

FASLANE

2010 Annual Awards Banquet to be Held in Spring

Though it seems a long way off, the time always flies. So mark your calendars (or type it into your blackberry) for May 8th. The event will be again held at the Lafayette Lodge in Rahway from 6-10 pm. For those who want, there will be a pre-banquet workout from 3:30 to 5. We'll eat, drink, listen to a wonderful featured speaker, and honor swimmers achieving continuous USMS membership milestones! Details to follow.

Remember to Register

If you haven't registered already or if you're new to Masters swimming in NJ, go ahead and register. It's easy! You can register online at <https://www.clubassistant.com/club/usms.cfm> or grab a membership application form at <http://www.njmasters.org/membership/registration.htm>. The cost is \$37.00 for the year (expires 12/31/10).

We Want Your Two Cents!

The FastLane is looking for your points of view about Masters swimming. Maybe you want to share some fabulous new drills, review a meet, clinic or open water swim, give us a killer workout or tell how Masters swimming has impacted your life. Or if you have some photos that say it all, they're welcome too!

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



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Calendar 2010

Events in New Jersey

February 14 OCY Unofficial Team Championships, Ocean County YMCA, 1088 West Whitty Rd, Toms River, NJ. Entry on pages 9 and 10.

March 13 Drew University Rangers Masters SCY, Drew University. Information to come.

April 10 SCY meet (formerly known as March Madness) Hosted by JAM at the John Witherspoon Pool in Princeton

April 24 "Just Do It" Meet, Sussex County YMCA, Hardyston, NJ. Click here for [meet information sheet and entry form](#) .

August 7 Jason E. Nessel Memorial Invitational, Rahway River Memorial Park, Rahway

September 12 ***TENTATIVE date!*** 2nd Annual Tom Wear One-Mile Memorial Swim, Lake Hopatcong,

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.

January 31 25th Annual Hog Meet, Westport/Weston Family YMCA, Westport, CT. Meet entry at http://www.connmasters.org/PDF%20Files/EntryForms/2010%20Entry/Ground%20Hog%2025th%20Meet%20Westport%20Y%201_31_10.pdf

February 7 Valentine's Day SC Yards Meet, Long Island University, CW Post Campus, Brookville, NY. Questions: Maureen Travers (phone 516-299-3371 or e-mail maureen.travers@liu.edu). Entry at <http://www.aquafitmasters.com/Events/020710CWPostYardMeet.pdf>

March 7 Tenth Annual Spring Fling Yard Swim Meet, Nassau County Aquatic Center, Long Island. Entry at <http://www.aquafitmasters.com/Events/030710SpringFlingYardMeetEntry.pdf>

May 20-23, 2010 2010 USMS SCY National Championships, Georgia Tech, Atlanta Georgia, Information and entry not available yet

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

August 9-12, 2010 2010 USMS LCM National Championships, San Juan, Puerto Rico, [Information](#), online entry not up yet.



Fourth Lane Swimmers Don't Negotiate

By Don Fink

After coaching masters swimming for 15 years, one thing has become clear to me: fourth lane swimmers don't negotiate.

The swimmers in the fourth lane (the faster lane in a typical four lane masters program) tend to do whatever the coach posts on the workout board. If the workout indicates the hundreds are on 1:25, they do their hundreds on 1:25. If the workout indicates the hundreds are on 1:20, they do them on 1:20. And, if the workout indicates the hundreds are on 1:15, they just do their best to do them on 1:15.

There isn't a lot of, "Hey coach, last week we did them on 1:25, why are we doing them on 1:20 this week?" Or, "Hey coach, can't we do the hundreds on 1:25...that's what we usually do them on?" Or my personal favorite, "Hey coach, I think there is a typo here, you mistakenly put down 1:20 for our hundreds."

The amazing thing about the fourth lane swimmers is that even if it is a typo, they seem to want to do it anyway. When I asked a fourth lane swimmer why, he simply said, "If it's on the board, I just want to do it." When I asked him if this would still be the case if he wasn't even sure if he could make the faster split, he said "I don't know if I can make it unless I try. Besides, I like the challenge."

I have seen this trait time and time again with fourth lane swimmers. While many other lanes are negotiating the workout with the coach, the fourth lane swimmers are already well into the day's posted workout without a peep. They may be well out of their comfort zones, they may not even be sure they will be able to make the splits, but regardless, they are out there working hard and doing their best to do the workout as written. And guess what: They do just that about 99% of the time.

When I first noticed this many years ago I thought that the people in the fourth lane were this way because they were fast swimmers, but over time I came to realize that they are fast swimmers, because they are this way.

If you are looking to improve your swim times in 2010, consider taking on the mindset of the fourth lane swimmer.

Don Fink is an elite athlete, author, and online coach of endurance athletes www.IronFit.com

Beat the Winter Doldrums Workout

Thanks to Sandy Carosi, Coach of the Hunterdon County (Deerpath) YMCA Masters group in Flemington, for this zippy, blah-busting workout.

Warm-up: 200, 3rd and 6th 25's kick, fly on back

Warm-up set: 4 X 100 as 1st 25 kick on side, streamline lower arm in the water over head, followed by 75 freestyle, 10-20 seconds rest

Two sets of: 15 seconds rest between swims and a minute rest between sets

2 X 150 as 50 free, 50 back, 50 free, 15 seconds rest

4 X 200 as 75 fly, 125 free
75 back, 125 free
75 breast, 125 free
75 IM, 125 free

Warm-down: 200 choice of swim, with 3rd and 6th lap kicking with no board

Quote:

"There are no shortcuts to any place worth going."

-- Beverly Sills



Records Fall

Congratulations to the following NJLMSC swimmers who set new NJLMSC SCM records at the **New England Masters SCM Championships** held at Boston University on December 11-13, 2009

Women

60-64

June Carson, 61
50 Free 36.02
400 Free 6:35.62
800 Free 13:24.21
50 Breast 48.91
100 Breast 1:47.86

Men

50-54

Benn Doyle, 51
100 IM 1:05.66

60-64

Frank McElroy, 61
200 Free 2:17.50
800 Free 10:04.36
100 Fly 1:08.93
200 Fly 2:44.54
200 IM 2:40.72
400 IM 5:46.10

70-74

Jerry Katz, 71
100 IM 1:35.34
100 Fly 1:47.46

Congratulations to the following NJLMSC swimmers who set new NJLMSC SCM records at the **Colonies Zone Championships** held at the Flushing Meadows Corona Park Pool on December 5-6, 2009

Women

55-59

Nancy Steadman-Martin, 55
50 Free 31.63
100 Free 1:05.84
200 Free 2:23.28
400 Free 4:53.27
800 Free 10:20.65
1500 Free 19:34.48
100 Back 1:19.72
200 Back 2:44.55
200 Fly 2:47.89
200 IM 2:50.17
400 IM 5:47.01

60-64

June Carson, 61
100 Free 1:22.40
200 Free 3:14.17
400 Free 6:39.44
1500 Free 26:15.32

100 IM 1:39.23

Marie Vellucci, 60
100 Fly 1:56.94
200 Fly 4:13.02
400 IM 8:16.42

Men

45-49

William Segal, 45
50 Free 25.16
100 Free 55.11
200 Free 2:02.20
50 Fly 26.83
100 Fly 58.60

60-64

Frank McElroy, 61
100 Fly 1:09.98
200 Fly 2:48.40
200 IM 2:42.01

65-69

Jim, Dragon, 65
50 Free 27.26
50 Breast 34.88
50 Fly 29.18

Richard Alexander, 65

50 Back 34.78
100 Back 1:21.13

Relays

Women

160-199 200 free relay
Berkeley Aquatic 2:26.86
Jennifer Bauman, 37
Marie Vellucci, 60
Anne-France Saillot, 47
Lisa Rivera, 27

Mixed

200-239 400 medley relay
Garden State Masters 5:11.14
Nancy Steadman-Martin, 55
Laurie Ditommaso, 47
Larry Seidman, 62
Art Wein, 59

Want to Join a Relay?

NJLMSC Open Water Chair, Jeff Jotz, is seeking five Masters swimmers to join his team for the 11.5-mile Trans-Tahoe Relay Swim on July 17. Interested parties should contact Jeff at jjotz@yahoo.com.

Light Those Candles!

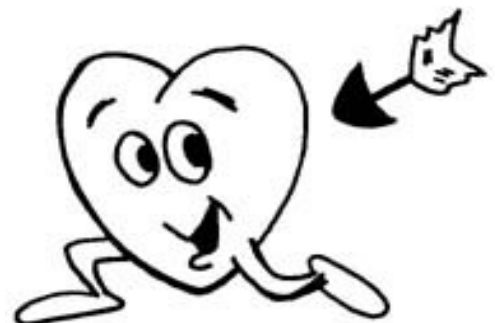
Happy Birthday to the following 89 January and February babies...



Joy Tsuzuki 80-84
Jacqueline Glasser 65-69
Joseph Donohue 65-69
Joan Szabo 65-69
Peter Hempel 65-69
Murray Simon 60-64
Greg Blessing 60-64
Bill Reichle 60-64
William Kristoff 60-64
Kathy Kelly 60-64
Julio Fiqueroa 60-64
Judy Lee 60-64
Dee Dee Merritt 55-59
Janet Estenes 55-59
Jan Potemkin 55-59
Heidi Remak-Ziff 55-59
Steven Treble 55-59
Irwin Mittleman 55-59
Richard Carlson 55-59
Sally Kleeman 55-59
Beverly Peterson 55-59
Greg Romano 50-54
Bernard Shepard 50-54
Edward Goracy 50-54
Jeanne Perantoni 50-54
Frank Fitzgerald 50-54

Russ Ball 50-54
Viktor Chebotarev 50-54
Grayson Barber 50-54
Debora Cipriano 50-54
Nancy Shapiro 50-54
Judy Ramirez 50-54
Michael Lavitt 50-54
Joan Affleck 50-54
John Szabo 50-54
Roy Palmer 50-54
Victoria Hilditch 50-54
Denise Carlson 50-54
Curtis Miller 50-54
Dan Chamby 50-54
Louis Osborn 50-54
Brenda Hershberger 45-49
William Sullivan 45-49
Greg Bassett 45-49
Steven Waskow 45-49
Ann Mancuso 45-49
Charles Williamson 45-49
Pat Zinna 45-49
Clare Cook 45-49
Jens Volker 45-49
Leigh Segal 45-49
Darek Hahn 40-44
Scott Hart 40-44
Heather Hollis 40-44
William Hester 40-44
Susan Thiel 40-44
Tony Torrington 40-44
Joscelin Burrer 40-44
Brent Jenkins 40-44
Stephani Carroll 40-44

Richard Tang 40-44
Neil Flynn 40-44
Jeff Jotz 40-44
Sarah Clark 35-39
Alison Akintade 35-39
Rhonda Hospedales 35-39
Christine Echols 35-39
Kurt Matheson 35-39
Jason Foster 35-39
Philip Sherratt 35-39
Erika Maresca 35-39
Alben Fischer 35-39
Jason Orlando 35-39
Natalia Cuadros 30-34
Christopher Esnes 30-34
Jameson Kelleher 30-34
Mike Betts 30-34
Robert Fisch 30-34
Renee Sewell 30-34
Grace Lin 25-29
Amanda Maxwell 25-29
Jennifer Betts 25-29
Thomas Sheehan 25-29
David Russ 25-29
Philip Gerhardt 25-29
Kimberly Plewa 25-29
Julia Buccini 25-29
Ryan Rimmele 25-29



Coaches Corner: Zen Balance

By Dave Samuelsohn, 11/02

(Editor's note: Though this article is 7 plus years old, I feel it still rings true. See what you think. Taken from CT Masters website at <http://www.connmasters.org/>)

Somehow when you speak of balance, the appellation, "Grasshopper," comes to mind...but I'm not going to use it. As swimmers, when we think of balance, the idea of body roll, smooth and easy, comes to mind. But as Masters swimmers, as adults with complex lives and pressures, the idea of balance takes on more meaning.

Balance for us, is more than getting your hips up and your head in line. Balance comes from taking a step away, from a broader perspective that encompasses more aspects of our life than just swimming, yet a perspective that profoundly influences the satisfaction we can derive from swimming.

Here then are some thoughts on balance and on its influence on and by swimming.

1. Body Roll: Okay, balance IS body roll, being sure that you roll equally to both sides and avoid the freestyle "limp" that tends to occur when we breathe only to one side. Learn to alternate breathe. See what your breath-side is doing and try to mirror that motion and the timing on your opposite side.

2. Front to Back: If your head comes up ...your hips go down – not one of Newton's more well-known Laws – but it still holds water. If you're a flyer or a breaststroker, make sure your head comes up for only a short time, only when you're at the most powerful part of your pull, and only when your lower body is underwater.

3. Up and Down: Much of the leverage in freestyle and backstroke comes from timing your underwater pull with your over-water recovery. Balance your timing above and below the water for greater pulling power.

4. Stop and Go: The older we get, the longer the recovery time seems to be after stress. Balance those hard workouts with rest to allow for recovery – or – balance the type of work you do to stress different areas on different days, allowing others to recover.

5. Fast to Slow: Balance the long, hard yardage you do (and obsess over) with focused, short yardage, or, race-paced speed work. These focused race-rehearsals are essential because, remember: If you want to swim fast ... you've got to swim fast.

6. On-Off: Don't do freestyle all the time, even if you only compete in that stroke. Give yourself a whole-body workout by swimming off-strokes in workouts to work on strengthening your weaknesses.

7. With and Without: We love our toys: our fins, our paddles, our pull-buoys (you know who you are.) We love them because a) we feel like we swim better with them...and b)

it's just easier. Both are good reasons to use toys. ...And both are bad reasons to rely on them. Balance your pulling and fin-work with more, honest swimming.

8. Good and Not Good: Have the discipline to work hard – make it hurt. But balance this with swims that also feel good and reinforce your confidence and the reasons you love swimming.

9. Mind and Body: Work your body hard. But work your mind equally hard. Think about your strokes, your streamline, and your strengths and weaknesses. Think to exhaustion and build the habits that will get you better at swimming.

10. Two Worlds: You're very lucky. You have an opportunity to live in another world – the world of the pool – and give yourself psychological relief from the stresses of that other world of day-to-day life. (You may even have more than two worlds.) Live in them separately and use them to rest from one another. Balance and compartmentalize.

11. Time and Again: As adults, our lives are complex with many responsibilities: family, work, selecting the right body paint for the Giants games, etc. Workouts are important but one, single workout is not. You're just not going to be available for every workout you expect to be at. Don't worry about it. The broad sweep will offer ample opportunity for enough workouts. Likewise, don't stress over a "bad" workout. For many reasons, you will have good days and bad days. Do what you can and don't obsess. Enjoy your swimming as one aspect of your balanced life.

Now you know more about balance and why it is one of the important aspects to manage and benefit from in our lives. Use it and enjoy it, think back on it, and take strength from it when you step up to the blocks for the next "big race." Oh, and watch your balance there, too!

Peace, grasshopper.

Swimming Trivia

Plunge for Distance was a short-lived Olympic event. Contestants began with a standing dive into a swimming pool where they remained motionless for 60 seconds or until they ran out of breath. The length of their dive was then measured. The event was introduced at the St Louis Games of 1904 and the gold medal went to William Dickey of the United States with a modest plunge of 19.05 metres. Americans filled all five placings. After that the event plunged deep into obscurity and was never held again.

--from http://swimming.about.com/od/familiesandswimming/a/swimming_trivia_3.htm

Swimwear Update: Emergency Rule Change

EMERGENCY RULE CHANGE

Due to the change in Masters swimwear rules published by FINA January 16, 2010, and pursuant to Article 601.4.8, the USMS Rules Committee and the USMS Executive Committee have approved the following emergency changes to the USMS swimwear rules. These changes are effective immediately for short course meters and long course meters competition. The changes are effective June 1, 2010 for short course yards competition. Note that the new swimwear rules no longer allow modesty/privacy wear underneath the competition suit nor zippers or fasteners of any kind except for a waist tie on a brief or jammer. The new swimwear rules will not govern the One Hour Swim being conducted January 2010. Changes to the swimwear rules are underlined below.

102.14 SWIMWEAR

102.14.1 Design-The swimsuits worn for competition shall be nontransparent and conform to the current concept of the appropriate. The referee shall have authority to bar offenders from competition until they comply with this rule.

102.14.2 Swimwear shall include only a swimsuit, cap and goggles (a nose clip and ear plugs are allowed). Arm bands or leg bands shall not be regarded as parts of the swimsuit and are not allowed.

102.14.3 In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. Except for open water competitions, for men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knees.

102.14.4 Only swimsuits complying with FINA swimsuit specifications may be worn in any U.S. Masters Swimming sanctioned or recognized competition.

102.14.5 Exemptions to the foregoing restrictions may be granted to a swimmer, on a case by case basis, by the Chair of the Rules Committee or designee. Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs or verified medical conditions.

A Procedures for applying for an exemption will be established by the Rules Committee and posted on the U.S. Masters Swimming website.

B No exemption to these restrictions will be granted for a swimsuit that will give the swimmer a competitive advantage.

C The decision of the Rules Chair may be appealed only to the entire Rules Committee whose decision shall be final and binding on all parties.

102.14.6 Swimmers are not permitted to wear or use any device or substance or swimsuit to help their speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Any kind of tape on the body is not permitted unless approved by the Referee.

102.14.7 Advertising-Products involving tobacco, alcohol or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule.

For any questions contact:
Kathy Casey, Chair
USMS Rules Committee
rules@usms.org

Hammerhead Aquatics 2010 Masters/Triathlon Swim Camps

Hammerhead Aquatics is pleased to announce its 2010 Masters/Triathlon Swim Camp schedule. This year we are providing five camps in sunny South Florida to USMS swimmers to help with stroke technique, racing strategy, speed development, starts and turns. All camps are officially sanctioned by Florida Gold Coast LMSC, Sanction Chair; Andrea Woodburn, 630 NE 17th Avenue, Ft Lauderdale, FL 33304, email: a.woodburn@worldnet.att.net.

4 Day Camps

February 11, 12, 13, 14, or 15 Sanction Number 5010-03

April 15, 16, 17, 18 Sanction Number 5010-05

April 29, 30, May 1, 2 Sanction Number 5010-06

May 13, 14, 15, 16 Sanction Number 5010-07

4 or 6 Day Camp-pick any 4 or 6 days

March 25, 26, 27, 28, 29, 30, 31, and April 1, 2, 3, 4, 5 (Circle chosen days) Sanction Number 5010-04

Coach John Grzeszczak and Coach Patrick Cantrell are holding camps at two facilities--Sunrise Middle School in Ft. Lauderdale and Pompano Beach Aquatic Center in Pompano Beach. We will swim twice a day, and do a clinic or dry land practice every day. Your daily participation is up to you. We know you will also enjoy some quality beach time as well as the easy going, welcoming day and night time venues in Ft Lauderdale, Wilton Manors, Lauderdale By The Sea, and Pompano Beach.

Take a break from the winter cold and stuck inside blahs and get some serious training and relaxed times in beautiful South Florida. Camp Information or questions: Email- Cantrell.patrick@yahoo.com or coach-patrick@hammerheadaquatics.com or call (347) 556-4767.

Unlocking the Mystery of the FLOG

by Marcia Anziano

You've probably been hearing the word FLOG lately. It's a funny word, FLOG. Actually, to me it sounds a bit dangerous. But have no fear, FLOG is an acronym for Fitness Log. But what exactly is a Fitness Log? Well, it's one of the benefits our members get as part of the [MyUSMS](#) section of the U.S. Masters Swimming website. That's right, it's a benefit. This became clear to me last weekend when I asked a friend if she had set up her FLOG, and she replied, "What's a FLOG?" When I told her it was a Fitness Log that you can maintain for yourself on the USMS website, she was thrilled. She had just put Fitness Log on her Christmas wish list.

This was perfect. I needed to write a tutorial for the Fitness Education Committee to share with participants in the Go the Distance fitness event. So here was my opportunity. My friend and I sat down at the computer and I walked her through the process. We set up a logon for MyUSMS, initialized the MyUSMS area, set up the Fitness Log and organized the preferences. And that was it. She was ready to go.

You can use the FLOG to keep track of all sorts of activities, not just swimming. You can track walking, weights, running, Pilates, cycling, spinning, yoga, and there's also an "other" section for anything else you might want to add. You can even have multiple workouts for each day. It's all tracked automatically.

FLOGs are also a benefit to the Fitness Education Committee since they are the source of input to the popular Go the Distance program. In the past, volunteers had to read through hundreds of emails each month and enter the information into a database for tracking the distance of each participant. Now the participants can track their own workouts using the FLOGs. If they choose to participate in Go the Distance, the data is picked up on a monthly basis.

I have to admit, at first I was only entering my monthly totals for Go the Distance into the FLOG because I had my own traditional way of keeping track of workouts. But as I spent more and more time on the FLOG, I decided to use it on a daily basis. Now I'm hooked. I love seeing the icons and the distance and time I've spent, and see the running totals at the bottom. I even know how many hours I spend walking my dog each month. Now that's a benefit!

So check out the Fitness Logs. I think you'll find them helpful and fun to use.

--from www.usms.org

Ocean County YMCA Tiger Sharks Swim Team Presents:

2010 OCY Unofficial Team Championships

Sunday, February 14, 2010 Ocean County YMCA, 1088 West Whitty Rd, Toms River, NJ

- Approval: Sanctioned by the NJ LMSC for USMS, Inc. Recognition #: 070-R02
- Facility: The Ocean county YMCA 12 lane competition pool. 10 lanes will be used for competition. 2 lanes for warm up/warm down during the meet.
- Purpose: The swimmers on the Ocean County YMCA age group swim team are running this meet as a fundraiser to help defer the cost of a team trip they will be taking to the YMCA National Championship in April
- Times: 1000 Free 9:15AM Warm Up, 10:00 Start
All other events 12:00 PM Warm Up, 12:40 Start
- Eligibility: Open to all teams and swimmers. Competitors Must be 18 years of age or older and may compete in a maximum of 5 individual events. **Note: Swimmers not officially sanctioned may compete.**
- Awards Individual awards for first through third place in each age group. Team trophies for 1st – 3rd
- Registration: **All entries must be received by 5:00 PM February 4th.** Sorry No deck entries.
- Timing: Electronic Colorado system. In the unlikely event that a malfunction occurs the meet will continue on schedule with the use of hand held stopwatch times.
- Seeding: Heats will be seeded slow to fast, regardless of sex or age. If you do not have a time, please give us a best estimate. Do not enter NT.
- Age Groups: Individuals; 18-24, 25-29, 30-34, etc. through 90+ Relays 18-24, 25-34, 35-44, 45-54, 55-64, 65+
- Relays: Relays must consist of two women and two men; the age of the youngest team member shall determine the age group. Relays must be declared by 12:15 PM.
- Entry Fees: Surcharge: \$10.00. Individual events cost \$5.00 per event. Relays are **Free**. Please make check payable to the Ocean County YMCA
- Events: 1) 1000 Free (*Swimmers must provide their own timer and counter*)
2) 200 Med relay 10) 100 Fly
3) 100 Free 11) 50 Back
4) 100 IM 12) 200 Back
5) 50 Free 13) 100 Breast
6) 100 Back 14) 50 Fly
7) 50 Breast 15) 200 Fly
8) 200 Breast 16) 200 Free
9) 500 Free 17) 200 Free Relay
- Scoring: First Through Sixth. Individual: 7,5,4,3,2,1 points. Relays: 14,10,8,6,4,2 Points.
- Concessions: Each swimmer will receive 1 ticket for food and a drink. Food will be available for sale for spectators.
- Vendor: The Sport Spot will have a table for all your equipment needs.
- Entry Limits. The meet will be limited to 250 swimmers to maintain an appropriate timeline. Also the 1000 will be limited to 6 heats, and the 500 will be limited to 8 heats. Entries will be accepted on a first come first serve basis in the order that they are received.
- Other Info: The psyche sheet will be posted at www.ocyswim.org the Wednesday before the meet. Results will be posted within one week of the meet.

**Any Questions,
call Louis Petto at 732-341-9622 x 2222
lpetto@ocymca.org**

2010 OCY Unofficial Team Championships

Attach a copy of your registration card here.
But also fill out the following info and be sure to sign the waiver.

Name _____ USMS No.: _____

Address _____

Phone: _____ Age: _____ Sex: _____ Club/Workout Group: _____

"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 ODR DAMAGES CAUSED BY THE 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."

Swimmer Signature: _____ Date ____/____/____

Optional: Email Address: _____

Event #	Event	Seed Time	Event #	Event	Seed Time
1	1000 free		10	100 fly	
2	200 med relay	Deck Entered	11	50 back	
3	100 free		12	200 back	
4	100 IM		13	100 breast	
5	50 free		14	50 fly	
6	100 back		15	200 fly	
7	50 breast		16	200 free	
8	200 breast		17	200 fr relay	Deck entered
9	500 free				

Meet surcharge: \$10.00
 Number of Individual events _____ @ \$5.00 each \$ _____
 Total Fee Enclosed \$ _____

Make checks payable to: Ocean County YMCA
 Mail to: Ocean County YMCA
 C/O Louis Petto
 1088 West Whitty RD
 Toms River, NJ 08755



U.S. MASTERS SWIMMING

2010 Annual New Jersey Masters Swimming 100 x 100s

hosted by: NJ LMSC Volunteer Board

Who: 2010 USMS Registered NJ Masters Swimmers*

When: Sunday, February 7, 2010

Where: Rutgers University Sonny Werblin Aquatic Center,
Piscataway, NJ

[Directions to Sonny Werblin Pool](#)

Time: 8:00AM – 12:00PM NOON, Mandatory Check-In by 8:10AM

Course: 8 Lanes, 25 yards

Fee: Free

The NJ LMSC would like to extend an invitation to all 2010 USMS Registered NJ Masters swimmers to attend the 2010 Annual New Jersey Masters Swimming 100 x 100s. Please plan on arriving by 7:30AM in preparation for the 8:00AM deck instructions. The event will begin promptly at 8:15AM. The eight lanes will be organized by either a structured group pace or a consensus "open" format. Starting blocks will be labeled accordingly, with either a target 100 yard pace time (fastest interval) or as "open" format. In the lanes designated for "open" swim, the set and pace will be determined by the lane participants. Please be sure to select the lane that matches your skill level. There is no requirement to complete the full 10,000 yards. Depending upon turnout and the collective lane agreement, there may be an option for some to swim 50's instead of 100's. Use of equipment is reserved to the discretion of the lane participants. Personal water bottles and/or fitness drinks are recommended to maintain adequate hydration. Please be mindful of the safety of yourself and the other swimmers – enter the water feet first and observe proper lane etiquette when swimming. Have fun, encourage each other, and most of all thanks for helping to contribute to another successful running of the New Jersey Masters Swimming 100 x 100s!

***Please Note:** This workout is only open to 2010 USMS NJ LMSC registered Members. Proof of registration will be confirmed at check-in with a current roster supplied by the NJ LMSC Registrar.



FASTLANE

NJ LMSC

451 Sweet Hollow Road
Bloomsbury, NJ 08804

