

EASTLANE

DON'T MISS THE NJ LMSC PICNIC

Check out page 8 for the form to fill out for the NJ LMSC picnic on September 8th at Seaside Park, NJ ON THE BEACH!. This is always a fun event for everyone (family and friends included) and the more people we have the better the swims and beach volleyball games. ☺

TWO NEW MASTERS PROGRAMS STARTING THIS FALL

Seaton Hall University will offer six masters practices starting the third week in September. Practices will be coached by Ron Farina and Jeanne Coon. Practices will be at the Seaton Hall University pool every Monday, Wednesday, and Thursday night from 7:30 to 9pm, Saturday Morning from 10:30 to Noon, and Tuesday and Thursday mornings from 6:30 to 8am. For more information call Jeanne Coon at 973/401-1574 or e-mail at jeannecoon137@aol.com.

The West Morris YMCA in Randolph, NJ (just north of Rt. 10, south of Dover) plans to start a Masters program in the fall. If anyone is interested, contact Bob Hopkins (973/729-3686, rhopkins@sybase.com) so he can tell you the date of the organizational meeting. ☺



TRIATHLON TRIUMPHS

Congratulations to Doug Clark, Kristen O'Connell, and Magdalena Stovickova who all qualified for the Hawaii Ironman by their performances at the Lake Placid Ironman on July 29, 2001. Doug finished 40th overall, clocking an impressive 9 hrs 52 min and 31 sec., which was good enough for 8th place in his age group (30-34) out of 318 competitors.

Bridget Coll was part of the USA team that competed at the ITU Triathlon World Agegroup Championship held on July 21, 2001 in Edmonton, Alberta Canada. She placed 24th in her age group out of a field of 1600 competitors from 50 countries. She had the fourth fastest swim split. Now she is training for the USA Nationals in Coeur d'Alene, Idaho, on September 1st. You go girl! ☺

INSIDE THIS ISSUE

PAGE 2	When Is It Good For You?
PAGE 3	Swimmers Go The Distance Potential Masters Swimmers Ask Dr. Swim
PAGE 4	Researchers Know Exercise Improves Health, But Are Unsure of How Much? Be A Water Guzzler More Practices and Clinics To Be Held At Rutgers
PAGE 5	2000 World Top 10 Results for NJ Swimmers
PAGES 5-7	Jason E. Nessel Memorial Swim Meet Results
PAGE 8	5th Annual NJ LMSC Picnic
PAGE 9	2001 World Top 10 Relays for NJ Swimmers Lost & Found Places To Swim Aging Up



DO YOU REMEMBER THESE PEOPLE?

Barbara Dunbar, who is in charge of USMS history and archives, needs help in identifying some New Jersey swimmers. First, she needs assistance with figuring out the first names of two swimmers who set some relay national records from 1978 and 1981. The mystery figures are **A. Jannarone**, female, who was 65 years old in 1978, and **C. Mitchell**, male, 75 in 1981. Here are the relays they swam on:

1978 Mixed 65+ 200 long course meters free relay:

Jersey Masters, #1 200 lcm Free Relay, 3:05.21, 09/03/0978, National Record
Eva Muller 66

A. Jannarone 65

Maxwell Vogt 79
Sid Weinberg Jr. 65

The 1978 National LCM Champs
(W65-69 100m back 2:28.97, 100m

Breast 2:20.15, & #1 in 200m breast 4:54.22) and on a Jersey Masters relay.

I believe that she had a daughter named, N. Jannarone, who also swam at the 1978 LCM Nationals (but for New England Masters).

1981 Men 75+ 200 short course yards free relay:

Jersey Masters, #1 200 yd Free Relay, 2:50.08 National Record

Clarence Ross 81
Henry Strothmann 75
Maxwell Vogt 75
C. Mitchell 75

Given the 50 yd free times for the other three (CR 35.21, HS 38.48, MV 33.26), Mr. Mitchell's split probably would have been over a minute.

Barbara is also trying to locate the first names for every All American over the years. One of these people swam with the Jersey Masters Swim Team (JMST) in 1978 and is **D. Neumann, 25** (in 1978). She had three #1 top ten listings for SCY

and other placings as well as listed below in addition to swimmer on a Jersey Relay:

#1 100 yd Free 55.53
#2 50 y Back 30.44
#2T 100 y Back 1:06.00
#2 200 y Back 2:23.45
#3 50 y fly 28.33
#1 100 y IM 1:04.21
#1 200 y IM 2:18.53 National Record
#3 400 y IM 5:00.75.

Barbara wants to know what her first name is or whether she might have her listed under another (married) name. If you have any of the information she's looking for you can contact Barbara at DunbarLaw@aol.com or get in touch with Ed Tsuzuki or Tom Brunson (look under NJ LMSC Officers). ☺

CHAIRPERSON

Julie Stewart
6 Caldwell Ave.
Summit NJ 07901
908/598-0589
JStewart10@csi.com

CLINICS COORDINATOR/WELLNESS & FITNESS/OFFICIALS

Ed Nessel
10 Irene Ct.
Edison, NJ 08820
908/561-5339
ednessel@aol.com

SOCIAL/SANCTIONS & SAFETY AND OPEN WATER CHAIRPERSON

Judy Ramirez
798 High Meadow Dr.
Toms River, NJ 08753
732/929-9495
jiramirez00@aol.com

TREASURER & REGISTRAR

Tom Brunson
11 Garret Dr.
West Paterson, NJ 07424
973/279-7153
tbrunson@worldnet.att.net

SECRETARY

Sandy Carosi
9 Charlotte Dr.
Lebanon, NJ 08833
908/236-0086
jcarosi@aol.com

TOP TEN & WEB MASTER

Ed Suzuki
103 Orion Way
Neshanic Station, NJ 08853
908/371-9179
etsuzuk@corus.jnj.com

MARKETING & PUBLICITY

Millicent Kaplan
1402 Boxwood Dr.
Branchburg, NJ 08876
908/725-3342
cordeliai@aol.com

OPEN WATER CHAIRPERSON

Jack Frain
jjfrain@hotmail.com
55 East Pampano Dr.
Brick, NJ 08723
732/477-0785

SPORTS NUTRITION

Bridget Coll
540 Upper Mountain Ave.
Upper Montclair, NJ 07043
973/783-0854
gidgetc@home.com

NEWSLETTER

Linda Brown-Kuhn, *Editor*
451 Sweet Hollow Rd.
Bloomsbury, NJ 08804
908/479-1038
lbk@sprintmail.com

Jeanne Coon, *Graphic Designer*
137 Washington St./D1
Morristown, NJ 07960
973/401-1574
jeannecoon137@aol.com



WHEN IS IT GOOD FOR YOU?

THE SELF COACHED SWIMMER

By David Grilli

Is there an optimum time of day to do your workout? I think so. But it's a matter of personal preference. The three usual times — morning, noon, evening — work their way around meals. It is definitely better to swim before a meal as opposed to after, although it's a good idea to have a little something in your gut before a workout.

Most people who work for a living tend to train in the morning. The benefits of the early morning workout are: you're well rested, the air is better in the a.m. and it's a good way to get your day started. The downside is you may end up falling asleep at your desk around 11:00 a.m. I like to train in the morning but my body doesn't. I can't seem to get the heart rate very high first thing in the morning. Other people I train with do not have this problem.

The midday or lunchtime workout is better, but your time is often limited. Thus you may not get the yardage in you need. If you opt for the midday workout, make sure you do quality yardage. Usually you go back to work invigorated, enjoy a nice lunch and are ready for a nap by 2:30.

I prefer to swim after work but I seldom do anymore. Biorythmically, I am at my best. My heart rate is raised easily later in the day, scenery around the health club is inspiring and I work up an appetite for supper. The pool tends to be crowded at this time of day, however, so sometimes you have to alter your workout to accommodate your lane mates. Most of the time you can outlast the casual lap swimmer so be patient. Eventually you can get the lane to yourself.

Here are three workouts geared to the time of day.

Early Bird (Morning)

1. Warm up, 500 free
2. 300 kick
3. 9 X 100 free, 3 on 1:45, 3 on 1:30, 3 on 1:20. Adjust the interval to your preference. The idea is to do a decreasing interval.
4. 300, 200, 100 all IM. 20 seconds rest between swims.
5. 100, 200, 300 free, 15-second rest between swims.
6. 4 X 25 choice, easy cool down.

Nooner

1. Warm up 300 swim, 200 kick
2. 6 X 150 free on 2:15 (adjust the interval so that you get at least 10 seconds rest swimming at a strong pace)
3. 400 IM pyramid 25, 50, 75, 100, 75, 50, 25 swum fly, (fly, back), (fly, back, breast), (100 IM), (fly, back, breast), (fly, back), (fly).
4. 200, 150, 100, 50 free. The last 50 is easy.

Apres Work

1. Warm up 1000 free
2. 5 X 200 on 3:30. Odd ones are free. Even ones are IM. Adjust the interval to allow a minimum 15 seconds rest.
3. 8 X 25 alternate fly and breast on 40 seconds.
4. 8 X 25 alternate free and back on 30 seconds.
5. 10 X 50 choice, on 1 minute or an interval that gives you at least 20 seconds rest. You want to swim these fairly hard, 80% of race pace.
6. 6 X 50 easy free on 50 seconds or an interval that only allows 5 seconds rest when swum easy. ☺

(Taken from the 8/01 NEM News)

SWIMMERS GO THE DISTANCE



CONGRATULATIONS TO THREE MEMBERS OF GARDEN STATE MASTERS WHO PLACED AMONG THE TOP THREE MALE AND FEMALE FINISHERS AT THE 2001 USMS NATIONAL LONG DISTANCE CHAMPIONSHIPS, HELD ON JULY 14 IN POINT LOOKOUT, NY. **Andrea Luallen** (FAR LEFT) WAS THE THIRD-PLACE WOMEN'S FINISHER, **Magdalena Stovickova** (FOURTH FROM LEFT) WAS THE FIRST-PLACE WOMEN'S FINISHER, AND **Jeff Jotz** (FAR RIGHT) WAS THE THIRD-PLACE MEN'S FINISHER. LUALLEN WON THE WOMEN 35-39 AGE GROUP; STOVICKOVA WON THE WOMEN 25-29 AGE GROUP AND JOTZ WON THE MEN 30-34 AGE GROUP. THE THREE ARE JOINED BY, FROM LEFT, MEGHAN HAST (METROPOLITAN MASTERS), DANILO VICIOSO (BADGER MASTERS), MARC GRABISCH (METROPOLITAN MASTERS) AND SWIM ORGANIZER BOB KOLONKOWSKI (METROPOLITAN MASTERS).

Numerous Garden State Masters swimmers competed in the one mile ocean swim, including: Rachel Luch (2nd place, women 19-24), Danielle Ogier (2nd place, women 45-49), Paul Brian Gibson (3rd place, men 35-39), David Brundage (13th place, men 35-39), Dan Sexton (16th place, men 35-39), Tom Geiman (4th place, men 50-54) and Paul Kiell (second place, men 70-74). ☺

POTENTIAL MASTERS SWIMMERS

Babies are blooming this spring and summer! Best wishes to Sandy Carosi and her family on the birth of their third child, Amy Marie on July 7th.

Congratulations to Nathalie Wunderlich-Kirkwood and her family on the arrival of Grace Maya just about two months ago.



My family and I are thrilled with our little Abbey Rose, born April 18th and pictured above (sorry, I couldn't resist). ☺

— Your editor, Linda Brown-Kuhn

ASK DR. SWIM

Q. I AM GETTING TIRED OF SUCH SWIMMER FRIENDLY HEALTH FOODS SUCH AS BAGELS, PASTA, ENERGY BARS, BANANAS AND BREAD. WHAT ELSE CAN I HAVE?

A. Have a pizza but don't call Dominos for the sausage special. Even better, make it yourself.

According to researchers at the Georgia Pacific Health Smart Institute in Atlanta, as reported in the July 2001 issue of Runners World, "pizza can be a healthful source of protein, vitamins B and C, and calcium — as long as you prepare it properly.

The researchers recently tested ready-to-eat, thin crust pizzas from five national chains. The tasters discovered that you can remove a significant amount of the pizza's total fat, saturated fat and cholesterol simply by patting the top of the pizza with a paper towel. They also found that you can remove more fat once you've warmed the pizza, because the fat liquefies on the surface.

"Experts assure us that pizzas can also act as a complete meal. "Pizzas give you every food group, except maybe fruit," says Connie Diekman, R.N., a spokesperson for the American Dietetic Association. "Order a Hawaiian pizza with pineapple, and it'll even give that. You get grain in the crust, tomato sauce that counts as your vegetable; cheese that's your dairy product; and protein in many toppings." To make your pizza as healthful as possible, follow these tips:

1. Use low-fat, part-skim cheese when making your own pizzas, or ask for it when ordering.
2. Use low-fat meats as toppings, or choose vegetarian. Beware: an Italian sausage topping can nearly double the amount of fat in your pizza.
3. When pizza is warm, pat with a paper towel to remove fat."

Editor's note: Frozen pizza shells or pizza dough are in some supermarkets and can be layered with about anything you like and heated in your oven. ☺

Taken from the 8/01 NEM News



RESEARCHERS KNOW EXERCISE IMPROVES HEALTH, BUT ARE LESS SURE OF HOW MUCH

July 02, 2001

WASHINGTON (AP)— A 300-page summation of decades of research on exercise is bringing scientists face-to-face with how little they know.

Consensus statements published by the American College of Sports Medicine establishes that people who exercise improve their health. But researchers often can't tell how much health-improvement payoff will result from a given amount of work, or even if a workout will make a difference at all.

"It is confusing," said researcher I-Min Lee of Harvard Medical School, lead author of one of the 32 articles in a special supplement to ACSM's research journal, *Medicine and Science in Sports and Exercise*. "The consensus is trying to cover different conditions and diseases, and all may have different associations."

The articles are not meant to cast doubt on the value of exercise. The supplement supports current federal minimums of at least 30 minutes a day of moderate activity on most days of the week.

Lee's article makes that point as it examines the relationship between physical activity and all-cause mortality, the risk of death at any given age. Following at least the minimal guidelines, which can help to burn 1,000 calories a week, reduces all-cause mortality by 20 to 30 percent, the article said.

Will a person reduce the risk more by doing more exercise? It sure looks that way, although at the upper end of exercise, a person gets ever-smaller reductions in risk from the incremental added effort, Lee's article said.

Will a person gain some benefit even from less activity? Maybe, said Lee's article, but it's too soon to be sure. "There are some provocative, but not definitive, data suggesting that an even lower volume of physical activity—perhaps half of what is currently recommended—may be all that is needed," it said.

In conceding that, however, Lee held her breath. People always want to get by on less work, and if the lower-threshold concept turns out to be wrong, publicizing it could lead people away from exercising at levels that would do them good, she said.

BE A WATER GUZZLER

Water's just about the one beverage you can drink to your heart's content with only positive results (except for lots of trips to the bathroom). But we often forget to drink the recommended 8-10 glasses per day. In fact, 75% of Americans are chronically dehydrated and even mild dehydration will slow down one's metabolism as much as 3%. Lack of water is the #1 trigger of daytime fatigue. Drinking 5 glasses of water daily can drastically decrease a person's risk of developing colon, breast and bladder cancer. So don't forget to bring your water onto the pool deck, lake or seaside, and also drink it throughout the day. ☺

Looking at specific medical conditions, the data found strong benefits for some diseases, weak indications of benefits for others, and not enough good data to be sure on still others.

In the strong-benefit category was cardiovascular disease. The benefit of at least moderate exercise seems to be a 30 to 40 percent reduction in coronary mortality, but the benefits in reduced risk seem to flatten out with more activity, Lee said.

"The evidence we have for physical activity and cardiovascular disease is probably the strongest of any evidence," said Dr. Harold W. Kohl III, who wrote a summary article on the question. "Increasing physical activity, and higher levels of physical activity, tends to bring down an individual's risk of dying of coronary heart disease."

What benefits there are against stroke is less clear, said Kohl, who chairs ACSM's public information committee. Studies to date fail to establish a dose-response benefit, but that may be because they include data on two different types of stroke, he said.

Kohl suspects exercise may reduce the risk of ischemic stroke, caused by blockages in blood vessels in the brain, much in the manner that heart attack is caused by blockages in arteries that feed the heart. But he also believes the benefits against ischemic stroke may be diluted by adding in data from a different type, hemorrhagic stroke, in which weak spots in the blood vessels rupture.

Over the years, research on the benefits of exercise has improved, said Dr. Elliott Danforth, a professor emeritus at the University of Vermont. "The quality of the study now is markedly better than it was when I started it out in science," he said. Standards have tightened, and papers based on too few subjects, that don't run long enough, and don't sufficiently say what they are looking for are getting screened out, he said.

But the quality of the research still can be better, Danforth said. For one thing, researchers need to standardize meanings of terms, so everybody agrees on what they are talking about as they try to see what works, he said. And studies should be more tightly targeted to exactly how much exercise it takes to get a specific result, he said. ☺

MORE PRACTICES AND CLINICS TO BE HELD AT RUTGERS

Practice will be increasing at Rutgers. There will now be afternoon sessions Monday thru Friday from noon until 2pm. I will also coach evening sessions on Tuesday, Thursday, Friday & Sunday. In addition, there will be 4 early morning practices

In addition, Ed Nessel will hold a series of 6 mini-clinics (4 hours each) on Saturday afternoons during the fall; topics to be covered will be one stroke per session, starts, turns & finishes in a separate session, and finally how to race (preparation, visualization, and actual pacing... the difference between PACE, PUSH PACE, and RACE PACE. ☺



2000 WORLD TOP TEN RESULTS FOR NEW JERSEY SWIMMERS

Tammy Gustafson LCM 25-29	200 back 7th 50 breast 5th 100 breast 6th 200 breast 5th	FINA 50 back 1st 100 back 2nd 200 back 3rd 50 fly 6th 200 IM 5th 400 IM 7th	Peter Hezky SCM 25-29	800 free 7th 100 back 6th 200 back 6th 200 IM 8th	Richard Alexander LCM 55-59	50 back 7th 100 back 7th
Magdalena Stovickov SCM 25-29	800 free 10th	Nancy Steadman-Martin LCM 45-49	Curtis Sawin SCM 25-29	50 back 4th 50 fly 2nd 100 fly 1st 200 fly 4th	Jim Dragon LCM 55-59	50 fly 8th
Michelle Davidson SCM 30-34	200 back 6th	SCM 45-49	Brent Matheson LCM 30-34	100 fly 10th	SCM 55-59	50 breast 1st 50 fly 2nd
Andrea Luallen SCM 35-39	50 free 10th 100 free 7th 200 free 10th 400 free 10th 800 free 6th 1500 free 6th 50 back 3rd 100 back 3rd 200 back 2nd 200 breast 6th 50 fly 7th 100 fly 6th 200 fly 5th 100 IM 8th 200 IM 4th 400 IM 4th	200 free 7th 1500 free 3rd 100 back 7th 200 back 2nd 100 fly 6th 200 fly 1st	Oscar Gonzalez SCM 40-44	100 free 10th	Nicholas Demas LCM 70-74	50 free 10th 100 free 9th
LCM 35-39	50 free 10th 800 free 10th	Doris Steadman LCM 75-79	Benn Doyle LCM 40-44	100 breast 10th 200 breast 10th	Paul Kiell SCM 70-74	1500 free 4th 200 back 6th
		50 back 1st 100 back 1st 200 back 1st	Richard Bohan LCM 45-49	100 breast 10th 200 breast 4th	LCM	1500 free 7th
		Julia Dolce LCM 90-94	Ed Nessel LCM 55-59	200 breast 6th	George Melick SCM 75-79	200 back 10th
		50 free 1st 100 free 1st 200 free 1st 400 free 1st 100 back 1st 200 back 1st	SCM 40-44	50 breast 6th 100 breast 5th 200 breast 4th	⊙	

JASON E. NESSEL MEMORIAL INVITATIONAL 2001-AUGUST 4, 2001-RESULTS

Event 1 Women 25-29 50 LC Meter Freestyle	1 Lennox, Debbie 26 UNAT 32.39 2 Roy, Gita 29 GSM 33.14 3 Delneo, Cathy 25 GSM 34.13 4 Sheehan, Mary Elizabeth 29 GSM 44.56	Event 1 Men 30-34 50 LC Meter Freestyle	1 Yaticilla, Doug 33 GSM 32.75	Event 2 Women 19-24 100 LC Meter Breaststroke	1 Soares, Maria 21 GSM 1:31.58
Event 1 Women 30-34 50 LC Meter Freestyle	1 Fahey, Lisa 31 METR 33.53 2 Kelso, Mercedes 31 GSM 33.58 3 Parsowith, Sara 30 GSM 41.33 4 Simon, Cindy 31 GSM 41.56 5 Lenox, Jennifer 30 GSM 43.20	Event 1 Men 35-39 50 LC Meter Freestyle	1 Boosin, Michael 35 METR 26.00 2 Newman, Steve 39 BDGR 27.40 3 Clew, Richard 36 GSM 28.93	Event 2 Women 25-29 100 LC Meter Breaststroke	1 Roy, Gita 29 GSM 1:38.27 2 Sheehan, Mary Elizabeth 29 GSM 1:58.27
Event 1 Women 35-39 50 LC Meter Freestyle	1 Luallen, Andrea 36 GSM 29.29 2 Portman, Jennifer 39 GSM 30.01 3 DeBonis, Felicia 36 GSM 35.50 4 Rizkalla, Annie 36 GSM 36.37	Event 1 Men 40-44 50 LC Meter Freestyle	1 Nichols, KC 43 GSM 29.45 2 Lawson, Thomas 41 GSM 30.24 3 Daniel, Charles 43 GSM 33.12	Event 2 Women 30-34 100 LC Meter Breaststroke	1 Lenox, Jennifer 30 GSM 1:54.31 2 Simon, Cindy 31 GSM 2:05.04
Event 1 Women 40-44 50 LC Meter Freestyle	1 Shapiro, Nancy 43 GSM 34.59	Event 1 Men 45-49 50 LC Meter Freestyle	1 Miller, Steve 47 GSM 28.60 2 Sawyer, Alan 46 GSM 33.41	Event 2 Women 40-44 100 LC Meter Breaststroke	1 Bates, Penny 40 ANCM 1:33.50 2 Shapiro, Nancy 43 GSM 1:38.95
Event 1 Women 45-49 50 LC Meter Freestyle	1 Stevancsecz, Gail 47 GSM 40.35 2 Hansen, Valerie 47 METR 44.36 3 Postallian, Marcia 45 GSM 45.78	Event 1 Men 50-54 50 LC Meter Freestyle	1 Filatov, Stan 52 METR 29.63 2 Wein, Arthur 51 GSM 29.84 3 Seidman, Larry 54 GSM 30.11 4 Wallace, Richard J 54 GSM 30.70 5 Jurka, Valdis 51 GSM 32.58	Event 2 Women 50-54 100 LC Meter Breaststroke	1 Vellucci, Marie 52 METR 1:54.93
Event 1 Women 75-79 50 LC Meter Freestyle	1 Dooman, Lainey 75 GSM 56.08	Event 1 Men 55-59 50 LC Meter Freestyle	1 Zakim, Jack 56 GSM 31.57	Event 2 Women 55-59 100 LC Meter Breaststroke	1 Lecarreux, Sue 56 METR 1:54.15
Event 1 Men 25-29 50 LC Meter Freestyle	1 McKenna, Matthew 29 GSM 26.89	Event 1 Men 60-64 50 LC Meter Freestyle	1 Brunson, Tom 61 GSM 32.86	Event 2 Women 65-69 100 LC Meter Breaststroke	1 Moeller, Janet 67 1776 2:09.83
		Event 1 Men 65-69 50 LC Meter Freestyle	1 Gladfelter, David 65 1776 42.10	Event 2 Men 30-34 100 LC Meter Breaststroke	1 Jotz, Jeffrey 31 GSM 1:17.99
				Event 2 Men 45-49 100 LC Meter Breaststroke	1 Wilson, Joe 47 GSM 1:27.10 2 Mittleman, Irwin 48 GSM 2:27.03

Event 2 Men 50-54
100 LC Meter Breaststroke
 1 Bohan, Richard 50 GSM 1:19.47
 2 Bernardo, Steven 54 METR 1:53.14
 3 Blessing, Greg 54 BERK 1:56.80

Event 2 Men 55-59
100 LC Meter Breaststroke
 1 Nessel, Edward H 56 GSM 1:25.85
 2 Loewe, Raymond 59 GSM 1:26.19

Event 2 Men 60-64
100 LC Meter Breaststroke
 1 Ruman, John 64 GSM 2:09.70

Event 2 Men 70-74
100 LC Meter Breaststroke
 1 Lewinter, Paul 70 GSM 1:43.32

Event 3 Women 30-34
400 LC Meter Freestyle
 1 Fahey, Lisa 31 METR 6:11.83

Event 3 Women 35-39
400 LC Meter Freestyle
 1 Luallen, Andrea 36 GSM 4:54.38

Event 3 Women 45-49
400 LC Meter Freestyle
 1 Bayers, Pat 47 GSM 7:38.17
 2 Postallian, Marcia 45 GSM 8:19.87

Event 3 Men 30-34
400 LC Meter Freestyle
 1 Jotz, Jeffrey 31 GSM 4:40.24

Event 3 Men 35-39
400 LC Meter Freestyle
 1 Vicioso, Danilo 38 BDGR 4:33.08
 2 Boosin, Michael 35 METR 5:17.09
 3 Kelly, Damian 37 WPM 5:36.77

Event 3 Men 40-44
400 LC Meter Freestyle
 1 Lawson, Thomas 41 GSM 5:56.23

Event 3 Men 45-49
400 LC Meter Freestyle
 1 Niemi, Ken 46 GSM 5:03.34
 2 Miller, Steve 47 GSM 5:18.05

Event 3 Men 50-54
400 LC Meter Freestyle
 1 Wallace, Richard J 54 GSM 5:55.03

Event 3 Men 60-64
400 LC Meter Freestyle
 1 Morgan, Ed 62 1776 8:43.63

Event 3 Men 70-74
400 LC Meter Freestyle
 1 Kiell, Paul 71 GSM 7:09.24

Event 4 Women 19-24
100 LC Meter Butterfly
 1 Soares, Maria 21 GSM 1:18.64

Event 4 Women 25-29
100 LC Meter Butterfly
 1 Delneo, Cathy 25 GSM 1:33.20

Event 4 Women 30-34
100 LC Meter Butterfly
 1 Parsowith, Sara 30 GSM 2:19.97

Event 4 Women 40-44
100 LC Meter Butterfly
 1 Bates, Penny 40 ANCM 1:19.91

Event 4 Women 45-49
100 LC Meter Butterfly
 1 Bayers, Pat 47 GSM 1:58.28

Event 4 Women 65-69
100 LC Meter Butterfly
 1 Moeller, Janet 67 1776 2:13.56

Event 4 Men 35-39
100 LC Meter Butterfly
 1 Newman, Steve 39 BDGR 1:07.34

Event 4 Men 45-49
100 LC Meter Butterfly
 1 Mittleman, Irwin 48 GSM 2:13.57

Event 4 Men 50-54
100 LC Meter Butterfly
 1 Filatov, Stan 52 METR 1:14.14

Event 5 Women 30-34
200 LC Meter IM
 1 Simon, Cindy 31 GSM 4:15.56

Event 5 Women 45-49
200 LC Meter IM
 1 Bayers, Pat 47 GSM 4:08.63

Event 5 Men 30-34
200 LC Meter IM
 1 Jotz, Jeffrey 31 GSM 2:30.21
 2 Yaticilla, Doug 33 GSM 3:11.23

Event 5 Men 35-39
200 LC Meter IM

Name	Age	Team	Finals
1 Vicioso, Danilo	38	BDGR	2:28.25
2 Boosin, Michael	35	METR	2:44.81

Event 5 Men 45-49
200 LC Meter IM
 1 Niemi, Ken 46 GSM 2:50.74
 2 Sawyer, Alan 46 GSM 3:18.19

Event 5 Men 50-54
200 LC Meter IM
 1 Jurka, Valdis 51 GSM 3:09.07
 2 Bernardo, Steven 54 METR 3:48.41

Event 5 Men 65-69
200 LC Meter IM
 1 Gladfelter, David 65 1776 4:13.60

Event 5 Men 70-74
200 LC Meter IM
 1 Siskind, Isaac 73 GSM 4:11.51

Event 6 Women 25-29
100 LC Meter Backstroke
 1 Roy, Gita 29 GSM 1:22.64

Event 6 Women 35-39
100 LC Meter Backstroke
 1 Portman, Jennifer 39 GSM 1:15.85

Event 6 Women 40-44
100 LC Meter Backstroke
 1 Bates, Penny 40 ANCM 1:25.48

Event 6 Women 45-49
100 LC Meter Backstroke
 1 Stevancsecz, Gail 47 GSM 1:58.89
 2 Bayers, Pat 47 GSM 2:04.57

Event 6 Women 55-59
100 LC Meter Backstroke
 1 Lecarreux, Sue 56 METR 1:42.11

Event 6 Women 65-69
100 LC Meter Backstroke
 1 Moeller, Janet 67 1776 2:05.02

Event 6 Men 19-24
100 LC Meter Backstroke
 1 Bircks, Cliff 24 GSM 1:10.08

Event 6 Men 25-29
100 LC Meter Backstroke
 1 McKenna, Matthew 29 GSM 1:07.02

Event 6 Men 35-39
100 LC Meter Backstroke
 1 Clew, Richard 36 GSM 1:10.66
 2 Kelly, Damian 37 WPM 1:29.60

Event 6 Men 45-49
100 LC Meter Backstroke
 1 Miller, Steve 47 GSM 1:21.24

Event 6 Men 50-54
100 LC Meter Backstroke
 1 Bernardo, Steven 54 METR 1:39.73
 2 Blessing, Greg 54 BERK 1:58.90

Event 6 Men 55-59
100 LC Meter Backstroke
 1 Nessel, Edward H 56 GSM 1:23.36

Event 6 Men 60-64
100 LC Meter Backstroke
 1 Ruman, John 64 GSM 2:10.23

Event 6 Men 65-69
100 LC Meter Backstroke
 1 Gladfelter, David 65 1776 2:03.20

Event 7 Women 19-24
200 LC Meter Freestyle
 1 Soares, Maria 21 GSM 2:40.13

Event 7 Women 30-34
200 LC Meter Freestyle

1 Fahey, Lisa	31	METR	2:50.58
2 Simon, Cindy	31	GSM	4:03.23
3 Lenox, Jennifer	30	GSM	4:06.72

Event 7 Women 40-44
200 LC Meter Freestyle
 1 Shapiro, Nancy 43 GSM 2:56.42

Event 7 Women 50-54
200 LC Meter Freestyle
 1 Vellucci, Marie 52 METR 3:59.96

Event 7 Men 30-34
200 LC Meter Freestyle
 1 Yaticilla, Doug 33 GSM 2:48.93

Event 7 Men 35-39
200 LC Meter Freestyle

1 Vicioso, Danilo	38	BDGR	2:09.04
2 Newman, Steve	39	BDGR	2:09.84
3 Boosin, Michael	35	METR	2:29.33
4 Kelly, Damian	37	WPM	2:30.94

Event 7 Men 40-44
200 LC Meter Freestyle
 1 Nichols, KC 43 GSM 2:26.43
 2 Lawson, Thomas 41 GSM 2:40.61

Event 7 Men 45-49
200 LC Meter Freestyle
 1 Niemi, Ken 46 GSM 2:25.56

Event 7 Men 50-54
200 LC Meter Freestyle
 1 Wallace, Richard J 54 GSM 2:50.65

Event 7 Men 55-59
200 LC Meter Freestyle
 1 Zakim, Jack 56 GSM 2:32.88

Event 7 Men 60-64
200 LC Meter Freestyle
 1 Morgan, Ed 62 1776 4:25.91

Event 8 Women 25-29
50 LC Meter Butterfly
 1 Delneo, Cathy 25 GSM 38.16

Event 8 Women 30-34
50 LC Meter Butterfly
 1 Kelso, Mercedes 31 GSM 36.88
 2 Parsowith, Sara 30 GSM 1:04.42

Event 8 Women 35-39
50 LC Meter Butterfly
 1 Luallen, Andrea 36 GSM 30.82
 2 DeBonis, Felicia 36 GSM 40.51

Event 8 Women 40-44
50 LC Meter Butterfly
 1 Bates, Penny 40 ANCM 36.22

Event 8 Women 45-49

50 LC Meter Butterfly		
1 Bayers, Pat	47 GSM	51.46
2 Hansen, Valerie	47 METR	55.77

Event 8 Women 55-59

50 LC Meter Butterfly		
1 Lecarreux, Sue	56 METR	45.03

Event 8 Women 65-69

50 LC Meter Butterfly		
1 Moeller, Janet	67 1776	57.69

Event 8 Men 40-44

50 LC Meter Butterfly		
1 Nichols, KC	43 GSM	37.88

Event 8 Men 50-54

50 LC Meter Butterfly		
1 Filatov, Stan	52 METR	32.37
2 Wein, Arthur	51 GSM	34.75

Event 8 Men 65-69

50 LC Meter Butterfly		
1 Gladfelter, David	65 1776	53.18

Event 8 Men 70-74

50 LC Meter Butterfly		
1 Kurtzman, Aaron	72 FMM	41.49

Event 9 Women 25-29

50 LC Meter Breaststroke		
1 Sheehan, Mary Elizabeth	29 GSM	54.31

Event 9 Women 30-34

50 LC Meter Breaststroke		
1 Kelso, Mercedes	31 GSM	45.30
2 Simon, Cindy	31 GSM	57.11

Event 9 Women 35-39

50 LC Meter Breaststroke		
1 Luallen, Andrea	36 GSM	41.60
2 Rizkalla, Annie	36 GSM	50.59

Event 9 Women 40-44

50 LC Meter Breaststroke		
1 Shapiro, Nancy	43 GSM	43.51

Event 9 Women 50-54

50 LC Meter Breaststroke		
1 Vellucci, Marie	52 METR	50.73

Event 9 Women 65-69

50 LC Meter Breaststroke		
1 Moeller, Janet	67 1776	1:00.53

Event 9 Men 30-34

50 LC Meter Breaststroke		
1 Jotz, Jeffrey	31 GSM	35.44
2 Yaticilla, Doug	33 GSM	44.64

Event 9 Men 35-39

50 LC Meter Breaststroke		
1 Boosin, Michael	35 METR	38.47

Event 9 Men 50-54

50 LC Meter Breaststroke		
1 Bohan, Richard	50 GSM	34.44

Event 9 Men 55-59

50 LC Meter Breaststroke		
1 Loewe, Raymond	59 GSM	38.62
2 Nessel, Edward H	56 GSM	38.89

Event 9 Men 60-64

50 LC Meter Breaststroke		
1 Brunson, Tom	61 GSM	49.98
2 Ruman, John	64 GSM	55.31

Event 9 Men 70-74

50 LC Meter Breaststroke		
1 Lewinter, Paul	70 GSM	45.10
2 Kurtzman, Aaron	72 FMM	51.89
3 Siskind, Isaac	73 GSM	52.33

Event 10 Women 25-29

100 LC Meter Freestyle		
1 Roy, Gita	29 GSM	1:11.14
2 Lennox, Debbie	26 UNAT	1:11.98
3 Delneo, Cathy	25 GSM	1:17.84

Event 10 Women 30-34

100 LC Meter Freestyle		
1 Fahey, Lisa	31 METR	1:16.33
2 Kelso, Mercedes	31 GSM	1:22.18
3 Parsowith, Sara	30 GSM	1:40.79
4 Simon, Cindy	31 GSM	1:54.93

Event 10 Women 35-39

100 LC Meter Freestyle		
1 Portman, Jennifer	39 GSM	1:05.89

Event 10 Women 40-44

100 LC Meter Freestyle		
1 Bates, Penny	40 ANCM	1:11.80
2 Shapiro, Nancy	43 GSM	1:19.37

Event 10 Women 45-49

100 LC Meter Freestyle		
1 Stevancsecz, Gail	47 GSM	1:35.33
2 Hansen, Valerie	47 METR	1:40.45

Event 10 Women 50-54

100 LC Meter Freestyle		
1 Vellucci, Marie	52 METR	1:39.61

Event 10 Men 30-34

100 LC Meter Freestyle		
1 Jotz, Jeffrey	31 GSM	1:00.11
2 Yaticilla, Doug	33 GSM	1:16.54

Event 10 Men 35-39

100 LC Meter Freestyle		
1 Kelly, Damian	37 WPM	1:09.84

Event 10 Men 40-44

100 LC Meter Freestyle		
1 Nichols, KC	43 GSM	1:06.91

Event 10 Men 45-49

100 LC Meter Freestyle		
1 Miller, Steve	47 GSM	1:04.57
2 Niemi, Ken	46 GSM	1:07.06
3 Sawyer, Alan	46 GSM	1:13.11

Event 10 Men 50-54

100 LC Meter Freestyle		
1 Filatov, Stan	52 METR	1:08.31
2 Wallace, Richard J	54 GSM	1:12.31
3 Bernardo, Steven	54 METR	1:24.89
4 Blessing, Greg	54 BERK	1:35.25

Event 10 Men 55-59

100 LC Meter Freestyle		
1 Zakim, Jack	56 GSM	1:08.61

Event 10 Men 65-69

100 LC Meter Freestyle		
1 Gladfelter, David	65 1776	1:44.21

Event 11 Women 25-29

50 LC Meter Backstroke		
1 Sheehan, Mary Elizabeth	29 GSM	1:01.29

Event 11 Women 35-39

50 LC Meter Backstroke		
1 Portman, Jennifer	39 GSM	36.43

Event 11 Women 45-49

50 LC Meter Backstroke		
1 Stevancsecz, Gail	47 GSM	53.46

Event 11 Women 55-59

50 LC Meter Backstroke		
1 Lecarreux, Sue	56 METR	46.76

Event 11 Women 65-69

50 LC Meter Backstroke		
1 Moeller, Janet	67 1776	56.81

Event 11 Women 75-79

50 LC Meter Backstroke		
1 Dooman, Lainey	75 GSM	58.97

Event 11 Men 19-24

50 LC Meter Backstroke		
1 Bircks, Cliff	24 GSM	30.94

Event 11 Men 25-29

50 LC Meter Backstroke		
1 McKenna, Matthew	29 GSM	31.10

Event 11 Men 35-39

50 LC Meter Backstroke		
1 Clew, Richard	36 GSM	32.00
2 Boosin, Michael	35 METR	34.21

Event 11 Men 40-44

50 LC Meter Backstroke		
1 Burkholder, Kirby	40 GSM	33.20

Event 11 Men 50-54

50 LC Meter Backstroke		
1 Wein, Arthur	51 GSM	41.10

Event 11 Men 55-59

50 LC Meter Backstroke		
1 Zakim, Jack	56 GSM	38.08
2 Nessel, Edward H	56 GSM	38.75

Event 11 Men 60-64

50 LC Meter Backstroke		
1 Brunson, Tom	61 GSM	45.62

Event 11 Men 70-74

50 LC Meter Backstroke		
1 Siskind, Isaac	73 GSM	53.36

Event 11 Men 80-84

50 LC Meter Backstroke		
1 Konikow, Gershen	81 GSM	59.17

Event 14 Men 160-199

400 LC Meter Medley Relay		
1 Garden State Masters 'A'		5:02.34
1) McKenna, Matthew 29	2) Clew, Richard 36	
3) Nichols, KC 43	4) Sawyer, Alan 46	

Event 14 Men 200-239

400 LC Meter Medley Relay		
1 Garden State Masters 'A'		5:05.18
1) Burkholder, Kirby 40	2) Nessel, Edward H 56	
3) Bohan, Richard 50	4) Zakim, Jack 56	

Event 17 Mixed 160-199

400 LC Meter Medley Relay		
1 Garden State Masters 'A'		5:06.20
1) Luallen, Andrea 36	2) Jotz, Jeffrey 31	
3) Niemi, Ken 46	4) Roy, Gita 29	

Event 18 Women 35-39

800 LC Meter Freestyle		
1 Luallen, Andrea	36 GSM	10:13.87

Event 18 Women 40-44

800 LC Meter Freestyle		
1 Bates, Penny	40 ANCM	11:02.49

Event 18 Women 45-49

800 LC Meter Freestyle		
1 Bayers, Pat	47 GSM	15:56.75

Event 18 Women 50-54

800 LC Meter Freestyle		
1 Vellucci, Marie	52 METR	15:28.38

Event 18 Men 45-49

800 LC Meter Freestyle		
1 Miller, Steve	47 GSM	11:35.46

Event 18 Men 50-54

800 LC Meter Freestyle		
1 Filatov, Stan	52 METR	11:54.07
2 Wallace, Richard J	54 GSM	12:43.52

Event 19 Men 50-54

200 LC Meter Butterfly		
1 Seidman, Larry	54 GSM	3:41.38

Event 20 Men 40-44

200 LC Meter Backstroke		
1 Burkholder, Kirby	40 GSM	2:42.81



FIFTH ANNUAL NEW JERSEY LMSC PICNIC

WHEN: Saturday September 8, 2001 @ 2:30 pm until ??

WHERE: Seaside Park, NJ— On The Beach

South Ocean Ave. and "J" Street

WHAT: A Day At The Beach Featuring:

- 1/2 Mile Fun Swim (more if you want to)
- Volleyball (friendly, hopefully)
- Activities And Games for Kids
- Food And Non-Alcoholic Beverages Provided
Subs And Salads, Fruit, Soda, Water And Cookies — Or Bring A Dish To Share
- Great Company

WHO: Open To All Registered NJ LMSC Swimmers And Their Guests. Registered Swimmers – FREE, Guests Under 12 Years Old – FREE, Guests Over 12 Years Old – \$5.00. NON-REGISTERED MASTERS WHO WISH TO SWIM – \$13.00 (\$8.00 TO USMS FOR INSURANCE)

RSVP: Please Contact Jack Or Maureen Frain To Let Them Know Who's Coming No Later Than September 7 So Food Requirements Can Be Finalized. Please Fill Out The Registration Form And Mail It To The Address Listed On The Form. For Those Who Wait To The Last Minute, Call 732. 477.0785 or E-Mail Us At jjfrain@hotmail.com

LAST BUT NOT LEAST, PARKING ON SOUTH OCEAN AVENUE IS NOT FREE. EITHER PARK ON A SIDE STREET OR BRING LOTS OF QUARTERS FOR THE METERS. THERE HAVE BEEN TICKETS GIVEN OUT IN PAST YEARS.

PLEASE HAVE YOUR REGISTRATION IN BY SEPTEMBER 7TH SO

FOOD REQUIREMENTS CAN BE FINALIZED

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

No. of Guests: Under 12: _____ At \$5.00: _____ At \$13.00: _____

Total Fees Enclosed: \$ _____

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 and beach activities for myself and my guests (for whom I will be responsible), including possible permanent disability or death, and I agree to assume all of those risks. AS A CONDITION OF MY AND MY GUESTS' PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO 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 AND ORGANIZERS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide and be governed by the rules of USMS.

Date: _____ Signature: _____

MAIL TO: JACK FRAIN
55 EAST PAMPANO DRIVE
BRICK, NJ 08723



2001 WORLD TOP 10 RELAYS FOR NEW JERSEY SWIMMERS

Men's

LCM 200 free Relay

200-239-9th

Jack Zackim
Ed Nessel
Arthur Deffaa
Benn Doyle

200 Medley Relay

200-239-5th

Jack Zackim
Benn Doyle
Arthur Deffaa
Ed Nessel

SCM 200 Free Relay

160-199 - 2nd

Ed Tsuzuki
Scott Yeomans
Benn Doyle
Oscar Gonzales

200 Medley Relay

100-119-3rd

Curtis Sawin
Shawn Evans
Tom Swift
Sean Brennan

200-239 - 3rd

Richard Alexander
Benn Doyle
Arthur Deffaa
Jim Dragon

Mixed LCM 200 Medley Relay

200-239 - 6th

Judy Lee
Richard Bohan
Arthur Deffaa
Mary Bennett ☺

AGING UP

This August and September 14 swimmers age up. Happy birthday to:

Lainey Dooman	75	Julie Sheldon	30
Joan Wilson	70	Ellen Sommerlad	30
Marcia Postallian	45	Curtis Sawin	30
Patricia Horton	45	James Mason	30
Maureen Moore	45	Arthur Gilchrest, III	25
Frances McManus	45	Ron Lobo	25
Deborah Kemp	40		
Diane Panzera	40		

PLACES TO SWIM

Please let me know if changes need to be made at any time. I rely on you to keep this list updated. You can contact me (Linda Brown-Kuhn) at 908/479-1038 or lbk@sprintmail.com. -Thanks.

COACHED WORKOUTS

Berkeley Aquatics Contact: Coach Eric Fucito at the Berkeley Aquatic Club, Berkeley Heights; 908/464-0574 or oticuf@ptdprolog.net.

Workouts: M 8:30-9:30pm, W 8-9:15pm, F 8-9pm, Sun. 8:15-9:45am

Hoboken Masters Contact: Don Galluzzi; 201/216-5696 or Kathleen Klein; 212/626-3276.

Hunterdon County YMCA at Deerpath Contact: Nancy Shapiro at the Y; 908/782-1030. Practice is W 8:30-9:45pm. Sandy Carosi holds workouts T, H 9:15-10am. Contact her at 908/236-0086 or jcarosi@aol.com.

Lakeland Hills Masters Team Contact: Pam Banks; 973/835-7562.

Montclair Masters Contact: Scott Lewis at the Y; 973/744-3400.

Morris Center YMCA Contact: Jack Lawson at 79 Horsehill Rd., Cedar Knolls 07927; 973/267-0704.

Ocean County YMCA Masters Contact: John Morrison; 732/341-ymca.

Peddie Aquatics Association Contact: Julie Veremy; 609/490-7547 (W) or 609/371-0334 (H).

Ridgewood Y Contact Garret Orr; gso@entrepreneur-equity.com or 201/934-4222.

Workouts are M & F 8:30-9:30pm.

Rutgers University Contact Ed Nessel; 908/561-5339 or Alex Antoniou; 732/445-0457.

Rutgers works out at the Sonny Werblin Rec Center pool.

Ed Nessel holds workouts M, W, H noon-2, F 7:30-9pm, Sun. 7-8:30pm.

Workouts not coached by Ed: M, T, H, Fri 6-7am.

Seaton Hall University Masters Contact: Jeanne Coon; 973/401-1574 or jeannecoon137@aol.com.

Practices are M, W, H 7:30-9pm; T & H 6:30-8am; Sat. 10:30-noon.

The Atlantic Club Contact: Stephanie Crofto; 732/223-2100, ext. 318.

West Morris Area YMCA Contact: Bob Hopkins at 732/729-3686.

Westfield Masters Contact: Bill McMeeekan at 220 Clark St., Westfield; 908/233-2700.

Workouts: M, F 7:30-9pm, W 8:30-10pm.

Wycoff YMCA Masters Contact: Doug or Ray at the Y; 201/891-2081.

Workouts are T & H 7:30-8:30pm and Sat., 7:30-8:30am. During the winter call before Tues. workouts, as time may change due to kid's meets.

LOST AND FOUND!!!

Left behind and recovered at the Jason E. Nessel Memorial Meet were two pieces of clothing: a Dartmouth warm-up top in green and white and a white sweatshirt that reads Holmdel Swim Team. Contact Ed Nessel at 908/561-5339 or ednessel@aol.com. ☺

NON-COACHED WORKOUTS

Hamilton Area YMCA Contact: Nancy Shapiro; 609/585-1014.

Workouts: M 8:30-9:45pm and Sun., 11am-12:30pm.

Newark YMCA Contact: Joy Henderson; 973/624-8900, ext. 6811.

Swim times: M-F, 6-9am, 12-2pm, 6-7:30pm, Sat. 1-2pm.

Madison YMCA Contact: Alan Sawyer; 973/822-1754. Group workouts: M-F, 6-7:30am.

Princeton Area Masters Contact Princeton Recreation Dept. and ask for Katie Herlily; 609/921-9480 or call Paul Mucciarone; 609/655-0997. Workouts M-F, 5:45-7am at DeNunzio Pool, Princeton University. Summers hours M-F, 5:45-7:30am at Community Park Pool, Princeton, NJ.

Jersey City Masters Contact: Dan Sexton; 201/333-0300 (W) or Jeff Jotz 201/547-6455 (W) or jjotz@yahoo.com, or jjotz@stpetersprep.org. Pershing Field Pool (6 lanes 25 M) M-F, 6-7am.

Red Bank YMCA/Deal JCC Contact: Doug Rice; 908/741-2503.

Sussex County Masters Contact: Bob Hopkins; 973/729-3686.

Metuchen/Edison YMCA Contact: Jay Koperwhats at 908/548-2044.

Western Monmouth YMCA Contact: Richard Wallace; 732/446-4589 (H), 973/482-6400, ext. 2256 (W).

Whippany Waves Masters Contact: Ben Gilbert; 201/428-9300

MEET CALENDAR

AUGUST 18

HARRY YATES MEMORIAL SWIM

optimum tides this year Through the "Inlet" to Gardners 5:00 PM registration 6:30 race start. Atlantic City BP Hdqtrs. 609/347-5312

AUGUST 19

JOHN BOYD MEMORIAL SWIM (1 MILE). Seaside Heights. Go to <http://www.lmsports.com>

AUGUST 26

BRIGANTINE BAY FEST

1 Mile in the bay. 609/266-9826 for information

AUGUST 31

BRIDGE TO BRIDGE BAY SWIMS (1.3 miles and 3.1 miles). Albany to Dorset Ave and return Warm up for Miss American pageant Swim! Atlantic City BP Hdqtrs. 509-347-5312

SEPTEMBER 2

PAGEANT SWIM – Same course since 1922.

NO Wetsuits! 1.5 miles starts at 9:45 AM.

www.acswim.org

SEPTEMBER 22

WILDWOOD BAY SWIM 1 mile Box course

Wetsuits for wimps = OK

www.lmsports.com.

MEETS OUTSIDE OF NEW JERSEY

AUGUST 19

THE PARK-TO-PARK ONE MILER

Info. and applications available on-line at www.nycswim.org

SEPTEMBER 8

1.4 MILE SWIM FOR LIFE, Provincetown Harbor, Provincetown, MA. Contact Jay Critchley; 508/487-3684, reroof@tiac.net. Pledged benefit for local AIDS services.

SEPTEMBER 15

THE 4TH ANNUAL 7.8 MILE LITTLE RED

LIGHTHOUSE SWIM

Info. and applications available on-line at www.nycswim.org

CHAMPIONSHIPS

AUGUST 16-19

USMS LONG COURSE NATIONALS, Federal Way, WA. Contact Hugh Moore; 253/925-0803; eswim@mindspring.com

OCTOBER 28-NOVEMBER 4

PAN PACIFIC MASTERS SWIMMING CHAMPIONSHIPS, Hong Kong Swimming Association.

AUGUST 16-19, 2001

USMS LONG COURSE NATIONALS, Federal Way, WA. Contact Hugh Moore; 253/925-0803; eswim@mindspring.com

MARCH 24 - MARCH 30, 2002

IX FINA WORLD MASTERS CHAMPIONSHIPS, LCM, Christchurch, New Zealand, www.eventnz.co.nz/masters-swimming/

MAY 2002

USMS SC CHAMPIONSHIPS, HAWAII.

AUGUST 2002

USMS LC CHAMPIONSHIPS, CLEVELAND.



NJ LMSC

451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS:

