FASTLANE

OLDEST NEW JERSEY MASTER'S SWIMMER PASSED AWAY

Mickey (Maxwell) Vogt, age 97, long time Masters swimmer, popular coach and mentor to numerous Olympic, national and local champion swimmers and divers passed away on Sunday, March 10, 2002. Vogt was Athletic Director at the Newark Athletic Cub for 25 years and Freshman Swimming Coach at Princeton University from 1954 until his retirement in 1969. After moving to the Toms River area he continued coaching youth swim teams. During the summers he coached the Toms River Country Club and Mecedeconk River Yacht Club. He retired from coaching in 1994. He was an active swimmer and the story goes (we couldn't confirm this) that while swimming in college he and a teammate originated the flip turn! He held many Masters records (including Top Ten and All-American) throughout the years and completed his last swimming workout on Friday, March 8, 2002, at the Ocean County YMCA.

Masters swimmer Judy Ramirez met Mickey initially because he coached in the swim league that her kids swam for. "We became friends simply because he was a great person. He had a lot of swimming knowledge and was willing to share it with the kids. He was always friendly and was the type of person you enjoyed being around. He told good stories about past events, yet he was humble. He will be missed."

INSIDE THIS ISSUE

WHO IS IN THE COLONIES ZONE?

This may not be news to you, but for those who don't know, in Masters swimming the country is divided up into eight zones. New Jersey falls into the Colonies Zone, which encompasses ten Local Masters Swimming Committees (or LMSCs). Besides NJ, there is Adirondack, Delaware Valley, Metropolitan, Potomac Valley, Connecticut, Maryland, New England, Niagara and Virginia. The Colonies Zone has more than 8,000 swimmers!

HOW DID HE DO IT?

Lance Armstrong, three-time winner of the Tour de France, cancer survivor and dad has a motto: You make your own luck. He credits his success to pure hard work and gutting it out. "I rode when no one else would ride, sometimes not even my teammates…I remember one day in particular, May 3 (1999), a raw European spring day, biting cold. I steered my bike into the Alps, with (team director Johan Bruyneel) following in a car. By now it was sleeting and 32 degrees. I didn't care. We stood at the roadside and looked at the view and the weather, and Johan suggested that we skip it. I said, 'No. Let's do it.' I rode for seven straight hours, alone. To win the Tour I had to be willing to ride when no one else would ride." After he won his first Tour he was accused of taking performance-enhancing drugs. He proved himself by testing clean over and over. His response: "Everybody wants to know what I'm on. What am I on? I'm on my bike busting my ass six hours a day."

— Taken from 11/6/01 issue of Investor's Business Daily

LOOKING FOR NAVY SEALS

SWIM Magazine is planning a feature story on Masters swimmers — both current and past — who were or are Navy SEALS.

If you are or were a Navy SEAL, or know of a swimmer who is or was, please contact Phil Whitten at philw@swiminfo.com

START TODAY FOR A HEALTHY TOMORROW

By Bridget Coll, RD

March was National Nutrition Month. The theme "Start today for a Healthy Tomorrow" is good advice to kick off your spring cleaning. Get the body ready now for an eventful season, whether it happens in the pool or the ocean, on the track or the bike trails, in your backyard or somewhere exotic. There is no time like today to plan for a healthy tomorrow. That means…shedding the "winter weight", making room in the fridge for seasonable fruits and vegetables, stocking up on lean meats to grill, and executing a more balanced way of eating and exercising. The winter blahs bring with them extra pounds, too many carbs, holiday treats from pumpkin pie all the way to the very last jelly bean, and less nutrition. As athletes, it is easy to let your 'diet' slide down the list of priorities in the winter. There are less competitions, more social events, and gray days that want to make you curl up on the couch with a good book and a big bag of chips. By now you have rested and refueled your body and mind; time to look forward.

- Incorporate lean protein sources into EVERY meal (meats, legumes, egg whites, tofu, lowfat dairy products)
- Leaf through cookbooks for new, exciting recipes using fruits and vegetables
- Spend time at the supermarket reading labels and discovering new, healthy products
- Encourage your family and children to help in meal preparation to make it a fun time for everyone
- Share restaurant meals with your partner; split a dessert; take 1/2 your entrée home
- Write down your summer fitness goals on paper…IN INK!

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WHAT THE HECK IS MAX VO2?

By Cheryl Wagner

Max VO2 — even the name sounds strangely scientific. You may have thought, "What is it and why should I care?" Here's a short explanation of what Max VO2 means and how to find out what yours is.

Oxygen uptake, or the cell's use of oxygen, rises rapidly during the first few minutes of exercise. If you're doing "steady-rate" exercise with minimal lactic acid accumulation, your o oxygen uptake reaches a plateau after three or four minutes. If your workout gets progressively harder, your oxygen uptake rises in direct proportion to the severity of the exercise — for a while. At some point, the oxygen uptake plateaus with no further increase, even though the workload is still growing. This point is called the maximal oxygen uptake or Max VO2. Additional exercise above Max VO2 generally produces lactic acid, resulting in a deterioration of the performance (as anyone who's gone out too fast in a 200 butterfly knows.)

A number of factors affect Max VO2 including the type of exercise, heredity, conditioning, body composition, gender and age:

Type of Exercise: There are variations in Max VO2 for various forms of exercise depending upon the quantity of muscle mass involved. The restriction of breathing during swimming also affects the amount of oxygen that can be utilized and the Max VO2 for swimmers. Collegiate swimmers achieved Max VO2 's that were 11% below their treadmill values although swimmers at the elite level can often equal or exceed their treadmill Max VO2.

Heredity: The effects of your genes or who your parents are-are estimated at 25-40% for Max VO2 and 50% for maximal heart rate. Genetic make up plays such an important role in training that some say it's impossible to predict how an athlete will respond without taking it into consideration.

Conditioning: Conditioning must be considered when measuring Max VO2. With training, aerobic capacity increases, on average, 6-20%. However, improvements of up to 50% have been observed in some individuals

Gender: Women generally have Max VO2 values ranging from 15-20% lower then men. A number of explanations can be given for the differences. Women, on average, have more body fat and men, because of their higher testosterone levels, have a 10-14% greater concentration of hemoglobin. Body composition (body fat and lean body mass) has such a large impact on Max VO2 that individual scores are often expressed in terms of body size. Higher capacity, giving the athlete an edge in aerobic capacity.

Age: Average figures for aging state that after age 25 , Max VO2 declines steadily at a rate of about 1% each year. However, recent research indicates that staying active can help offset this decline to a considerable extent.

Here is a formula for computing your own approximate Max VO2 followed by an example using a 30-year-old female while walking. Have fun!

Max VO2 = 132.853 - (0.0769 X W) - (0.3877 X A) + (6.315 X G) - (3.2649 X T1) - (0.1565 X HR1-4)

W = body weight

A = age

G = gender (0 = female, 1 = male)

T1 = time for the 1 mile track walk expressed in minutes and hundredths of a minute

HR1-4 = the heart rate in beats . min-1 at the end of the last quarter mile

The translation for our 30-year-old female (whose Max VO2 turns out to be 42.3) is:

Body weight = 155.5 lb., T1 = 13.56 min, HR 1-4 = 145 beats . min-1

Max VO2 = 132.853 - (0.0769 X 155.5) - (0.3877 X 30) + (6.315 X 0) - (3.2649 X 13.56) - (0.1565 X 145)

Max VO2 = 42.3 ml . kg-1 . min-1

Source: Essentials of Exercise Physiology by William McArdle, Victor Katch and Frank Katch 1994. We took this from 2/02 issue of The Swimmer's Ear

H2O OVERLOAD — WATER, WATER EVERYWHERE, BUT WHICH TO DRINK?

By Jenifer D. Braun, excerted from Star Ledger, 3/10/02

Ladies and gentlemen, step right up and meet the newest of newfangled health products: Water. Already heard of it? Not this kind. This is not your father's H2O.

Forget spring and sparkling. Hip sips these days include Miracle Sports Water, VitaminWater, Propel Fitness Water, superoxygenated water, caffeinated water, even "Smart Water."

Enhanced waters are a small but fast-growing sub-segment of the already booming bottled water market. Dozens are available now; more are in the product pipeline.

The trend toward water that is more than just water probably dates back to 1995, when the Nicolet Forest Bottling company introduced "Water Joe" - water with caffeine added to it. Sold to college students as an alternative to coffee or cola (or to falling asleep on that organic chem textbook), it caused a media splash -and a rash of imitators.

It gave bottlers other ideas about ways to make a water that was better than just plain old water.

Superoxygenated water is water that contains between 5 and 10 times as much oxygen as regular water, and may or may not contain some kind of flavoring. Many small oxygen water brands claim that the extra oxygen offers exercisers greater energy.

Fitness waters are another variety of enhances waters; they contain vitamins that are supposed to aid those working out. Gatorade recently introduced Propel Fitness water, which contains vitamins B, C and E, fruit flavorings and a bit of sugar.

Rebok Sports Water contains vitamins C, B6, B12, folic acid, calcium, zinc, potassium and ChromeMate, a variety of chromium.

Sports Miracle Water, which contains electrolytes and lime flavoring but not sugar, is the oldest of the fitness waters; it was launched five years ago by the Alacer Corporation , based in California.

"If you look at the ingredient declaration, it's got significant mineral content, it's not just some flavored soda pop," says Richard Dana, senior research scientist at Alacer. "It restores water to the body much quicker than just drinking water."

Glaceau, a water brand owned by Energy Brands of Whitestone, New York, markets Smart Water (distilled water with electrolytes), FruitWater (water with different fruit flavorings and sometimes herbs like ginseng) and VitaminWater (water with different fruit flavorings, different combinations of vitamins, and a small amount of sugar). These brands have become so popular that Whole Foods, the health-conscious supermarket chain, added the brand after customers came in asking for it by name.

Veryfine, the juice company, offers a product called Fruit2O, spring water with fruit flavorings and artificial sweeteners.

Coke and Pepsi, both of which offer bottled water (under the names Dasani and Aquafina, respectively), are said to be launching their own varieties of enhanced water. Forbes.com reported that Coke plans to offer Dasani "Nutri-water" in four flavors, and that Pepsi will offer a similar product.

So many different things can be added to water that it begs the question: When is water "enhanced" — and when is it just lemonade?

"It's a fair question," says Gary Hemphill, senior vice-president of the Beverage Marketing Corporation , a company that tracks beverage sales. "But these drinks are closer to water than anything else. They don't contain actual juice, and their calorie content tends to be extremely low and sometimes zero."

Are enhanced water beverages good for you? They're probably not any more healthful than plain old water, but they won't hurt you, experts say.

"Water facilitates all kinds of chemical reactions in your body, promotes digestion and supports the cells of your body," says Cynthia Kwiakowski, a nutritionist with the University of Medicine and Dentistry of New Jersey's school of health-related professions.

She says it doesn't matter if the water you drink is plain, sparkling, spring, or superoxygenated, so long as you drink eight eight-ounce glasses a day. But she recommends against drinking water with extra electrolytes because it can knock your fluid balance out of whack.

Cedric Bryant, the chief physiologist of the American Council on Exercise, says even electrolytes don't do that much one way or another. "Electrolytes, sodium, calcium and potassium and do forth don't need to be replaced unless you're really running a marathon, something like that.

As for vitamins, their role is to break down food for energy, he says. They don't promote energy use all by themselves. Extra vitamins may not hurt, but they won't help either, he says.

"Just plain water, and if you want extra insurance, a standard multivitamin, are all you really need," Bryant says.

ANOTHER REASON TO STICK TO REGULAR H2O

Do you think you'll enhance your workouts by drinking superoxygenated water? Not really, according to a recent report.

Writing in Fitness Matters, a publication of the American Council on Exercise, researchers said the products showed no benefits over regular water.

Superoxygenated water claims to have more oxygen and to give athletes more energy. It's also expensive, costing up to $2.50 per half-liter.

To test the claims, the lead author, Dr. John Procari of the University of Wisconsin, and his colleagues gave one of the two waters to a dozen young men and women and had them exercise on a treadmill.

The participants' heart rates, blood pressure and oxygen consumption were measured, and drinking superoxygentated water produced no measurable differences. The researchers also said that in some cases, when they analyzed the contents of the products, the oxygen levels were much lower than claimed. But, they said, that did not really matter.

"At this time," Dr. Porcari said in a statement, "there is no scientific evidence or logical rationale to suggest that drinking superoxygenated water can in any way increase the amount of oxygen in the blood stream.

We found this in the 4/02 issue of Muscle Media magazine

WEAK LINK TRAINING

By David Sameuelsohn

Swimming is the best example exercise in the world because it works every muscle in the body. So stuff it runners! Right? Well, not quite right. If you're a God-awful swimmer and you try sprinting across the pool, you just might use every muscle. You also just might strain a few. (At the very least, you should be most entertaining!) But if you're a fairly good swimmer and you take a leisurely gliding lap across the pool (with long streamlined push and glides of course) you really haven't done much, have you?

The point is: there are differences in just which muscles get worked hard and which don't, depending on how we swim. When we swim at workout speeds we use, to a large extent, the typical "swimmer's muscles", the lats, the triceps, the pectorals if we have a good push through, and others including even the calf muscles from all these push-offs. Some muscle groups get used a lot, but at workout speeds, some muscle groups do not.

When we swim we encounter resistance. When we swim must a little faster we encounter a lot more resistance (not fair, huh?) And when we swim very fast - like say 4 MPH (watch your hair doesn't catch on fire) - resistance increases a gazillion times. And when that happens all the little muscles that never get worked very much suddenly get worked a lot. Too much. They fail.

It doesn't matter how much you've worked your major "swimming muscle" groups: since each movement, or stroke, is complex and brings many muscles into play, when the weak link muscles in the chain break, you lose your ability to hold water. Your stroke breaks down. You lose altitude. And speed. (Hey...that solves the resistance problem!)

Consider: How fast do you recover your arms when you swim a long set in workout? How fast do you recover your arms when you race a 100? How 'bout a 100 fly...or a 200? What happens to your arm recovery toward the end of a race like that? Yes, ouch. You're starting to get it. The little shoulder muscles that work your recovery say, "that's it for me, I'll be leaving now" not to mention your legs, which, during work-out, float up nicely all by themselves. Suddenly they're working harder in say, fly, to recover from your kick. Your back muscles and your hamstrings quit…it gets ugly.

You've seen it. You've lived it. Now fix it! We can identify some of the weak link muscles: When we swim at workout speeds — and at lower resistance — a lot of our motion through the water is inertia-gliding. We don't force our arm recovery at all. Unless we're unusually conscientious, we probably don't keep pressure on the water throughout the pull phase. We catch later, there are probably gaps in our contact with the water through the middle portion of the pull, and we probably don't accelerate much to keep pressure on during the push through.

Also, we ride lower — with our shoulders and our head. The muscles that keep us planing high on the water when we race aren't doing much when we swim slower. And our legs, which at workout speeds work more to maintain bilateral balance, aren't moving nearly as fast — and probably through the upsweep at all.

Yeah but…so what do we do? We've been working on specific drills to attack specific weak link areas. Here are a few basic ones.

Head-high Freestyle: We do head-high freestyle with a bit of a twist. Typically, head-high freestyle works the shoulders, specifically the muscles that help us to ride higher when we swim fast. In head-high freestyle we swim 25's with the water level at our chins, facing forward with our heads motionless. The twist is, we count strokes. While head-high forces you to catch stronger by pressing down harder, counting strokes helps us to link the next portion of the pull and keep pressure on the water longer. The lower the stroke count, the better we're doing. By the way, we hate head-high freestyle. Probably because it uses those weak muscles and gets us tired quickly.

Head-high sculling: Same idea but we keep our arms out in front and just scull, using and strengthening our hands and forearms. This helps our ability to keep the wrist cocked -or pitched-to best hold the water and direct it back. We hate this too.

Underwater Backstroke Kicking: We kick half a lap underwater dolphin before surfacing to complete the lap with flutter kick. But the focus is always on the downsweep to strengthen the hamstrings and the lower back. Zoomers or short fins help here.

"One Arm " Freestyle, "Catch-Up Freestyle", "Half Catch-Up", "Alternate-Arm butterfly"…there are many drills you can do to focus on specific weak link areas. And you'll know it's working because those muscles will get tired fast. Pick a different area to work each day at the end of workout. (It's not a bad idea to do 25's for some of those drills. Helps you think, too.)

Not long ago I was asked about specific weight training exercises for swimmers. The suggestion I made was to see a specialist in weight training to be evaluated — someone who sees a lot of weight trainers and can identify the areas where you are unusually strong, and unusually weak. There will be a disparity.

Then design a routine to strengthen your weaknesses rather than the areas that swimmers usually like to work on (we like it because we're good at it). There's just no point in good working on muscles that are probably bigger than they need to be already, i.e., lats, tri's etc. So work on the areas that need work: the WEAK LINK areas (brilliant, huh?) and build more balanced strength that won't fail you. Also work on the torsos muscles in which all your strength is centered: your abdominals and lower back (be careful here). Sit-ups, back-ups, leg lifts, and hanging L's especially are all good.

And last but perhaps most important of all, do some quality work regularly — timed "race-pace" swims from a dive — to work your body under conditions it will encounter when you get to the big race. Be ready. We will be.

(from the 2/02 CT newsletter but we found it in the 3/02 NEM News newsletter)

WATER OR COKE?

WATER

1. 75% of Americans are chronically dehydrated. (Likely applies to half the world population.)
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
5. Lack of water is the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

Are you drinking the amount of water you should every day?

COKE

1. In many states (in the USA) the highway patrol carries two gallons of Coke in the truck to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of coke and it will be gone in two days.
3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
4. To remove rust spots from chrome car bumpers: Rub the bumper with a rumpled-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt: Apply a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
7. To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for a sumptuous brown gravy.
8. To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.

FOR YOUR INFO:

1. The active ingredient in Coke is phosphoric acid. Its PH is 2.8.
2. It will dissolve a nail in about 4 days.
3. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
4. To carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous material place cards reserved for Highly corrosive materials.
5. The distributors of coke have been using it to clean the engines of their trucks for about 20 years!

Now the question is, would you like a glass of water, or Coke?

We can't vouch for the acuracy of all the above information, but even if half of it's true, that's pretty scary!

AGING UP

This April, four swimmers move up to the next birthday group. Happy birthday to:

Raymond Loewe	60
Rita Nannini	50
Jennifer Markson	40
Brent Matheson	35

I AM A WINNER EACH AND EVERY TIME I GO INTO THE RING.

—GEORGE FOREMAN

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.

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.

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

West Morris Area YMCA Contact: Bob Hopkins at 973/729-3686.

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.

Montclair Masters Contact: Omar Cruz, Montclair YMCA, 25 Pine Street, Montclair, NJ 07043; 973/744-3400x109. Workouts held M, W 6-7 pm, F 6:30-7:30 pm.

Princeton Area Masters Contact Paul Mucciarone, evenings at 609/655-0997 or at pfmooch@hotmail.com or contact Princeton Recreation Dept.; 609/921-9480 and ask for Katie Herlihy. Workouts M-F, 5-6:45am, 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

JUNE 8

1.3 MILE BAY SWIM-AROUND FENTON ISLAND, ATLANTIC CITY, NJ. Contact Kara Cassidy, 311 Montpelier Ave, Egg Harbor Township, NJ 08234; 609/653-0939 or Seacat4shore@aol.com

JUNE 28

1-MILE BAY SWIM, SOMERS POINT, NJ. Contact Bay Swim, PO Box 570, 18th & Simpson St., Ocean City NJ 06226, 609/398-6900.

JUNE 30

PLUNGE FOR PATIENTS, 1 & 3 Mile Swims, Wildwood, NJ. www.Insports.com

JULY 13

SWIM FOR THE DOLPHINS 1 MILER, WILDWOOD CREST, NJ. www.Insports.com

MEETS OUTSIDE OF NEW JERSEY

APRIL 6

2002 ALBATROSS OPEN, MONTGOMERY AQUATIC CENTER, BETHESDA, MD. Contact Helen Beven; 301/897- 2947, hbevenintheusa@cs.com . For entry: http://www.pvmasters.org/entry.htm

APRIL 14

4TH ANNUAL SCSU GUTBUSTER OPEN, SOUTHERN CT STATE UNIVERSITY, NEW HAVEN, CT. Contact Eric Burns, 203/366-0045 or aldavis1974@yahoo.com .

APRIL 28

SPRING FLING & NATIONAL TUNEUP YARD MEET, GOODWILL GAMES POOL, LONG ISLAND, NY. Contact Lisa Baumann; 516/294-7946, aquafitinc@aol.com

MAY 26

JIM MCDONNELL 2-MILE SWIM, LK AUDUBON, RESTON VA. Contact Phyllis Sickenberger, 1807 Post Oak Tr., Reston, VA 20191; 703/845-SWIM, pbberger@aol.com . For entry: http://restonmasters.org/comp/2miow.htm

JUNE 1

POTOMAC RIVER 7.5 MILE SWIM, POINT LOOKOUT STATE PARK, MD. Contact Cheryl Wagner; 202/387-2361, Cherylw@crosslink.net, www.crosslink.net/~cherylw/pr2002i.htm

JUNE 15

JACK KING 1 MILE VIRGINIA BEACH OCEAN SWIM Contact Betsy Durrant, 211 66th St., Virginia Beach, VA 23451, 757/422-6811, durrantb@aol.com .

JUNE 23

MANHATTAN ISLAND MARATHON SWIM, 28.5 miles, NYC. www.nycswim.com

JUNE 29

1-MILE OPEN WATER SWIM, GREENWICH POINT., CT. Contact Kathy Salvo, 95 Columbus Place #1, Stamford, CT 06907; 203/322-6162.

JUNE 29

MADISON MILE, MADISON, CT. Contact Dave Parcells, 837 Boston Post Rd., #71, Madison, CT 06443, 203/605-4137, dpchan1209@aol.com, www.shoreline.org

JULY 13

SWIM FOR LIFE 1, 2, 3, 4, &5 MILE SWIM, CHESTER RIVER, MD. Contact Dawson Nash; 202/686-2150, swimmerdn4321@aol.com, www.crosslink.net/~cherylw/sfl2002i.htm

JULY 21

2.4 MILE RACE FOR THE RIVER AND THE .5 MILE COVE TO COVE SWIM, NYC, NY Contact www.nycswim.org

CHAMPIONSHIPS

APRIL 5-7

NEW ENGLAND CHAMPIONSHIPS, HARVARD UNIVERSITY'S BLODGETT POOL, CAMBRIDGE, MA. Meet information and entry forms can be found at: www.swimindex.com/meets/2002/nem-scy/

APRIL 18-21

YMCA MASTERS NATIONAL CHAMPIONSHIP, FT. LAUDERDALE, FL. Email: dmurray363@aol.com . For entry: www.ymcaswimminganddiving.org

APRIL 19-21

COLONIES ZONE CHAMPIONSHIP, UNIVERSITY OF MARYLAND, COLLEGE PARK, MD. Entry in last issue. Contact David Diehl; 301/314-5372 (W), 301/946-0649 (before 9 pm), www.colonieszone.org

MAY 14-17

USMS SC CHAMPIONSHIPS, HAWAII. Contact Amy Patz, U of HI Swimming, 1337 Campus Rd., Honolulu, HI 96822; 808/956-7510; patz@hawaii.edu

JUNE 15

10 K OPEN WATER USMS NATIONAL CHAMPIONSHIP, Hartwell lake, Clemson, SC. Contact Jacqueline Grossman; 864/654-4704, Jeig@innova.net

JULY 13

2002 USMS 2-MILE CABLE CHAMPIONSHIP, Chris Greene Lake, Charlottesville, VA. Contact Patty Powis, 2112 Waters Mill Pointe, Richmond, VA 23235-2915, 804/272-7291, ppowis@aol.com

AUGUST 2002

USMS LC CHAMPIONSHIPS, CLEVELAND. Contact Pieter Cath, 35400 Bainbridge Rd., Solon, OH 44139, cath.p@worldnet.att.net; 440/248-8270.

FASTLANE

NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804

STAMP

ADDRESS: