

EASTLANE

THE SWIMMER'S HEAD: A LESSON IN LIFE

By Paul J. Kiell, M.D.H.

Using basketball as his metaphor, Pat Conroy in the prologue of his book, *My Losing Season*, wrote:

“I was never a very good player, but the sport allowed me glimpses into the kind of man I was capable of becoming . . . in my chosen game, this love of my life, I was the happiest boy who ever lived.”

Happiness and losing? How can that be?

An old professor once defined happiness for me. It is not the pursuit of happiness he said, but “happiness is the pursuit.” For all of us, at any age, happiness is the questing toward a goal, most any goal.

And losing was never more absolute than that of my 1946-1947 Newark New Jersey South Side swimming team, a team that lost all of its dual meets and finished last in the city championship. Still, our love of the sport was undiminished, and



we learned much about ourselves. And some friendships begun that year have endured.

The ultimate careers of some of the swimmers in the above photo illustrate the primacy of the brain as it studies and analyzes mistakes. In the first row, from left to right, more than a half-century later, we find an architect, a psychiatrist, a pediatrician, a mathematician, a police chief, an accountant, and a college professor.

Swimming both attracts and challenges the head types in this pursuit of mastery and perfection, a pursuit that is foremost within the multifaceted sport of swimming, where there is no ball, no bat, no skate or ski, no sneakers, no spikes, nothing but your near naked body, where the swimming pool serves as a learning playground.

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New on Our Website: NJ LMSC Top Ten!

The "Top Ten" listings for meets held in the NJ LMSC will be posted on our website at www.njmasters.org. Please note that since each LMSC submits the "Top Ten" file for all meets held within their LMSC, this listing will not include any meets held outside of NJ, even if swimmers from NJ swam in them. Additionally, it will include swimmers registered outside of NJ if they swam in a meet held within NJ. The first posting will include the following Short Course Yards meets for 2007-2008:

2/25/2008 Ocean County YMCA Unofficial Team Championships
3/29/2008 March Madness Meet
5/3/2008 Sussex County YMCA Mini-Meet

The schedule for Top Ten submission for National consideration (which will be used to tabulate the NJ Top Ten as well) is as follows:

Course:	Times performed by:	Tabulations submitted by:
Short Course Yards (SCY)	May 31st	June 30th
Long Course Meters (LCM)	September 30th	October 20th
Short Course Meters (SCM)	December 31st	January 26th

Zone Championship Records

Congratulations to the following NJ swimmers who set new NJLMSC SCY records at the Colonies Zone Championship Meet at George Mason University On April 11-13, 2008!

Men 40-44
Steve Hiltabiddle, 41
200 Fly 2:07.72

Men 45-49
Benn Doyle, 49
100 Free 53.54

Chris Near, 47
500 Free 5:24.78
1000 Free 11:11.11

Men 60-64
Jim Dragon, 63
50 Free 24.32*
50 Fly 26.13*
100 IM 1:04.66*

Larry Seidman, 60
100 Fly 1:11.01
200 Fly 2:57.16

Richard Wallace, 60
1650 Free 22:14.38

Jack Zakim, 63
100 Free 59.00
200 Free 2:06.98*

*New Colonies Zone
SCY Championship
Meet Record

**The following
swims were also
new Colonies
Zone Meet
Records:**

Steve Hiltabiddle, 41
50 Fly 23.72
100 Fly 53:00

USMS Relay All-Americans

The following people
swam on at least one
relay which placed first
in their age group in at
least one course.

BERKELEY AQUATIC CLUB

Cialdella-Morehea, 43
Julie S Porro, 29
Lauren A Seavy, 24
Jackie L Whitty, 24

GARDEN STATE MASTERS

Michelle Davidson, 37
Laurie Ditommaso, 45
Rebecca Kalibat, 44
N. Steadman-Martin, 53

Light Those Candles!



Happy Birthday to the following **104** May & June babies!

*“A man can succeed
at almost anything
for which he has
unlimited
enthusiasm.”*

--Charles Schwab

Florence Melick 85-89
William Haynes 80-84
Tink Bolster 80-84
William Mackolin 75-79
Penny Boorman 75-79
Ralph Hemecker 75-79
Bruce Burner 70-74
Dieter Wunderlich 70-74
Ray Hurst 65-69
Patric Mills 65-69
Bob Hopkins 65-69
Jim Dragon 60-64
Richard Alexander 60-64
George Allison 60-64
Robert Hengeveld 60-64
John Hannan 60-64
Robert Goldberg 60-64
David Goldberg 60-64
Barbara Rushman 60-64
Robert Cashel 60-64
Ellen Pease 55-59
Gail Seelig 55-59
Arthur Wein 55-59
Robert Faillace 55-59
Dave Siconolfi 55-59
Thomas Bennett 55-59
Michael Keltos 55-59
Don Peters 55-59
Sue Wharton 50-54
Mike Fanelli 50-54
Linda Ridilla 50-54
Gail Stevancsecz 50-54
Douglas Coy 50-54
John Decker 50-54
Andrew Maggion 50-54

Susan Olesky 50-54
Stanley Fromhold 50-54
Robert Franks 50-54
David Schmitt 50-54
Jonathan Norton 50-54
Gerri Callahan 50-54
David Fabian 45-49
Linda Brown-Kuhn 45-49
Nicola Knipe 45-49
Susan Kirk 45-49
Randi Anderson 45-49
John Baliko 45-49
Diane McKay 45-49
Alan Voorhees 45-49
Stephen D'Angelo 45-49
Bruce Car 45-49
Lan Ge 45-49
Steve Sherman 45-49
Rich Callaghan 45-49
Lisa Spiller 45-49
Erik Werfel 45-49
Michael Cialdella 45-49
Todd Sarett 45-49
Michael Sirkin 45-49
Lew Gillett 45-49
Joye Allen 45-49
Larry Bishof 40-44
Lauren Green 40-44
Willam Segal 40-44
Maureen Coe 40-44
Michelle Lozina-Cohen 40-44
Aaron Moore 40-44
Monica Episcopo 40-44
Lau Glasser-Nicusanti 40-44
Jennifer LaTorre 40-44

Steve Hiltabiddle 40-44
James Curd 40-44
Graham Hill 40-44
Lynn Ascione 40-44
Regina Papini 40-44
Cheryl Shiber 40-44
Joanne Ploch 40-44
Rocco Celentano 35-39
Yves Baeyens 35-39
Diane Kottakis 35-39
Chris Strahle 35-39
Bari Erlichson 35-39
Jennifer Sheedy 35-39
Michelle Davidson 35-39
Jodi Barrish 35-39
Brent Ferguson 35-39
Douglas Miller 35-39
Elizabeth Crist 35-39
Kevin Appelget 35-39
Jonatha Meade 30-34
Andi Sawin 30-34
Carol Yoon 30-34
Pete Hockmeyer 30-34
Humphrey Bohan 30-34
Matthew Donovan 30-34
Billy James 30-34
Vanessa Foti 30-34
Allison Mellage 25-29
Mark Jamieson 25-29
Carolina Bolado 25-29
Christopher Levin 25-29
Lesley Barnet 25-29
Hillary Schranze 20-24
Thomas Alne 20-24

Great Times In & Out of the Water in Austin!



Above, left to right: Lynn Ascione, Lauren Seavey, Bridget Sherratt, Jackie Whitty

Below: Chris McGiffin (NJ LMSC Chair) and Rob Copeland (USMS President)



Above: Bill Reichle and Nancy Steadman-Martin

Below: Maureen Koziol, Chris McGiffin, Olympian Scott Goldblatt, Susan Kirk, Lauren Seavy, Jackie Whitty, Rosanne Lemongello, Mike Fanelli, and Lynn Ascione.



Above, left to right: Rosanne Lemongello, Susan Kirk, Jackie Whitty, Steve Hiltabiddle, Lauren Seavey, Chris McGiffin



Above: Lynn Ascione, Lauren Seavey, Susan Kirk, Chris McGiffin, Rob Copeland, Jackie Whitty, Mike Fanelli, Roseanne Lemongello, Bridget Sherratt

("The Swimmer's Head" continued from page 1)

Now move over to the tall lad on the far right (photo, page 1) who was senior class president. "As president of our class," his yearbook read, "Bernie showed his executive ability." (As for his swimming ability, only his "good sportsmanship" was mentioned.)

No matter that Bernie was less than distinguished as a swimmer. He was tall and we'd all look up to him when he told us about life and told funny stories and jokes.

Those South Side swimmers learned from their mistakes and did much better the following year. And the lessons spilled over into their future vocations.

I began to get glimpses of what Bernie might have begun to learn from our losing season a decade later when we became friendly socially. He was now a pharmacist, but had his finger in other business enterprises. He became CEO of a large company and was once telling us of his approach to the salesmen under him: "Don't ever tell me," he announced to them, "that you never make mistakes. Because if you don't make mistakes, you've never learned anything!"

After a hiatus of almost three decades I saw him again. It was May of 2000 in Atlanta where the boy who made little splash in the swimming world was now the man creating huge waves in the business world. I reminded him of the story he had told us about never making mistakes and also gave him a framed copy of that 1947 photo. The tall man in the 1947 photo that I was visiting in 2000 was Bernie Marcus, co-founder of Home Depot. He had certainly learned big from his mistakes. **Above right is a posed photograph of our meeting.**

I'd like to think he learned in part from mistakes he learned from an earlier playground, the swimming pool. In that setting, you learn by playing, by making mistakes, right there in the playground of the pool, where it doesn't count, that is, it doesn't count provided you learn from those mistakes.

Swimming mistakes challenge the head and its contents. If you lift the head too high, just like the movements of a sea-saw, the feet will drag; turn the head to breathe before your body turns, it becomes a rudder that makes you fishtail. If you take too long a breath with your head and face out of the water while recovering the arm, that also makes you sway from side to side. Lose your head



Above: Old friends Bernie and Paul reminisce.

by forsaking your form and technique as you compete, you will surely lose your race.

Swimming with smarts makes all the difference: For example, the better swimmer is the quiet swimmer who has learned a principle of physics that the harder you hit the water with your hand, the harder it will hit you back.

The swimmer learns to think of what he or she is doing: You are coursing through a narrow semi-solid substance, much thicker than air. Compare it to traveling through soft wood or even ice cream. Remember that you are seeking the least resistance and the least resistance is where you disturb the material the least. Think of going through wood. The best way to travel is to make a clean hole while still preserving the wood. You do that by whittling rather than banging through.

You want to obtain a good grip on the water just as if you were ascending the rungs of a ladder or climbing up a mountain. (The grip as metaphor applies also to challenges in your life.) For example, to get a good grip with wood, do you use a nail or a screw? It's the latter. Similarly, the swim analogy means that you wriggle or bore through rather than push your way into the water. And you retain your grip on the water by a sculling (side-to-side) motion with the hand, simulating the threads of the screw.

These are only a few of the nuances distilled from the challenging sport of swimming, within the playground of the swimming pool, where the lessons learned can become lessons in life itself.

Oh, The Joy Of a First Meet!

By a delighted Maribeth Seely, who swam her first meet at the Sussex County Mini Meet on May 3rd.



I won a blue ribbon for being first in my age group in the 50 yard breaststroke today at our YMCA. I am still flying high. Whoopee. Yeah!

I know that I should be humble and quiet, but I am so darn proud of myself.

I promised myself that I would compete in this meet so I got up at 5:15 AM everyday and was in the pool before 6 AM. People who were way better than me said that they would NOT compete because they thought that they were not good enough.

I said, "I am 63 years old and will compete against myself ...i.e. I will try to improve my time," which was roughly 1 minute 20 seconds for the 50 yards. My time today was 1 minute 12 seconds!!! The next time I am going to dive off of the blocks because I can shave a lot of time off. I dove off of the end of the pool which I have not done until this week in 40+ years. I felt like my head was going to smash open, but alas, I lived to tell about it. So there I was today ... scared to death. **My new best friend, Joy (78 years old) and I sat together and laughed about not having our parents there to make suggestions after the meet. Ha! Ha!**

I had a cheering squad ... Tom, Keribeth, and Sean ... Wow! What a lucky girl I am.

Here's the secret ... there were no others in my age group so all that I had to do was finish the 50 yards ... I had to get first. Ha! Ha! Joy also won first in her age group. **The really important part is that I did all right. In fact, I think I did a tad better than all right. Either way, I am one happy 63 year old who is looking forward to the next meet in October. Anyone want to join me????**

Sincerely,
Maribeth Seely

Masters... Competition Without Parental Pressure!

Contributed by Joy Tsuzuki

At a prior USMS meet I attended, the lady standing next to me (in the first heat of the event) said, "Isn't it wonderful to be able to compete without parental pressure?" That set me at ease as I thought, "I can just enjoy this!" And that's a great feeling!

So here I am at 78, really having FUN at a competition! At the recent Sussex YMCA Mini-Meet, I arrived with my son Ed, who is a dedicated Masters swimmer. That day he was giving a Masters Swim Meet Orientation clinic before the meet. I presented myself at the registration table, but feeling somewhat awkward about my "old age," I mentioned to the woman at the table that "I feel rather strange being so 'old!'" She looked at me, and very reassuringly said, "Oh no! You're not the oldest. There's another woman who's 78 who will be swimming!" I sheepishly told her, "That's ME!!!" She very kindly told me that I didn't look "that old" ...so I headed to the pool feeling young and raring to go!

I was the oldest and the SLOWEST (1:06.99 for the 50 free and 2:32.37 for the 100 free) in the entire meet, BUT, believe it or not, I "earned" two (2!!!) blue ribbons! At the meet I became friends with Maribeth Seely. She also earned a blue ribbon, and of course, we rejoiced at our "accomplishment." Getting to know Maribeth at the meet included not only discussing the fun and challenge of swimming as grandmas, but we even told each other stories of our ancestors...hers in Ireland and mine in Japan. **We will undoubtedly stay in touch with each other with our diverse backgrounds, but found ourselves bonded by swimming.**

The swim coach at the Somerset Valley YMCA in Bridgewater, where I swim, has most thoughtfully and generously offered to help me "improve" my swimming. He says he has a "Special" just for 78 year olds....FREE COACHING. Isn't that marvelous? I hope to learn to dive in from the deck rather than pushing off from the side, which I now do, and I'm also thinking about including the 50 backstroke in my repertoire???

Never too old to learn, or at least to TRY!



Masters Open Water Swim Clinic



Jeff Jotz is holding his popular
Open Water Swim Clinic
in Seaside Park
on Saturday, June 14th, 2008
starting at 10:00am

for any USMS registered swimmer.

The clinic is open to beginner
and advanced open water swimmers
and will have both dry land instruction
as well as in-water swimming
in the shallow waters of the Barnegat Bay.

Find Registration Form at:

www.njmasters.org/misc/080614openwaterclinic.pdf

If you have any questions,
please contact Jeff Jotz at jjotz@mac.com

Attention All Writers Or Want-To-Be Writers



*The FastLane
is looking for
some local talent
to add splash
to the newsletter.*

*If you've got something
to say about Masters*

*swimming we'd love to hear it, whether
it's reviewing a meet or open water swim,
sharing what Masters swimming means
to you, offering a great workout, delving
into a topic of interest or - you name it.*

*We also always love photos if you'd rather
tell a story with pictures instead of words.*

*Contact FastLane Editor, Linda Brown-Kuhn
at lbk@sprintmail.com or 908-479-1038.*

Need a Wetsuit?

Members of New Jersey
Masters Swimming
are eligible for a
30 percent discount
on the following
Xterra wetsuits
& speedsuits:



1. VectorProX2 wetsuit
2. Vortex2 wetsuit
3. Velocity 0.02 speedsuit

For more information,
visit www.xterrawetsuits.com

To take advantage of this great deal,
please e-mail jjotz@mac.com
with your name and USMS ID#.

Taking a swim vacation?

SwimVacation offers seven day trips, aboard the Promenade, a 65-foot trimaran sailing yacht. Our guests ranged in age from 28 to 58, and in ability from recreational swimmer to Ironman triathlete. We swam in 13 different locations among the British Virgin Islands. Our twice-daily swims ranged from 1 to 3 miles, and featured beautiful coral reefs, thousands of tropical fish, white sand beaches, and 78 degree turquoise water clear to 40 feet. Between swims we snorkeled, napped, dove an 1850's wreck, sailed, water skied, and hiked around the islands. We enjoyed 3 delicious meals per day, freshly prepared by the crew, and celebrated our swims with Caribbean cocktails and cold Red Stripe beer in the evenings.



Does this sound like something you would enjoy?
Find out about our next trip at
www.swimvacation.com where you can see our
new video and slide show.

Swimmer of the Week — Michael Ciolino

You don't have to remind Michael Ciolino about the upcoming Lady Liberty Swim. But you might have to remind the New Jersey native that Lady Liberty kicks off open water swimming season in these parts. For Michael, the 2007 season never seemed to end.



Last season, Michael discovered the Manhattan Island Foundation. He swam six

events with us (also volunteering at five of them) besides participating in thirteen other open water swims in the New York/New Jersey area. But in the fall, while many members headed indoors and hung up their lucky open water goggles, Michael wondered why his open water swimming adventures had to end. He followed the currents to South Brooklyn.

"I started swimming with a group at Brighton Beach," said Michael referring to Coney Island Brighton Beach Open Water Swimmers (CIBBOWS), but he found they didn't dunk when the waters dipped below 50° - except for three of them. According to Michael, he swam with these three friends at Brighton Beach every Sunday through the winter. After their 11 AM swim they'd join the Polar Bears and swim at Coney Island. "What an experience: **the water temp got down to about 36°, so we could only swim for 15 minutes. Without wetsuits!** Most of the swimmers are training for open water distance swims where the water temp can be below 60°. The four of us formed a special bond

during these winter swims that I will never forget! I would like to thank them for welcoming me."

Michael, who fondly remembers body surfing in Sandy Hook, New Jersey as a kid, only **rediscovered swimming in 2002 when he found himself face to face with middle age.** While some guys facing middle age buy themselves a motorcycle, Michael was already riding a Harley. He needed something else. He looked at himself both inside and out and came up with something both physically challenging and emotionally fulfilling. He returned to the water. **Through swimming, he embraced something joyful and meaningful from his past and put a new twist on it for the future.**

"I started swimming twice a day, sometimes for two hours continuously. When a masters swimmer at my pool suggested open water swimming, I gave it a try." Since then, Michael, 52, has rarely left the open water. (Michael swims with the Garden State Masters Swim Team. He also volunteers to teach kids how to swim.)

"When I'm swimming, I'm not concerned about much: fish, debris, current, waves, or wind. I even love swimming in the rain, or the cold!



On the other hand, the Little Red Lighthouse swim last August was one of my favorites. Stroking down the

middle of the Hudson for well over an hour with 117 people was an incredible feeling. Sure, I collided with another swimmer, and then misjudged the exit chute, hitting my head on Manhattan. But I still got out of the water smiling. Most open water swimmers do. **The swim community is like a second family."**



Michael grew up near the Jersey shore and the ocean was a huge part of the Ciolino family lifestyle. "My father was a lifeguard as a young man, and then he was in the Navy, so he taught us all to swim." Every summer, Mitch, Michael, Michele and Melissa split their time between the local pools and the shore, and eventually Michael made his living as a lifeguard and at boardwalk shops.

Despite all that sun and fun, in 1984 Michael decided to explore different waters - the kind people drink. He took a job as a pump station operator for the water plant in Little Falls, New Jersey. Now he's a supervisor. "I oversee pumping and generating operations for the Little Falls Water Plant. My team and I treat surface water from the Passaic River and deliver finished water to about thirty NJ municipalities."

"Our plant is unique: we use Ozone as the primary disinfectant, not chlorine. This technology isn't just good for drinking water; it will also improve swimmers health because it's being introduced as a replacement for chlorine in pools."

It's an exciting field, but after 24 years at the plant, retirement is looking mighty fine. "It'll mean more time in the water!" And that's exactly where Michael wants to be.

—From Manhattan Island Foundation's newsletter *Cross Currents*, May 20, 2008 issue

Meet Calendar 2008



Meets in New Jersey

July 26 Jason Nessel Memorial Long Course Swim Meet at Rahway River Park Pool, Rahway, NJ

Find info & entry form in this issue of FastLane and also at: www.njmasters.org/misc/080726nessel.pdf

December 5-7 Colonies Zone SCM Championships at Rutgers University, Piscataway, NJ

Contact Alessandra Lyn-Lupu at 732-445-0457 or alill12@rci.rutgers.edu or swmeet@rci.rutgers.edu

Meets Outside of NJ

January 1 - December 31 USMS Check-Off Challenge Fitness Event ~ From Block to Wall...Swim Them All!

Contact Raena 317-876-3253 or raenalex@hotmail.com
www.usms.org/fitness

January 1 - December 31 USMS Go The Distance 2008 Fitness Event

Contact Mary Sweat usmsgtd@yahoo.com
www.usms.org/fitness

July 19 USMS 25K Open Water Swim, Morse Reservoir, Noblesville, Indiana

Contact Dick Sidner at dsidner@gmail.com or 317-695-9885, 8AM-10PM EST only. Or contact: Marcia Cleveland at MarciaC944@gmail.com or 847-446-5142, 8AM-8PM CST only. Entry form: <http://www.usms.org/longdist/ldnats08/25kentry.pdf>

October 19 Bermuda Round the Sound Open Water Swims, Hamilton Sound, Hamilton, Bermuda

Contact Randy Nutt at info@randynutt.com 954-821-3294
www.aquamoonadventures.com

October 19 13th Annual St. Croix Coral Reef Swim (5 miles & 2 miles) St. Croix, US Virgin Islands

Email coralreefswim@hotmail.com or call 253-241-4827
www.swimrace.com/coral_reef_swim_entry.htm

Championships 2008

May 15-Sept 15 USMS 5km and 10km Postal Championships

Contact Bob Bruce 541-317-4851
coachbob@bendbroadband.com

June 14 USMS 6+ Mile Open Water Championships (10 km), Hartwell Lake, Clemson, South Carolina

Contact Jacque Grossman at jelg@innova.net or 864-646-8836
www.usms.org/longdist/ldnats08
Entries due June 7, or \$5 late fee.

June 20-22 New England LMSC Long Course Meters Championships 2008, Middlebury College, Middlebury, VT

lcmchamps@middlebury.edu
muffintops.org
www.middleburymuffintops.org

June 21 USMS 1 Mile Open Water Championships, Long Island Sound, Madison, CT

Contact Jen Lyman 203-464-6903 or coachlyman@hotmail.com; Allison Pelliccio alli@allisonp.com; Tom Savoca tsavoca@newsvues.com or 203-318-0182

July 12 USMS 2-Mile Cable Championships, Chris Greene Lake, Charlottesville, Virginia

Contact Dave Holland 804-282-6224 or HenryDaFif@aol.com

August 3 USMS 3-6 Mile Open Water 5km Championships, Elk Lake, Bend, OR

Contact Pam Himstreet 541-385-7770 or himstreet@bendbroadband.com; Bob Bruce at 541-317-4851 or coachbob@bendbroadband.com

August 14-17 USMS Long Course National Championships, Mt. Hood Community College, Mt. Hood, Oregon

Contact Dennis Baker 503-679-4601 or bakeswims@yahoo.com

August 23 USMS 1-3 Mile Open Water Championships (2.4 miles), Lake Monona, Madison, WI

Contact Dick Pitman at 608-770-2307
dickpitman@hotmail.com

August 23-24 Colonies Zone LCM Championships and 4th Annual Terrapin Cup, Eppley Recreation Center, University of Maryland, College Park, MD

www.terrapinmasters.org

September 15-November 15 USMS 3000/6000 Yard Postal Championships

Contact Mark Gill 480-874-7112 or markgill@usms.org

Championships 2009

October 10-17, 2009

World Masters Games, Sydney Olympic Park Aquatic Center, Sydney, Australia
www.2009worldmasters.com

JASON E. NESSEL MEMORIAL INVITATIONAL

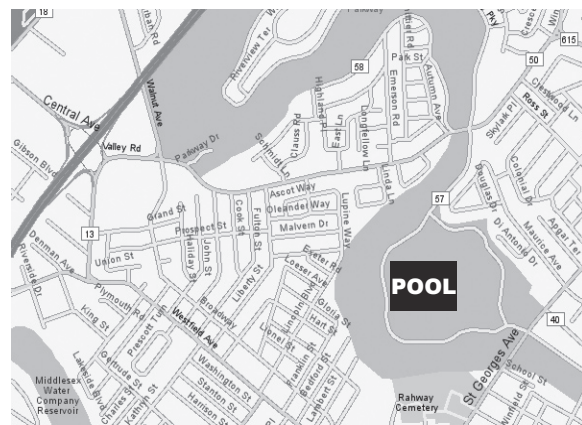
Saturday, July 26, 2008

7:15 am warmup, 8 am start

NJLMSC & USMS Sanction #078-S03



Walter E. Ulrich Pool
Rahway River Park
Rahway, New Jersey



ENTRIES: The meet is open to all Masters Swimmers holding a valid 2008 USMS registration card. *A copy of your card must accompany your entry!* Enter times in long course meters.

FACILITIES Pool is 8 lanes, each 50 meters long. Depth ranges between 3-5 feet. Electronic timing. Bring your own lawn chair.

AWARDS: Custom awards for First through Sixth place.

COST: \$10 meet surcharge. \$4/ individual event and \$8/relay. Mail payment to Jeff Jotz, P.O. Box 873, Rahway, NJ 07065

DIRECTIONS: *Garden State Parkway Southbound:* Exit at Exit 135 (Clark/Westfield) and immediately bear left towards Rahway. When you pass under the Parkway, make your second right onto Valley Road. Follow Valley Road through traffic light for 1 mile and turn right into park at sign. Pool is 1/2 miles ahead on left.

Garden State Parkway Northbound: Exit at Exit 135 (Clark/Westfield) and immediately bear left onto traffic circle. Make your first right onto Valley Road and follow directions above.

For more information contact Jeff Jotz at (732) 827-2190 or jjotz@mac.com.

JASON E. NESSEL MEMORIAL INVITATIONAL

Saturday, July 26, 2008

MEET ENTRY FORM

Name (print): _____ DOB: _____

Address: _____

City: _____ State: _____ ZIP: _____ USMS #: _____

Club: _____ Phone: _____ E-mail: _____

EVENT	TIME	FEEES
1. 50m freestyle		Meet surcharge \$10
2. 100m breaststroke		
3. 400m freestyle		Events x \$4 _____
4. 100m butterfly		No deck entries!
5. 200m I.M.		Relay x \$8 _____
6. 100m backstroke		TOTAL _____
200 Choice of one:		Attach copy of USMS card.
7. 200m freestyle	circle one	
8. 200m backstroke		
9. 200m breaststroke		
10. 200m butterfly		
11. 50m butterfly		
12. 50m breaststroke		Jeff Jotz Aquatics
13. 100m freestyle		P.O. Box 873
14. 50m backstroke		Rahway, NJ 07065
15. 400m mixed free relay		By July 19, 2008

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 (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING 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, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (rule book article 203.1)

Signature: _____ Date: _____



NJ LMSC

451 Sweet Hollow Road

Bloomsbury, NJ 08804