

# EASTLANE



## GSM RELAYS RULED AT COLONIES ZONES

Thanks to all of you GSM swimmers who participated in our relays at the Colonies Zone Championships! It was because of our 22 relays, that GSM captured the Large Team Division with 4,945.50 points! Five of these relays set new NJ LMSC records (see below). Three set new Colonies Zone SCM Meet records. One set a new National record (the time was also faster than the World Record time, but because the relay had someone under 25, FINA does not recognize them as a Masters swimmer, so it will only be a National record!

Congratulations to all! I'll be asking for people interested in swimming in relays at the Colonies Zone SCY champs in April.

Thanks! Ed Tsuzuki [www.gsmswim.org](http://www.gsmswim.org)



## INSIDE THIS ISSUE

PAGE 2 WRITE YOUR OWN PRACTICE

PAGE 3 THE MAGNIFICENT BANANA

PAGE 4 WHAT'S ALL THIS ABOUT NEGATIVE SPLITS?

DON'T WASTE YOUR BASE: TAM'S 1650 POSTAL

PAGE 5 ASK DR. SWIM

AGING UP

PLACES TO SWIM

PAGE 6 MEET CALENDAR

## COLONIES 67 NEW NJ LMSC RECORDS SET AT ZONES!

There were 67 new NJ LMSC records set at the Colonies SCM Zone Championships at Rutgers University on December 6 and 7. There were 61 new individual records (25 women, 36 men) and 6 new relay records (2 women, 1 men, 3 mixed). All of the new NJLMSC records have been posted at [www.gsmswim.org](http://www.gsmswim.org)

NJ LMSC swimmers also broke 20 Zone meet individual and 3 Zone meet relay records. All of the new Colonies Zone records have been posted at [www.colonieszone.org](http://www.colonieszone.org)

NJ LMSC swimmers also broke 6 National individual (**Ron Karnaugh** (4) and **Paul Buren** (2)) and 1 National relay (**Paul Buren, Ed Tsuzuki, Oscar Gonzalez, Tom Geiman**) record. NJ LMSC swimmer (**Ron Karnaugh**) also broke 2 World records.

If you'd like to see coverage of the meet at [swiminfo.com](http://swiminfo.com) go to the following link: <http://www.swiminfo.com/lane9/news/6375.asp>

## RECORD SET AT NEW ENGLAND SCM CHAMPIONSHIPS

**Kevin Hopkins** set a new 400 IM SCM record for Men 30-34 at the New England SCM Championships on December 6-13, 2003. His time was a 5:14.81.



## ZONE SHORT COURSE METERS CHAMPS

12/6/2003 TO 12/7/2003

TEAM RANKINGS - THROUGH EVENT 53  
COMBINED TEAM SCORES - LARGE

Pl.	Team	Points
1	Garden State Masters	4,945.50
2	Colonials	4,051
3	Penny Pack Aquatic & Fitn	2,386
4	Red Tide OF Nyc	2,328
5	Metromasters Swim Club	1,293

### Women Age 120-159

200 Med	GSM
2:17.92	2003
Amy Carow	Laurie DiTommaso
Rebecca Kalibat	Sonja Koppenwallner

### Age 200-239

200 Med	GSM
3:05.37	2003
Millicent Kaplan	Barbara Rosenbaum
Holly Houston	Judy Ramirez

### Men Age 160-199

(Also a new Colonies Zone Meet record, National Record, and under the World Record time, but FINA does not recognize swimmers under 25 as Masters)

200 Free	GSM
1:39.07	2003
Paul Buren	Ed Tsuzuki
Oscar Gonzalez	Tom Geiman

### Mixed Age 76-99

200 Free	GSM
1:57.29	2003
Aaron Weiman	Emilie Hottat
Hanna Kim	Ryan Milun

### Age 160-199

(Also a new Colonies Zone Meet record)

200 Free	GSM
1:53.57	2003
Ed Tsuzuki	Rebecca Kalibat
Nancy Shapiro	Oscar Gonzalez

### ZONE MEET RECORD ONLY:

200 Med	GSM
1:53.57	2003
Amy Carow	Benn Doyle
Rebecca Kalibat	Tom Edenbaum





## WRITE YOUR OWN PRACTICE *by David Grilli*

### CHAIRPERSON

Julie Stewart  
39 Briant Parkway  
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  
882 Landers St.  
Toms River, NJ 08753  
732/244-4602  
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

Ed Tsuzuki  
103 Orion Way  
Neshanic Station, NJ 08853  
908/371-9179  
edtsuzuki@patmedia.net

### OPEN WATER CHAIRPERSON

Jack Frain  
3409 Sandpiper Way  
P.O. Box 702  
Allenwood, NJ 08720  
732/528-8482  
jjfrain@hotmail.com

### NEWSLETTER

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

Jeanne Coon, *Graphic Designer*  
687 Route 9 North  
Bayville, NJ 08721  
732/269-6725  
jeannecoon137@aol.com

### AD HOC POSITIONS

#### MARKETING & PUBLICITY

Millicent Kaplan  
1402 Boxwood Dr., Unit G  
Sommerville, NJ 08876-3674  
908/725-3342  
cordeliaii@aol.com

#### SPORTS NUTRITION

Bridget Coll; 973/783-0854  
bridgetcoll@hotmail.com

#### REGIONAL MEET COORDINATOR

Andrea Luallen; 201/512-1993  
Luallea@towers.com

If you practice on your own or with a small group of friends, you probably have to come up with your own ideas now and again. You can find workout ideas in books and magazines or you can make up your own. Here's how I make them up.

As I get more experienced, (older) I find the warm-up becoming a more important part of a good routine. I like to start with a swim of 500-1000 yards swum fairly slow. I like to exaggerate the reaching part of the freestyle stroke. I feel this helps me to stretch out a little.

Next I will do a kick set or an IM set. I like to do something that raises the heart rate a wee bit. An IM pyramid consisting of a 25, 50, 75, 100, 75, 50, 25 goes well even if it is a lot of fly. Alternately consider a kick set of 300 - 600 yards. I find doing kicks on an interval works better. Straight kick sets tend to get too relaxed.

Now we get into the aerobic or hard working part of the workout. I like to target a certain number of yards, say 1000. I will do this yardage on an interval that requires honest work and yields 10 -15 seconds rest between swims. I like ladders, 100, 200, 300...

It breaks up the boredom. Take your heart rate at the end of the set to see if you are at or near your aerobic threshold. After an aerobic set I like to do an active recovery set. A good active recovery set will involve 200 - 400 yards broken down into 2 or more swims. Something like 4 x 75 on a 10 second rest interval.

Finish with a sprint set of free or stroke depending on your training goals. 16 x 25 IM order or 10 x 50 freestyle are two of the classics. Swim these on an interval allowing 20 seconds or more of rest but swim them in a target time. Say 35 seconds for a 50 free or 20 seconds for a 25.

Cool down with an easy swim. I like an easy 200 backstroke. Elite swimmers like to do breath control swims at the end of a workout. This is where you swim successive 25s or 50, taking fewer breaths each time. They call this hypoxic training. Sprinters love this stuff. Another elite swimmer cool down swim is known as a "Reset Swim." This is where you sprint your last swim as opposed to swimming easily so your muscles will remember how to sprint. I have tried it but I can't tell if it works. I am no sprinter. ☺

—Taken from the USMS website ([www.usms.org](http://www.usms.org)) this was the fitness article for May, 2002. It was written by David Grilli, Fitness Chairman of the New England LMSC and Past chair of the USMS Fitness Committee. This article is from the February, 2002 edition of the NEM News.

## SUIT YOURSELF

Elizabethtown, KY-If you move to Kentucky, you'd better be prepared to bathe-at least once a year.

A state law that mandates people bathe at least once in 12 months is just one of many unusual statutes that are or have been on the books.

Another state law, for example, stated that "No female shall appear in a bathing suit on any highway within this state unless she be escorted by at least two officers or unless she be armed with a club."

The law has since been amended to specify: "The provisions of this statute shall not apply to females weighing less than 90 pounds nor exceeding 200 pounds, not shall it apply to female horses."

—Taken from the 12/31/03 issue of the Star Ledger newspaper

## WHAT'S ALL THIS ABOUT NEGATIVE SPLITS? *By Coach Emmett Hines*

Negative splitting. You hear about it every day at workout. Many of our workout sets are designed with negative splits involved. You know (or at least have been told that) negative splitting is important. But, do you really swim these sets the way they are intended to be swum?

**What:** To Negative Split (or N/S) a swim means to swim the latter portions of a distance faster than the earlier portions of the swim – i.e. the last half in less time than the first half – hence the word “negative.”

When the coach says to swim a N/S 300 he means the last 150 yards should be swum faster than the first 150 yards – say 2:05 for the first 150 and 2:01 for the last 150 (a 4 second N/S) for a total of 4:06 for the 300. A 300 that is N/S by 100s means that each 100 is faster than the previous one – say 1:45, 1:42, 1:39 – same 4:06, just swum a little differently.

**Why:** Compare this to a 4:06 swum “normally” with the front 100 at about 1:35, then, succumbing to lactate fatigue, each successive leg gets slower – say 1:43 on the middle leg and finally 1:48 on the back 100. This guy will finish the swim in more pain and with less control than his similarly conditioned lane partner who negative splits the swim.

The N/S swimmer will enjoy a feeling of greater control and faster speed as the swim progresses. The “normal” split swim-

mer will enjoy speed for the first 100 and then begin suffering as lactate accumulates and speed decreases. He will suffer psychologically as continued increases in effort are rewarded with even slower speeds and loss of control (not to mention being passed by all the people that are N/Sing the swim properly).

Note the subtle use of quote marks around “normal” in the preceding explanation. This is to indicate that this term has been applied incorrectly. Actually, coaches prefer to use the terms “positive” or “sucker” when referring to this type of splitting.

In the long run we really want your “normal” splits for any distance that takes you in excess of 60 seconds to negative (or even) splits. Once you get good at this you will automatically N/S longer swims because you will be able to swim them faster, with less pain and more control.

*\*Warning\**—until you have a lot of experience with negative splitting you cannot rely on your body to give you accurate feedback about your swimming pace. That sucker split swimmer, above, would have felt like he kept swimming harder every 100 even though he kept getting slower. But, judging by effort alone he would say something like “Gee coach, I sure felt like I swam the last half harder than the first half!” –and I might respond, “I could tell you swam the last half harder –there is

however, a distinction between harder and faster.”

The place to train for N/S swimming is in workouts –everyday. You must be constantly aware of the clock and what pace you are swimming. (If you are blind you have options, not excuses –get closer to the clock, get prescription goggles, get a sports watch. Hell, they even have these with Braille readouts. Bring a personal pace clock to set by your lane. Without constant feedback you cannot learn to N/S effectively.

As your coach, I can offer you an iron-clad guarantee: If you do not know your splits on a given swim then it was not a negative split.

Terminology distinction: Negative splits (N/S) refer to pacing within a continuous swim – say within a 300 or 500 or 1000. descending (DEC) swims refer to pacing changes within a set of repetitions –say 3 X 100 DEC 1-3. (I know, it ought to be DES, but some dyslexic coach years ago coned the abbreviation DEC and it stuck – “Adapt or die,” I always say!) ☹

—Coach Emmett Hines is the head coach of H2Ouston Swims. He has coached competitive Masters swimming in Houston since 1982 and was selected as the USMS Coach of the Year in 1993. I took this article from the December '02 Arizona Masters newsletter.

### DON'T WASTE YOUR BASE: TAM'S 1650 POSTAL

**JANUARY & FEBRUARY 2004**

**SANCTION #38-04-01**

**WHAT YOU NEED:** A 25-yard pool and someone to time you (who can count to 66).

**DISTANCE:** 1650 yards

**DATE:** Anytime during January and February, 2004

**ELIGIBILITY:** All swimmers registered with USMS for 2004 are eligible to participate.

**RULES:** All USMS rules apply. A split sheet with 50 yard splits must be signed by at least one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted.

**ENTRY FEES:**

For individual entries: \$ for U.S. entries,

\$10 for international entries. For relay entries: \$4 for each four person relay entry. Checks should be made payable to Tamalpais Aquatic Masters. Entry fees are not refundable or transferable.

**ENTRY FORMS:** You may enter using a consolidated entry form and attaching a split sheet with 50 yard splits signed by at least one timer. Enter relays by filling out the relay form and attaching photocopies of the four individual entries. A copy of your current USMS card must accompany all individual entries. Mail entries to TAM 1650, 1000 Fourth Street, Suite 875, San Rafael, CA 94901.

**AGE DIVISIONS:** 19-24, 25-29, 30-34, etc., male and female.

**RELAYS:** Four person relay entries will be accepted in the following age groups:

19+, 25+, 35+, etc., male, female, and mixed (each person swims the 1650; relay entries are scored on total time for the four 1650s). There is a \$4 entry fee for each four person relay entry. Postmark Deadline: All entries must be postmarked by March 10, 2004.

**AWARDS:** Awards will be given for 103 place for individual events and first place for relays.

**T-SHIRTS:** T-shirts are available for \$15 each. XX large are \$16. If you wish to order a T-shirt, please indicate the size you want on your check.

**INFORMATION:** For more information or questions please contact Jon Steiner at 415/459-2000; lawjls@aol.com. Or for entry form in pdf format go to [www.pacificmasters.org](http://www.pacificmasters.org) ☹



## THE MAGNIFICENT BANANA *by Edward H. Nessel, R.Ph., MS, MPH, PharmD.*

In order to have a healthy lifestyle, consumption of at least five fruits and vegetables daily is something all athletes should strive for. And in my opinion, the best of all fruits especially for swimmers, is the magnificent banana. Any athlete worth his sweat and strain knows that there are several fine choices of this class of food that both satisfy taste and physical needs. But when one needs to really "fuel up," the choice should almost always be the banana. Research has shown that just two bananas can provide enough energy for a strenuous 90-minute workout, making the banana the number one choice among the world's top athletes. The banana constitutes almost a completely balanced diet in combination with milk. The two foods supplement each other in an ideal manner and provide nearly all the needed nutrients to the body. We know that most fruits are near ideal as food...many are fat-free or nearly so, contain plenty of water, and have natural sugars. Some even have a few natural organic substances (hormones and proteins) that can positively affect various segments of the body's physiology. What, then, makes the banana such a standout among many beneficial choices and the most popular fruit in America?

### PHYSICAL ASPECTS OF THE BANANA

First of all, the skin of the banana provides a natural covering to protect the fruit from exposure to potentially dangerous insecticides and other chemicals. (Even with washing, many fruits retain some contaminants that can present a potential problem down the road.) A medium-sized banana contains only about 110 calories (90 calories/100 grams of fruit), yet provides at least 76% water in a pleasant-tasting, soft-consistent package. There is no sodium (which could elevate blood pressure) and no cholesterol (which is indigenous to the animal world). Banana oil, as a flavoring, is quite palatable, is easily digested, and rarely causes allergies. In fact, the banana is one of the foods of choice for the very young as it is used to help settle and regulate their sensitive digestive tracts. It can also be used to help control an acid stomach due to its natural antacid capacity. Up to four grams of fiber per banana can act to keep intestinal health a consistent condition. Whereas many people suffer discomforting side effects taking in fiber supplements, consuming several bananas daily will most likely never be bothersome.

### CHEMICAL ASPECTS OF THE BANANA

There are several important physiological substances that are found in every banana. The carbohydrate content is probably the largest single class of nutrient in the banana. As fruits mature and then age, their starch content converts to sugar content. A green banana, for instance, has about 7% sugars and 80% starch; the yellow banana has about 65% sugars and 25% starch. And the spotted and speckled banana is 90% sugars with only about 5% starch. The three quickly-absorbed natural sugars of the banana, sucrose, fructose, and glucose, allow for almost instant energy upon consumption. Since glucose is the prime sugar that the body needs to fuel the muscles and the only substance the brain can use as fuel for its functioning, it is a great choice for energy replacement. In addition, due to the sucrose and fructose content (which are transformed biochemically to glucose), the banana can also provide for an extended energy boost.

Bananas are famous for containing potassium (470mg each), an essential electrolyte that helps regulate blood chemistry and muscle activity. In fact, potassium (along with calcium and sodium) is extremely important in preventing the muscles from fatiguing and cramping during vigorous exercise. Potassium also presents something very important to sprint athletes: it helps to keep the acid content (pH) of the blood down. This has an important regulatory function when lactic acid builds up and causes the blood and muscle fibers to become too acidic. Too much acid (drop in pH), and the muscles shut down almost instantly. Anything that buffers this acid buildup will have the effect of allowing more vigorous muscular contraction for a longer period of time. The strong blood-pressure-lowering effect of potassium is such that the US Food and Drug Administration has now allowed the banana industry to make claims for the fruit's ability to reduce the risk of blood pressure and stroke. Research in "The New England Journal of Medicine" has shown that eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%! And other research has shown over time that students can boost their "brain power" and stay more alert by taking in two to three potassium-packed bananas a day (before, during, and after schooling).

Bananas are also rich in vitamin B6 (pyridoxine). This important vitamin is essen-

tial to the metabolic pathways of over 60 proteins, assists in red blood cell (RBC) production and helps regulate blood glucose levels. This together with its high iron content stimulates the production of hemoglobin (Hb) which aids in the maintenance of a healthy blood picture to prevent anemia and carry oxygen to working muscles.

The banana gives you 17% of your daily value of vitamin C (ascorbic acid); though not heavy on this nutrient, it does contribute an antioxidant effect which neutralizes free radicals (harmful waste products or highly reactive elements that can damage many tissues with which they come in contact). Vitamin C is also very important to the making of collagen which is the base material of much of the body's connective tissue (ligaments, tendons, cartilage).

It was mentioned above that there are certain organic substances in the banana that can alter the body's physiology; in this case, brain physiology. Two substances: tryptophan and nor-epinephrine can act in consort to reduce anxiety and depression. The tryptophan is metabolized to serotonin which has a calming effect, and the nor-epinephrine acts as a psychic stimulant.

## BANANA RECIPES

### BREAKFAST:

Sliced bananas to cold cereal; banana pancakes or banana muffins; banana and yogurt shake; add bananas to bowl of mixed fruit with low fat yogurt.

### LUNCH:

Add sliced bananas to fruit salad; eat a banana in addition to whatever you are eating; banana & peanut butter sandwich.

### SNACK:

Banana by itself; make a "smoothie" with a banana and several other fruits and low fat yogurt or skim milk.

### DESSERT:

Low fat banana milkshake; sliced bananas as a topping to fat-free frozen yogurt or low-fat ice cream. ☺

*Ed Nessel is the Masters swim coach and swim clinic coordinator at Rutgers University. He is a clinical advisor to the United States Running Association and the American Medical Athletic Association. He was selected the 1998 USMS Coach of the Year.*

## ASK DR. SWIM

**Q. How can I make my freestyle stroke more effective?**

**A. These five tips will help.**

### RELAX

Fifty percent of the arm cycle, the entire recovery and glide phase of the stroke, should stay relaxed while the effort is being directed into the underwater pull.

### STREAMLINE

Get out of your own way. The speed you are moving when you push off the wall is the fastest you will be moving in the entire length. Don't slow yourself down by lifting your head too soon or taking a big kick.

### ROLL HIPS

Don't rely only on your arm muscles for power. Involve the various muscles that extend down your back and side by driving your hips from side to side each time you extend your arms into the water in front of your head.

### EXTEND

Push back past your hips until your arm is locked at the elbow. Then exit the water by lifting the elbow, keeping the arm and hand relaxed.

### TURBO KICK

A small kick is all you need to balance your stroke and maintain a good body position. Want to go faster? Keep the kick small but increase the intensity. Large kicks take too long, take too much energy and produce too much drag. Ⓢ

—From "Ask the Swim Doctor," a column written by Dr. Paul Hutinger for the Florida LMSC quarterly newsletter. We took this article from the October 2003 NEM News.

## AGING UP

This January ten swimmers move up to a new age group. Happy birthday to:

Jim Pendergrass	85	Norman Noe	35
George Thieler	60	Stephanie Carey	35
Kathy Kelly	55	Kevin Hopkins	35
Lisa Small	45	Phillip Sherratt	30
Richard Hungerford	40	Robert Stricker	75
Robert MacFarlane	35	Ed Tsuzuki	45 Ⓢ

## 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 at swimbanks@earthlink.com or www.lhymasters.tripod.com/lhym.html

**Madison YMCA** Contact: Jon Seigel; 973/822-YMCA, ext. 228 or marinersSwimming@aol.com or www.marinersswimming.com. Workouts are M & W 8:20-9:30pm.

**Monmouth Swim Hawks** Monmouth University, West Long Branch Workouts are T & F mornings from 7am-8am. Call Murray Simon at 732/229-7623.

**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: Michelle Wriede, email at mwriede@peddie.org or call 609/529-4011. Practices are M-H 8-9:30pm, F 5:45-8am, 8-9:30pm, Sun. 4-6pm.

**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

**Stevens Sting Rays** Contact: Cheryl Lee 201/216-8039. Workouts are M, W, F 7:30-9 pm; T & H 6-7:30 am and 8-9 pm; Sun 10-12.

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

**Union Boys and Girls Club** Ron Karnaugh at RonKarnaugh@aol.com or call 973/868-9922.

The Club is located at 1050 Jeanette Ave., Union, NJ 07083 908/687-BOYS ext. 24;

Directions: www.bgcucaquatics.org; Updates: www.SwimMD.com

**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 June/July 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.

**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

pfnooch@hotmail.com or contact Princeton Recreation Dept.; 609/921-9480 and ask for Katie Herlihy. Workouts are M-F, 5-6:45 am at the Princeton DeNunzio Pool.

**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

## MEETS OUTSIDE OF NEW JERSEY

### JANUARY 1-31

#### ONE HOUR POSTAL SWIM

Contact Nancy Rideout at  
nancyrideout@mindspring.com

### FEBRUARY 14-15

**VIRGINIA MASTERS WINTER INVITATIONAL,  
MIDLOTHIAN, VA.** Contact Nancy Miller;  
804/741-7077 or nancymillr@aol.com

## CHAMPIONSHIPS

### April 2-4

Colonies Zone Championship, George  
Mason University, Fairfax, VA. Contact  
Peter Ward; 703/993-3930 or  
www.patriotMasters.org

### APRIL 15-18

**YMCA NATIONALS, FORT LAUDERDALE, FL.**

### 2004 WORLDS

**RICCONE, ITALY**

### 2004 SC NATIONALS

**INDIANA** University, Indianapolis, IN.  
Contact Mel Goldstein; 317/253-8289  
or Goldstein@mindspring.com.  
Entry will be in SWIM magazine

### AUGUST 2004

**LC NATIONALS, SAVANNAH, GA.** Contact  
Scott Rabalais at  
Scottrabalais@compuserve.com



### NJ LMSC

451 Sweet Hollow Road  
Bloomsbury, NJ 08804



## ADDRESS: