

EASTILANE



USMS CONVENTION RESCHEDULED

The USMS Convention that was to be held on September 12, has been rescheduled for November 15-18th in Louisville, KY. If you have any concerns you would like to be voiced, contact Julie Stewart at 908/598-0589, jstewart10@csi.com ☎

EAT THE SIDE DISH THAT BEATS CANCER CRANBERRIES PACK A POWERFUL PUNCH

USDA scientists have found that cranberries are a great source of resveratrol, a prime target of research into natural cancer fighters. Resveratrol has shown promise against tumor cells in test tubes, and researchers have now figured out how resveratrol may work against cancer in mice with lung cancer, resveratrol slowed the sprouting of the extra blood vessels that help tumors grow and allow cancer cells to spread. (*Jour. Of Nutrition*, June 2001). Because cranberry skins pack the most resveratrol, be sure to choose the whole-berry type of cranberry sauce. ☎

—From November 2001 issue of *Prevention Magazine*.

"AGE IS AN ISSUE OF MIND OVER MATTER. IF YOU DON'T MIND, IT DOESN'T MATTER."

—MARK TWAIN



IRONMAN FINISHER

Congratulations to Doug Clark, who recently competed in the Ironman in Hawaii. Doug completed the 2.4 mile ocean swim in 1:02.48 (301st out of the water), biked 116 miles in 5:25.06 and ran a 26.2 mile marathon in 4:07.39. He came in 299th overall and 88th in his 30-34 age group out of a total field of 1,470 competitors. The temperature was close to 90 degrees with lots of wind. Awesome! ☎

DISTANCE PER STROKE

By Rich Axtell, LMSC Coaches Representative, rich.axtell@hanscom.af.mil

Distance Per Stroke (DPS) is an important element in every Masters program. DPS tells how efficient your stroke is. Many swimmers are concerned with stroke techniques such as body roll, recovery and so on. Great technique will accomplish DPS. To maximize your DPS, follow these six steps.

1. The Catch: Before you catch water when your hand has reentered the water, make sure your arm is fully extended at shoulder width. It is best to catch with the finger tips pointed slightly inside the shoulder. Shoulder problems are common with those who catch water with their finger tips pointed outside the shoulder. Catch the water at the surface (just below is best so you won't catch air bubbles). Catch the water by pushing the hand down and keeping your elbow at the surface by lifting it up slightly. This is where "dropping the elbow" originates if you're not careful.
2. The Pull: After the catch, keep the elbow where it is until your hand passes under it. With the elbow in front of you, begin the pull. Your fingertips should follow your breast bone. Remember to keep the elbow high. This will help prevent crossover and will maximize your efficiency. I recommend this easy step rather than the "s" which leads to cross-over and snaking.

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3. The Scull: When your hand reaches your waistline, slide your hand over to your hip with your palms facing behind you. At this point your elbow should be directly above your hand and against your torso (your arm should be at a 90 degree angle). This is the point where many people finish their stroke. You are now positioned to move onto the most productive part of your stroke.
4. The Finish: Many swimmers have the habit of pushing their hands out at the hips rather than pushing through them. The scull has set you up at the hips, now you just have to finish. With the elbow at your side thrust your hand back until your elbow is straight.
5. The Recovery: Begin recovery at the end of our stroke by leading with the elbow — almost as if you were pulling a gun from a holster. Keep your hand behind the elbow just above the water and on a line close to your torso. Keep the elbow out front until your elbow reaches the shoulder, then swing your hand out (not around) for the catch.
6. Count your strokes: It is important to count your strokes per lap each and every time that you are working distance per stroke. This allows you to chart your progress. ☎

—From Sept. 2001 NEM News

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CHARIOTS OF FIRE AND WATER

By Paul Kiell, MD



Although the ladies in the above photo are running along the waters of the ocean, their nexus to swimming is one of polar contrast rather than similarity. And if this picture of the 1928 Amsterdam German women's gymnastic team brings to mind the opening scene from the classic movie "Chariots of Fire," such a resemblance is likely based in fact. For it may very well have been the blueprint for that memorable panorama. From that very movie, and in actual historical fact, diverging philosophies of running and swimming stand out in bold relief, found in stories from the lives of Eric Liddell and Harold Abrahams as played out in *Chariots of Fire*.



ERIC LIDDELL WINS THE 400M., 124 PARIS OLYMPIAD.

Eric Liddell, the idealistic Christian missionary, did win the 400m final at the 1924 games. His technique was sui generis. He would throw his head back and fling his arms wildly in all directions. Classic technique was hardly his forte. Even today, adherence to technique, in general, seems to be down played in running, compared to its meticulous emphasis in swimming.

But one maxim for all athletes comes out in the scene where the British phrase, "economy of effort," resounds

during the contentious discussion over Eric Liddell's non-participation. "As an athlete," lectured Lord

Birkenhead to the besieged Liddell, "you must value economy of effort."

Economy of effort: In swimming and running (particularly swimming), the position of the head, breathing, the number of strokes or foot strikes, the proportional energy requirements of upper and lower body, all apply to any sport. And, I contend, apply especially to swimming where it is the technique that affords the very ease of movement that becomes critical for overall success.



ERIC LIDDELL, LEFT, HAROLD ABRAHAM, RIGHT.



FASTER BREASTSTROKE

How can you improve fastest in your breaststroke races? Fact: 40 % of the 200 short course breaststroke is composed of the start and 7 turns. Fact: The faster Olympic swimmers hits the water at 8 mph (11.9 ft/sec) (3.6 meters/sec.) If they could continue to swim at these speeds they would complete 50 yards in 12.5 sec. The average 25 sec. per 50 yd. masters swimmers hits the water at around 5.7 miles per hour (8.3 ft/sec.) (2.5 meters/sec.). For a 50, this would be 16.7 sec. The average 30 sec per 50 yards master swimmer hits the water at around 4.7 miles per hour (6.9 ft/sec.) (2.1 meters/sec.). For a 50, this would be 21.4 seconds. Fact: The fastest breaststroker in the Olympics swims at 1.64 meters per second. Most masters swim at about 1.1 to 0.8 meters per second. Therefore most people swim breaststroke 2 to 3 times slower than the dive speed. It's not how fast you swim but how fast you slow down.

Breaststrokers are usually more heavily muscled than swimmers of the other strokes, and as such have more resistance from the water. Additionally the stroke is swam more in and under the water. This makes you slow down faster than the other strokes. Researchers have proven that Breaststroke takes more strength and more energy (calories) than the other strokes (yes even butterfly)! If velocity increases, the resistance increases by the square, and energy used increases by the cube of that amount. Thus, you must never try to overcome the resistance that you create by going faster. You must focus on eliminating resistance, not overcoming it. Therefore improving your streamlining and

reducing areas that slow you down are very important for Breaststrokers.

Easiest ways to eliminate resistance On the dive go through one hole with no splash, this is worth 6 feet! During the underwater glide, put arms behind head in a tight superman streamline, not next to ears. This is worth 2 feet per length, or as much as 16 feet in a 200 short course race! On the underwater pulldown, when hands reach the hips, move hands between legs and shrug shoulders together. Worth 1 foot per length. On the first stroke after underwater pullout, time arms so maximum width of outscull as head breaks water surface- worth .2 sec. per length. The hands on the out ward scull go just barely past the shoulder width, on the insweep there is no pulling back, just a scull inwards around the chin area. Pulling too wide or too far back causes more resistance slowing you down. During the insweep shrug shoulders up and together, to reduce frontal resistance.

Put head down between arms and glide with head underwater during kick. Your kick portion is faster underwater than on top fighting the water. Kick back and down, almost like the down kick in butterfly but with the feet grabbing water. The toes should point to the bottom of the pool not backwards. This kick has more forward propulsion and causes the hips to rise, just like in butterfly. If you kick correctly, your hips will rise out of the water, and you can recover your legs with far less resistance. This kicking style is worth 2-4 seconds per 100. Ⓢ

LAP SWIMMERS, TRY AN INTERVAL WORKOUT FOR YOUR NEXT WORKOUT.

If you are a lap swimmer churning up the yards, we have a great booster for your regular swimming agenda: interval training. Interval training will maximize your time in the water and help you to achieve new heights in your swimming abilities with increased conditioning and better form.

In a busy adult world time is essential. Use it all to the fullest. Try our coached-designed workout program every other workout for your next twenty workouts. In other words, alternate your lap workout with our workout.

#1 Interval PACING

Interval training is an integral tool for all modern sports training. It teaches you how to pace yourself during each workout both cardiovascularly and technically. It will also enable you to stay motivated. Most people have a self-defeating tendency to start each workout as fast as they can go. Remember, start off slowly and build.

What is an interval? It is a time which you can complete the swim and get some rest. It means you will consistently keep to a scheduled departure (every 50 sec., every 1:00 min. or every 3:00 min.) for a given distance. As you get in shape, learn

to pace and improve on technique, your rest on the same interval (time schedule) for the same distance will be greater because you will be traveling faster. When you get more time than what we suggest below, challenge yourself by dropping your interval.

Interval training is integral to any self-coaching regimen. You will see immediate as well as long-term progress. We suggest writing down your swim times and your interval times after each workout so as to chart your progress. Pacing will also improve your stroke; it will become smoother, more stretched out and more relaxed.

Warm-up: Easy. Use this time to concentrate on form and technique 200 100

Warm-up set: Descend 1 to 6 (1 to 4 for beginners). This means that 6x25 4x25 you should ascend your effort to make each 25 yards progressively faster. The last ones should be the fastest. This is not easy, but once accomplished, is the best way to work all your swim sets. [Interval should allow 10 sec. rest]. Remember: During the warm-up set you need to watch the clock and get your times to monitor your progress.

Main Set #1: Work hard on #'s 1, 3, 4, 6, and 8 (1, 3, 4, and 6 for beginners). 8x 100 6x100 This is the set that you want to keep a close eye on all your times. If you get a chance after your workout is completed, write down each of your times so the next time you do the same workout you can see how much you have improved. [Interval should allow 30 seconds rest.

Main Set #2: Follow the same pattern as above for these 50s. 8x50 6x50

Easy: Stretch out 100 50

Pull: (Interval allows 30 sec.) Alternate your breathing pattern by breathing every 3rd or 5th stroke. 3x150 3x100

One hard, straight swim: Strong legs (not pulling). 1x300 1x200

Kicking: Descend each 100. # 3 should be very fast. 3x100 3x100 (Interval allows for 20 sec. rest)

Quality swim sprints: (every other is fast) 8x50 8x25 (Interval allows for 20 sec. rest)].

Warm-down: Don't skip this!!! 200 100

TOTAL YARDS 3,050/2,000



Technique in swimming (and running too) begins with learning how to relax the muscles not being used, contract those that are being used. The head is the center of everything. Keep the contents of the head (thoughts) relaxed but alert and remember that the body follows both the dictates, and position of, the head. For example, relaxing the thoughts leads to economic use of body fuel, panic leads to rapid depletion of your tank; lift the head too high, the feet drag; lower the head and the legs come closer to the surface and the body position becomes more streamlined.



HAROLD ABRAHAMS WINS THE 100M.,
1924 PARIS OLYMPIAD.

A specific exception in running, Harold Abrahams did digest nuances of technique, learning several of the finer points of sprinting. This made for Harold the difference between winning and (for him) losing. In the race photo, it involves the position of the

upper body at the finish.
How to finish a pool

swimming event is also important. In this respect, running and swimming do share a common bond. But there is one stark contrast, best understood by returning to the movie itself.

In the film, Abrahams, despondent over his loss in the 100m to Liddell, seeks out the renowned running coach, Sam Mussabini. Sam teaches Harold some of the finer points of running technique. To illustrate, he projects slides showing the running styles of the ranking competitors of the day (Liddell, Scholz, Paddock). Mussabini explains his point by laying out fifty coin pieces representing 50 foot-plants in the 100m event. What is needed, he tells Harold, is just one more foot plant, one more push off. What Sam has detected is that Harold Abrahams overstrides, with his heel landing slightly in front of the knee, past his center of gravity. This, he explains, causes a braking action like a slap in the face. He tells Abrahams that what he has to do is shorten his stride. He urges him to explode and spring off of each foot, and consequently to accrue one more step, one more spring in the course of the 100m race.

In their training Sam tells Harold to imagine he is running on hot bricks. He tells him to imagine letting his feet touch (or grip) the ground too long, they would burn on those hot bricks. Rather, contact with the immovable force, the ground, should be as brief as possible. "Go for release!" he commands, "a coiled spring, a dam about to burst!" Later, after bouts of training under his close tutelage, Sam measures Harold's new stride and determines it is now two inches shorter. That gives him one more needed step in the race. So...in running that race, more (foot strikes) became better.

The stark contrast to swimming is obvious. In the pool less is better, that is, fewer, but longer, strokes. Speed in swimming rests heavily on distance per stroke. In effect, the swimmer overstrides. In so doing, the hand begins to grip a large-as-possible column of water, water that hopefully moves minimally ("still water"), partly because the made longer column is now thicker and relatively unyielding. The swimmer consequently pushes off

against a solid unmoving wall. (Swimmers seek also to get a better grip on the water by pitching the hand upon entry, or sculling. The pitch of the hand then makes for a reaching out to water that is less moving.) Contact, actually the grip, with the immovable force—the wall or column of water—here should be as prolonged as possible. Make that contact brief like the runner, "slipping" intrudes, incurred by pushing against what becomes a flimsy-moving surface. (Compare that to climbing a ladder with broken rungs or pushing off against a paper wall instead of a concrete wall.) Relatively prolonged pressure against a strong and relatively immovable column of water (with the hand angled like the threads on a screw), furthermore, speaks to the need for strength. That is, strength in the upper extremities and particularly in the core muscles that motor the arms, the arms and hands then delivering the power derived from the core. The upper body then actually moves the arms, the arms then augmenting the core power, rather than the arms moving the body.

There is another, and particularly salient, implied message for the learning swimmer, especially the triathlete, meaning the learning-to-swim-well runner/biker. It is that runners in particular, once in the water, will follow in the path of the Mussabini teachings. In effect, they often try to run in the water by taking far too many strokes. The runner/biker needs to learn the lesson that in swimming less (strokes) is better even though in running, more (foot strikes) may be better.

The balance between more or less transcends mere sport. It is one part of the athlete's striving, the striving to be the best that's in that athlete, not necessarily the best of all, but that very person's best. The real people depicted in these pictures did reach that goal in sport and in life.

One of the women in the beach scene is Erica Lestmann Jokl. Her husband-to-be, Dr. Ernst Jokl, was a leading figure in sportsmedicine in Europe and in the U.S., and a close friend of the Abrahams brothers. He was a consultant to the making of *Chariots*. Erica, in the 1920's, was a leading athlete in Germany but also one of the first to defy Hitler. She and Ernst had to flee Germany in the early 30's. Years later, settling in Lexington, Kentucky (a southern bastion) she was an early fighter for civil rights. Today in her 90's, she is living in Baltimore. Eric Liddell, winner of the 400m at the 1924 Olympiad, would return to China and his missionary work. Little known to most of us, he would perform many acts of physical heroism, rescuing left-for-dead Chinese civilians during the Japanese occupation. At an internment camp in China he died in 1945 of a brain tumor. Harold Abrahams, 100m winner and then new record holder, earned a law degree, was a leading sports broadcaster and sports writer. He would be hailed as the Elder Statesman of British athletics.

Whether it was less or more, sport was metaphor for the lives they carved out for themselves and for the people they came to be. ☺

BURN MORE CALORIES WHILE YOU EAT!

Here's another reason to lace up your sneakers: Canadian researchers found that women runners and triathletes burned significantly more calories digesting food than sedentary women.

It appears that active women's muscles need fuel faster, so their bodies work harder to absorb what they eat, says study researcher and professor of nutrition Dominique Garrel, MD, of the University of Montreal. But you don't have to be an athlete to benefit. The increased calorie burn comes with improved fitness. So put on your sneakers (or bathing suit) and go! ☺

— From October 2001 Prevention Magazine

AGING UP

This November, four swimmers age up.

Happy birthday to:

Barbara Rosenbaum	60
Morris Hung	45
Lori Freeland-Morris	40
Bridget Nastasi	35

"YOU KNOW, I REALLY DON'T THINK I NEED BUNS OF STEEL. I'D BE HAPPY WITH BUNS OF CINNAMON."

—ELLEN DeGENERES

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

Bridgewater Pool/Somerset Valley YMCA Contact: Don Fink; 973/379-8884. Workouts T, F at 8pm.

Hoboken Masters Contact: Don Galluzzi; 201/216-5696

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.

Workouts are held at the Sonny Werblin Rec Center pool. Workouts: M-F noon-2pm, Sunday 5:30-7pm, M, T, H, F 6-7am, T & H 8-10pm, F 7:30-9pm

Seton 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. 11:30-1pm.

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.

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.

Workouts: 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, 5am-6:45am at DeNunzio Pool, Princeton University.

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

DECEMBER 8 AND 9

COLONIES ZONES SHORT COURSE METERS CHAMPIONSHIP, Rutgers University, entry enclosed.

MEETS OUTSIDE OF NEW JERSEY

DECEMBER 2

TERRAPIN MASTERS 1000/1650 MEET, University of MD, College Park, MD. Contact David Diehl; 301/946-0649 (H before 9 pm), 301/314-5372 (W) or dd119@umail.umd.edu

DECEMBER 2

1ST ANNUAL HOLIDAY CLASSIC AT WESTERN CONNECTICUT STATE UNIVERSITY, Danbury, CT. Contact Jill Cook at 203/837-8624 (days) or cookj@wcsu.edu

DECEMBER 8 AND 9

NEM SCM CHAMPS AT WHEATON

DECEMBER 31

SWIM IN THE NEW YEAR, University of MD, College Park, MD. Contact Bob Lazzaro; 410/442-7649 (H before 9 pm) or cherylw@crosslink.net

JANUARY 13 OR 20

SCSU, New Haven meet (SCY)

JANUARY 27

GROUNDHOG MEET, Westport, CT

MARCH 17

BILL CRAWFORD MEMORIAL WINTER CLASSIC, Villanova University Pool, PA. For entry, contact Linda Brown-Kuhn, 908/479-1038, lbk@sprintmail.com. For questions contact Stephanie Walsh; 610/293-0527 (days), stephswim1@aol.com.

APRIL 18-21

YMCA NATIONALS, Ft. Lauderdale

MAY

CONN SCY CHAMPS

OCTOBER 28-NOVEMBER 4

PAN PACIFIC MASTERS SWIMMING CHAMPIONSHIPS, Hong Kong Swimming Association.

MARCH 24-30, 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.

CHAMPIONSHIPS

DECEMBER 8-9

NEW ENGLAND SHORT COURSE METERS CHAMPIONSHIPS, Wheaton College, Norton, MA. Contact Ed Gendreau; 603/742-7850, gendreau@nh.ultranet.com

APRIL 19 AND 20

COLONIES ZONE CHAMPIONSHIP, University of Maryland, College Park, MD.



NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS:





Colonies Zone Short Course Meters Championship - December 8 & 9, 2001

Sponsored by Rutgers College Recreation

Sanctioned by NJLMSC for USMS, Inc., Sanction # 071-006

◆ **Schedule:**

Saturday & Sunday

Warm-ups - 8:00 AM Meet Starts – 8:30 AM

For More Information

Alex Antoniou or Ellen Zera

Phone: (732) 445-0462

e-mail: antoniou@rci.rutgers.edu

Welcome to the 2001 Colonies Zone Short Course Meters Championship meet sponsored by the Rutgers Masters Swim Club. The indoor facility includes one 8-lane, 25 meter competition pool, two separate warm-up pools, spectator and swimmer seating, an 8 lane scoreboard, large locker rooms, and ample parking.

Eligibility: The meet is open to all Masters Swimmers holding a valid 2001 USMS Registration. **A copy of this card must accompany your entry!** Swimmers may only represent the team listed on the card sent with the meet entry. Eligibility of a swimmer for a particular age group shall be determined by the age as of Dec. 31, 2001.

Entries: Must be received by **Friday, November 30**. Entries are limited to 5 individual events per day plus relays.

Mail to: Rutgers Masters Swim Meet
656 Bartholomew Road
Piscataway, NJ 08854

Fax to: (732) 445-4189

Seeding: All events will be seeded slow to fast. All times should be in SCM (Yard time divided by 0.896. For 400 free, divide by 1.143). "No time" entries will be seeded in slowest heat. The 400, 800 and 1500 freestyle, 400 IM, and all relays will be deck seeded.

Relays: Deck entries for all relays will be accepted. See separate relay form.

Distance Events/Check-In: Positive check in is required for all distance events. **Phone check in will be accepted Dec. 7th at (445) 445-4189 prior to 10:00 PM.**

Event 1: 400 freestyle check in by 8:00 AM Dec. 8

Event 14: 1500 freestyle check in by 12:00 PM Dec. 8

Event 16: 800 freestyle check in by 8:00 AM Dec. 9

Event 21: 400 IM check in by 10:00 AM Dec. 9

Anyone who fails to check in for their distance event will be scratched!

Awards: Medals will be awarded to the first 3 places, ribbons for 4th through 8th in each age group. Medals for each member of winning relay. Ribbons for each relay member for 2nd through 8th. Trophies will be awarded to the top two high scoring teams in two divisions, large team and small team. Also, a male and female high point award will be given.

Host Hotel: Embassy Suites-(732) 980-0500 - \$105.00 for up to 4 in a room (includes full breakfast)

To guarantee the above rates you must make your reservation by November 23.

Mention Rutgers Masters Swim.

Directions To Sonny Werblin Recreation Center

Route #287 North or South:

Follow Route #287 to Exit 9. The sign says Highland Park & Bound Brook. Take River Road off ramp towards Highland Park for 3 miles and turn left at the 5th light onto Metlar's Lane. Make your 2nd left onto Brett Road. Follow Brett Road as far as it will go. This will turn into Lots #60 and #64. The Rec. Center is next to Lot #64.

Route #18:

Take Route #18 North across the Lynch Bridge until it ends. Go through the light at the base of the bridge and make the 2nd left, after the light, onto Brett Road. Follow Brett Road as far as it will go. This will turn into Lots #60 and #64. The Rec. Center is next to Lot #64.

Route #1 North or South:

Follow Route #1 towards New Brunswick. Exit onto Route #18 North. Follow Route #18 North directions.

N.J. Turnpike North or South:

Follow the Turnpike to Exit #9. After the toll take Route #18 North. Follow Route #18 North directions.

Garden State Parkway:

Follow the Parkway to Route #287 or Route #1. Follow the respective directions above for those roads.

