

EASTLANE

NJ Girls Swimming: Pingry's Judy Lee is State Coach of the Year

Judy Lee of Pingry is The Star-Ledger's State Girls Swimming Coach of the Year.

For Judy Lee of Pingry, coaching swimming is like a game of chess. "You're always trying to think three steps ahead of your opponent," Lee said. "As they make their move, you're already planning your counter move. It is attack, counter attack." Such strategy appeals to Lee, who has taught math at the Martinsville school for the last 25 years. "I enjoy strategic games," she said. "Maybe it's the math person in me."

Lee spends an inordinate amount of time getting to know the competition. To prepare for the NJSIAA Non-Public B championship meet on Feb. 27, she spent 12 hours researching Bishop Eustace's lineup, analyzing swimmers' strengths and weaknesses, best times and strongest events.

"You anticipate their initial lineup, trying to imagine where their coach is going to put their swimmers as the competition progresses," she said. "I then put my swimmers in the best positions for us to win."

"Bishop Eustace's coach was trying to do the same thing I was doing. It just worked out better for us."

Pingry was expected to lose to top-seeded Bishop Eustace, but Lee made the most with what she had, adjusting her lineup to beat a better team. Pingry won the Non-Public B title, 90-80, for the program's first state title in 12 years since winning back-to-back championships in 1997 and '98.

When Lee sat down to make her lineup for the big meet she expected Bishop Eustace coach Mike Parker to make his move. She knew in the first event, the 200-yard medley relay, he would put in his winning team and that their best time was four seconds faster than anything Pingry had posted all season. Lee countered by entering her best swimmer in each stroke in the relay -- a first for the season -- to improve her odds of winning.



"I told my swimmers if you put your best swims together I think you can beat the team record," Lee said. And they did, topping the previous best by 2.5 seconds to win the 200-yard medley relay in 1:52.42. "Something like that set the tone for us as a team. It motivated my girls throughout the rest of the meet."

Pingry did not anticipate winning the state title when the season began.

"It's not that we had set this goal," Lee said. "It evolved. The swimmers got better and I got better putting the girls in positions where they excelled."

Lee tweaked her lineup throughout the season, experimenting with putting swimmers in different events to assess their strengths and weaknesses.

"For instance Cailee Cassidy was very successfully swimming the 100 butterfly," Lee said. "Mid-season I decided to put her in the 100 free just to see what her time would be. It turned out she had the third-fastest freestyle time, which helped us out through the rest of the season."

After coaching swimming for the last 25 years, Lee says that she still enjoys it.

"Coaching is tiring. It's a lot of work, but the fun and the satisfaction are outweighing the work and what goes into it," she said. "For me what's satisfying is seeing the kids form bonds as teammates, them having that level of satisfaction in something other than their academic pursuits, seeing them excel in that and appreciate the sport. To me giving the kids a positive experience is most important."

"I guess I'll stop when it stops being fun. I am not at that point right now, nope, not even a little. I'm still having fun."
--From Star Ledger, 3/27/10

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Calendar 2010

Events in New Jersey

April 24 "Just Do It" Meet, Sussex County YMCA, Hardyston, NJ. See pages 8 and 9 for entry form.

May 15 - Sept 15 USMS 5km and 10km Postal National Championships Hosted by Twin Rivers YMCA Masters, North Carolina LMSC. Contact Bob Husson, onegoodbloke@hotmail.com; 252/638-8425. Need a 50m pool to swim event in.

June 19 Masters Open Water Swim Clinic in June in Lake Hopatcong, NJ. More information and a registration form will be available soon. Contact Jeff Jotz jjotz@yahoo.com or evenings 732/382-9419.

August 7 Jason E. Nessel Memorial Invitational, Rahway River Memorial Park, Rahway. Contact Jeff Jotz jjotz@yahoo.com or evenings 732/382-9419.

August 7 Lavallette Mid-Summer Mile Ocean Swim

September 12 2nd Annual Tom Wear One-Mile Memorial Swim, Lake Hopatcong. Tentative date. Contact Bridgette Hobart bhobart@ptcllc.com.

Other Events

January 1 - December 31 USMS Check-Off Challenge 2010 Fitness Event See if you can swim all 18 events. Form at [Check-Off Challenge](#)

January 1 - December 31 USMS Go The Distance 2010 Fitness Event Information at [Go The Distance](#). Register now to maximize your yardage.

Apr 23 - 25 Colonies Zone SCY Championships George Mason University Aquatic and Fitness Center, Fairfax, VA.

June 25-27 New England LMSC Long Course Meters Championship, Middlebury Vermont. Information at www.middleburymuffintops.org.

July 31 - August 6, 2010 XIII FINA World Masters Championships Göteborg, Sweden [Information](#).

August 8-13, 2010 USMS LCM National Championships, San Juan, Puerto Rico, [Information](#), online entry not up yet.

Stupendous Spring Workout

Thanks to Danielle McNamara, the Aquatics Director and one of the coaches at the Connection for Women and Families in Summit for this fantastic workout. They have a brand new coached Masters program. Their hour-long workouts are M,T,Th 6am; M,W,F 11am; M,W 8pm.

You can contact Danielle at [dan-jelle.mcnamara@theconnectiononline.org](mailto:danielle.mcnamara@theconnectiononline.org) or 908-273-4242 ext 109.

Warm up

300 free

200 kick

Main Set #1

2x200 odd pull even sprint rest 20

4x100 IM rest 10

8x 50 choice sprint 25 easy 25 rest 10

Main Set #2

4x75- fly kick on back, fly kick on side, fly kick on front by 25.

(fins)

4x125 100 free, 25 stroke no free

12x25- IM order

Cool down

200 easy

March Madness Records

Congratulations to the following NJLMSC swimmers for setting new NJLMSC SCY records at the March Madness meet held on March 13th. Special congrats go to Nancy Steadman-Martin, 55, for swimming the 1650 faster than the current USMS National record. Nancy swam a 19:22.45 which is just over 10 seconds faster than Barbara Dunbar's national record time of 19:32.61!

Women

18-24

Abby Whitlow, 20

50 Breast 33.64

55-59

Nancy Steadman-Martin, 55

200 Free 2:09.17

1650 Free 19:22.45

60-64

June Carson, 61

50 Free 32.15

1650 Free 26:01.52

50 Breast 43.79

Marie Velucci, 60

100 Fly 1:46.76

Men

50-54

Kirby Dillard, 50

1650 Free 19:24.79

60-64

Frank McElroy, 61

1650 Free 19:40.44

65-69

Jim Dragon, 65

50 Breast 33.34

100 IM 1:04.13

75-79

Paul Kiell, 79

1650 Free 28:56.97

Masters Open Water Swim Clinic in June

Jeff Jotz will run an open water swimming clinic in Lake Hopatcong, NJ on Saturday, June 19. More information and a registration form will be available soon.

For questions, get in touch with Jeff at jjotz@yahoo.com or evenings at 732/382-9419

Light Those Candles!

Happy birthday to the following

40 April babies:

Yulin Lin 60-64
Marie Vellucci 60-64
Rita Nannini 55-59
Cedric Druce 55-59
Phillippe Delamare 50-54
Mark Hoffman 45-49
Don Sumada 45-49
Karen Shearly 45-49
Chris Remetz 45-49
Scott Carpenter 45-49
Ilse Wolfe 45-49
Rich Johnston 45-49
Scott Yeomans 45-49
Doug Walker 45-49
Robert Scott 45-49
Geoff Schenkel 40-44
Bob McDonnell 40-44
Martin Scheidl 40-44
Daniel Judge 40-44
Scott Duprex 40-44
John Glynn 40-44
Julia Inagaki 40-44
Barry Bachenheimer 40-44
Beth Bigham 40-44
Denise Salvatore 35-39
Louisa Clayton 35-39
Anthony Robinson 35-39
Javier Ruiz 35-39
Michael Sheehan 35-39
Andrew Laurino 30-34
Wilton Rodriguez 30-34
Stacey Jones 30-34
Kelly Mooij 30-34
Tom Brown 30-34
Roy Rozman 30-34
Joe VanDyke 25-29
Eric Wagner 25-29
Jeff Savage 25-29
Jesula Marraud 25-29
Christopher Mattice 20-24

How to Stop Cramping

by Dr. Jessica Seaton

Many swimmers are plagued with cramping problems. Most commonly the feet or calves cramp, although the quadriceps or hamstrings may occasionally also be involved. The problem can occur whether or not one is in shape, but more commonly occur when people are getting back into shape. That is why we tend to see more people standing on the side of the lane, in agony, grabbing their feet or calves, during the early season in winter or in spring. The most common causes for swimming-related cramps are the following:

DEHYDRATION: Our bodies continue to perspire while in the water. Some people lose more fluids than others, and therefore also require more water. **Treatment:** You should be sure to have replacement fluids by the side of the pool even during a one hour work-out. If you drink enough before you swim, you won't have a "water belly." **FATIGUE:** As the muscles fatigue, there is an increased tendency for the exact mechanism of why this is so is still being debated in the scientific literature. Suffice it to say that anecdotally swimmers have reported fewer cramps as they get in better shape and when they incorporate a good stretching routine. **Treatment:** Consistent training: for most Masters swimmers that is about 3-5 times per week. Stretching exercises for the lower extremities (quadricep muscles, hamstrings, calves, feet). These should be performed daily, and especially before swimming. **ELECTROLYTE DEFICIENCIES:** While most of us who eat properly are meeting the daily requirements for nutrients, including electrolytes, it is possible that our intake is not sufficient for the amount and type of exercise we perform. The most commonly implicated electrolytes are potassium, calcium, and magnesium. **Treatment:** Eat one banana per day. Bananas are high in potassium and easy to eat on the run. Eat foods rich in calcium and magnesium, such as dairy products and green leafy vegetables. You may also consider a calcium/magnesium supplement. You may be helped by an electrolyte replacement drink during practice.

Those are the most common reasons most swimmers experience muscle cramps. Some people are more sensitive to cold water and find that it causes them to cramp. Aside from swimming in warmer water, it may help to do a more vigorous dry land warm up, including stretching, prior to swimming. Also, allow yourself time to acclimatize to the cold water by swimming at a moderate consistent pace and not sprinting until your body has adapted to the cold. Once the muscle is cramping, about the only things you can do is to stretch it and massage it until it relaxes and lets go. Some people find that icing the muscle helps as well.

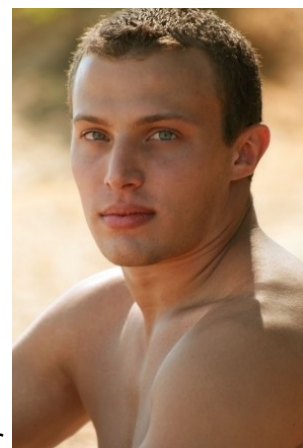
It is important to remember that if leg cramps persist, one should definitely see a medical doctor. There may be some serious underlying disorder, such as vascular disorders, and others, that may be causing the cramps. Those conditions can only be diagnosed with a serious work-up. Jessica Seaton, D.C. is a chiropractic orthopedist who has been in private practice in West Los Angeles for the past ten years.

--From--From Southern Pacific Masters Association's (SPMA) website at <http://www.spma.net/>

Three Y's Guys with One Common Cause Swim For Richard Raises Funds and Awareness

When three gentlemen, calling themselves the Three Y's Guys, step into the pleasant 75° waters of Tampa Bay, FL in April to embark on a challenging 24-mile marathon swim, one special young man will be on the minds and in the hearts of them all, from start to finish. This young man was Richard Caretto, who will always be remembered for his generosity, sharp sense of humor, and his sensitivity to social problems.

Richard, son of one of the swimmers, tragically lost his life in April of last year after waging a valiant and difficult battle with bipolar disorder. A 2005 graduate of Lawrenceville, and a Bloustein scholar that recognizes academic excellence, Richard also volunteered at the Somerset Hills YMCA helping children with autism. Additionally, Richard was a varsity runner for both the cross country and track teams, tutored under-privileged children and volunteered over 200 hours of community service assisting patients with dementia.



Richard Caretto

In honor of his son, Martino Caretto and his two close friends, Paul Kiell and Doug Munch, have planned a *Swim for Richard* in the Tampa Bay Marathon Swim on April 17th. Their objective is to raise awareness about bipolar disorder and raise funds for the Somerset Hills YMCA's Strong Kids Campaign, the YMCA's financial assistance program, as Richard benefited tremendously from the friendly and warm welcome he always experienced when volunteering at the YMCA. Strong Kids ensures that no one is ever turned away from a program, services or support because of an inability to pay. A donation will also be made to TGen Institute, a non-profit organization that researches new treatments, therapies and cures for many diseases, including bipolar disorder.



Dr. Paul Kiell, Martino Caretto, and Dr. Doug Munch

Martino, Paul and Doug, sharing an average age of 67 years, will swim relay in the marathon and are hopeful that the event will generate interest and dialogue about bipolar disorder. "Richard had his whole life ahead of him," said Martino. "If our efforts bring relief to another individual or spare other families the devastating pain that has been inflicted on mine, then the Three Y's Guys will feel a great sense of achievement. No matter how much we raise, the friendship and support of those around us has been of great comfort to me and my family."

Donations to the Three Y's Guys will directly contribute to furthering medical advances in this field and will also help raise awareness of bipolar disorder. "A lack of understanding about this disorder often leads to it being swept under the carpet. The stigma generally attached to mental disorders needs to be dispelled so that progress in research can be made and more support can be offered to individuals and families in need," added Martino.

For information about how to donate go to www.somersetillsymca.org or contact Paul Kiell at 908.781.1703 or paulkiell@comcast.net. **You can also continue to donate after the event.**

Swimming pool lanes etiquette

By Vicky Hallett
Thursday, March 11, 2010

Appropriately clad in a Speedo, swim cap and nose plugs, Bob Axelrod told me a story.

Not too long ago, pals of his planned to practice at the Wilson Aquatic Center in Northwest Washington, but when they hopped into the pool, they realized they had a problem: a woman trudging along at roughly the speed of a sea slug. As Axelrod, 61, explains: "So, one of them politely comes up to her and says, 'Ma'am, this is the fast lane.' Her response was, 'I'm going as fast as I can.' "

Ba-dum-bum-ching! Except it's no laughing matter to serious swimmers like Axelrod, who's on the Masters team at the National Capital YMCA (along with my husband) in downtown Washington. Just as tourists who clog the left lanes of Metro escalators can wreak havoc on a morning commute, so can clueless freestylers mess up a workout. That's why today we're diving into the world of swimming pool etiquette.

The basics of lap-swimming are fairly simple. Two people can split a lane down the middle and stay out of each other's way. Once another person jumps in, the pattern automatically switches to circle swimming (that means stay to the right in a counterclockwise pattern). You can pass on the left after tapping the foot of the person ahead of you.

It's also critical to understand the lay of the land -- er, water. Almost all pools have their slowest lanes on each side and get progressively faster toward the middle. Many pools have signs designating the speed of a lane, but figuring out where you belong is a bit subjective. What is "slow"? "Medium"? "Fast"? "Very fast?" No one really knows. It's up to you to scope out what's happening around you and determine whether you need to switch.

The walls at the ends of the pool may look like a good place to take a quick break, but they're also where other folks plant their feet to do a flip turn. It's fine to rest there; just be sure to scoot over to the side and keep the middle of your lane as clear as possible.

Not too complicated, right? But when people don't know the rules, or decide not to follow them, it can make quite a splash. "One time, there were two guys on the verge of a fistfight in the pool. Definitely words were exchanged," says 27-year-old Travis Rothway, a coach on the National Capital Y's Masters team. Although he's never had a confrontation quite like that, Rothway understands why it happens. "I've gotten pressure to leave early and not completed my workout," he says.

What casual swimmers -- like the sea slug and me -- often don't understand is that the competitive folks aren't just doing laps. They're trying to stick to specific intervals or complete drills. Having to pass frequently and skip turns interrupts that. Also, many faster swimmers are hesitant to do the foot tap because they don't want an inexperienced person freaking out about a stranger with a fetish coming up behind them.

Slowpokes don't deserve all the blame, however. Doug Fox, manager of aquatics for the Montgomery County Department of Recreation, says it seems several people missed the sharing lesson back in kindergarten. "Some will do butterfly and hit other people in the face or just miss them," he says, while others will flat-out tell others they're not welcome in their lane. Once, a guy came to him complaining that "senior citizen swim" was preventing him from exercising. Of course, there's no such thing -- it was just crafty retirees scheming to keep a lane all to themselves.

Faced with such problems, Fox has developed an etiquette poster that's scheduled to go up at county pools in the next few weeks. "We realized we needed something," he says.

Similar posters are also in the works for the District's Wilson Aquatic Center, which has been packed since opening last summer. With just eight lanes set up in the 50-meter pool, constant sharing is a given, so Manager Cecilia Washington has done her best to maintain peace. The speed designation signs at the end of the lanes are massive, and etiquette rule sheets are plastered everywhere: in the locker rooms, above the water fountains and around the pool deck.

"It's just to let everyone know how to keep order," Washington says. "It's like putting up stop signs. I'm controlling traffic." The giant lettering on the new posters will make the message even harder to miss.

According to 36-year-old Sara Kropf, who lives just a few blocks from Wilson and swims laps every weekend, most people follow proper procedure anyway. But to really understand how to get along, the adults might want to look at the kids' pool. "Everyone's very well behaved," she says. "They all go the same speed, I guess."

--From the Washington Post at <http://www.washingtonpost.com/wp-dyn/content/article/2010/03/09/AR2010030902195.html>

**2009
NJ MASTERS SWIMMING
Continuous Membership
Recognition Award Recipients**

20 Years

Cathy Deats, Michael Keltos, Maurice Sercarz, E Dieter Wunderlich, Brenda Ziegler

15 Years

Ann Ferguson, Mark Hoffman, Chris McGiffin, Ken Niemi, Murray Simon

10 Years

Richard Cahayla-Wynne, Sandra Carosi, Matthew Donovan, Scott Duprex, Donald Fink, Dennis Friedman, Paul Gondek, Jacqueline Jankewicz, Fran McManus, Gita Roy, Donald Smart, Gail Stevancsecz

5 Years

Steven Becker, Joscelin Burrer, Richard Callaghan, Kathleen Carlyon, Brian Carr, LaJoy Collins, Donald Cox, Ann Dandurand, Michael Fanelli, Robert Franks, Chip Freund, David Goldberg, Soren Hastrup, Rick Hrabchak, Michael Lavitt, John Lemmo, Alexandra Lopez, Carol Malone, Eric Marquard, Margaret Martonosi, Patric Mills, Jay Muldoon, Joanne Ploch, Heidi Remak-Ziff, Jane Riff, Eric Schiebler, Leigh Segal, Bernard Shepard, Bridget Sherratt, Erik Werfel

**NEW JERSEY LMSC PRESENTS
2010 ANNUAL AWARDS BANQUET**

Saturday, May 8, 2010

6:00pm - 10:00pm

Lafayette Lodge #27

1550 Irving Street, Rahway, NJ

Buffet Dinner | Photo Slide Show | Door Prizes | BYOB

Join your fellow NJ Masters swimmers for some food and fun outside of the pool as we honor swimmers achieving continuous NJ LMSC USMS membership milestones!



Featured Speaker

Jim Halstead, U.S. Masters Swimming Club
Development Coordinator for Dixie and Colonies Zones

Jim serves as a coach and Chief Operating Officer for Curl Burke Masters Swimming (CUBU Masters). Over the past five years, Jim and head coach Frank Marcinkowski have built the CUBU Masters Program to more than 525 registered USMS members. Jim's ability to align strategic partnerships and execute a professional business model with a commitment to quality coaching has helped make CUBU Masters the largest program outside of California. Additionally, Jim will work with the USMS Coaches Committee to help revise the ASCA Masters Coaching Program.

Cost: \$15 Award Recipient Rate; \$25 for registered USMS Members; \$35 for guests if received by May 1, 2010. Cost at the door is \$35/\$45 per person. Make checks payable to NJ LMSC and mail to Bridgette Hobart-Janeczko, 8 Lorettacong Drive, Lake Hopatcong, NJ 07849

Join us for a pre-dinner workout at the Rahway Branch YMCA next door (1564 Irving Street) from 3:30pm until 5:00pm. Parking for the workout and the dinner is available in the YMCA parking lot at no charge.

**For further information please contact Bridgette Hobart-Janeczko
at bhobart@ptcllc.com**

NAME _____ NUMBER ATTENDING: _____ USMS MEMBER _____ GUESTS _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____ USMS NUMBER: _____

PHONE _____ EMAIL _____

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, EVENT SPONSORS, EVENT COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE EVENT OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule Book Article 203.1)

NAME _____

DATE: _____



Sussex County YMCA Presents “Just Do It”

Sussex County YMCA
Hardyston, NJ

Saturday, April 24, 2010

New Swimmer Orientation Meeting 2:00-2:30 pm
2:30 pm – Check-in

Recognized by New Jersey Masters Swimming for USMS, Inc. # 070-R01

Facility: The Sussex County YMCA six lane 25 yard pool. Timing will be done with a Colorado Timing System with manual backup.

Directions:

From Route 23: Go to Hamburg; take Route 94 South to Wits End Road on right (approx. 2 miles). Follow Wits End Road to YMCA driveway.

From Intersection of Routes 15 & 94: Go North on Route 94 towards Hamburg. Follow Route 94 to Wits End Road on left (approx. 5 miles). Follow Wits End Road to YMCA driveway.

Schedule: 2:00 pm New Swimmer Orientation Meeting, 2:30 pm check-in, 3:00-3:30 pm Warm-up, 3:30 pm start.

Entry Limit: Swimmers may register for a maximum of 4 events.

Seeding: All events will be pre-seeded, except the **500 Free**, **MUST check-in by 3:00 pm or you will be scratched from the event.** Events will be run in heats, slowest to fastest, with men and women swimming together. Entries with “No Times” will be seeded in the slowest heat. **“No times” will not be accepted for the 500 Free.**

Age Groups: Individuals: 18-24, 25-29, 30-34, etc. through 90+.

Eligibility: Open to any adult interested in participating in a swim meet. Swimmers must be 18 years of age on the date of the meet. If you are a member of USMS, a copy of you USMS card needs to be submitted with your entry form.

Awards: Ribbons for 1st through 3rd places; all others will get a label with their official time.

Timing: In the unlikely event that a malfunction occurs in the automatic timing system, the meet will continue on schedule with the use of alternate (stopwatch) timers.

Entry Fees: \$10.00 per swimmer to register and \$5.00 per event.

Registration: All entries must be received by Friday, April 16, 2010 **NO exceptions.** Any entries received after April 16th will be returned.

Adult Mini Meet-April 24, 2010

Entry Form

Entry form must be received by Friday, April 16, 2010.

(In order for your results to be posted to the NJ Masters Swimming you must include a copy of your USMS card).

Age as of 4-24-10: _____ Sex: _____

Name: _____ Date of Birth: _____

Address: _____ E-Mail Address: _____

_____ Evening Phone: _____

Day time Phone: _____ USMS number(if applicable): _____

RELEASE OF LIABILITY BY PARTICIPANT:

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)

**PLEASE PLACE A COPY OF
USMS CARD**

Signature: _____ Date: _____

Please enter your best short course **yard** times for each event you wish to swim (put "NT" in the blank for No Time) **NT's will not be accepted for Event 9 - 500 Free.**

Event	Entry Time	Event	Entry Time
1. 200 Free	_____	6. 100 Free	_____
2. 50 Fly	_____	7. 50 Back	_____
3. 50 Free	_____	8. 50 Breast	_____
4. 100 Back	_____	9. 500 Free*	No NT's: _____ 9 minute max
5. 100 IM	_____		

*** 500 Free MUST check-in by 3:00pm or you will be scratched from the event. No NT's will be accepted for this event**



We build strong kids, strong families, strong communities.

Sussex County YMCA
 15 Wits End Rd
 Hardyston, NJ 07419
 Phone: 973 209-9622 Fax: 973 209-1483
 www.sussexcountyyymca.org

___ Check (payable to Sussex County YMCA)

Credit Card (circle one):

VISA MC Discover AMEX

Card # _____ Exp Date: ____/____

Signature _____



NJ LMSC

451 Sweet Hollow Road
Bloomsbury, NJ 08804

“Spring is nature’s way of saying, ‘Let’s party!’ ”

--actor/comedian Robin Williams