

Swim Arizona

Volume 28 Number 4

September-October 2003

Swim Camp

Kurt Dickson

When I first saw information on the Masters Swimming High Altitude Camp at the Olympic Training Center in Colorado Springs, I was very interested. Living in the extreme northwest valley, has put me 25 miles away from the closest masters team. This fact, in addition to my odd working schedule, has made regular team training out of the question. I have not had much in the way of swimming technique instruction for about 20 years. The \$1600 price tag was a bit daunting; however, I thought it would be a good excuse to see my parents in Denver and what the heck, my 1988 Corolla could make it another year.

Before traveling to Colorado Springs, I had breakfast with my brother and his wife in Denver who let out quite a cackle after telling them of the price tag. "You are paying to go there?" (Of course their disdain I guess is justified as they both swam for Texas and Andrea was on the '88 Olympic team and was probably the best all-around female swimmer in the world at the time).

Anyhow, my hesitation soon disappeared as I was toured around the facilities and met the outstanding coaches, staff, and fellow campers. Our first formal meeting was an orientation where we received a goodie bag (a couple of t-shirts and a Victor backpack) and formally met the other campers (others often referred to their place of origin as God's country to which I responded "If you want to see God, try a 100K bike ride July in Phoenix."). We also had a special guest -- Christina Teuscher (one of the captains of the Sydney Olympic Team) speak to us and hang out with us for the first few days of the camp.

The second day was the first full day. Each day we would have a morning and an evening workout which were not as bad as one might think. There were a lot of drills which were progressive in building the individual stroke we were working on. The three coaches were Mike Collins (Multisport coach and USMS coaches committee chairman), Kris Houches (Indy Swim Fit), and Scott Williams (The Olympic Club). They were all excited about coaching and were fun to be around. This

day's lectures were highlighted by individual stroke seminars. We were also filmed underwater and had flexibility assessments.

During the third day, we did a set of 200s and had lactate tests between each and 20 minutes afterward. I found that I was "lactate boy," producing more and dispersing it slower than anyone else. This is the lactate profile of a sprinter which is somewhat disheartening since I have been doing 200s and 500s all my life. We also had strength testing on land and in water. I learned I am about as strong as an 8 year-old girl on land; fortunately I'm as strong as a 12 year-old girl in the water. The strength test is compared to a database with elite swimmers (hopefully with future USMS camps there will be separate masters data). While most of my parameters were low, my coefficient of coordination which is measure of the combination of all the strength elements was at the 100th percentile. We also had lectures and feedback on psychology, nutrition, and goal setting.

The fourth day was highlighted by drag testing and swimming in the flume. The flume is a one-of-a-kind giant treadmill for swimming. With the drag testing, you hang by a tether and adjust your body position for less drag. This shows the importance of core strength (which I have none of). For the swimming portion, we were supposed to pick a world-record pace and stroke to swim at. I think I picked too fast of a pace, as I ended up waffled against the safety net in not much time with that girlish grin fully wiped from my face. We also had lectures on physiology primarily concerned with our different energy systems (aerobic, anaerobic, and immediate non-oxidative). We also learned about some racing strategies for various distances as well as core-strength training.

The final day consisted primarily of data feedback with the testing we had gone through during the camp (biomechanic, physiology/lactate, blood results, flexibility assessment with personalized exercises, as well as well as underwater stroke and turn review). USA swimming has an interesting program that has a database of Olympians which can be placed and synched next to your own stroke. So now I have footage of me swimming backstroke next to Lenny Krayzelburg (and

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It was one of the most amazing races in swimming history. That is the only way to describe the Mens 200 back (45-49) at Long Course Nationals. Scott Shake of Arizona Masters hobbled up to the blocks suffering from back pain. However, when the horn sounded, it became clear that Scott could still swim fast. He was in a very fast heat, which included the current world record holder in this event. At the 150 mark, Scott was two seconds behind the leaders. Then he swam a brilliant final leg to move back into contention for the title. When the steam finally settled over the lanes, Scott had finished third. What made this such an amazing swim was that the **first four swimmers had gone under the world record!** This is unheard of in swimming and was incredible to watch.

In addition to Scott breaking a world record, Arizona was well represented at this meet. The ten swimmers who made the trip brought home thirty-nine medals with the team placing in the top ten in 95% of their events. Gail Roper (F74) was a perfect four for four winning every time she got wet (50 Free, 50 Fly, 200 Fly and 200 IM). Dale Webster (M77) was equally impressive winning both the 50 and 100 Free, placing second in the 50 back and third in the 100 Back, 200 Back and 200 Free. Scott Shake showed that he is more than a great backstroker by winning the 200 and 400 IM. Henry Clark (M38) won all three Fly events along with the 100 Free.

In the team competition Arizona also fared well with the women placing 16th out of 59 teams and the men achieved 8th place out of the 98 teams in the small team division. Overall, Arizona was the 13th place team beating 107 others out for the spot.

Mark Gill
Arizona Masters 2003 LCM Nationals Coach

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Send written submissions to Doug Adamavich, dpa_az@cox.net. Please submit your article in one of the following electronic formats: Text (*.txt), Microsoft Word™ (*.doc), or Microsoft Excel™ (*.xls). Articles are due on the 15th of the month before the publication date. **Swim Arizona** reserves the right to edit or not publish submissions 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

Welcome Aboard

Arizona Masters welcomes June Hussey as our new Long Distance Chair. She will be our new resource for open water as well as postal swims. June swims for the TJCC Stingrays in Tucson and is Vice President of Public Relations at The Fountains. Her talents will certainly contribute to the continuing success of Arizona Masters. Welcome aboard June!

LCM State Results

Ford Aquatics won the Long Course championship this summer in dominating fashion. Here is the points summary of that meet.

1. Ford Aquatics	3737
2. Brophy East Swim Club	1569.5
3. Sun Devil Masters	1213
4. Douglas	188
5. TJCC Stingrays	153
6. Pima Aquatics	148
7. Sun City Stars	140
8. Arizona Desert Fox	126
9. Nam	121
10. Scottsdale Aquatics	118.5
11. Gauchos	61

For complete results, please visit www.arizonamasters.org.

Get Ready

Hard to believe that 2003 is coming to an end soon. That means it is time to renew your registration with Arizona LMSC. The next issue of the newsletter will contain the form along with instructions. You will also be able to download the information off of the website.

San Diego Triathlon

Congratulations to the following Arizona Masters swimmers who participated in the San Diego International Triathlon on July 10.

Chris McClurg	(22nd overall)
Dave Julian	(8th pro)
Keith Walters	(9th pro)
Mark Dalton	
Chris Aikman	
Sheri Bouton	
Collen Geran	
Angie Klein	
Adam Weber	

Short Course Meters State Meet

On October 4th-5th the 2003 Southwest Zone Short Course Meters Championships will be held at ASU. Last year, this was the fastest meet in the world with 19 world records set! This is the same great facility that hosted the Short Course National Championships. Over 250 swimmers are expected. Meet entry information will be posted soon on the web site.

Town Lake, Part II

The first race was so successful, we decided to do it again. Located in the heart of Tempe, this late season race promises to be bigger and better than the initial attempt. It will also be tied in with the Southwest Zone SCM Championship meet. Swimmer participating in both events will receive a discount on their entry.

LCM State High Point Winners

The following are the high point winners from the LCM meet.

Women

19-24	Meghan Bullock, BESC
25-29	Michelle Motherway, FORD
30-34	Louise Martin, BESC
35-39	Jennifer Brisker, SDM
40-44	Paula Pollard, SDM
45-49	Susan Montgomery, FORD
50-54	Kathi Lindstrom, BESC
55-59	Joanne Menard, SDM
60-64	Sally Bolar, FORD
65-69	Helen Bayly, FORD
70-74	Nancy Kinney, SDM

Men

19-24	Matthew Reum, BESC
25-29	Stephen So, BESC
30-34	Dickie Fernandez, FORD
35-39	Kurt Dickson, UNA
40-44	Chris Aikman, SDM
45-49	Barry Roth, FORD
50-54	Hunter Yost, FORD
55-59	Mark Paulsen, FORD
60-64	Bob Jones, FORD
65-69	Robert Bracken, SCS
70-74	Gordon Gillin, FORD
75-79	Art Kelley, FORD
80-84	Max Von Isser, FORD

Go the Distance

June Hussey

As your newly appointed Arizona LMSC Long Distance Chair, I'm delighted to offer my services to all Arizona Masters swimmers as your local information resource for open water and other distance events. If you don't find what you need in this newsletter, or have questions concerning long distance events, please feel free to email me at jhussey@thefountains.com or call me on my direct line (M-F) 520-239-2104

In addition to the Open Water calendar provided in this newsletter, there are nearly 100 long distance events posted at www.usms.org. Just click on Long Distance on the left-hand side of the home page and you will find open water events listed by region and date, as well as postal swims (long distance races you can enter by mail) and championship long distance events for all you serious competitors. You'll also find results posted there. There's another good site called www.openwaterswim.com, which lists some events not included on the USMS site.

It's "open season" for open water swimming as this newsletter goes to press. I know many Arizona Masters swimmers are in training for "the grand-daddy of roughwater swims" in La Jolla Cove September 7. Good luck to all of you. I hope I see some of my Arizona teammates at the Maui Channel swim on August 30, the Waikiki Roughwater on September 1, and the "Kelp Klassic" one-mile swim at Salt Creek Beach in Dana Point on September 14. Just don't swim over me, please.

Closer to home, plan to plunge into the Tempe Town Lake swim (800 or 1600 M) during the Arizona State Championships on October 4. This will be a great "first" if you have never swum open water before.

You gotta love some of these race names. Is anyone swimming in the "Big Shoulders" event in Chicago on 9/6, or the "Little Red Lighthouse Swim" in the Hudson River on 9/20? How about the "Alcatraz Sharkfest" in San Francisco on 9/20, or the international races in Bermuda 10/12, St. Croix 10/26 or Bonaire on 11/18? Swimming is a great reason to travel to exotic places and experience them, mano y mano, with the fishes.

I'd love to hear from any of you who participate in any of these or other long distance events. In future newsletters, I plan to publish reviews of races based on my own and your experiences. Hopefully, this will inspire more of you to get out of the pool and "go the distance."

As a side note: Please look for my article, "Life in the Fast Lane, swimming with the Masters" in the Fall issue of Arizona Living magazine. I hope this bit of publicity serves to attract more swimmers into membership with Arizona Masters. Until next time...stay wet and swim long.

June Hussey swims for the TJCC Stingrays and is the newly appointed Long Distance Chairwoman for Arizona LMSC.

Endurance Training

Alex Kostich

Be it Hawaii, the Caribbean, or the less glamorous Hudson River or West Coast, many ocean swimmers and triathletes hesitate to venture into open water races more challenging than the usual 1-2 mile distances. Granted, it's hard to find official races that are longer; the prestige events tend to be in the 2-3 mile range, and the most common summer circuit races are usually only a mile. But there are many benefits to competing in open water endurance events, most notably the feelings of accomplishment after a successful race--a race that not many of your peers could have done on their best day.

With fall and winter upon us, there is no better time to prepare for a lengthy open water challenge, given that you have several months of training time to put in the requisite amount of preparatory yardage. This article will outline the basic training and mental preparation you need to do in order to successfully complete a swim over three miles.

For starters, the right mental approach is critical. So many swimmers I know are intimidated by open water swims for the most unfounded reasons, ranging from a lack of confidence in their endurance ability, their fear of open water conditions, and their inability to forget about sharks, poisonous jellyfish, and other forces of nature and Acts of God. So let's break this down one by one:

LACK OF CONFIDENCE IN ENDURANCE ABILITY

If you are a Masters swimmer who can complete a 3000-yard workout, you can easily finish a 3-mile (4500 yd.) race with no additional training. Swimming in the ocean is easier than swimming in a pool because of the salt-water buoyancy factor; so if you can complete a 3000 yd. workout you can assume that your endurance level in the ocean is substantially more than that. Factor in the adrenaline surge of competition, and your body is capable of rising to the occasion even if your mind initially is not. And if you are really worried about your endurance ability, increase your weekly yardage intake so you feel better about yourself!

FEAR OF OPEN WATER CONDITIONS

If your experience in the ocean is limited and you hesitate entering races for this reason, expose yourself to open water conditions in the summer months by swimming with friends who train with you in the pool; take a group trip to an open body of water and work out there. You will enjoy the change of scenery and realize, in a group, how much fun it is without being intimidating.

SHARKS, JELLYFISH, FORCES OF NATURE AND ACTS OF GOD

While I can't promise a lack of random Acts of God, I can assure you that there has never been a documented shark attack during an open water race in the world. Over the years, I personally have seen many sharks but have never been approached, much less followed or eaten! Getting stung by a jellyfish can be unpleasant, but it is extremely rare and usually barely noticeable in the excitement of a race. Besides, in the event of a Box Jellyfish- or Portuguese Man-of-War influx, the race directors will usually cancel, or postpone, the event anyway.

Now that you have cast your fears aside and realized your open water capabilities, there are a few training suggestions you can follow throughout the year to better prepare you.

WORKOUT TIPS

--Attempt to increase your yardage and the actual length of your workout "sets." If your Masters program or team favors short, aggressive, fast sets such as 50's and 100's, begin to incorporate 200's, 500's, and ladder sets into your workout.

A good ladder set is swimming 100, 200, 300, 400, 500 yards with 10 seconds rest in between each distance (this ladder set adds up to about a mile). Once you are comfortable with this challenge, double the set's distance by going back down the ladder, 500,400,300,200,100, with only 5 seconds rest on the way down (between each distance).

--When you are doing a warm-up or pulling set, opt to go longer distances than your usual 500 yard warm-up or 800 yard pull. Challenge yourself by completing a 1500 pull set, for instance. By continuously keeping your heart rate at a constant level without rest or recovery, you will develop endurance and condition your body to maintain faster speeds for longer distances.

--Push yourself to swim the length of your goal-distance race, or longer, in one nonstop "workout." When I train for the Victor's Annual Swim Around Key West (a 13-mile distance), I make sure to complete a 15,000 meter straight swim at least once in the pool before I consider myself "ready." This is just as important to do for your mental confidence as it is for your physical "dress rehearsal." Remember also that if you can do the race length without stopping in the pool, it will be easier in the ocean when you factor in buoyancy and adrenaline.

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What's the Buzz?

Andrew Azure

Some of you at Nationals may have experienced a new buzz in the Armory during USMS Nationals. Some of you may have just seen it and wondered what the heck it was. Some of you are wondering what I am talking about. Here is what the buzz is all about.

There is a growing body of scientific research that indicates once the body's Energy Meridians are brought into balance, the body is able to function more effectively and efficiently, thereby allowing users of the machine to recover much more rapidly from demanding workouts or injuries. This can be particularly useful to swimmers and other endurance athletes.

Recently, a machine was developed to perform this function. You saw it at USMS Nationals, the Rejuvenetics VE-1. This innocuous piece of equipment help put your body into balance and aid recovery through the use of electrical current.

Energy Meridians, Health & Performance:

Information on the body's Energy Meridians, as well as the general field of Energy Medicine, has been around for thousands of years and is well known by those familiar with Eastern Acupuncture and Electro-Acupuncture techniques. It's a long-known and well-established scientific fact that the body's movement and overall function is made possible by tiny electrical impulses generated and delivered within the body.

Many involuntary functions such as the beating of the heart or expanding and contracting of the lungs are managed automatically. For voluntary movement, the brain initiates a thought to move a single body part independently or, as with a synchronized activity such as running or swimming, a series of muscle groups must be used simultaneously. These functions and movements can, and often must happen instantaneously, repeatedly, and, as with competitive swimming, at a very rapid pace (literally thousands of brain-to-muscle messages per second!). This amazing process is carried out and made possible by the body's own electrical grid.

The human body consists of thousands of Energy Meridians which act as pathways for energy to flow throughout the body. The alignment and health of these energy pathways is critically important to helping ensure the body's proper physical and mental well-being. When balanced and healthy, these pathways provide clear, unobstructed energy flow to every cell of the body. The body - and mind - respond with clarity of thought,

heightened ability to concentrate, graceful coordination, a strong general sense of well-being, and critically important physical energy reserves.

All of these positive factors contribute to our ability to accomplish normal, everyday tasks more effectively as well as reach peak performance levels under more demanding conditions. It is important to note, that during these more demanding physical or mental activities, even minor disturbances in these energy pathways become amplified and can have dramatically negative effects, inhibiting the body's optimum performance.

As the body is exposed to negative stimuli such as impurities in food, pollutants and harmful energy frequencies, the Energy Meridians of the body become unbalanced, stressed and weakened. These factors confuse and inhibit the natural flow of energy to organs and other vital systems of the body, resulting in sub-optimal performance in competitive environments and a lessened sense of well-being during normal activities.

Our bodies are quite adaptable and do an excellent job of attempting to compensate for and working around the huge barrage of "negative energy" associated with our modern and advanced society. Like every system, however, there are finite limitations for the body to compensate. Much like the computer that needs normal system corrections and an occasional "re-boot," our body's electrical network needs regular maintenance and attention as well.

VE-1 Technolgy from Rejuvenetics.

The VE-1 works to balance the body's Energy Meridians, helping ensure their proper polarity, directional flow and optimal performance. The VE-1's exclusive and patent-protected design features several modalities of treatment, including Pulsed Electromagnetic Frequency (PEMF) and Micro-Current technology.

PEMF has long been known to have many benefits to the human body. It is essentially an "Energetic Nutrient" that the body requires to function at optimum levels. Dr. Valerie Hunt in her book *The Infinite Mind* observed that individuals who were exposed to an environment rich with naturally occurring electromagnetic frequency displayed greater ability to perform physical and mental tasks.

The VE-1 also allows micro-current to flow through the entire body as the user interfaces with the machine via the hands and feet - the two points of the body most receptive to energy flow. Micro-current acts to "recharge" depleted cells by restoring their natural frequencies of oscillation. The result is detoxification of

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the cell and restoration of normal cell and system function.

These two primary modalities are combined and matched with other product features to provide a full system treatment for the body's energy pathway network. While the VE-1's technology has been described by leading experts in the Energy Medicine field as "leading edge and revolutionary," actually using the Vital Energy Machine could not be easier.

Users of the VE-1 report increased energy levels, decreased recovery time between strenuous training sessions and almost remarkable recovery from training related injuries. In addition, users have experienced dramatically improved mental clarity, an increased ability to focus and a heightened sense of concentration. All of these positive effects translate into improved performance in their specific athletic events and dramatic improvements in general overall sense of well-being. Don't take my word for it, ask people like Ron Johnson, Dr. Ron Karnaugh, or the University of California Men's Swim Team.

Conclusion.

While the VE-1 has many applications beyond just competitive swimming, in a relatively short period of time, it has gained strong support and acceptance with significant groups and individuals who help support and shape that sport. Since its introduction at the ASCA World Coaches Clinic, the VE-1 has been a regular part of training for several notable college swim teams, swim clubs as well as individual swimmers. A string of new team records and personal bests seem to indicate continued success for Rejuvenetics and the Vital Energy Machine in this and other sporting arenas. So give it a try sometime so you can feel the buzz too.

Andrew Azure is Vice President of Rejuvenetics. For more info on Rejuvenetics or to purchase a VE-1, please visit www.rejuvenetics.us or call 360-466-1856. Additional information can be found in Phil Whitten's July-September 2002 article in Swimming Technique magazine.

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frankly, I do not see a lot of difference...ha).

That night we all went out to dinner (we had been eating fairly decent dorm-type food). I made a lot of new friends. Overall, it was a much better experience than I expected. Nancy Ridout (past-president USMS) is awesome and puts a lot of effort in to putting on a great camp. I am not sure I am faster as a result of the camp, but I am not appreciably slower (and isn't that what Masters swimming is all about?). The camp was an enjoyable break from the grind of daily life and it gave me the opportunity to immerse myself in the sport of swimming. Despite the long days, it energized me and renewed my interest in swimming. Finally, I think the camp helped me realize how important swimming is to me as a sport for life.

Kurt Dickson swims for Arizona Masters. His 1988 Toyota Corolla is indeed still running. He will be happy to entertain any questions about details of the camp. Please email at kdickson4@cox.net

COMING UP...

In the next issue of *Swim Arizona*, a historical look at the first thirty years of Masters Swimming in Arizona. Helen Bayly will offer a look back at our sport from the start.

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Accomplishing a (really) long-distance swim is a great way to boost your confidence. Pushing your body to do something it has never done before leaves you feeling

great, and the physical health benefits of developing your endurance level will be apparent. With winter upon us and motivation lacking, it's a great time to set a goal for next spring or summer and stay motivated during the holiday season.

Alex Kostich graduated from Stanford University, where he was a collegiate champion. He is a three-time Pan-American Games gold medalist, and continues to compete in open-water races around the world each year. This article originally appeared on www.active.com, and is reprinted with permission from the author.

United States Masters Swimming, Inc. and Arizona Masters are now, as they always have been, concerned for the health and safety of their members. They will continue to disseminate such information concerning swimming safety, training, and health as comes to their attention. However, United States Masters Swimming, Inc. and Arizona Masters cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming, Inc. or Arizona Masters. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or Arizona Masters.

**2003 SHORT COURSE METERS
SOUTHWEST ZONE CHAMPIONSHIP MEET
October 4th-5th**

- Meet Director:* Katy James- katyjamesswims@hotmail.com
(480) 897-6411
- Sanction:* Held under the sanction of U.S. Masters Swimming and the Local Masters Swimming Committee of Arizona.
- Sanction #:* 483-0007
- Facility:* Competition will be held at Mona Plummer Aquatic Center at Arizona State University, located at College and 6th Street in Tempe. The facility is an outdoor 50-meter, 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 meet.
- 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 her at 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. Age is determined based on the age of the competitor on December 31st 2003. Swimmers may enter both the 800 and the 1500.
- Entries & Fees:* Entries must be received by Saturday, September 20th, 2003. Late entries will not be accepted. There is a \$30.00 fee for the meet. This covers all events that a swimmer wishes to enter (no more than 4 per day) as well as the meet T-shirt and swim cap. Please use the new 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. Do not forget to use the new consolidated entry card and enter your T-shirt size on it. There will be **no deck entries**. Make checks out to **Sun Devil Masters Swimming**. Mail your entry card, check and photocopy of your USMS Card to:

Katy James
723 East Diamond Street
Tempe, AZ 85283

If you wish to also swim in the Tempe Town Lake swim on the morning of October 4, there is a 10% discount for both fees. Entry information on this event is attached.

Questions, email Katy at katyjamesswims@hotmail.com or call at (480) 897-6411. If you need an Arizona Consolidated entry card, 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 800 and the 1500 may need to be limited in size. This will be

done on a first come first serve 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 and team high point awards and heat winner awards will be given for the meet.
- Results:* During the meet, results will be posted. At the conclusion of the meet, results will be posted online at www.sundevilmasters.com
- Social:* Following the Saturday session, we will meet at Four Peaks Brewery. Directions will be available at the meet.
- Hotel:* AmeriSuites Tempe/Phoenix Airport has been selected as our meet hotel. They are offering double doubles to us at a rate of \$69. When making reservations, call (480) 804-9544 and let them know you are with **Masters Swimming**. The hotel is located at 1413 W. Rio Salado Parkway and is only a mile from the pool and 5 miles from the airport. The complimentary buffet breakfast is served starting at 6:00 am each day.

Order of Events

Saturday – Warm Up starts at 12:00- Meet begins at 1:00 pm. There will be 30 minute warm-up period immediately after the 800 finishes.

Sunday – Warm-ups at 8:00 am and the meet begins at 9:00.am. There will be a 30 minute warm-up period immediately after the 1500 finishes.

Saturday's Events:

Order	Event
1	800 Free
	30 Minute warm-up
2	200 Free
3	50 Back
4	100 Breast
5	200 Fly
6	50 Free
7	400 IM
8	100 Fly
9	200 Back
10	200 W Free Relay
11	200 M Free Relay
12	200 X Free Relay

Sunday's Events:

Order	Event
13	1500 Free
	30 Minute warm-up
14	200 IM
15	100 Back
16	200 Breast
17	50 Fly
18	400 Free
19	100 IM
20	50 Breast
21	100 Free
22	200 W Medley Relay
23	200 M Medley Relay
24	200 X Medley Relay

2003 Tempe Town Lake Swim October 4th

- Event Director:* Mark Gill- mark.gill@asu.edu or (480) 775-1485
David Benjes – admin@dcbadventures.com or (480) 460-5052
- Sanction:* Held under the sanction of U.S. Masters Swimming and the Local Masters Swimming Committee of Arizona, sanction # 483-0007.
- Course:* Competition will take place on the north side of Tempe Town Lake starting just east of the Mill Avenue Bridge. Located in the heart of the city, the lake offers walking paths so spectators can easily follow the progress of the race. The water is tested on a regular basis and the expected temperature on race day is 74 F.
- Distances:* There are two races offered, a 1600-meter swim and an 825-meter swim.
- Eligibility:* The race is open to all USMS members over 19 years of age. One-event USMS memberships can be purchased by non-USMS members for \$8. For further information on USMS registration, contact Marilyn Fogelsong at mfogelsong@aol.com.
- Start times:*
- | | |
|--------------|---|
| 5:00-7:00 am | Packet Pickup and check-in |
| 7:45 am | Swim Safety Briefing |
| 8:15 am | Start of 825 meter Citizens Swim Race |
| 8:30 am | Start of 1600 meter Tempe Town Lake Swim Race |
| 10:00 am | Awards ceremony |
- Race Info:* Swim caps will be provided for athletes. This is a no wetsuit race. 2003 USMS rules will apply. Age groups are broken into 5-year divisions with your age on race day determining your age group.

Registration Information (please print)	Race Distance (circle)	825	1600
Last name _____	First name _____	T-shirt size	
Address _____			M L XL
City _____	State _____	Zip _____	
Phone (____)____-_____	Email _____		
Date of Birth _____	Age on race day _____	Gender ____ M ____ F	

Entries Fees	Before September 15 th	After September 15 th
Tempe Town Lake Swim	\$25	\$38
Tempe Town Lake Swim & Southwest Zone Championship Meet	\$50	\$63

Detach and send this entry to Katy James, 723 East Diamond Street, Tempe, AZ 85283 with a check made payable to Sun Devil Masters Swimming. Be sure to include a copy of your USMS card. For more information, contact the race directors or go to www.dcbadventures.com.

Arizona LMSC Board

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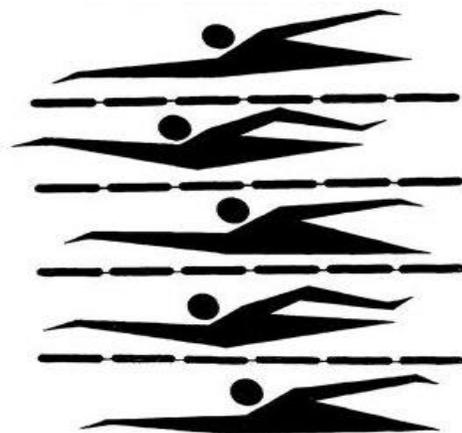
WEB GUIDE

Check out these sites on the Internet for information on Masters swimming, news, events, workouts, and more from throughout the world.

FINA	www.fina.org
US Masters Swimming	www.usms.org
Arizona Masters Swimming	www.arizonamasters.org
Southern Pacific Masters	www.spma.net
Swim.net	www.swim.net
Swim Info	www.swiminfo.com
Southwest Zone Masters	www.southwestzone.org
Places to Swim Worldwide	www.swimmersguide.com

Swim Arizona

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



www.arizonamasters.org