

EASTLANE

DON'T MISS THE NJ LMSC PICNIC

September 21 around 1 in the afternoon is when NJ Masters swimmers will gather in Spring Lake, NJ for the famous annual picnic. We'll do a 1 mile ocean swim, eat, talk and have fun — so come! This is the first time we'll be in Spring Lake and we're excited about the change. It's closer for those in the Northern parts of NJ and it's very nice with free parking and bathrooms (always a plus). Fill out the form on page 4 and send it in so we can figure out how much food to buy. See you there! ☺



MORE NJ LMSC RECORDS!

The following new NJ LMSC records were set at the YMCA Masters Nationals held in Ft.

Lauderdale, FL April 18-21, 2002.

Women

40-44

Amy Carow

1650 Free 20:12.42

45-49

Nancy Steadman-Martin

100 Fly 1:10.43

200 Fly 2:31.46

Men

50-54

Arthur Wein

50 Free 23.96

100 Free 52.71

55-59

Jack Zakim

100 Free 56.03

200 Free 2:02.31

500 Free 5:34.73

1000 Free 11:55.84

60-64

Jerry Katz

50 Free 26.81

100 Free 1:02.85

50 Fly 30.67

100 IM 1:17.35

The following are National champs:

Women

45-49

Nancy Steadman-Martin

500 Free 5:57.48

1000 Free 12:13.40

1650 Free 20:23.54

100 Back 1:09.88

200 Back 2:33.24

75-79

Doris Steadman

50 Back 43.24

100 Back 1:35.54

200 Back 3:22.82

Men

35-39

Darek Hahn

50 Back 27.73

55-59

Jack Zakim

200 Free 2:02.31

500 Free 5:34.73

1000 Free 11:55.84

Ed Nessel

100 Breast 1:10.24

200 Breast 2:35.63

70-74

Paul Kiell

1000 Free 15:39.15

1650 Free 26:08.85

50 Back 40.02

100 Back 1:28.99

200 Back 3:12.27

New NJ LMSC Records from

6/23/02 Meet at George Mason University Long Course Meters records

Men

60-64

Bob Hopkins, 60

100 back 1:26.03

200 back 3:09.37

200 IM 3:18.12

200 free 2:52.47

Ray Loewe, 60

100 Breast 1:28.53

200 Breast 3:15.04 ☺

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CHANGE TO BACKSTROKE START RULE

The USMS has adopted a change to the rules of competition based upon changes made by USA Swimming on June 1, 2002. The change was made to the Backstroke start rules. Swimmers are no longer prohibited from raising their feet above the water level after the starting signal has been given. However, the swimmer is NOT allowed to place their toes or feet in or on the gutter during or after the start. Thus the rule effectively allows a change from the current practice only in flat walled pools and pools with the water level below the gutter. The current legal start is still legal. These changes are effective June 1, 2002. Questions can be directed to Leo Letendre, USMS Rules Chairman, 267 Glandore Dr, Manchester MO 63021, e-mail: Rules@usms.org ☺



WORLD RECORD SET

At the Jason E. Nessel Memorial Invitational held August 3, 2002, Dr. Ron Karnaugh set a world record in the 200 meter (1c) IM. Here's what Ed Nessel wrote about the event.

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The gods of weather and swimming must have been smiling down upon the gathering of swimmers and their families, for it was a beautiful day at the Rahway River Park Pool. Those in attendance were treated to an extra special event...not something that is seen very often in a local meet in a community pool.

Dr. Ron Karnaugh, 36, from Maplewood, NJ, and the consensus best swimmer on the planet for his age, took out the 200 meter IM strong (1:01 split at the 100) and held on to break the existing masters world record. His time of 2:08.19 just slipped under the old mark of 2:08.21.

When finished with his swim and the time verified, Ron was informed by meet director, Ed Nessel, that he had just broken the world mark. Nessel then announced the effort, and the gathering of swimmers burst into applause. Ron graciously acknowledged their appreciation of a world class effort in a not-so-fast pool.

When speaking to Ed at the end of the meet, Ron said that he knew and liked Jason (killed in an auto accident 2 years ago and in whose memory the meet was renamed) and wanted to dedicate this world mark to him. A lot of emotion filled the atmosphere between the two as they both shared the loss of close loved ones. You may remember that Ron lost his Dad to a heart attack at the opening ceremonies of the '92 Olympic Games where Ron was a favorite for a medal in the 200 IM. ☺



ED NESSEL (LEFT) AND RON KARNAUGH (RIGHT), AFTER RON BROKE THE MASTERS WORLD RECORD FOR THE 200 IM IN A TIME OF 2:08:19.



TAKING LIKE A FISH TO WATER By Kevin Helliker

As someone who swims six miles a week, you wouldn't think I'd need to take swimming lessons.

Try telling that to the folks at Total Immersion, the national swim-clinic chain. According to them, I'm doing it wrong — and I need to spend the next two days of their swim clinic doing slow-motion drills before I even think of taking an actual stroke. What am I doing here?

It's a question many swimmers must be asking. These days, an unprecedented number of adults are signing up for swimming lessons, with clinics in many cities reporting double-digit membership growth.

And these aren't the kinds of people who sink when pushed into a pool. They're experienced swimmers who want to do it better, many of them former runners with knee damage who are eager to look as smart in water as they did on the track, or tri-athletes wanting to get faster at their sport's first leg. And they're paying \$400 or more for weekends of intensive instruction to improve their strokes.

Some people, like Mark Dempsey, are going further. A former marathon runner who last year swam around Manhattan, Mr. Dempsey wanted to be faster and more efficient as a swimmer — so he signed up for two different clinics. One "made me faster, and the other made me more efficient," he says.

Continued on page 5



THE RAINBOW OF HEALTH *by Coach Ed Nessel, R.Ph., M.S., MPH, PharmD.*

With all the interest in health and the relationship of diet to disease (cause and prevention), I have found a simple way to categorize the most beneficial fruits and vegetables by color and what they bring to the table with regards to biological protection.

Not all fruits and vegetables are created equal with regard to health protection; most of the protective chemicals are classified as phytonutrients (natural nutritional food substances from plants) that act as antioxidants which prevent free radical damage (read paragraphs below the list) at the cellular level. So follow the list below to better health and nutrition and try and get at least five to six servings per day of any mix...

1. **RED**; protects against prostate cancer, heart & lung disease. Phytonutrient: Lycopene. Seen in Watermelon, Tomatoes, Pink Grapefruit.
2. **RED/PURPLE**; helps the heart by blocking the formation of blood clots. Phytonutrient: Anthocyanins. Seen in Red/Blue Grapes, Blueberries, Strawberries, Beets, Eggplant, Red Wine).
3. **ORANGE**; protects the skin from free-radical damage and repairs DNA. Phytonutrients: Alpha & Beta Carotene. Seen in Carrots, Mangoes, Cantaloupe, Sweet Potatoes).
4. **ORANGE/YELLOW**; prevents heart disease. Phytonutrient: Beta Cryptoxanthin. Seen in Oranges, Peaches, Papaya, Nectarines.
5. **YELLOW/GREEN**; reduces risk of cataracts & age-related macular degeneration. Phytonutrient: Lutein, Zeaxanthin. Seen in Spinach, Corn, Avocados, Honeydew Melon.
6. **GREEN**; inhibits action of carcinogens. Phytonutrients: Sulforaphane, Isocyanate, Indoles. Seen in Broccoli, Cabbage, Kale, Brussels Sprouts.
7. **WHITE/GREEN**; protects against tumors. Phytonutrients: Quercetin, Kaempferol, Allicin. Seen in Garlic, Onions, Celery, Pears.

Free radicals are unstable compounds that lack electrons. They are made unstable by contact with several substances that remove these all-important electrons: ultraviolet light, cigarette smoke, industrial and automotive chemicals, and/or other sources of what we consider to be general pollution.

Since nature requires chemically stable substances to inhabit our environment, those missing electrons in their nuclear body are very reactive and designated free radicals. They search very intensely for this electron by combining with anything nearby that can provide it. What is produced is a second free radical. If not halted early, a chain reaction can start which may progress to cellular stress then damage. Normally the body sees this on a daily basis and "puts out the fire" as a matter of normal physiology. If you are breathing, you are producing free radicals. And if you engage in vigorous exercise, the free radical load builds up even more (a possible cause for muscle pain after exercise). BUT, if not enough anti-oxidants are circulating throughout the body or the free radical bombardment is incessant, then the body is at risk for harboring a large number of damaged cells breaking down various organ systems and producing illness or disease.

What can be disheartening is the fact that the body can produce a frightening amount of free radicals (even without training) throughout the day as a result of exposure to several of today's situations: exposure to cigarette smoke, excess consuming of alcohol, eating hydrogenated animal fats or oils, breathing polluted air, enduring unrelenting stress on a daily basis, excess sunlight, eating fried foods and large amounts of sugary carbohydrates, and certain Rx or OTC medications, especially if at least 5 to 6 servings of vegetables and/or fruits are not consumed daily.

Free radicals have been ascertained to be at the root of almost every ailment and disease that afflicts modern man. These harmful substances do their

damage at the basic cellular level which then causes premature degeneration of the various tissues of any of the organs we rely on to keep us running in the pink. Most every chronic condition is linked to free radical damage: arthritis, heart disease ("hardening" of the arteries), cataracts and age-related macular degeneration, weakened immune system, premature aging of the skin (leading to skin cancer), and cancerous tumors in general from damaged DNA in uncontrolled chain reactions throughout the body.

What the body relies upon to "put out the fire" free radicals cause are phytonutrients, many of which are listed above by color. If the body reaches out in time of need, and the phytonutrients aren't there, almost for sure cellular damage will occur. Because of the high concentration of antioxidants found in phytonutrients, several studies have proven that regular consumption of certain fruits and vegetables dramatically lowers the chances of developing the ailments listed above. The essence of health, then, as we age is to keep our immune systems healthy. And to keep the immune system healthy requires constant intake of free radical-neutralizers (phytonutrients).

To help insure the best possible chance of remaining disease free, the modern healthy way of life would seem to dictate that phytonutrient supplementation be accessed daily in addition to the attempt to consume the recommended amounts of natural free radical fighters (fruits and vegetables). Taking the time to add a phytonutrient supplement can be the single most important step toward a modern healthy lifestyle. ☺

The author is a pharmacist, biochemist, and physiologist who is an active member of the national USMS Sports Medicine Committee and the USMS National Librarian. He was selected the 1998 USMS Coach of the Year and to coach at the High Altitude Masters

SIXTH ANNUAL NEW JERSEY LMSC PICNIC

Open to all Registered NJ LMSC Swimmers and their guests.

DATE: Saturday September 21, 2002 @ 1:00 pm until ?
(Rain Date Sunday Sept. 22, 2002)

NEW LOCATION: Pier Beach in Spring Lake, NJ. Located at Ocean Avenue and Brown Avenue.
Free parking and Rest Rooms.

FEATURING: One-mile fun swim, volleyball, activities and games for kids.
Food and Non-alcoholic beverages, Subs and Salads, Fruit, Soda, Water.

Costs: FREE to all Registered NJ LMSC MEMBERS,
guests 12 years and Younger are FREE
guests over 12 years old are \$5.00
Non-registered Masters who wish to swim are \$ 13.00 (\$8.00 to USMS for Insurance)

Please complete the registration form and mail it to the address listed on the form. Registration must be received by September 19, 2002 so food requirements can be finalized. For last minute changes/additions call Jack Frain at 908/596-0425, or E-mail him at jjfrain@hotmail.com.

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Total Number Of Guests _____

- Registered NJ LMSC MEMBERS _____ x FREE _____ = _____
- Guests 12 years and Younger _____ x FREE _____ = _____
- Guests over 12 years old _____ x \$5.00 _____ = _____
- Non-registered Masters who wish to swim _____ x \$ 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
P.O. Box 702
Allenwood, NJ 08720

MORNING EXERCISE COULD INCREASE INFECTION RISK

STUDY FINDS THE A.M. WORKOUT COULD SUPPRESS YOUR IMMUNE SYSTEM

MONDAY, July 29 (HealthScoutNews) — Do you like to start your day with an invigorating run or swim? If so, you may be more likely to get tripped up or torpedoed by an infection.

New research from Britain now says early morning exercise may increase a person's susceptibility to infection.

The researchers studied 14 competitive male swimmers, average age 18. The swimmers swam the 400-meter crawl five times, with a minute rest between each swim. They did this on two days at 6 a.m. and 6 p.m. each day.

Samples of spit were taken from the swimmers before and after each swim in order to measure their saliva production. The saliva was measured for levels of cortisol, a stress hormone that suppresses the immune system.

The researchers also checked the swimmers' saliva for IgA secretory rate. IgA helps defend the body from infections in the nose and mouth.

The study found the swimmers' cortisol levels were higher in the morning than in the evening before exercise. The levels were significantly higher after the swimming sessions. IgA secretory rates were much lower in the morning than in the evening, but only slightly affected by the swimming.

Salivary flow rate was significantly reduced by both the morning and evening swims. The salivary flow rate was lower before the morning swims.

The authors say their findings indicate that a person's body clock has a considerable impact on the immune system. They suggest it's best to do your exercise or training in the evening when

you have lower levels of cortisol and a higher rate of saliva flow, which also helps protect against infections.

People returning to exercise and training after an illness or injury should avoid early morning workouts, the authors advise. The same is true for athletes who have increased stress levels because of an upcoming competition and those training at high altitudes. Both of those can depress the immune system.

The findings are reported in the latest issue of the British Journal of Sports Medicine.

More information:
The American Council on Exercise has more insight into exercise and the immune system. ☎

SOURCE: *British Journal of Sports Medicine*, news release, July 29, 2002



MANHATTAN 2002

Congratulations to Richard Wallace and Don Walsh who were in the first place four person relay team, the Tri-State Trout. And a huge shout-out to Maddalena Mustillo who completed her first Manhattan Island Marathon swim in a time of 8 hours, 21 minutes and 11 seconds! Whew. ☎

ON JUNE 21, PAUL KIELL ONCE AGAIN JUMPED INTO THE RIVERS SURROUNDING NEW YORK CITY FOR THE 21ST ANNUAL 2002 MANHATTAN ISLAND MARATHON SWIM. PAUL SWAM AS PART OF A SIX PERSON RELAY MADE UP OF MASTERS SWIMMERS FROM THE TRI-STATE AREA.

My father once gave me a very valuable piece of advice. I was considering purchasing a multi purpose woodworking machine when he told me, "Most tools that do many things, do none of them well." Can the same be said for individual medley (IM) swimmers?

All the IM's I have coached have one or more weak stroke. But the good ones rise above their weaknesses. Inexperienced medley swimmers may try to work extra hard on their weak stroke in a race but this I think, is folly. You should work hard on your weak stroke in practice but during a race you want to really push your strong stroke, or, if you're lucky, strokes.

I like to do IM sets during workouts. Not that I am a proficient IM'er. Actually just the opposite is true. Rather I like the balance IM gives me. Why fatigue some muscles when you can fatigue them all? When swimming IM, I don't think there is a joint or muscle in the body that isn't used.

Racing IM is thought of by some to be extremely tiring. I don't think so. I like changing strokes. It seems to let some muscles recover while others take over the job of propelling you through the water. Maybe I am not trying hard enough?

Anyway, IM is fun so let me share one of my favorite IM workouts with you.

1. Warm up by swimming a 500. Alternate doing 3 lengths free and 1 length stroke of choice.
2. 8 X 25 kicks, IM order (That's fly, back, breast, and free).
3. 8 X 25 swim, Medley Relay order. (That's, back, breast, fly, free).
4. 3 X 300
#1 is 25 fly, 50 back, 100 breast, 125 free
#2 is 25 back, 50 breast, 100 fly, 125 free
#3 is 25 breast, 50 fly, 100 back, 125 free
Do this set on a 30-second rest interval.

5. 4 X 1 50
#1 is 50 fly, 50 back, 50 breast
#2 is 50 back, 50 breast, 50 free
#3 is 50 breast, 50 free, 50 fly
#4 is 50 free, 50 fly, 50 back

Do this on a 20-second rest interval

6. 4 X 100 IM on 2:00
7. Cool down with 8 X 50 on 1:05, first length is stroke, IM order, second length is freestyle. ☹

Taken from NEM News, 8/02 issue

TAKING LIKE A FISH TO WATER CONTINUED FROM PAGE 2

With so much demand out there, it's probably not surprising that factions have cropped up in the swimming world about the beset way to swim. But it can be disturbing to find out. Midway through my weekend-long Total Immersion clinic—as I was learning to be "fish-like" and "slippery" and to swim "downhill"—a fellow student mentioned that he'd taken another clinic, run by New York coach Doug Stern, and been drilled on different techniques.

WRONG STROKES

You mean I was spending all this time and money mastering a new stroke that isn't even right?

Could be, says Mr. Stern, who has been offering swim clinics since the early '80s. "There's lots of disagreement about whether Total Immersion is of any value at all," he says. So, is a Doug Stern clinic (\$250 for six 90-minute sessions) a better way to go? Not according to Total Immersion founder Terry Laughlin, who questions whether Mr. Stern is his equal "in the world of cutting-edge swimming."

In swimming, every instructor seems to have his own—often-contradictory—ideas about the best way to get through the water. Head down or forward? Is a strong kick important, or is an energy-saving, fish-like flutter better?

To a nonswimmer, those may sound like minor differences, but on the pool deck they're the equivalent of differing views on whether to put your money in cash or stock. Indeed, of his University of Texas team's NCAA championship this year, Coach Ed Reese jokes, "I guess I'm the smartest coach at this second in time."

Some camps share a surprising view that many of the world's best swimmers hardly know how to swim at all. During my Total Immersion clinic, an instructor dismissed Janet Evans—holder of five Olympic medals, four of them gold—as an aerobic freak who would have done better if she'd just taken a few Total Immersion classes. Her stroke didn't impress Mr. Stern, either. "A lot of very fast swimmers have no idea what they're doing," he says. (Ms. Evans's major violation of swimming convention: She brings her arm out of the water straight instead of bending it at the elbow.)

FINDING AN EXPERT

For guidance, I set out to find an expert, one without a particular clinic or style to sell. Someone like Janet Evans. Her credentials are superb: At age 30, Ms. Evans, who retired from Olympic swimming after the 1996 games, still holds three world records in distance freestyle events. A call to her finds that her take

on the sanctification of any particular technique is: baloney. She attributes her success to coaches who didn't try to "fix" her stroke. "There isn't a perfect freestyle technique, so instruction needs to be a little bit individual," she says.

Many swimmers, including great ones, like the benefits of newfangled technique analysis and instruction. But it did little for me. The final straw came when my Total Immersion instructors told me never again to swim without concentrating on my stroke. "Conscious swimming," they called it. Or as my Total Immersion T-shirt says: "No Brain, No Gain." The heck with that. In a world full of hazards, obligations and deadlines, I swim not to remember, but to forget.

And apparently I'm not alone. "One of the great pleasures of swimming is that you can close out the outside world and not think about anything, including your stroke," says Tom Jager, a former Olympian who runs Gold Medal Swimming Clinics around the country. Swimming, he says, "is a simple thing that you can make complicated." ☹

From the Wall Street Journal, 7/5/02

COACH NEEDED

Mark Welsh would like to hire someone to coach morning workouts for the Stevens Sting Rays in Hoboken. This Masters team works out Tuesday and Thursday, 6-7:30 am and Sunday, 9-11:30am.. For more information contact Mark Welsh, Aquatics Administrator, Stevens Institute of Technology at 201-216-5590 or mwelsh@stevens-tech.edu. ☎

AGING UP

This August and September, 13 swimmers move up to the next age group.

Happy birthday to:

Ron Engelhardt	75	Chris Cavanaugh	40
Roseanne Kanter	55	Daniel Morgan	40
Ina Goldberg	55	Sinead Maguire	30
Peter Decker	55	Charles Manning	30
Richard Cahayla-Wynne	50	Tiffany Sawin	25
Karen Sacks	45	Cindy Zack	25
David Groeneveld	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 njmasters@msn.com. 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.

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.

Peddle 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, H 5:30-7pm, W 6:30-8pm, & Sat., 11:30-1:30pm. Through June 15th ONLY. Please call or e-mail Jeanne for summer schedule after June 15th.

Stevens Sting Rays Contact: Mark Welsh in Hoboken at 201/216-5590 or mwelsh@stevens-tech.edu

Workouts are M, W, F 7:30-9pm, T & H 6-7:30am, and Sun. 9-11am.

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.

Hoboken Contact: Jean Magnier at 201/519-0206 or jmagnier@yahoo.com

Team swims T & H 7:30-8:30pm

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 6/24-9/6 practice is M-F, 5:45-7:30 at the Community Park Pool on

Witherspoon Street, Princeton.

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, X 2256 (W),

swimphil@optonline.net

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

MEET CALENDAR

AUGUST 17

MID SUMMER OCEAN SWIM, SEASIDE PARK, NJ 1.5 mile, 8am, 732/341-9622 x 2214, jsellito@ocymca.org

SEPTEMBER 1

1.5 MILE ATLANTIC CITY PAGEANT OCEAN SWIM, 9:45 AM start. Contact Bill Brooks, Atlantic City Beach Patrol,. 609/347-5466 Web site: www.ACSwim.org

SEPTEMBER 6

Jersey Classic Mile, 1500-METER OCEAN RACE, ALBANY AVE BEACH, ATLANTIC CITY. Call 609/653-0939 or seacat4shore@aol.com or www.apexswim.com .

SEPTEMBER 7

2002 FINA SWIMMING WORLD CUP XII, 10 KILOMETER FOR THE USA, ATLANTIC CITY. Entry deadline August 23. Contact Sid Cassidy, 311 Montpelier Ave., Egg Harbor Township, NJ 08234; 609/653-0939, qcass@aol.com .

SEPTEMBER 21

ESCAPE FROM FORT DELAWARE 1 MILE OPEN WATER SWIM, LOCATED AT FORT DELAWARE (REVOLUTIONARY WAR PRISON LOCATED ON PEA PATCH ISLAND OFF THE COAST OF DELAWARE CITY, DELAWARE Contact Ray Peden, Rap601@aol.com or call 302/322-9584 or register online at <http://deswim.tripod.com> .

SEPTEMBER 21

.25 MILE AND 1 MILE BAY SWIM IN SUNSET LAKE, WILDWOOD CREST. Contact Nancy; 609/884-6390 or www.LMSPORTS.com.

DECEMBER 7 & 8

SCM ZONE CHAMPIONSHIPS, RUTGERS UNIVERSITY, PISCATAWAY

MEETS OUTSIDE OF NEW JERSEY

AUGUST 17

6TH ANNUAL 2.8 MILE GREAT HUDSON RIVER SWIM, 9:30 am start. Enter at www.nyc-swim.org.

AUGUST 24

2 & 5 MILE OPEN WATER SWIM, WRIGHTSVILLE BEACH, NC. Entry is at ncmasters.org or call 919/233-3861.

SEPTEMBER 7

MONTCLAIR LAKE 1 & 2-MILE SWIM, DUMFRIES, VA. Contact Phillip Young; 703/494-4835 or young.phil@verizon.net.

SEPTEMBER 7

1.4 M SWIM FOR LIFE & PADDLER FLOTIALLA, PROVINCETOWN, MA. Fundraiser for AIDS in its 15th year. Contact 508/487-3684 or reroot@tiac.net

SEPTEMBER 21

5TH ANNUAL 7.8 MILE LITTLE RED LIGHTHOUSE SWIM, NYC From George Washington Bridge to Hudson River Park's Pier 62 at 23rd Street. 3 pm start. Enter at www.nycswim.org.

OCTOBER 20

5 MILE CORAL REEF SWIM, US VIRGIN ISLANDS. Contact Randy Nutt; 800/356-5132, nutt1@mindspring.com.

OCTOBER 27

GEORGE MASON UNIVERSITY, FAIRFAX, VA. Contact Peter Ward 703/993-3930 or pward@gmu.edu

CHAMPIONSHIPS

OCTOBER 7-13

WORLD MASTERS GAMES, MELBOURNE, AUSTRALIA. Call 61 3 8620 2002 or www.2002worldmasters.org

DECEMBER 7 & 8

SCM ZONE CHAMPIONSHIPS, RUTGERS UNIVERSITY, PISCATAWAY, NJ

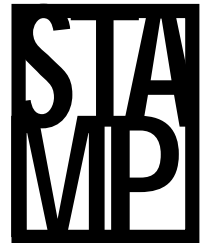
2003 SCY NATIONALS-ARIZONA STATE UNIVERSITY, TEMPE, AZ

2003 LCM NATIONALS-RUTGERS UNIVERSITY, PISCATAWAY, NJ

2004 WORLDS-RICCONE, ITALY



NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804



ADDRESS:

