

EASTLANE

Recap: Colonies Zone 1 Mile Championship

By Bridgette Hobart

The 2nd Annual Tom Wear Memorial Swim served as the 2010 Colonies Zone 1 Mile Championship. On Sunday, September 12, 2010 over 100 swimmers entered the water between the USMS, Open, Wetsuit, and .25 divisions. Close to \$7,000 was raised for the Jefferson Township Municipal Pound, which will continue to fund planned expansions.

The course is a well-marked 1 mile loop with many orange buoys and a yellow duck to identify the finish line. Despite the unusually cold water and rain the event started with the



The swimmers started off strong in the rain.



The top male finishers pose for the camera.

USMS division, followed by the other divisions. Pre and post race refreshments served including hot coffee, teas and hot chocolate along with muffins, pastry, oranges and water.

In the USMS Division the top men finishers were Jeffery Jotz, Jeff Stuart, and Dillard Kirby. Top women finishers were Lisa Groves, Bridgette Hobart, and Lynn Ascione. Custom medals were presented to all USMS overall and first to 3rd age group winners by Jefferson Mayor Russ Felter. For additional information and pictures visit the race website www.swimlakehopatcong.com.



Swimmers nearing the finish when they reach the rubber ducky.

Get ready for next year. then on to some exciting news for 2012. The Tom Wear Memorial Swim has been selected for the 2012 USMS Two Mile Open Water National Championship!



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Calendar 2010

Other Events

November 21 1st Annual Duel in the Pool, NY Masters vs. NJ Masters. Nassau County Aquatic Center, hosted by the Metropolitan LMSC. Entry on pages 8 and 9 .

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.

September 15 - November 15 USMS 3000/6000 Yard Postal National Championships Contact Susan Ingraham, Aquatex101@aol.com or 201/493-0388. You can enter online at https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=2250 starting on September 15th .

Date Change for Annual Board Meeting and Elections

The NJ LMSC Annual Board Meeting and Elections will be held on October 31st not November 14th as formerly stated. The meeting will be held at the Raritan Bay Area YMCA in Perth Amboy at 10:30 am. Swim beforehand from 8:30-10 am to get a workout in to boot. Take this chance to help make positive changes to Masters swimming in NJ. If you want to nominate yourself or anyone else for a volunteer position you can choose from: Chair, Vice Chair, Secretary, Treasurer, Registrar, Top Ten/Records, Sanctions & Safety Chair, and Newsletter Editor. Submit your nominations to Susan Kirk at sqkirk@gmail.com. Descriptions of the positions can be found on the NJ LMSC website at <http://www.njmasters.org/membership/board/officerdescription.htm> . Contact info for the Y is 365 New Brunswick Avenue, Perth Amboy NJ, 08861 (732) 442-3632, <http://www.rbaymca.org>

Date Set for 2011 NJ Masters Swimming Annual 100 x 100s

The NJ LMSC is pleased to announce that you can put the NJ Masters Swimming sponsored Annual 100 x 100s on your calendar. The event is scheduled for Sunday, February 6, 2011 from 8am – noon. This popular swim will be open to all 2011 USMS registered NJ Masters Swimmers. Look for more information in the future.

Go The Distance Update

By Ed Tsuzuki

Congratulations to the NJ LMSC for their continued strong participation in this event! Out of all LMSCs, New Jersey remains in the #5 spot with almost 16,000 miles logged. New Jersey is #5 in total number of participants with 97!

The Colonies Zone is the #1 Zone with 84,000 miles!

This event is open to ALL registered USMS members. To participate, simply submit your total yardage in your on-line [FLOG](#) (under [MyUSMS](#)). For more details about this fitness event, go to [GO THE DISTANCE](#) on the [USMS website](#).

Top (5) LMSCs as of October 8, 2010:

Pacific	42,133
miles	246 swimmers
New England	21,755
miles	133 swimmers
Southern Pacific	21,618
miles	135 swimmers
Florida	17,379
miles	103 swimmers
New Jersey	15,867
miles	97 swimmers



Pull on Through Workout

If you like to pull you're going to love this workout courtesy of Mel Fink, coach of JCC Metropolitan NJ in West Orange. This one will work your arms for sure. Adjust the intervals to fit your own speed.

Warm Up: 300 (Choice)

Drills w/ Fins: 4 x 100 – 10, 8, 6, 4 Strokes by 25 on 1:45

Main Set#1: 2X THRU

50 Pull on :55,	then 50 BK on :55,	50 FR on :55
75 Pull on 1:10,	then 50 BK on :55,	75 FR on 1:10
100 Pull on 1:40,	then 50 BK on :55,	100 FR on 1:40
125 Pull on 2:00,	then 50 BK on :55,	125 FR on 2:00
150 Pull on 2:10,	then 50 BK on :55,	150 FR on 2:10

Cool Down: 100 (Choice)

Total: 3,300

For the Record

French quadruple amputee 42-year-old Philippe Croizon, swam 21 miles across the English Channel. Croizon, a former electrician, lost his limbs after he touched a live power line while adjusting a TV antenna in 1994. It was during his recovery that Croizon says he was inspired to attempt a Channel crossing by a documentary about the feat that he watched from his hospital bed. Following two years of conditioning Croizon – equipped with prosthetic flippers and with a snorkel to breathe – departed from Folkestone, in southern England, at 8 a.m. GMT last Saturday on a swim that he would knock off at a pace of roughly two miles per hour, about half the speed of a typical athlete. After a 13 ½ hour swim Croizon arrived in the French town of Wissant at 9:30 p.m., 11 hours ahead of schedule, and announced his intent to next swim from Europe to Africa via the Strait of Gibraltar.

--From *Sports Illustrated*, 9/27/10 issue

“Enthusiasm finds the opportunities, and energy makes the most of them.”

--Henry S. Haskins

You Can Go Back by Lynn Foley, AAA

Editor's note –The heart-warming article below was written by Lynn for her Maryland Masters LMSC newsletter. At 67 she was the oldest woman who swam the race. We're so glad she agreed to let us run her article too!

“Colonies Zone 1 Mile OW Championship, Tom Wear Memorial Swim, September 12, LAKE HOPATCONG, New Jersey, LMSC” leaped out at me from the July issue of “Swim Times, Maryland”. The lake is where at three years old, I learned to swim. My parents bought our home in the summer of 1947 and since the lake was our front yard, it was teach me to swim or risk loosing me. Okay, being a late August birthday, I was almost four. I vividly remember my first solo swim. I had been standing on the slimy green logs that were the underpinnings of our dock. I slipped and my mother said, “Swim. You can do it.” I did. I have no memory of her teaching me to swim, but she told me she used a child harness and walked back and forth on the dock as I paddled in the water. Lake Hopatcong was a wonderful place to grow up in the summer. But, as each Labor Day approached, I cried because my friends were leaving. My parents cheered that the “city people” were going home. There were very few year round families living at the lake in the 50s. The population swelled to 20,000 each summer from the 3,000 of us who stayed all year in Hopatcong Borough where I lived and where my dad had grown up. The lake is the largest in New Jersey and spans two counties including four towns. My mother's family lived across the lake in Morris County while we lived in Sussex, so with grandparents on both sides of the lake, and having a canoe and later a power boat, I got to explore and know the lake pretty well. During the school year there were no children within walking distance and there were no organized team sports. Swimming was the only sport I learned to do well. As soon as the ice was off the lake, I would beg my parents to let me in. I was allowed to swim when the temperature reached 60 degrees and it was always an exciting cold plunge. During my teen years parents organized a summer team and we competed against nearby lakes. Northwestern New Jersey was known as the Lakeland Area. Glaciers had rolled through during the ice age and gorged out many small lakes as well as the larger Lake Hopatcong. When meets were hosted by The Byram-Sperry Swim Team, we swam from my own dock or from a community dock a few miles away. It was at my own dock in 1960 that I leaned over to a fellow swimmer and asked about a guy who had pulled up in a boat, “Who is that guy?” “He's Michael Foley's older brother, Bill.” she answered. I married Bill in 1964 and most of the swim team attended the wedding. He is to this day my chief goggle carrier and lap counter.

How could I not register to swim this event being held at Lake Hopatcong? I hadn't been in the lake since my mother sold the house twenty years ago. After registering, I got a nice e-mail stating that I would probably find the lake quite changed. As the race date neared, I became somewhat anxious about the swim. It was on the opposite side of the lake from where I lived and I remember the area as being quite shallow and weedy. Since I moved away in 1964, I didn't expect to know any other swimmers. There was a pre-event party planned the evening before the swim and I was looking forward to that, but I had questions. What kind of people are the swimmers of New Jersey? I hoped they were as friendly as most I have met. Would I be substantially older than the other swimmers? I didn't mind being the oldest, but I hoped there were some fairly close to my age. What would the temperature of the water be? I've lost my enthusiasm for 60 degree water. My brother-in-law who still lives in the area wouldn't agree to swimming even though they had an event for non-masters swimmers. He said the water would be green by September. Could he be right?

The night before the race, my in-laws, four of them, met Bill and me at the pre-event party where I got my registration packet and learned that, indeed, I was the oldest female registered. There were, however, others in their 60s. When I asked about the water temperature, no one gave me a direct answer, so I figured it would be cool. The morning of the 12th was cloudy and it began to drizzle. We got our bodies marked and our ankle bracelets attached. The pre-race meeting explained the course. The explanation was hardly necessary. The course was the best marked I've ever seen. From the start one could see the entire race outlined by very large orange buoys. At the end was a giant yellow rubber ducky--the kind that makes “bath time lots of fun”. After the National Anthem was sung beautifully by a local 15 year old gal who had auditioned for and attended American Idol Summer Camp, we lined up and the rain increased. We went over the start pad in single

file with woman before men and it appeared our bib numbers were assigned by age, as I was the last woman before the first man. The swim seemed really easy in comparison to the Great Chesapeake Bay Bridge Swim that I had completed in June. There were no currents and no waves. The sighting of the big orange buoys was a joy. I was half way done and I felt as if I was just getting warmed up. That may have had to do with the water temperature. Later, the highest guess I heard was 70 degrees. Most thought it was about 68. Like the Chesapeake, the water was the color of tea and I couldn't see the bottom. There was a lot of seaweed, even in the deepest part of the race, but somehow it didn't bother me. It tickled me both literally and figuratively. As swimmers exited the water, volunteers were waiting with silver foil blankets so we could keep what body heat we had in. It was raining quite hard, but the race headquarters were in a large boat warehouse where, although there were 200+ people we were all comfortably dry waiting for the last swimmers and the awards ceremony. Since I was the only person in my age group, I came in first at 32:16.90. I scanned the crowd and found sweatshirts from Maryland, Pennsylvania and Connecticut. People were friendly and I chatted with several. If there was anyone there I had known in my previous life, I didn't find them. Names and looks change.

This was an extremely well organized race. The director was wonderful from her first e-mail welcoming me to giving me an extra packet of goodies in an attempt to entice my brother-in-law back to swimming. The proceeds of the race were donated to the local animal shelter. Following that theme, swimmers got long sleeved shirts designed with a dog swimming part of the course. I ate both of the chocolate paws that were in the registration packets. My brother-in-law lost out.

I would recommend this well organized and fun-filled swim.

Stroke Clinics at the Sussex Y

Bob Hopkins will be conducting a stroke technique swim clinic for adults at the Sussex County YMCA from 6 to 8 PM on Tuesday evenings October 19th, October 26th and November 2nd. The clinic will be limited to the first ten people who register. The cost is \$25 for Sussex County YMCA members and \$50 for non SCY members.

The clinic will include a classroom session from 6 to 7 PM and a pool session from 7-8 PM. The first classroom session will consist of studying a video of elite level swimmers with underwater and above water views of their slow motion swimming. As the group watches them, they will evaluate their technique with the attached stroke technique evaluation form. After that, Bob will describe some skill drills (see attached) that correct the most common stroke defects. In the first pool session we will videotape each swimmer with an underwater camera and spend the rest of the hour teaching skill drills. The second and third classroom sessions will be spent looking at the video tape of each swimmer and evaluating your technique using the same stroke evaluation form we used when we reviewed the elite swimmers. Your stroke defects will be identified and the skill drills needed to fix your stroke defects will also be identified. During the second and third pool sessions, Bob will teach additional skill drills that you will practice doing correctly.

This methodology is based on the fact that repeated perfect execution of skill drills will reprogram your neuro muscular memory so that you will swim with correct whole stroke technique. The clinic will address all four competitive strokes but those interested in freestyle only (triathletes, exercise swimmers, etc.) can concentrate on the freestyle skill drills only.

To sign up for the clinic, call the Sussex County YMCA at 973-209-9622 or sign up in person at the Welcome Desk in the lobby of the Y in Hardyston. The name of the clinic is "Fun & Affordable Adult Swim Clinic" and the class number is 45915. You can call Bob for information at 973/729-3686.

Light Those Candles... Happy birthday to the following 55 October babies!

Paul Kiell 80-84	Diane Dinsmore 50-54
William Stern 80-84	William Ruthrauff 50-54
Al Ferguson 70-74	Jeff Liccardi 50-54
Joyce Schelling 70-74	David Brundage 45-49
Paula Pycrz 65-69	Bridgette Hobart 45-49
Lawrence Seidman 60-64	Sandra Franc 45-49
Steve Glassman 60-64	John McCormick 45-49
Joel Stein 60-64	Kenneth Abramowitz 40-44
Martino Caretto 60-64	Ann Monaghan 40-44
Beth Maloney 60-64	David McNamara 40-44
Catherine Maloney Falicon 60-64	Doug Clark 40-44
Tom Trainor 60-64	Amy Kolman 40-44
Roberta Geist 60-64	Soren Hastrup 40-44
Jeffrey Hibbitt 55-59	Joseph Roberto 40-44
Tom Blackburne 55-59	Heather Negley 35-39
Bill Tesar 55-59	Gita Roy 35-39
Carol Morman 55-59	Allison Gulbrandsen 35-39
Susan Dasch 55-59	Daniel Sutherland 35-39
Nancy Freundlich 55-59	Dermot McLeer 35-39
Jeffrey Webb 55-59	Jane Gardner 35-39
Robert Henry 55-59	Jennifer Higgins 35-39
Dennis Friedman 55-59	Paola Morchio 30-34
Peter Lupfer 55-59	Ted Pollack 30-34
Woody Browne 55-59	Julie Soltys 30-34
Mark Chiusano 55-59	Brendan Gallagher 30-34
Ardis DeCamp 55-59	Alice Henriques 30-34
Jay Muldoon 55-59	Lisa Rivera 25-29
Elizabeth Broos 50-54	Jenny Fowler 25-29

Side Note:

An article about Masters swimming in New Jersey has made it into the August/September issue of Renaissance Magazine. This is the magazine for the NJ Foundation of Aging. You can check out the piece at <http://www.njfoundationforaging.org/RenAUGSEPTFinal02.pdf> on page 16. You may see yourself in the photo of the last 100 X 100's swim!

New Records Set

Congratulations to the following NJLMSC swimmers who set new NJLMSC LCM records at the **USMS Summer Nationals** in San Juan, Puerto Rico on August 9-12, 2010. Laurie DeTommaso captured 2 national title in the 50 free and the 50 fly while Andrea Luallen-Egg placed first in the 100 back.

Women 45-49

Laurie DiTommaso, 48
50 Free 29.21

100 fly 1:17.93

Andrea Luallen-Egg, 45

50 back 34.29

100 back 1:15.64

200 back 2:46.94

200 breast 3:19.25

200 IM 2:48.95

Women's Relays

160+ years

200 free
Garden State Masters 2:07.68

Deborah Cipriano, 53

Lynn Ascione, 43

Andrea Luallen-Egg, 45

Laurie DiTommaso, 48

200 medley

Garden State Masters 2:23.25
Andrea Luallen-Egg, 45

Lynn Ascione, 43

Laurie DiTommaso, 48

Deborah Cipriano, 53

Congratulations to Andrea Luallen-Egg, 45 for setting a new NJLMSC record in the 400 IM (6:10.02) at the **Colonies Zone 2010 LCM meet** held at the University of Maryland on August 21-22, 2010.

Stereotyping Swimmers by Their Favorite Event

By Mike Gustafson

What I love about our sport is that it's really multiple sports bundled into one. Any sprinter will tell you that swimming the mile is a different beast entirely. Equally true is the fact that each sport-within-the-sport attracts certain types of athletes. Now, maybe these lines aren't completely cut and dry, but here's my assessment of swimmer stereotypes. Enjoy!

50 Free: People who loathe swimming

100 Free: People who loathe swimming but practice hard every Thursday

200 Free: High school basketball dropouts

500 Free: People I don't share a warm-up lane with

The Mile: Sociopaths

100 Back : That hyperactive kid who spins in circles

200 Back: Contortionists undefeated at Marco-Polo

100 Fly : Ramstein enthusiasts

200 Fly : People who rent *Misery*

100 Breast : The first person on your team to get a tattoo

200 Breast : The second person on your team to get a tattoo

200 IM : Indecisive restaurant orderers

***400 IM :** Future billionaires with hot spouses and never-ending happiness

***author may have swam 400 IM**

--Thanks to Ed Tsuzuki who passed this along from Maria Elias-Williams

Sunday, November 21, 2010 New York vs New Jersey SCM Duel In The Pool

Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #060-18

- Host Venue Nassau County Aquatic Center located in Eisenhower Park in East Meadow; facility is conveniently accessible from all major area highways. 80,000 square foot complex with spectator grandstand area, "stretch" 68-meter pod with three bulkheads, and ten (10) short course meter competition lanes with two-meter minimum depth. Adjacent short course meter lanes available for continuous warm-up and cool down throughout meet. Colorado electronic timing system and scoreboard display. Site of the 1998 Goodwill Games, 1998 Speedo Northeast Junior National Championships, 1999 Phillips 66 USA-Swimming National Championships, 2001 US Open, 2001 Colonies Zone Masters SCY Championships, 2001 Women's NCAA Division 1 Championships, 2001-2004 FINA World Cup events, 2004 New York State Masters SCY Championships, 2004 Men's NCAA Division 1 Championships, and the 2007 USA-Swimming National Championships.
- Schedule Warm-Up 9:00-9:50AM • Meet Start 10:00AM • Projected Finish Time 1:30PM
- Time Line An approximate meet time line will be posted online 2-3 days in advance at www.aquafitmasters.com.
- Directions Area map, venue parking, driving directions, and mass transportation options available at www.aquafitmasters.com.
- Eligibility Open to 2010 or 2011 USMS-registered swimmers from the Metropolitan LMSC and New Jersey LMSC 18 years of age or older. Age determination date for (short course) meter competition is December 31, 2010.
- USMS Lost your USMS registration card? Go to: www.clubassistant.com/club/usms_member_card_request.cfm
Need to register with USMS for participation in this meet? Go to: www.clubassistant.com/club/usms.cfm
- Awards Each swimmer will receive a unique award at check-in on event day commemorating their participation in this meet on to which results award labels can be affixed.
- Extras Each participant will receive high quality commemorative event TEAM apparel: RED shirts and caps for Metropolitan LMSC swimmers; BLUE shirts and caps for New Jersey LMSC swimmers.
- Scoring Top five (5) male and female swimmers in each individual event score points for their respective state (LMSC) team. Final "Mystery Relay" scores DOUBLE points. Winning team will claim bragging rights to and take home the DUEL IN THE POOL WINNER'S CUP.
- Seeding Swimmers will be seeded in heats according to entry time, not by age and gender. Heats will be contested slowest to fastest. The top five (5) male and female swimmers from each state (LMSC) team will be seeded in separate championship heats for each event. All individual events will be pre-seeded to streamline meet administration and remain within facility time line restrictions. There will be no deck entries and no scratch procedure. Impress upon your teammates the importance of showing up at this meet once they have entered.
- Split Times Official split time requests must be submitted IN WRITING prior to meet conclusion. Exception: Initial backstroke distance split requests must be submitted in writing PRIOR TO THE SWIM. A supply of official split time request forms will be available at the meet.
- Entry Times Enter SHORT COURSE METER times for all events. "NT" (no time) entries will be seeded in the first (slowest) heat. An automated entry time conversion utility is available at www.swimmingworldmagazine.com/results/conversions.asp
- Entry Limit Swimmers are permitted to enter and swim a maximum of four (4) individual events and one (1) relay.
- Entry Info Both paper mail-in and online event registration is available. Event organizers PREFER that you use online event registration for speed and accuracy, which is available at www.ClubAssistant.com/club/meet_information.cfm?c=1356&smid=2722
- Entry Fee \$35 flat fee regardless of number of events entered. Entry fees are NON-REFUNDABLE. Online event registration requires a credit card and will reflect a charge from Club Assistant.com Event Billing.
- Deadline Online event registration OPENS Monday, October 18 and CLOSES Saturday, November 13 at 12:00PM (12noon) EST. Paper mail-in entry RECEIPT deadline is 6:00PM EST on Wednesday, November 10. No late, faxed, emailed, incomplete or illegible entries will be accepted. If mailing in paper entry, remember to include a legible copy of your current (2010 or 2011) USMS registration card and \$35 entry fee payable by check or money order to Metropolitan LMSC.
- Mail To Lisa Baumann, 734 Franklin Avenue #383, Garden City, NY 11530
- Questions Direct inquiries to event director, Lisa Baumann, via email at aquafitinc@ad.com

Sunday, November 21, 2010 New York vs New Jersey SCM Duel In The Pool
 Warm-Up 9:00-9:50AM • Meet Start 10:00AM • Projected Finish Time 1:30PM

Swimmers are strongly urged to use online meet registration for speed and accuracy at
www.ClubAssistant.com/club/meet_information.cfm?c=1356&smid=2722

INDIVIDUAL EVENT MAIL-IN ENTRY FORM
 Enter SHORT COURSE METER times for all events

#	EVENT DESCRIPTION	ENTRY TIME	#	EVENT DESCRIPTION	ENTRY TIME
1	Mixed 200 SCM Freestyle	_____	9	Mixed 100 SCM Butterfly	_____
2	Mixed 100 SCM Breaststroke	_____	10	Mixed 400 SCM Individual Medley	_____
3	Mixed 50 SCM Backstroke	_____	11	Mixed 50 SCM Freestyle	_____
4	Mixed 200 SCM Butterfly	_____	12	Mixed 200 SCM Breaststroke	_____
5	Mixed 200 SCM Individual Medley	_____	13	Mixed 100 SCM Backstroke	_____
6	Mixed 100 SCM Freestyle	_____	14	Mixed 50 SCM Butterfly	_____
7	Mixed 50 SCM Breaststroke	_____	15	Mixed 100 SCM Individual Medley	_____
8	Mixed 200 SCM Backstroke	_____	16	MIXED MYSTERY RELAY	<i>deck enter at meet</i>

Print clearly, filling in ALL information so we can reach you to resolve a discrepancy or for communication of event-related information.

USMS LIABILITY RELEASE: "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."

Use of Image/Likeness: I grant permission to U. S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.

SIGNATURE _____ DATE _____

PRINT FIRST & LAST NAME _____ SEX (circle one) M F
same name as indicated on your current USMS registration card

BIRTHDATE / / AGE CLUB ABBREVIATION _____
mm dd yyyy (as of 12/31/10) (as per USMS registration card)

DAY TEL (_____) _____ - _____ EVE TEL (_____) _____ - _____

CLEARLY PRINT E-MAIL ADDRESS _____

Include LEGIBLE copy of current (2010 or 2011) USMS registration card and \$35 entry fee payable by check or money order to Metropolitan LMSC with fully executed entry form.
 MAIL to: Lisa Baumann, 734 Franklin Avenue #383, Garden City, NY 11530.

Mailed entry RECEIPT deadline is 6:00PM on Wednesday, November 10, 2010.
 Mail your entry AT LEAST FIVE (5) BUSINESS DAYS IN ADVANCE of deadline.
 Online registration remains open until 12:00PM (12noon) Saturday, November 13, 2010
 at www.ClubAssistant.com/club/meet_information.cfm?c=1356&smid=2722



NJ LMSC

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