

Swim Arizona

Volume 28 Number 1

March-April 2003

Training for the Perfect IM

By Bonnie Adair

Most of you reading this article have felt it at least once . . . like a golf swing that sends the ball in a perfect arc 300 yards down the center of the fairway. That "perfect" IM where the fly is effortless, the backstroke powerful and smooth, and where your legs don't desert you on the breaststroke and freestyle. You finish the race by running down your competition in the last 15 yards. It's a memory that remains years after the race is over and causes you to keep getting back up on the starting blocks hoping to recapture that omnipotent feeling.

Unfortunately for many Masters swimmers, that "perfect" IM has become somewhat elusive. More recent memories may be of those heavy and tight arms on the third 25 of a 400 IM, or of your lungs exploding on your underwater pull in breaststroke, or that numb feeling in your legs. It is obviously more difficult for the Masters swimmer, training an average of four hours a week, to execute all four strokes to perfection, than it was in our age group and college days of double workouts and triple digit weekly yardage. But difficult does not mean impossible. It simply means that you have to train smarter. Here's how:

Substitute Quality for Quantity. I have never been a believer in short-rest IM sets although I have certainly done my share of sets like 10 X 400 IM with 10 to 20 seconds rest in-between or repeat 200 flys. Most of us, because of real world constraints on our workout schedules, cannot find the time to do these marathon sets. Nor do we want to do them! They are best left in our past lives. Instead, in our 1 -1½ hour workouts, the emphasis should be on good stroke mechanics and simulating our race strategies. Incorporating "broken" swims at near race pace into your weekly workout schedule is vital if you are serious about training for IM races beyond a 100 IM. Don't simply add "broken" swims during your taper phase. They are a useful training tool throughout the entire season. Have your

"big meet" splits in mind at the beginning of the season, and keep your eye on the pace clock in workouts to achieve these splits. You should be able to do your meet times on a broken swim even when you are training your hardest. The more standard "broken" swims are 400 IM's "broken" 10 seconds at each 100, or 200 IM's "broken" 10 seconds at each 50. I prefer to break the 400 at each 50 to work on achieving a negative split between the first and second 50 of each stroke or to break at the 50-150-250 and 350 for 10 seconds to achieve a transition between the strokes. (More about this later.) A good set for the 200 IM is to break for 10 seconds at the 25-75 and 125 for the same purpose. The rest interval on these "broken" swims should be just enough to keep your at or near your meet splits. A short-rest interval that causes you to swim 10-20 seconds off your race pace defeats the purpose.

The IM Foundation: Backstroke Arms, Breaststroke Legs: When training for an IM, at least 40% of the pulling that you do in your workouts should be backstroke, preferably with paddles if your shoulders permit. Paddles are a great tool for "feeling" the path of your stroke and pushing through to completion. Try removing the wrist strap for immediate feedback when you start to slip water or sweep across your body (the paddle will flip up). I do not recommend using a pull buoy in backstroke as it distorts your body position and prevents you from doing any underwater dolphin kicks off the wall. Again, a medium rest interval is preferable so that you can maintain an even pressure throughout the stroke and work the turns as well. Arm efficiency is important in backstroke in order to conserve your leg power for the breaststroke and freestyle. 50% of your kicking in workout should be breaststroke, knees permitting. These should be long sets of 400-800 yards to build that much needed leg endurance. Never kick breaststroke hard without an adequate warm-up. It is usually a good idea to build into the first 200 yards that you kick emphasizing the glide and lift at the end of the kick. If you are not used to doing breaststroke kick in your workouts, build the yardage gradually over the course of a month. Try to get in three breaststroke kick sets each week and you will see a dramatic improvement.

Work on Your Weak Stroke: It is far easier to improve

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Lately, there have been some changes made to *Swim Arizona* which will benefit our readers. Here is a brief summary of what has changed over the past few months.

We will now publish *Swim Arizona* six times a year which will allow swimmers to have more up-to-date information on meets and other events. Of course, we will also include articles on fitness and technique for our members interested in that aspect of swimming.

In addition, we will include more information on what is happening on the Board level at AZ LMSC. This is so you will know what is being worked on by the leadership. Our Treasurer has included a budget report in this issue, in the future other reports will be included.

One thing I would like to encourage is participation amongst our members. If you have an article that you would like to share, have a link to a useful resource, or any other swimming-related tidbit, share it with *Swim Arizona*. There are almost 1000 members of AZ LMSC and I know there are many members out there with a lot to share. Please feel free to email me with your contributions when you have a chance to do so.

Doug Adamavich
Editor
Swim Arizona

Swim Arizona is published six times a year (January, March, May, July, September, November) by the Arizona Local Masters Swim Committee (AZ LMSC). If you are not a member of AZ LMSC and wish to receive a copy of *Swim Arizona*, please send a check for \$8.00 to Treasurer, AZ LMSC

Send written submissions to either Doug Adamavich, dpa_az@cox.net. Please submit your article in one of the following electronic formats: Text(*.txt), Word(*.doc), or Excel(*.xls). All photographic submissions must be in one of the following electronic formats: GIF(*.gif), JPEG(*.jpg), or Bitmap(*.bmp) and will be converted to an 8-bit grayscale image. Articles are due on the 15th of the month before the publication date. **Swim Arizona** reserves the right to edit any submission accepted for publication. We welcome your widespread use and sharing of our materials, and ask that you give credit to AZ LMSC. Back cover artwork provided by Max Von Isser.

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Around the Deck

SHORT COURSE NATIONALS

It is time to enter Nationals. Everyone is encouraged to use the new online entry system today at www.usms.org/comp/scnats03/. It is a quick and easy process. Not only do you save time and help the meet host by entering online, but you also receive an instant confirmation of your events and there are no data entry errors. For all you procrastinators out there, online entries are open until midnight on April 10th. Mailed entries must be postmarked by April 3rd. When entering team information, remember that you swim for Arizona Masters. Ford, PSC, etc. are the clubs that we train with, but our team is Arizona Masters.

2002 ZONE CHAMPIONSHIPS

Arizona Masters has been steadily placing higher each year in the SCM Zone meet. It was only a matter of time before we would win it all. 2002 turned out to be that year. Arizona Masters dominated the meet winning the women's, men's and combined divisions (see www.sundevilmasters.org for complete results and splits). Over the course of the weekend, twenty one individual and four relay state records were broken. Leading the charge were the swimmers of Ford Aquatics. Jim Stites and Hop Bailey each accounted for four, Barry Roth chipped in three and Bob Jones added two. Other Arizona swimmers breaking records were Louise Martin, Marika McCue, Paula Pollard each with two and Laura Winslow and Ron Johnson with one each.

2004 MENTOR COACH AND SWIMMER CLINIC

Mark your calendars now. The 2004 Mentor Coach & Swimmer Clinic will take place January 17th & 18th at Phoenix Swim Club. Based on the comments of this year's participants, we will include more time for individual attention and video analysis. As a result, we will limit participation to the first fifty people to sign up. This is fewer than attended this year's clinic. More information will be available in a future newsletter and on the website.

FRIENDLY REMINDER

Just a friendly reminder to all of our members who have not registered yet. We need you to do so. In order to have insurance, all Masters swimmers need to be registered. For those who have not renewed, a mailing will go out shortly with the necessary forms and instructions for how to renew. Please take the time to do this so we can be in compliance with USMS regulations and be insured.

DEADLINES

For anybody who is interested in contributing articles, meet entries, tidbits, vignettes, trivia, results, etc. to *Swim Arizona*, here are the deadlines for your submissions:

April 15 (May-June)
June 15 (July-August)
August 15 (September-October)
October 15 (November-December)

There is nothing wrong with submitting information before these deadlines. We look forward to your contributions.

2003 POLAR BEAR CLASSIC

More records fell as the swimmers of Arizona started their preparation for Nationals. On February 2nd at the Polar Bear Classic, another four records were broken. Judy Gillies lead the way with new standards in the 1000 and 500 free. Joanne Menard and Jim Bly each added a new record as well.

RECORD YEAR

During the course of 2002 there were 311 state records broken. This represents a 25% decrease over last years record total of 417. The breakdown is as follows:

137 Short Course Yards
112 Short Course Meters
62 Long Course Meters

Women accounted for 145 of these while men set 141 records. The remaining 25 were relays.

VOLUNTEER OPPORTUNITIES

If you have a gift that you wish to share with your fellow swimmers, consider volunteering for the LMSC. In order to be a successful organization, our leadership depends upon the efforts of people like you. Arizona Masters is looking for members who wish to make a difference for their sport. So if you have passion to serve and want to contribute, by all means contact one of the Executive Board Members.

The Finish!

by Wade McCauley

Ever watch a race and someone who looks like they are behind at the finish wins! It is estimated an improved finish can reduce your time by .1 to .2 seconds, and a poor finish can cost .5 seconds.

Every stroke finishes slightly different; but we will start with Breast and Butterfly. Always look for the wall 8 to 10 meters out and try to finish on one final explosive outstretch of the arms, jabbing your hands into the touch pads 2 to 4 inches below the water surface. Never touch higher up as you might not activate the touch pad. If you come up just short, never take another stroke; streamline and stretch into the touch pads. The rules for both strokes allow your head to be underwater at the finish, so try to finish underwater. Your velocity is higher underwater than above, remember every hundredth of a second helps.

Some of you may recall that Mat Biondi in the 1988 Olympics glided into the wall and lost the 100 fly to Nesty. Biondi had the right technique - Nesty just judged the finish to perfection and won the Gold! Butterfliers must continue kicking even while jabbing into the pads, and in both strokes you should not breathe on the last stroke into the wall. You too can win more often by improving your finish.

On Freestyle and Backstroke you again must know exactly where you are. Make the last arm stroke the most powerful and the race. Extend the arm to the wall as far as possible. You can easily gain a additional 6 to 8 inches reach. Whatever you do, don't look up or back with the head. This can be just like throwing out a parachute, slowing you down enough to lose. You don't need to see where your competitors finish because you've just touched them out. Again, don't stop kicking until after the touch.

When you swim relays, remember the leading cause of disqualifications is not the swimmer on the blocks. The cause is usually the swimmer in the water not judging the finish, and taking extra strokes into the wall. The swimmer on the blocks cannot anticipate these extra strokes, and starts into the air too soon. Use these finishing tips. They can make a winner out of you and your relay teammates.

Wade McCauley lives in Hawthorne, California and swims for El Segundo Masters. This article appears on the USMS web site.

Pyramid Workout

by Kerry O'Brien

Warm Up: S-300 K-200 P-200

Set I:

25 (kick)
50 (kick/drill)
75 (kick/drill/swim)
100 (swim EZ)
75 (swim moderate)
50 (swim fast)
25 (swim sprint)

Set II:

"Pyramid 300's"

5 x 300

Distance Option:

Descend 1st, 2nd, and 3rd 300 @ moderate interval
4th 300 is broken 10 sec. at the 150
-faster than #3, but must be even split so that both 150's are the same speed
5th 300 is broken 10 sec. at each 100
-faster than #4, but all three 100's must be the same speed

Mid-Distance Option

1st, 2nd, and 3rd 300 do as (150 + 3 x 50 @ 10 sec. rest)
-descend the 150's; maintain a "200 race pace" on the 50's
- 150's can be freestyle while the pace 50's non-free if you choose
4th 300 is recovery
5th 300 is 200 for time + 100 EZ

Sprint Option

*** Set gives a total of 20 x 25 sprint!

1st 300-sprint the first 25 of each 100
2nd 300-sprint the first 25 of each 75
3rd 300-sprint the first 25 of each 50
4th 300-sprint the first 25 of each 75
5th 300- sprint the first 25 of each 100

Set III:

Pull 4 x 125 @ 20 sec rest
1st 75-descend stroke count per 25

(Continued on page 5)

Ask the Swim Doctor

By Dr. Paul Hutinger

This Month's version of "Ask the Swim Doctor" concentrates on freestyle flip turns. This article was originally published in the May 1999 issue of the Florida LMSC newsletter.

Question: How can I improve my flip turn in a meet? Top swimmers have helped me in practice, and my turn improves. However, when I compete, I worry so much about missing it, I always mess up?

Answer: A swimmer posed this question to me at the April St. Pete meet. He is an experienced 70-year old who swims the 50-yard free in 29.1.

This is a classic example of a swimmer who prepares physically and technically for a skill, but uses negative thoughts to prepare mentally. The reader may remember my answer from last year about using visualization techniques to prepare for the 100 IM, with the servo-mechanism in your brain and nervous system. Similarly, set your goal and use positive feedback to keep it on course. The swimmer uses negative thoughts, saying to himself that he will miss his turn. He always does and continues to worry about it.

Use the following suggestions to accomplish your goal, a perfect flip turn in a meet (or whatever you want to correct or perfect).

1. Skill learning is accomplished by trial and error and correcting, at practice, until you have perfected your flip turn. FORGET past errors and REMEMBER successful responses.
2. Your success mechanism must have a goal -- in this case, a perfect flip turn. It operates by steering you to this goal.
3. The automatic mechanism is established for your turn - timing, tuck, push-off, streamline. Think positively of this result and the "means whereby" will take care of itself.
4. Do not be afraid to make mistakes. Your servo-mechanism achieves this goal by correcting any mistakes and moving forward.
5. Learn to trust your creative mechanism and not "jam it" by being too anxious. You must "let it" work rather than "make it" work.
6. De-hypnotize yourself of negative thoughts. Use your imagination and program yourself for success with positive thoughts and actions, by seeing and thinking

perfect flip turns. Put yourself on automatic, and when it's meet time, the servo-mechanism will guide you.

In summary, your success program should include the following:

- Establish goals or targets
- Develop self-confidence and correct errors
- Keep trying; forget failures; remember successes
- Have faith; don't wait for proof -- "let" your creative mechanism work, don't try to "make" it work.
- Use mental practice by using imagery and self-hypnosis.

"Ask the Swim Doctor" is a column written by Dr. Paul Hutinger. This column appears regularly in the Florida LMSC quarterly newsletter, which is the recipient of the 1998 USMS Newsletter of the Year Award. He is also the Coach and Fitness Trainer, Florida Maverick Masters of St. Petersburg, FL. Dr. Hutinger is also on the USMS Awards Committee and Professor Emeritus at University of Western Illinois.

(Continued from page 4)

last 50-build up speed at that stroke count per 25

Set IV:

5 X 100 All Kick(Fast) To All Swim(Easy)

- 1) 100 all kick
- 2) 75 kick/25 swim
- 3) 50 kick/50 swim
- 4) 25 kick/75 swim
- 5) 100 all swim

Total 3,600

Kerry O'Brien is the head coach of Walnut Creek Masters. During his time there, they have won over 30 National Championships. In addition to being the USMS Coach of the Year in 1987, Kerry led the Arizona Mentor Coach and Swimmer Clinic at Phoenix Swim Club this past January.

Relays at Nationals!

by Jim Stites

One of the most important parts of the team aspect in swimming is participating in relays. At the National meet relays are a great way to get to know your Arizona teammates while helping the team score points at the same time. Relays are worth double the individual event point values and are critical in our quest for a team title.

There are three different relay divisions: Women's, Men's and Mixed. The Mixed division requires 2 women and 2 men on each relay. For the short course yards season the relay age groups are broken down as follows: 19+, 25+, 35+, 45+, 55+, 65+, 75+, 85+... The age group of a relay is determined by the youngest swimmer on the relay. For instance, if a 22 year old is on a relay with a 47, a 56 and a 92 year old then that relay team swims in the 19+ age group. Each individual swimmer's age is determined by their age on the last day of the meet.

At national meets all swimmers registered with the Arizona LMSC swim on the same team. In 2003, with the National Championship to be held at ASU, there will be a very large number of AZ swimmers participating (there were over 300 in 1994). With this large "pool" of swimmers we will have an excellent chance of winning the overall large team titles (Women, Men & Combined). Part of the quest for the team titles will depend on scoring lots of relay points.

In order to help organize the Arizona swimmers into relays for the national meet Hop Bailey has developed a computer program that will maximize team points and participation. Our goal is to put together the best combinations for Arizona and at the same time allow everyone who wants to be in on the fun to participate on at least one relay.

If you would like to take part in relays at Nationals please fill out the National Relay Request Form included elsewhere in this newsletter and send it in no later than April 6, 2003. If you have internet access you can now enter directly online at www.arizonamasters.org. We ask that you submit unshaved and untapered 50 yard times achieved in a 25 yard pool during the 2002-2003 season. All relay entry fees will be paid for by the Arizona LMSC. Questions can be directed to Jim Stites: swim1@qwest.net.

Jim Stites coaches and swims for Ford Aquatics in Tucson.

2003 AZ LMSC Budget

By Audra Troccko

Our goal for this year was to synchronize our expenditures with the mission of the LMSC. The specific goal of the budget committee was to set a realistic budget that would keep the LMSC in the black. With this in mind, we have allocated our resources to ensure that our budget mirrors our priorities.

Revenues	
Registration Fees	\$38,000.00
Event Fees	\$500.00
Miscellaneous	\$300.00
Total Revenues	\$38,800.00
Expenses	
USMS Registration	\$20,000.00
Office Expenses	\$500.00
Newsletter	\$3,000.00
Meet Expenses	\$3,000.00
National Coach Expenses	\$1,500.00
Miscellaneous	\$300.00
Total Expenses	\$28,300.00
Net Income	\$10,500.00
Disbursements	
Convention	\$4,200.00
Membership Development	\$4,200.00
Total Disbursements	\$8,400.00
Balance	\$2,100.00

Other than that, I would just like the budget committee members, and welcome all AZ LMSC members to give us their questions, comments and feedback. For any additional questions, please contact either myself or Sam Perry.

Audra Troccko is Treasurer for Arizona Masters and swims for Sun Devil Masters.

(Continued from page 1)

your weakest stroke than it is to improve your specialty. Many of you have perfected your best stroke to the point that any further reduction in your time is difficult. Those of you that swim your best stroke in meets throughout the year have developed a mental and physical blueprint of the stroke mechanics allowing you to be efficient, reliable and consistent. Not so with your weakest stroke. You usually feel awkward and out of sync. You use up unnecessary energy trying to control your movements in the water. This is where you can take the most time off your IM. Swim your weak stroke in workouts and meets - the more the better. You will be amazed at the results. Also try a clinic in that stroke or rent a videotape, then practice in workout what you have learned. Ask your coach to watch your stroke and give you some feedback on a regular basis so that you don't slip back into your bad habits.

Work Transitions and Turns: The most important aspect of an IM is the transition from one stroke to another. This obviously involves turns, seven different types of turns in the 200 and 400 IM. Many swimmers make the critical mistake of decelerating into these turns using them as resting spots. This is especially true in workouts where we often glide into those lazy one-handed fly and breaststroke turns. Rather than decelerating, you want the momentum from one stroke to carry you into the next. Emphasize the turns in every workout so that your body can adapt to the extra stresses. It won't be possible to perform these transitions in a meet if you haven't conditioned yourself in workouts, especially the backstroke to breaststroke transition. Although "broken" swims at your race pace are essential, you must also do some straight IM's to work through the fatigue caused by the various transition and turn combinations. Some other useful sets which work on the transition are 6 X 200 (2 X 100 Fly/100 Back, 2 X 100 Back/100 Breast, 2 X 100 Breast/100 Free; or 12 X 50 (3 of each stroke, sprinting the 1st and 3rd 50 of each stroke). This set can be modified to 12 X 25 for the 100 IMer or 12 X 100 for the 400 IMer.

Special Sets for the 400 I.Mer:

4 X 100 (100 of each stroke) on an ascending interval. Example: Swim the first 100 (Fly) on a 1:20 interval, the second 100 (Back) on a 1:30 interval, the third 100 (Breast) on a 1:40 interval, finishing with the fourth 100 (Free) as hard as you can finish. Loosen an easy 50 and repeat the set 24 times depending on your level. Be aware of your splits. With the exception of the Fly, you should be able to maintain your race splits as you progress through the 4 X 100. If you have a good memory, add your four times to compare the total time with your goal 400 IM time. This set can be modified for the 200 IM swimmer by doing 4 X 50 in the same manner. This should be repeated 48 times, with an easy 50 in between each set.

The IM "Ironman: Following the order of events at the National Championship, swim each event (except the 1650) on the following intervals: 50's on 3:00, 100's on 4:00, 200's on 5:00, 400 IM and 500 Free on 10:00, 1000 Free on 15:00. This is a good workout to do with a small group of swimmers of equal ability. Keep track of the times for each swimmer and add them at the end to compare the total times. The total yardage of the 17 events is 3,600 and it take 90 minutes to complete the workout based on the intervals mentioned above. Be sure to do a complete meet warm-up before you begin. This is guaranteed to be the hardest workout you have ever done!

Special Sets for the 100 IMer:

6 X 100 IM from a dive @ 10:00 or 12 X 50 working on your weakest combination (i.e.25 Back/25 Breast) @ 5:00. Each of these should be an all-out sprint. Hold nothing back. Be sure to do a full meet warm-up before you begin and loosen down for 400 yards after.

Depending on the number of workouts that you do each week, you may not be able to incorporate all of these various sets into your workouts every week. However you should be able to rotate through them over a two-week period. 50-60% of your workout yardage should be freestyle, with some distance and short rest sets, to give you an endurance base. If you are a sprinter, you should include more 25's and breath control sets. If you are serious about performing well in an IM race, you may want to add an extra workout for a few months if you schedule permits so that you cover all the basic training elements. Then taper and shave and enjoy that perfect IM.

Bonnie Adair lives in Los Angeles, CA, swims for Southern California Aquatic Masters, and was 1997 USMS Coach of the Year. She swam at the Olympic Trials in 1968 and 1972 along with assisting the UCLA Women's Swim Team. This article appears on the USMS web site..

NATIONAL RELAY REQUEST FORM

NOTE: Use this form to be included on AZ relays at USMS Nationals in Tempe May 15-18, 2003. If you have internet access please go to arizonamasters.org and sign up online NOW!

NAME _____ AGE (on 05/18/03) _____
PHONE(____) _____ EMAIL _____
2003 USMS # _____

Fill in times below for the strokes you are willing to swim. These times should be unshaved untapered times achieved in a 25 yd. pool during the 2003 season.

STROKE:	seconds . tenths
50 yd. Backstroke	_____._____
50 yd. Breaststroke	_____._____
50 yd. Butterfly	_____._____
50 yd. Freestyle	_____._____

Place a check mark by the relays you will be available to swim. Relays are the last event on each day and will be swum in the late afternoon:

Friday May 16, 2003:

____ mixed 200 medley relay
____ men's OR women's 200 free relay

Saturday May 17, 2003:

____ men's OR women's 200 medley relay

Sunday May 18, 2003:

____ mixed 200 free relay

PLEASE SEND TO JIM STITES BY APRIL 6, 2003. National Relay Request Forms will also be accepted in person during the State Meet Weekend (April 4-6 at ASU). Please fill out and bring this form!

Jim Stites
6703 E. Snyder Rd.
Tucson, AZ 85750

Do you have internet access? Sign up
online thru 4/13/03 at: www.arizonamasters.org
Online sign ups are PREFERRED!!!

SCY Regional Championships and Southwest Zone Championships
University of California-Irvine
April 11 - 13, 2003
Sanction #333-006

Directions: UC Irvine's Anteater Aquatics Center, Irvine, CA Take I-405 or the southbound 73 Fwy to University Drive. From the 405, exit south on University to Mesa, turn left onto Mesa, turn right again to enter the Mesa Parking Structure. From the 73, turn north onto University, turn right onto Mesa, and turn right again to enter the Mesa Parking Structure. Exit the parking structure at the SW corner, and take the walkway between the Bren Center and the tennis courts. The pool will be on the left. Alternative parking is available in Lots 6 and 6a. Parking is \$5.00 per day. Some meters are available (15 minutes for 25¢). **Posted parking restrictions are enforced at all times.**

Friday, April 11

Warm-up 4:00 p.m., meet starts at 5:00 p.m.

1. Mixed 1650 yd. Free *

Saturday, April 12

Warm-up 8:00 a.m., meet starts at 9:00 a.m.

- | | |
|------------------------------|--------------------------------|
| 2. Women's 400 yd. IM | 14. Women's 50 yd. Free |
| 3. Men's 400 yd. IM | 15. Men's 50 yd. Free |
| 4. Women's 200 yd. Free | 16. Women's 100 yd. Fly |
| 5. Men's 200 yd. Free | 17. Men's 100 yd. Fly |
| 6. Women's 50 yd. Fly | 18. Women's 200 yd. Back |
| 7. Men's 50 yd. Fly | 19. Men's 200 yd. Back |
| 8. Women's 100 yd. Back | 20. Women's 100 yd. IM |
| 9. Men's 100 yd. Back | 21. Men's 100 yd. IM |
| 10. Mixed 200 yd. Free Relay | 22. Women's 200 yd. Med. Relay |
| 11. Mixed 200 yd. Med. Relay | 23. Men's 200 yd. Med. Relay |
| 12. Women's 200 yd. Breast | 24. Mixed 400 yd. Free Relay** |
| 13. Men's 200 yd. Breast | |

Sunday, April 13

Warm-up 8:00 a.m., meet starts at 9:00 a.m.

- | | |
|--------------------------------|--------------------------------|
| 25. Women's 500 yd. Free | 35. Women's 50 yd. Back |
| 26. Men's 500 yd. Free | 36. Men's 50 yd. Back |
| 27. Women's 50 yd. Breast | 37. Women's 100 yd. Breast |
| 28. Men's 50 yd. Breast | 38. Men's 100 yd. Breast |
| 29. Women's 100 yd. Free | 39. Women's 200 yd. IM |
| 30. Men's 100 yd. Free | 40. Men's 200 yd. IM |
| 31. Women's 200 yd. Fly | 41. Mixed 400 yd. Med. Relay** |
| 32. Men's 200 yd. Fly | 42. Mixed 800 yd. Free Relay** |
| 33. Women's 200 yd. Free Relay | 43. Mixed 1000 yd. Free* |
| 34. Men's 200 Y Free Relay | |

*Limited to 80 swimmers, check-in required, men and women will be seeded together

**Men's, Women's and Mixed seeded together

Entries: Flat fee of \$40.00 if postmarked on or before Friday, March 28, 2003. Add \$10.00 late fee for all entries postmarked on or after Saturday, March 29, 2003. All entries must be RECEIVED by Friday, April 4, 2003. NO INDIVIDUAL DECK ENTRIES ARE ALLOWED. Swimmers who plan to swim only in relays may do so, for a \$10.00 fee. Swimmers are limited to entering and swimming a total of 8 individual events for the en-tire meet (no more than 5 per day), plus relays. All fees are non-refundable. Receipt of entry will NOT be verified by phone. Send a SASE or stamped postcard for return receipt. Mail entries, entry card, proof of registration, and fees (payable to UC Regents) to: Masters Swimming, UCI - Crawford Hall, Irvine, CA 92697-4500. **Questions:** Meet Director, Lucy Johnson, lucyj@uci.edu

**2003 SHORT COURSE YARDS
ARIZONA CHAMPIONSHIP MEET
April 4-6th, 2003**

Meet Director: Simon Percy 602-224-4845
sundevilmasters@cox.net

Sanction: Held under the sanction of U.S. Masters Swimming and the Local Masters Swimming Committee of Arizona.

Sanction #: MSCA 483-00004

Facility: Competition will be held at both the Mona Plummer Aquatic Center at Arizona State University located at College and 6th Street in Tempe and the Student Recreation Center (SRC) at Arizona State University located on Apache and Normal St. Both facilities are outdoor 25-yard, 8 lane pool operated at 80 F with non-turbulent lane lines and electronic timing. There will be separate lanes available for warm-up and loosen-down during the actual meet. Friday's events are to be held at the SRC. Saturday and Sunday's events are to be held at Mona Plummer.

Eligibility: Open to all registered Masters Swimmers holding a valid 2003 USMS Card. For further information on registration call Marilyn Fogelsong at 520-299-8997 or e-mail mfogelsong@aol.com

Rules: 2003 USMS rules apply. All events are timed finals. There is a limit of four (4) individual events per day plus relays and One (1) event on the Friday the 4th (The Distance day). Age as of the last day of the meet determines the age group of the swimmer for the meet.

Entries & Fees: Entries are due by Friday, March 28, 2003. Please realize that this is a last minute deadline due to the fact that the meet entry was held up by pool scheduling issues. We can accept absolutely no late entries accepted. There is a \$30.00 fee for the meet. This covers all events that a swimmers wishes to enter (no more than 4 per day) as well as the meet T-shirt. Please use the Arizona Consolidated entry card. Fill it out completely (both front and back) and be sure to enter seed times for all the events that you wish to swim. You must also send a copy of your USMS registration card. There will be **no deck entries**. Make checks out to **Sun Devil Swimming**. Mail your entry card, check and photocopy of your USMS Card to:

Simon Percy
4433 E. Piccadilly Rd
Phoenix, AZ 85018

If you need any Arizona Consolidated entry cards go to www.arizonamasters.org and look under forms.

Seeding: All events will be pre-seeded (Women & Men together) slowest to fastest. Due to time constraints, the 1650 and the 1000 may need to be limited in size. This will be done on a first come first served basis. If you register after the event is closed, we will attempt to notify you in advance.

Scoring: Top eight places within each age group and sex will score points: 9-7-6-5-4-3-2-1.

Awards: Individual high point and Team high points will be awarded for the meet.

Results: During the meet, results will be posted. Mailed copies cost \$5.00. Requests for mailed copies will be available at check-in.

Order of Events

Friday, April 4th Warm-ups at 5:30pm and the meet starts at 6:30pm

Location: STUDENT RECREATION CENTER

Order	Event
1	1650 Free
2	1000 Free

Saturday, April 5th

Location: Mona Plummer Aquatic Center

Sunday, April 6th

Location: Mona Plummer Aquatic Center

Saturday: First session Warm-ups at 12:00pm and the meet begins at 1:00pm.
Second session Warm-ups start at 5:00pm and the meet begins at 6:00pm

Sunday: Warm-ups at 12:00pm and the meet begins at 1:00pm.

Saturday Session 1

Order	Event
3	200 Fly
4	50 Free
5	100 Breast
6	100 IM

Saturday Session 2

Order	Event
7	200 Free
8	50 Fly
9	100 Back
10	200 Free Relay

Sunday

Order	Event
11	400 IM
12	50 Back
13	100 Free
14	200 Breast
15	100 Fly
16	500 Free
17	50 Breast
18	200 IM
19	200 Back
20	200 Medley Relay

NOTE: For Saturday Session 1 (only) we have a deadline to be out of the pool by 3:00pm. Should we not be finish Event 6 by 3:00pm, by rule, we will pick up where we left off at the beginning of Saturday Session 2.

Parking: April 4th- Distance Events at the Student Recreational Center (SRC).

April 5th and 6th Spaces are available during the meet at no charge in Parking Structure 5, which is adjacent to the Mon Plummer Aquatic Complex.

SRC Directions, Parking and Parking Directions

For the Evening of April 4th the long distance events will be held at the Student Recreation Center (SRC).

Parking options for this Location are as follows.

1. Parking structure #1: Quad C/D-9. You can park at anytime in the "visitor pay" section of this structure for \$1.00 per half hour. This would be for the entire night, no matter how long the event runs.
2. Parking Structure #1: Quad C/D-9. After 7pm you can park in the "pass parking only" section of this structure for free. Please note, that if you are parked in the "visitors pay" section of the structure you will continue to be charged unless you move your vehicle into this section.
3. Parking lot 17 E (East.) Quad C/D-10 This is a pay lot, but only until 7:00pm, you would need to purchase enough time prior to leaving the lot to get you to 7:00pm, after that it is free. The rate is \$0.80 per hour. There is an unattended Yellow meter at the lot that you put your money into and tells you how much time you have left.

Please Note- these arrangements are just for the Distance events on Friday the 4th of April. Parking on the 5th and 6th of April at the Mona Plummer is Free all day in Parking Structure 5. Located at Quad D-4

Trim around outside heavy line, fill out & fold in the middle

ARIZONA LOCAL MASTERS SWIMMING COMMITTEE — CONSOLIDATED ENTRY CARD

Swimmer's Name _____ USMS # _____ Birthdate ____/____/____ Age: _____ Male: _____ Female: _____

Event #	FREE (Submitted Time)	Event #	BACK (Submitted Time)	Event #	BREAST (Submitted Time)	Event #	FLY (Submitted Time)	Event #	I.M. (Submitted Time)	
50	:	50	:	50	:	50	:	100	:	
100	:	100	:	100	:	100	:	200	:	
200	:	200	:	200	:	200	:	400	:	
400/500	:	MEET NAME & DATE: _____ CLUB IF NOT ARIZ.: _____ TEAM NAME: _____ E-mail Address: _____ Emergency Contact/Telephone: _____								
800/1000	:									
1500/1650	:	MEET FEES # of Events X \$ _____ = \$ _____ Surcharge = \$ _____ TOTAL = \$ _____								
T-shirt Size (circle one):										
S	M	L	XL	XXL						

fold here ---- fold here

PLEASE READ CAREFULLY: Late or incomplete entries (no fee, incomplete entry card, incomplete entry data, no copy of USMS Registration Card), or entries postmarked after the due date MAY BE REJECTED.

ALL Masters swimmers will be required to send a photocopy of their USMS Registration Card along with their entry card. ALL Masters swimmers may be asked to show their USMS card, if requested, at the meet. THERE WILL BE NO EXCEPTIONS.

"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 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: _____
Street Address: _____
City, State, Zip: _____

Make checks payable to and mail to the address specified on the Meet Information Sheet.

Arizona LMSC Board

EXECUTIVE OFFICERS

CHAIRMAN	Sam Perry	<i>azperrys@hotmail.com</i>	480-941-0232
VICE CHAIRMAN	Katy James	<i>kjames@todassoc.com</i>	480-897-6411
SECRETARY	Kathi Bullock	<i>kbrnswim@msn.com</i>	602-923-1312
REGISTRAR	Marilyn Fogelsong	<i>MFogelsong@aol.com</i>	
TREASURER	Audra Troccko	<i>atroccko@compucom.com</i>	480-892-0502

BOARD MEMBERS

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SUN DEVIL MASTERS	Vern Fuller	<i>v.l.fuller@worldnet.att.net</i>	480-633-7250
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AT LARGE	Edie Gruender	<i>ediebg@aol.com</i>	480-946-5805

COMMITTEE CHAIRPERSONS

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LONG DISTANCE/OPEN WATER	Kristi Wagner	<i>kwagner@bpa.arizona.edu</i>	520-795-1370
PARLIAMENTARIAN	Renee Sonne	<i>dsonne@cox.net</i>	602-953-1211
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USMS COACHES REPRESENTATIVE	Jim Stites	<i>swim1@uswest.net</i>	520-529-9113
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SANCTIONS	Liz Hobbs	<i>LizHobbs@aol.com</i>	928-773-4655
SENIOR OLYMPICS	Dan Gruender	<i>ediebg@aol.com</i>	480-946-5805
IMMEDIATE PAST CHAIRMAN	Helen Bayly	<i>helenb2@mindspring.com</i>	520-795-3161

2003 Upcoming Events

03/08	Sun Devil Invite Mona Plummer Aquatics Complex	SCY Arizona State University	Tempe, AZ
03/30	Mission Viejo Swim Meet Mission Viejo Pool	SCY Marguerite Recreational Center	Mission Viejo, CA
04/05	East Lake SCY Meet East Lake Village RCII Pool	SCY East Lake Village	Yorba Linda, CA
04/04-04/06	Short Course State Mona Plummer Aquatics Complex	SCY Arizona State University	Tempe, AZ
04/11-04/13	SPMA Regional Championship Anteater Aquatics Facility	SCY University of California-Irvine	Irvine, CA
04/26	UCLA Swim Meet Sunset Canyon Pool	SCY UCLA	Los Angeles, CA
04/26-04/27	La Jolla Spring Classic Coggan Family Aquatic Complex	SCY La Jolla High School	La Jolla, CA
05/04	Loyola Marymount University Meet Loyola Marymount Pool	SCY Loyola Marymount University	Los Angeles, CA
05/15-05/18	USMS Short Course Nationals Mona Plummer Aquatics Complex	SCY Arizona State University	Tempe, AZ
06/22	Grand Canyon State Games Student Recreational Center	SCY Arizona State University	Tempe, AZ

UNITED STATES MASTERS SWIMMING

History and Mission

United States Masters Swimming (USMS) is a swimming program for adults aged eighteen and over. Begun in 1971, its membership has grown to more than 35,000 by the end of the 20th century. The USMS has the following mission, goals and objectives:

Mission Statement of United States Masters Swimming

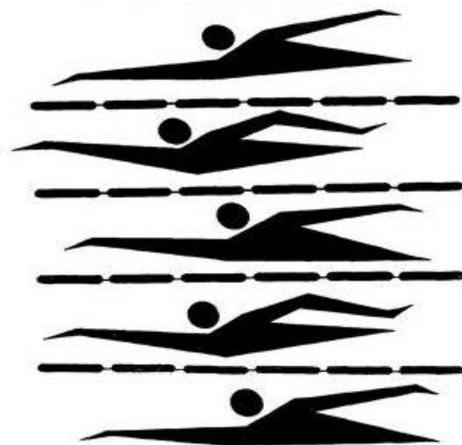
To promote fitness and health in adults by offering and supporting Masters Swimming programs.

Goals and Objectives

- To encourage and promote improved physical fitness and health in adults.
- To offer adults the opportunity to participate in a lifelong fitness and/or competitive swimming program.
- To encourage organizations and communities to establish and sponsor Masters Swimming programs.
- To enhance fellowship and camaraderie among Masters swimmers.
- To stimulate research in the sociology, psychology, and physiology of Masters Swimming.

Swim Arizona

A quarterly newsletter for registered members of the
Arizona LMSC of United States Masters Swimming.



www.arizonamasters.org