill M. Garrett  
Dave J. Garrett  
Earl T. Gentile  
John R. Groselle  
Elizabeth D. Groselle  
J. Ross Halloran

Joe Hoskinson  
James R. Jensen  
Kathleen A. Kirby-Turner  
Elizabeth A. McDevitt  
Ashley A. Meyers  
Chris M. Nook  
Thomas J. Olander  
Joan D. Osborne  
Daniel A. Pienta

Alex D. Rae-Grant  
Susan M. Rebrovich  
Robert J. Rose  
Mickey Rzymek  
Marla C. Sanchez  
Alison G. Skala  
Leah M. Sterlekar-Farrar  
Denise A. Vanek  
Jill K. White

## Corporate Challenge Swimming Competition

On Tuesday, July 17th, O\*H\*I\*O Masters members Gerry Meyer and Dave Barberic represented the Greater Cleveland Partnership in the annual Corporate Challenge Swimming competition. Joining them in this three relay event were Anne Whidden and Colleen Graham. The event consisted of a 200 Free Relay, a 100 Medley Relay, and a 100 Inner Tube Relay (a fun event that might be worth considering for the January Pieter Cath Memorial Meet). The team finished third in the meet, which helped to earn the GCP an 2nd place finish in the overall standings.



*The Greater Cleveland Partnership team of (L-R) Dave Barberic, Colleen Graham, Anne Whidden and Gerry Meyer.*

# O\*H\*I\*O Masters Meet Schedule for 2007-2008

## November

**Place:** Orange High School  
**Date:** Sunday, November 11th  
**Warm Up Start:** 10:00AM  
**Type:** Pentathlon

## December

**Place:** Hudson Middle School  
**Date:** Saturday, December 8th Sunday,  
December 9th  
**Warm Up Start:** 8th - 4:30PM  
9th - 8:00AM  
**Type:** SCM

## April\*

**Place:** The Ohio State University  
**Date:** Saturday, April 5th or  
Saturday, April 12th  
**Warm Up Start:** 8:00AM  
**Type:** SCY

## February

**Place:** Lakewood High School  
**Date:** Sunday, February 10th  
**Warm Up Start:** 8:00AM  
**Type:** SCY - Relay Meet

## March

**Place:** Wooster High School  
**Date:** Saturday, March 8th Sunday, March 9th  
**Warm Up Start:** 8th - 3:30PM  
9th - 8:00AM  
**Type:** SCY



\*Please note that this meet is still awaiting approval from OSU, the Lake Erie Board and the OHIO Board. It would be the **State of Ohio Masters Championships. O\*H\*I\*O Coaches**, we won the first State of Ohio Championships at OSU. Let's make it two in a row! Please promote all of the above meets, building toward the **State Championship Meet!!** (Entry forms for all meets are at the O\*H\*I\*O Masters Website:

[www.ohiomasters.com](http://www.ohiomasters.com).

*Our thanks to  
Competitive Aquatic Supply  
for their continuing support of  
O\*H\*I\*O Masters Swimming.*

<b>CAS</b> <i>Competitive Aquatic Supply</i> 7233 Whipple Ave, NW North Canton, OH 44720 PH: 330-498-9179 FAX: 330-498-9175 Mon 9-6 Tues-Fri 9-5	PARK CAS	PORTAGE
	WHIPPLE	EVERHARD I-77

# BABY

Just wanted to send along a note to inform the Lakewood gang that Marie delivered a healthy baby boy, Jude Garica Banks, on Sunday at 4 PM. We are pretty sure he is going to be quite a competitive little guy as he was in a race to get out and see the world....quite a few weeks ahead of schedule....much to the surprise of Mom and Dad.

All is well with Marie and Jude.....(and not that anyone cares...but dad is hanging in there too)

Best Regards,

Eric



News from the Bergmann Family:

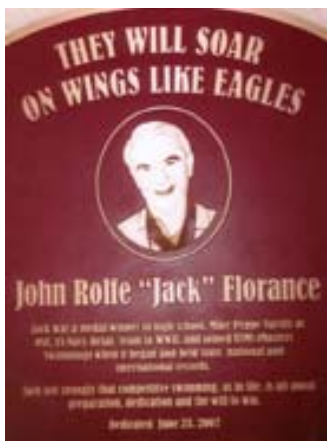
Our new baby daughter has arrived. Hannah Elizabeth was born at 12:40AM on Saturday, August 4th. She weighed in at 7 lbs. 14 ounces and 19 1/2 inches long. Her older sister Emily is adjusting well so far.

Take Care,  
Kristen, michael, Hannah and Emily



## Former O\*H\*I\*O Masters Member Honored

On June 23rd of this year, the city of Delaware, Ohio, dedicated the city swimming pool to the late Jack Florance. Jack, who passed away in September, 2006, was a former member of O\*H\*I\*O Masters. The pool will be known as the Jack Florance Pool.



## Beth Hanks Wins Gold!

The August issue of *Geezerjock Magazine* (I'm not kidding) contained an article about the recently contested National Senior Games. Included in the article was the following piece about O\*H\*I\*O Masters member Beth Hanks:

*Beth Hanks, 91, and her daughter, Barb Richmond, attended the recently held National Senior Games. Hanks went back to her hometown of Sebring, Ohio, with some more hardware. She won a gold medal and set a Games record in the 100 yard backstroke for 90-94 swimmers with a time of 3:05.78.*

*After she saw one competitor being wheeled into the pool from a wheelchair, Hanks said a wheelchair would not stop her either. "I plan on doing this until I die," she said.*

Congratulations Beth!

# Fall Workout Locations

## Hathaway Brown School

- **Facility:** Hathaway Brown HS Pool
- **Location:** 19600 North Park Blvd.
- **Schedule:** Mon & Wed 5:30AM - 7:00AM  
Tues, & Thur 7:30PM - 8:45PM  
Sat 8:30AM - 10:00AM
- **Coach on Deck:** Samantha McCarthy
- **Contact:** Samantha McCarthy 216-320-8793  
[smccarthy@hb.edu](mailto:smccarthy@hb.edu)

## Lakewood

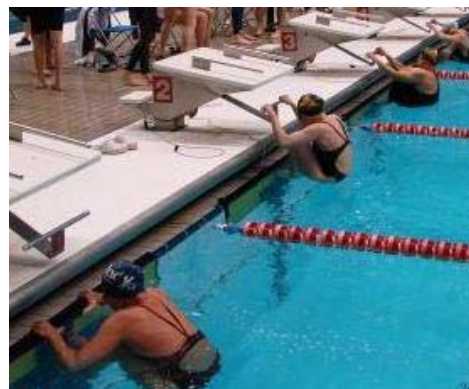
- **Facility:** Lakewood HS Pool
- **Location:** Lakewood HS - Bunts & Madison
- **Schedule:** Mon & Wed 7:30PM - 8:30PM  
Thurs 8:30PM - 9:30PM  
Sat 7:30AM - 9:00AM  
Sun 12:30PM - 2:00PM
- **Coach on Deck:** Bob Babiak or Jim Hlavaty
- **Contact:** Judi Norton 216-228-3686 or by e-mail  
[judinorton@yahoo.com](mailto:judinorton@yahoo.com)

## Cleveland State University

- **Facility:** Robert Busbey Natatorium
- **Location:** 2451 Euclid Avenue
- **Schedule:** Mon, Wed & Fri 6:00AM - 7:30AM  
Sat 6:30AM - 7:45AM
- **Coach on Deck:** Gus Barrios
- **Contact:** Gus Barrios, 216-687-4813 or by email  
[g.barrios@csuohio.edu](mailto:g.barrios@csuohio.edu)

## Solon

- **Facility:** Solon HS Pool
- **Location:** 33600 Inwood Drive
- **Schedule:** Mon, Tues, Wed, & Thur 7:30PM - 8:45PM  
Tues & Thur 5:30AM - 7:00AM
- **Coach on Deck:** Mike Davidson
- **Contact:** Mike Davidson  
[mikedavidson2002@hotmail.com](mailto:mikedavidson2002@hotmail.com)



## Orange

- **Facility:** Orange HS Pool
- **Location:** 32000 Chagrin Blvd.
- **Schedule:** Mon & Wed 7:30PM - 9:00PM  
Sat 7:30AM - 9:00AM (University School)
- **Coach on Deck:** Pete Finefrock
- **Contact:** David Rockwell 440-349-2666 or 440-821-1732 or by e-mail [david.rockwell@kellogg.com](mailto:david.rockwell@kellogg.com)

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## Team in Training

This past indoor season 11 O\*H\*I\*O Masters members participated in the Team in Training program. They worked out with the Lakewood Swim Group to prepare for the Philadelphia Triathlon, which was held this past June. Here is an update from team leader T.J. Worsencroft on how they performed.

*Oh... The team did great. Everyone completed their first Olympic Distance Triathlon, so everyone earned their personal best time. The race weekend was great and the*

*weather cooperated. We hope that the participants will spread the word about the Team in Training program with the Leukemia and Lymphoma Society. Our team raised over \$50,000 for the Society! Our next team event (Wildflower Triathlon in California) is scheduled for May 2008, with training starting in January 2008. We don't have the team organized yet but will keep you posted. We loved working with you and the Masters team and would love to keep the friendship going.*

**LAKE ERIE LMSC**  
**MASTERS PENTATHLON SWIM MEET**  
**SUNDAY, NOVEMBER 11, 2007**

USMS Sanction # 18-111107-SCY

FEES: THERE IS NO FEE FOR THIS SPECIAL MEET!! ☺

Lake Erie LMSC has graciously agreed to underwrite all meet costs.

TIME: Warm-ups - 10:00 a.m., First Event – 11:00 a.m.

LOCATION: The Orange High School. Located at 32000 Chagrin Blvd. (route 422) in Pepper Pike, Ohio, 2.0 miles east of I-271 Chagrin exit and 0.6 miles west of S.O.M. Center Road (route 91).

FACILITY: Indoor 6-lane, 25-yard pool equipped with Kiefer non-turbulent lane markers and Colorado automatic timing. The diving well may be used for warm-up and warm-down during the meet.

ELIGIBILITY: 2007 U.S. Masters Swimming rules will govern conduct of the meet. Because of insurance requirements, all swimmers must be registered U.S. Masters Swimmers. Applications for 2008 registration will be available at the meet (\$35.00). Please send a copy of your USMS card with your entry form.

AGE GROUPS: Age of swimmers on November 11, 2007 will determine age group. Age groups are: 19-24, 25-29, 30-34, etc... 90-94, etc.

ENTRY LIMIT: 1 Pentathlon Event:

MINI = 50 Fly, 50 Back, 50 Breast, 50 Free and 100 IM

MAXI = 100 Fly, 100 Back, 100 Breast, 100 Free and 200 IM

OR you may sign up for individual events if you are not interested in earning a pentathlon award. Limit to 5 events.

SEEDING: Heats will be formed by submitted times, regardless of age or sex, and progress from fast to slow to “No Time” and deck entries.

AWARDS: There will be a high-point Pentathlon award given for each age group.

DEADLINE: Entries must be received by November 8, 2007. Deck entries will be accepted until 10:30 a.m. on day of meet.

MAIL

ENTRY TO: Meet Director, P.O. Box 43824, Richmond Heights, Ohio 44143

MEET

DIRECTORS: Tom Gorman and Kevin McCardle

**LAKE ERIE LMSC**  
**MASTERS PENTATHLON SWIM MEET**  
**SUNDAY, NOVEMBER 11, 2007**  
**Orange High School**  
**ENTRY FORM**  
**USMS Sanction #18-111107-SCY**

Please legibly complete the following entry form and *SIGN* the waiver

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
MO DAY YR

Street Address: \_\_\_\_\_ Circle: **Male** **Female**

City, State, ZIP: \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

Team Affiliation: \_\_\_\_\_ 2007 USMS#: \_\_\_\_\_

**Include copy of card**

Enter one Pentathlon Event - either the Mini- Pentathlon (50's with the 100 yard IM) or the Maxi-Pentathlon (100's with the 200 yard IM). Please enter seed times for each of your events.

#	EVENT	SEEDTIME / BEST GUESS	
		MINI-PENTATHLON	MAXI-PENTATHLON
1	50 BUTTEFLY		
2	100 BUTTERFLY		
3	50 BACKSTROKE		
4	100 BACKSTROKE		
		15 MINUTE BREAK / WARM UP	
5	50 BREASTSTROKE		
6	100 BREASTSTROKE		
7	50 FREESTYLE		
8	100 FREESTYLE		
		15 MINUTE BREAK / WARM UP	
9	100 INDIVIDUAL MEDLEY		
10	200 INDIVIDUAL MEDLEY		

**Entry Fee: None. Compliments of Lake Erie LMSC**

**Deadline: November 8, 2007**

**Mail To: Meet Director, P.O. Box 43824, Richmond Heights, OH 44143**

**Release by Participant from Liability:** I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death and agree to assume all those risks. **AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGE CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATE MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE 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.

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