



H₂O*H*I*O

The O*H*I*O Masters
Swim Club Newsletter
Fall 2008



Letter from the President:

I tell people who express an interest in joining O*H*I*O Masters Swim Club (OMSC) . . . “We are exercise swimmers, triathlete swimmers and competitive swimmers. We are fast and we are slow. We are young and we are old. What we have in common is we love to swim.” OMSC offers programs and opportunities for all our swimmers.



*O*H*I*O Masters
President Tom Spence*

I just returned from the Aquatics Convention in Atlanta, Ga. The big news from USMS is the addition to our traditional all-volunteer organization of a professional staff. The

professional staff will be located in Charlotte, NC and will be headed by an Executive Director. The Executive Director’s name is Rob Butcher. Rob made the Olympic trials as a swimmer a few years ago. More recently, Rob was employed as a marketing executive by NASCAR. Rob’s background is in management of sporting organizations. One of Rob’s many goals is to provide additional programs and services to the members of USMS. For the moment, we’ll have to stay tuned to the changes Rob will bring to USMS.

This got me thinking about the masters swimming programs that are currently available to us both nationally and locally. Looking at National Programs first . . .

On-line registration is now up, running and available to us. While we can still renew our annual membership by mail as we have done in the past, we now have the option of renewing on-line. Go to www.usms.org, click on the **JOIN USMS** tab at the top of the page and proceed. I think I’ll give it a try this year– **but only after November 1st!!!!**

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

PRESIDENT

Tom Spence
talltom13@msn.com

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David.Rockwell@kellogg.com

Diane Rothenberg
DianeTFR@aol.com

We have access to **discounts** on swim wear, rental cars and home and auto insurance. Go to www.usms.org and click in the “**view all sponsors**” link.

There is a program that I think might appeal to exercise and triathlete swimmers. This is a no cost program to help you track your swimming yardage over the course of a year. It’s called “**GO THE DISTANCE**”. Go to www.usms.org/fitness/content/gothedistance for more information.



Triathletes can use the free USMS program Go the Distance to help them track their swimming yardage.

For competitive swimmers, each year USMS sponsors two pool championships, five postal championships and five open water championships. These championship events move around the country each year. O*H*I*O Masters Swim Club has a rich tradition of participating in and hosting **National Championship events**. We hosted the LCM Nationals at Canton in 1981, the LCM Nationals at CSU in 2001, the One-Mile Open Water National Championship at Edgewater State Park in 2001 and the One-Hour Postal National Championship in 2006. USMS also determines the Top Ten, All-American and All-Star swimmer each year.



Congratulations to Yoshi Oyakawa, who set two world records at Long Course Nationals in August.

I’d like to mention that Laura Kessler was OMSC Team Captain at the Long Course National Championships in Gresham, OR, August 14 -17, 2008. Laura and ten other O*H*I*O Masters swimmers finished 12th out of 139 teams. The swimmers included Bill Brenner, Jack Groselle, Ann Guins, Sid Hall, Peter Harding, Laura Kessler, Lilly Kron, John Medici, Yoshi Oyakawa, Melinda Smith and Todd Stultz. *Yoshi Oyakawa, age 75, set world records in the 50M backstroke (36.65) and 100 backstroke (1:22.00). Congratulations, Yoshi. Congratulations to the entire team for such a great performance.*

In addition to these national programs, OMSC offers local programs . . .

OMSC has workout groups in numerous locations. Go to www.ohiomasters.com for their locations. Although, if you are reading this newsletter, you probably know where your favorite workout is.

Over the next 12 months, OMSC will host six local swim meets - each at a different venue and each with a different format. On November 2, 2008, OMSC will sponsor a Pentathlon Meet at **Hathaway Brown School in Shaker Heights**. This pool is one of the newest in the area and we are delighted to be able to swim there. Details of the meet may be found at www.ohiomasters.com and also in this newsletter.



The Hathaway Brown School Aquatic Center

On **December 6 – 7, 2008**, OMSC will sponsor a Short-Course Meters meet at the **East Woods School in Hudson, Ohio**. With relatively few SCM pools around the country, this gives some of us – including yours truly – our best chance of making the Top Ten list. This is especially true if we swim an obscure relay such as the 240+ 800 meter relay. Details may be found at www.ohiomasters.com.

There will be meets at **Lakewood High School** in **January 2009**, **Wooster High School** in **March 2009**, **Cleveland State University** - Long Course Meters – in **June 2009**. The annual **Open Water Meet** will be at **Edgewater State Park** in **July 2009**. All are welcome to compete or to volunteer to help out. Details about these meets will be posted on www.ohiomasters.com.

O*H*I*O Masters Swim Club sponsors the **IronPerson award**. This award is made to all OMSC swimmers who swim all individual events in competition between 6/1/08 and 5/31/09. If a swimmer also swims an open water event, the person is awarded a **Super IronPerson award**. Speed is not important. Just making the distance is important. The Entry Form will be posted at www.ohiomasters.com. We are contemplating an ironperson award

for swimmers who have had hip or knee replacement surgery and who are limited in their ability to swim breaststroke. Maybe we'll call this the silver person award. Stay tuned on this one.



O*H*I*O Masters Swim Club has funds available for coaches who might wish to attend a coaches clinic. We have funds to help swimmers with special circumstances. Contact me for details. We offer discounts for Student Memberships. In addition, **Competitive Aquatic Supply** in North Canton, Ohio - (330) 498-9179 - offers a 10% discount on

non-sale items to members of OMSC.

My point is this: USMS nationally and O*H*I*O Masters Swim Club locally offer a lot to exercise swimmers, triathlete swimmers and competitive swimmers – workouts, discounts, competition and more. Did I mention the underwater camera? Ask your coach about it.

We all know swimming has to be fun. If it's not fun, there is no point in pounding out those yards. See you at the pool or in the lake having fun.

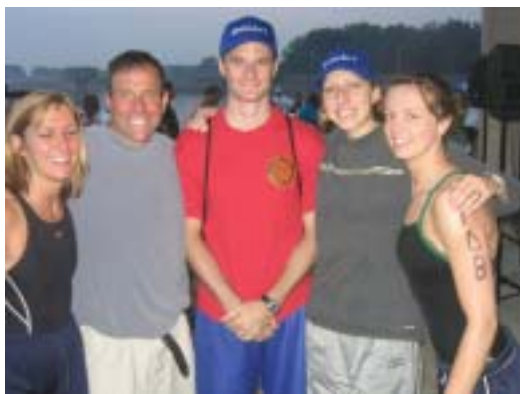


Tom Spence
President
O*H*I*O Masters Swim Club

An O*H*I*O Masters 25K To Remember

by David Rockwell

On July 18th, 10 swimmers from O*H*I*O Masters took the trip to Noblesville, Indiana, for the initial USMS 25K National Championships which took place on July 19th. We had 2 relay teams representing O*H*I*O Masters with each member swimming a 5K. Dividing the teams by age, the old (or “experienced”) team took 1st PLACE in its age group, qualifying as National Champion All-Americans. The old team “BRAT BLUE” was comprised of: Team Captain Tom Spence, Judy Norton, Dave Barberic, Bruce Allen and Pam Allen. (BRAT is an acronym for *Burning River Aquatics Team!*)



The young team (“BRAT RED”) came in 2nd place in its age group. The young team was represented by (L-R) Jean Koeberle, David Rockwell, Steve & Allison Yutzy, and Dana Kawalski.

A lot of time, hard work and planning went into the event. Collaboration and camaraderie were the key to our success. More importantly, to truly get the most value out of any accomplishment it needs to be shared with others. In this event, 10 members of O*H*I*O Masters set a goal that we worked for over 3 months to achieve. The goal was not only accomplished, we also became closer friends and had a great time. What an experience: to go on a trip to another swim location and share meals, rides, stories and make memories! Thanks to Captain Tom Spence for all of his efforts in organizing this.



Wearing his good luck shirt, team captain Tom Spence celebrates after the event.



The night before the race we had the opportunity to take a boat ride and see the course for ourselves in the Morse Reservoir. The boat ride on this beautiful reservoir was great. The scenery and homes on the reservoir were breath- taking.

The entire experience was fantastic. Hopefully, other O*H*I*O Masters can team up in the future to share a memory like this. The following are quotes from some of the team members:

Tom Spence (Captain) - I am delighted that O*H*I*O Masters was able to send some different members to a national championship event. I am very appreciative that the Club was able to pay for our registration.

David Rockwell - The camaraderie was fantastic. I am looking forward to my next 5K!



Volunteer kayakers head out prior to the start of the individual 25K. This was the start of a long 10 hour day for the safety craft and race personnel.



Dana & Jean - We had a hard time sleeping the night before the race due to extra curricular activities going on in the room next to us.

Dave Barberic - To me the most amazing thing was that the first place individual swimmer had a faster time than the fastest relay team.



Judi Norton - The water and weather were great but sharing the experience with 9 teammates was even better! To put it another way and borrowing from a popular ad campaign . . . New suit and goggles for the race . . . \$85. One night lodging and meals in Indiana . . . \$150. Sharing 50K with teammates . . . PRICELESS!!



Overall individual winner 42 year old Richard Kramer finished the 25K in 5:39.09 - faster than the fastest relay team!

19th Annual Lake Erie Open Water Swim



Our thanks to race director Todd Urban (L), cheering on a finishing swimmer.

On July 26th, O*H*I*O Masters held its 19th Annual Lake Erie Open Water Swim at Edgewater Park. Under the leadership of race director Todd Urban, this year's event registered over 100 swimmers. For the first time, there was online registration available through Active.com. Also making its debut at this year's event was computer chip timing, which led to faster results and a smooth finish line.

As usual the event was effectively executed (with the exception of some uncooperative wind and buoys). The success of the event can be attributed to the hard work and dedication of volunteers - those who worked on the race during the six months prior to race day and those race day volunteers who solve problems and make it all seem effortless. We truly hope that there are more O*H*I*O Masters members who will step forward and volunteer to work with next year's race.

As usual the event was effectively executed (with the exception of some uncooperative wind and buoys). The success of the event can be attributed to the



Volunteers like Sue Pilacky are one of the key ingredients for a successful event.



Kristen Bergmann and Todd Stultz were the winners of the Two Mile Race.

As noted elsewhere in this newsletter, this year's race raised over \$2100.00 for St. Malachi Center. The top three fundraisers were Julio Aponte, Paul Berman, and Marianne Brogan. This year 10 swimmers raised \$200.00 or more for this worthwhile cause.

As of now, next year's race should once again be held on the final Saturday in July. So reserve July 25, 2009 on your calendars!



The computer chip timing system made an effective debut at this year's finish line.



Diana Pi and Mark Stewart share a happy moment after completing the race.

O*H*I*O Masters - Working for Local Charities

On Sunday, August 3, 2008, the Cleveland Triathlon was held. The official charity of this year's event was United Cerebral Palsy of Greater Cleveland. This year's poster child for the event was Tyler Spicuzza, son of Chris and Janice Spicuzza. Chris pulled Tyler 24 miles on his bike, and Janice pushed him in a jogging trailer during



Team Tyler ready to go on race day.

her 10K run. Completing Team Tyler was David Rockwell of the O*H*I*O Masters Orange workout group. **David (as well as other members of O*H*I*O**

Masters) volunteered to fill out teams by competing in the swimming portion of the relay. In addition, the Rockwell family hosted the Spicuzzas for a pre-race meet and greet cook out and swim. **Over \$10,000 was raised for the charity through the event.** Congratulations and thanks to David Rockwell and all O*H*I*O Masters members who participated.



The Rockwells and the Spicuzza families enjoy the pre-race get together.

This year's Open Water Swim raised funds for St. Malachi Center, which provides a variety of services and programs for the needy of Cleveland's west side. Participants in the Open Water Swim raised over \$2100.00 for St. Malachi Center. The following is excerpted from a letter by Cathy Graham, Executive Director.

Thank you for your support of St. Malachi Center. The generosity of our donors and volunteers enables the Center to continue and expand its programs to serve the many individuals who come to us for assistance and community. Your donations make a difference in many people's lives and we thank you on their behalf.



*Cathy Graham expresses her appreciation to all the participants at the O*H*I*O Masters Open Water Swim.*



O*H*I*O Masters

Places to Swim (Fall-Spring)

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



Kent

- **Facility:** Student Recreation and Wellness Center
- **Location:** Ted Boyd Dr., Kent, OH 44240
- **Schedule:** Mon & Wed 7:30PM - 9:00PM
Sat 8:30 - 10:00PM
- **Coach on Deck:** Krystal Funk
- **Contact:** Katie Amer kunk2r@kent.edu or Mindi McBride mmcbride@kent.edu

S*T*A*R*K Masters - Canton

- **Facility:** Canton Jewish Community Center
- **Location:** 2631 Harvard Ave NW, Canton
- **Schedule:** Tues & Thurs 6:30 - 8:00PM
- **Coach on Deck:** Ed Burns
- **Contact:** Ed March 330-455-2118 or by e-mail emarch@sbcglobal.net

Cleveland State University

- **Facility:** Robert Busbey Natatorium
- **Location:** 2451 Euclid Avenue
- **Schedule:** Mon, Wed & Fri 6:00AM - 7:30AM
Sat 7:30AM - 8:45AM
- **Coach on Deck:** Gus Barrios
- **Contact:** Sharon Detering 440-974-0545 or Gus Barrios, 216-687-4813 or by email g.barrios@csuohio.edu



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

Solon Stars

- **Facility:** Solon HS Natatorium
- **Location:** 33600 Inwood Drive
- **Schedule:** Mon, Tues, Wed, & Thur 7:30PM - 8:45PM
Tues & Thur 5:30AM - 7:00AM
Sat 8-10AM
- **Coach on Deck:** Mike Davidson
- **Contact:** Mike Davidson 440-915-1567 mikedavidson2002@hotmail.com

O*H*I*O Masters Meet Schedule for 2008-2009

November 2008

Place: Hathaway Brown School
Date: Sunday, November 2, 2008
Warm Up Start: 8:00AM
Type: SCY

December 2008

Place: East Woods School, Hudson
Date: Saturday, December 6
Sunday, December 7, 2008
Warm Up Start: Sat. 3:00PM
Sun. 8:00AM
Type: SCM



Winter 2009

Place: Lakewood High School
Date: TBD January/February 2009
Type: SCY - Relay Meet

March 2009

Place: Wooster High School
Date: TBD March 2009
Type: SCY

Summer 2009

Place: Cleveland State University
Date: TBD June/July 2009
Type: SCM

Summer 2009

Place: Edgewater State Park
Date: Tentative - July 25, 2009
Type: Open Water

*Our thanks to
Competitive Aquatic Supply
for their continuing support of
the O*H*I*O Masters Swim Club.
Remember that CAS donates a
percentage of their total sales at
O*H*I*O Masters swim meets to
the club.*

CAS

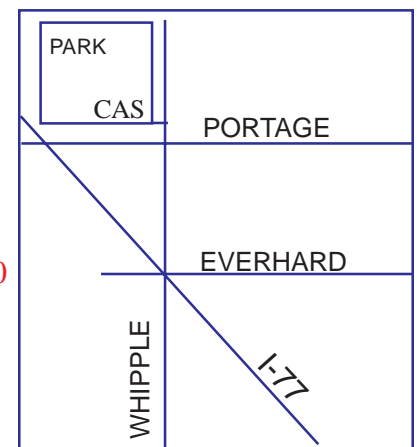
**Competitive Aquatic
Supply**

7223 Whipple Ave, NW
North Canton, OH 44720

PH: 330-498-9179
FAX: 330-498-9175

Mon 9-6
Tues-Fri 9-5

casswimohio@aol.com



Appreciating and Enjoying Our Greatest Asset

In mid-August, Mark Daniels, a masters swimmer from northern Virginia, was in town for a wedding. Prior to leaving on his trip, Mark went to the



Mark assists Marianne Brogan out of a choppy lake.

O*H*I*O Masters website, saw our open water swimming information, contacted Dave Barberic, and then swam several times in Lake Erie with club members. Mark spoke emphatically about how impressed he was by Lake Erie and its cleanliness. He truly enjoyed the swims, including one in some rough water. He reminded us that we have a wonderful asset in Lake Erie, one that many of us often take for granted. Additionally, Mark had a great camera - all photos on this page were taken by him.



Mark was able to swim in several different lake conditions.

Continuing with the theme of “appreciating and enjoying our greatest asset,” on Sunday, October 12, Marianne Brogan, Therese Corrigan, Julio Aponte and Dave Barberic took advantage of the 78* air temperature and the



steamy 63* water temperature for one last swim in Lake Erie. Relatively immune to the cold, Dave and Julio swam for about 35 minutes (no brain - no pain). Final update: Marianne and Dave swam for 40 minutes on Monday, the 13th.



REGISTRAR'S REPORT - October, 2008

As of October 10, O*H*I*O Masters Swim Club has 342 members. 104 members are new this year, and 238 have renewed their prior year's membership. 75% of members have reported that they attend one or more of the several workout groups affiliated with O*H*I*O Masters. The Lakewood workout group has the largest number of registered swimmers this year, at 118.

2009 O*H*I*O Masters membership registration opens November 1. The annual fee will remain at \$40.00. Your membership in O*H*I*O Masters also includes your membership in USMS (United States Masters Swimming). In late October, an email will be sent out introducing the new on-line registration process. You can register/renew simply and quickly with your VISA or MasterCard (and save a stamp) by going to www.usms.org and clicking the join/renew button. It is the hope of USMS that the on-line system, which has been active since February 2008, will be widely used for renewals and new memberships. If you prefer to register by paper form, the 2009 registration forms can be found in this newsletter and after November 1 on the O*H*I*O Masters website, www.ohiomasters.com: click on "join the team".

Although the 2008 registration cards are valid until December 31, 2008, the 2009 registration period will extend from November 1, 2008 through December 31, 2009. 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.

Please be sure that we have your correct email address, as email is our primary mode of communication for newsletters, meet announcements and other updates. Feel free to email any changes in email addresses, mailing addresses or phone numbers to me at mlbayless@aol.com.

NEW O*H*I*O MASTERS MEMBERS

Delia Alfafara	Becca L. Larson	Erica L. Sanders
Lizzy M. Barry	H. Kelley Lavelly	Joan M. Schenkel
Christina M. Bernard	Melanie A. Lawrence	Josiah C. Sell
Bill Brenner	Todd W. Maddock	Victor Senn
Ronald C. Carson	William P. McDonald	Adrienne L. Smith
Jennifer Case	Richard O. Merritt	Rene M. Smith
Maria O. Choucair-Spiegler	Jennifer M. Metalko	Laura Sperli
Erin A. Collupy	Anthony J. Morris	Kurt Steinwascher
Renee De Witt	Susan M. O'Donnell	Megan A. Studzenski
Charlie Farrell	Nicholas J. Opalich	Lawrence Terkel
Christopher G. Herbruck	Judith S. Pindell	Carlos M. Vega
Megan Hundt	Jessica A. Pinter	Anke Weidenkaff
Diane M. Hurd	Jeff Rosenthal	Kathryn L. Weise
Laura E. Johnston	Michael Samenak	Patrick V. Westropp
Hans L. Larsen	Tom A. Sanborn	



2009 MEMBERSHIP APPLICATION

O*H*I*O MASTERS SWIM CLUB

Registrations are valid from 11/1/2008 through 12/31/2009

On-Line registration is available as a simple and quick alternative to completing and mailing this form. Go to www.usms.org and click on "join/renew USMS".
*** On-Line Registration does not BEGIN until November 1st, 2008 ***

O*H*I*O Masters / Swim Group Affiliation:

Membership 11/1/08 Thru 12/31/09:

- Cleveland State University, Kent State, Lakewood, Solon Stars, Orange, S*T*A*R*K, Other

Fee: \$40.00

Full time students: \$25.00 (include copy of college ID)
*Valid only if mailed in with copy of college ID

- I wish to contribute \$ 1.00 (or \$) to the International Swimming Hall of Fame Foundation
I wish to contribute \$ 1.00 (or \$) to the United States Masters Swimming Foundation
I have added these amounts to my registration fee.

Total Amount Enclosed: _____

Make checks payable to "Lake Erie LMSC" and send with this 2009 Application Form to:
Margaret Bayless 22149 Rye Road, Shaker Hts., OH 44122

NAME First Initial Last SEX AGE
ADDRESS BIRTHDATE mo / day / yr
CITY STATE ZIP
HOME PHONE () BUSINESS PHONE ()

E-Mail Address (please print clearly!)

RENEWAL MY CURRENT REGISTRATION NUMBER IS OR NEW REGISTRATION

Ambassador Club Membership:

Referring Member: T-shirt size Small Medium Large

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 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.

Signature Date

I coach Masters swimmers (\$8.00 of the annual dues is designated for the magazine subscription)



O*H*I*O MASTERS 2008 PENTATHLON (SCY) SWIM MEET
CAROL & JOHN BUTLER AQUATIC CENTER
HATHAWAY BROWN SCHOOL
19600 NORTH PARK ROAD, SHAKER HEIGHTS, OH 44122
NOVEMBER 2, 2008
USMS SANCTION: # 18-110208-SCY

- DATES** Warm-ups: 8:00 a.m. Deck entries until 8:50 a.m. Meet: 9:00 a.m.
- POOL** The Carol & John Butler Aquatic Center at Hathaway Brown School for girls is a premier facility built in 2005. The pool has eight lanes (25 yards) with antiturbulent lane lines, a diving well and a three foot deep instructional area. The electronic scoring and timing system is provided by Daktronics and the pool has a grandstand with seating for 150 people. We are fortunate to be able to use this pool through the cooperation of the Hathaway Brown School.
- LOCATION** The Aquatic Facility is attached to the Hathaway Brown School Athletic Facility in Shaker Heights, Ohio. A full description of Hathaway Brown School can be found at www.hb.edu.
- Directions from I-271 southbound: Take the Cedar Road Exit from I-271. Turn left at the light at the end of the exit ramp onto Brainard Avenue (right hand lane). Take a right at the first exit to Cedar Road. Proceed west on Cedar Road to Warrensville Center Road. Turn left onto Warrensville Center Road. Proceed through the traffic circle at Fairmont Boulevard and Warrensville Center Road, turning right onto North Park Boulevard. Proceed southwest on North Park Boulevard until you see Hathaway Brown School on the left at the intersection with Sherbrooke Road. The parking lot entrance will be on the right off of Sherbrooke.
- Directions from I-271 northbound: Take the Chagrin Boulevard (S.R. 422) exit. Turn left at the end of the exit ramp onto Chagrin Boulevard. Proceed west to Richmond Road and turn right onto Richmond Road. Proceed north on Richmond Road to Shaker Boulevard. Turn left onto Shaker Boulevard. Proceed west to Warrensville Center Road and turn right onto Warrensville Center Road. Proceed north a very short distance on Warrensville Center Road and turn left on South Park Boulevard. Proceed about one block on South Park Boulevard and turn right on Sherbrooke. The Hathaway Brown School parking lot will be on your left on Sherbrooke.
- Direction from I-480 eastbound: Take the Warrensville Center Road exit and proceed north on Warrensville Center Road. Proceed north to South Woodland Road. Turn left (west) on South Woodland Road. Turn right at the first traffic light onto Courtland Boulevard. Proceed north across Shaker Boulevard and South Park Road. Hathaway Brown School will be on the right just past South Park Road. Turn right onto North Park Boulevard and stay on the right. The parking lot entrance will be on the right.
- Direction from Cedar Road eastbound: Turn right on Fairmont Boulevard and proceed east. Turn right on Courtland Boulevard, then left on North Park Boulevard. Stay on the right of North Park Boulevard. The parking lot entrance will be on the right.
- ELIGIBILITY** 2008 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 2009 registration will be available at the meet (\$35.00). For another \$5.00 you can become a member of O*H*I*O Masters Swim Club. Please send a copy of your USMS card with your entry form. Limit 5 individual events per day.
- AGE GROUPS** Age of competitors on November 2, 2008 will determine age group. Age groups are: 18-24, 25-29, 30-34, . . . , 80-84, 85-89, etc. For relays: age group is determined by the youngest swimmer: 18+, 25+, 35+, 45+, etc.
- AWARDS** There will be a high-point Pentathlon award given for each age group.
- 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.
- DEADLINE** Entries must be received October 29, 2008. Deck entries will be accepted until 8:50 a.m.
- FEES** Fees must accompany entry forms. Pentathlon: \$15.00 (\$16.00 for deck entry). Individual events: \$5.00 (\$6.00 for deck entries). Timing Surcharge: \$5.00. Make checks payable to **O*H*I*O Masters Swim Club** and mail to **Meet Director, P.O. Box 43824, Richmond Heights, Ohio 44143**.
- MEET DIRECTOR** Kevin McCardle/ Tom Gorman

ENTRY FORM

O*H*I*O MASTERS PENTATHLON SWIM MEET - SHORT COURSE 25 YARDS
CAROL & JOHN BUTLER AQUATIC CENTER, HATHAWAY BROWN SCHOOL
19600 NORTH PARK ROAD, SHAKER HEIGHTS, OH 44122
NOVEMBER 2, 2008
USMS SANCTION: # 18-110208-SCY

NAME _____ SEX _____ AGE ON Nov. 2, 2008 _____ BIRTHDATE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ TEAM _____ or UNattached _____ USMS # _____ (with 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). You can also swim individual events if you do not wish to swim the Pentathlon. Please enter seed times for each of your events.

SEEDTIME / BEST GUESS			
#	EVENT	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 FEES:

Pentathlon	\$15.00	=	\$ _____	OR
Individual events	_____ x \$5.00	=	\$ _____	
Deck Entry - Pentathlon	\$16.00	=	\$ _____	OR
Deck Entry - Individ. Event	_____ x \$6.00	=	\$ _____	
Surcharge		=	\$ 5.00	
Discount (O*H*I*O swimmers only)	(-\$3.00)	=	\$ _____	
(not for deck entries)		TOTAL:	\$ _____	

Deadline : October 29, 2008. Make checks payable to: **O*H*I*O MASTERS SWIM CLUB.** Mail to: Meet Director, P.O. Box 43824, Richmond Heights, Ohio 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 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.

Signature _____ Date _____



O*H*I*O MASTERS 2008 - SHORT COURSE METERS (SCM) SWIM MEET
ADA COOPER MILLER NATATORIUM – EAST WOODS SCHOOL
HUDSON, OHIO
DECEMBER 6-7, 2008

USMS SANCTION: # 18-12060708-SCM

- DATE** Sat. Dec. 6, 2007 Warm-ups: 3:00 p.m. Deck entries until 3:50 p.m. Meet: 4:00 p.m.
Sun. Dec. 7, 2007 Warm-ups: 8:00 a.m. Deck entries until 9:00 a.m. Meet: 9:00 a.m. for
400 freestyle, 9:30 a.m. or later for Event 9.
- LOCATION** The East Woods School is located on North Hayden Parkway. From the intersection of Rte. 303 and Rte. 91 in the center of Hudson, go east on Rte. 303 about 0.8 mile. Turn left (north) on Hayden Parkway. The driveway into East Woods School is 0.3 mile on the left. The pool is on the far west end of the building. The pool is a 6 lane, 25 meter pool with Kiefer non-turbulent lane markers and Colorado automatic timing.
- ELIGIBILITY** 2008 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 2009 registration will be available at the meet (\$35.00). For another \$5.00 you can become a member of O*H*I*O Masters Swim Club. Please send a copy of your USMS card with your entry form. Limit 5 individual events per day. Only swimmers entered in the meet can participate in relays.
- AGE GROUPS** Age of competitors on Dec. 31, 2008 will determine age group. Age groups are: 19-24, 25-29, 30-34, 35-39, etc. For relays, the age group is determined by the sum of the ages of the swimmers: 76+, 120+, 160+, 200+, 240+, 280+. All relays can be swum with 4 women, 4 men, or mixed (2 women and 2 men).
- AWARDS** Individual events: First-place medal, second, third, fourth, fifth, and sixth-place ribbons. Relays: first, second, and third-place ribbons. For those who have too many medals and ribbons, we offer alternate awards (coupons) for first, second and third place in individual events and first place in relays.
- 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.
- DEADLINE** Entries must be received by Dec. 3, 2008. Deck entries will be accepted until 9:00 a.m. on Sunday, except for Events 6 (800 m. Freestyle), 7 (1,500 m. Freestyle) and 8 (400 m. Freestyle). Relays are deck entry only.
- FEES** Fees must accompany entry forms. Individual events: \$5.00. Timing Surcharge: \$5.00. Deck entries: \$6.00 per event. Relays can only be deck entered. There is no charge for relay entries. Make checks payable to **O*H*I*O Masters Swim Club** and mail to **Meet Director, P.O. Box 43824, Richmond Heights, Ohio 44143**.
- SOCIAL** The Social will be combined with the Annual Membership Meeting of the Lake Erie LMSC. Further information will be provided at the meet.

1500 AND 800 METERS FREESTYLE - Enter the 800 m. freestyle only if you do not plan to swim the 1,500 m. freestyle. Everyone who swims the 1,500 m. freestyle will be automatically entered in the 800 m. We will use your 800 m. split as your final time. You will not be allowed to enter both the 800 and the 1,500 m. freestyle. Also, there are no deck entries for these two events.

OPEN EVENTS - We offer "Open" events on late Saturday afternoon to allow people to swim events that would otherwise be too close together on Sunday. A stroke swum in an open event may not be repeated the next day. Results of the open events are combined with the results on Sunday.

ORDER OF EVENTS

Saturday, December 6, 2008

1. 50 m. Open
2. 400 m. Individual Medley
3. 100 m. Open
4. 200 m. Open
5. 800 m. Freestyle Relay
- * 6. 800 m. Freestyle
- * 7. 1500 m. Freestyle

FOR OPEN EVENTS :

Designate choice of stroke
(Free, Backstroke, Breast,
Fly, or I.M.) The event may not
be repeated on Sunday

Sunday, December 7, 2008

- | | |
|------------------------------|------------------------------|
| * 8. 400 m. Freestyle | 18. 100 m. Breaststroke |
| 9. 200 m. Butterfly | 19. 50 m. Backstroke |
| 10. 400 m. Free Relay | 20. 100 m. Butterfly |
| 11. 100 m. Backstroke | 21. 200 m. Free Relay |
| 12. 50 m. Freestyle | 22. 200 m. Freestyle |
| 13. 200 m. Breaststroke | 23. 50 m. Breaststroke |
| 14. 200 m. Medley Relay | 24. 200 m. Backstroke |
| 15. 50 m. Butterfly | 25. 400 m. Medley Relay |
| 16. 100 m. Freestyle | 26. 100 m. Individual Medley |
| 17. 200 m. Individual Medley | |

* No deck entries for events 6, 7, and 8

* Do not enter both event 6 and 7

MEET DIRECTOR Kevin McCardle/ Tom Gorman

ENTRY FORM

**O*H*I*O MASTERS 2007 - SHORT COURSE METERS (SCM) SWIM MEET
ADA COOPER MILLER NATATORIUM – EAST WOODS SCHOOL, HUDSON, OHIO**

December 6-7, 2008

USMS SANCTION: # 18-12060708-SCM

NAME _____ SEX ____ AGE ON DEC 31 2008 ____ BIRTHDATE _____

ADDRESS _____ CITY _____ STATE ____ ZIP _____

PHONE _____ TEAM _____ or UNattached ____ USMS # _____ (include copy of card)

Saturday, Dec. 6, 2008

1. 50 m. Open _____ Stroke _____
2. 400 m. Indiv. Medley _____
3. 100 m. Open _____ Stroke _____
4. 200 m. Open _____ Stroke _____
5. 800 m. Freestyle Relay XXXXXXXXXXXXX
6. 800 m. Freestyle _____
7. 1500 m. Freestyle _____

FOR OPEN EVENTS:

Designate choice of stroke (Free, Back, Breast, Fly, or I.M.) Event may not be repeated on Sunday.

Do not enter both events 6 and 7

No Deck Entry.

No Deck Entry

Sunday, Dec. 7, 2008

- | | |
|-----------------------------------|-----------------------------------|
| 8. 400 m. Freestyle _____ | No Deck Entry for event #8 |
| 9. 200 m. Butterfly _____ | 18. 100 m. Breaststroke _____ |
| 10. 400 m. Free Relay XXXXXXXXX | 19. 50 m. Backstroke _____ |
| 11. 100 m. Backstroke _____ | 20. 100 m. Butterfly _____ |
| 12. 50 m. Freestyle _____ | 21. 200 m. Free Relay XXXXXXXXX |
| 13. 200 m. Breaststroke _____ | 22. 200 m. Freestyle _____ |
| 14. 200 m. Medley Relay XXXXXXXXX | 23. 50 m. Breaststroke _____ |
| 15. 50 m. Butterfly _____ | 24. 200 m. Backstroke _____ |
| 16. 100 m. Freestyle _____ | 25. 400 m. Medley Relay XXXXXXXXX |
| 17. 200 m. Indiv. Medley _____ | 26. 100 m. Indiv. Medley _____ |

ENTRY FEES: Individual events _____ x \$5.00 = \$ _____
Deck Entries _____ x \$6.00 = \$ _____
Surcharge = \$ 5.00
Discount (O*H*I*O Masters only) (\$3.00) = \$ _____ (not for deck entries)
TOTAL: _____

Deadline : December 3, 2008. Make checks payable to: **O*H*I*O MASTERS SWIM CLUB**

Mail to: Meet Director, P.O. Box 43824, Richmond Heights, Ohio 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 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.

Signature _____ Date _____

Sanctioned by Lake Erie LMSC for USMS, Inc. # 18-12060708-SCM