

# EASTLANE

## What a Banquet!

The 5th Annual NJ Masters Swimming Awards Banquet and Social held on May 14<sup>th</sup> in Rahway was a hit! A record sixty guests attended the festivities.

Fifteen attendees worked up their appetites by swimming a pre-banquet workout coached by Bill Reichle at the Cranford Pool & Fitness Center (Centennial Avenue Pool) in Cranford.

The buffet dinner was catered by The Waiting Room of Rahway who also donated a T-shirt and gift certificate. Other door prizes included a TYR polo shirt and about 20 pairs of goggles courtesy of Metro Swim Shop in Berkeley Heights.

The highlight of the evening was a moving presentation by keynote speaker, All-American Masters swimmer, Nancy Steadman-Martin, well known for her exceptional open water swimming feats including completion of the "Triple Crown" of long distance swimming: the English Channel, the Catalina Channel, and the swim around Manhattan island not once but four times! Nancy captivated the crowd with heartfelt (and often humorous) stories about the people in her life who inspire her to keep on swimming. Her talk was motivating and uplifting.

Award winners who were present represented the 25-year and 5-year continuous member categories. Chair of the NJ LMSC, Susan Kirk, presented the awards to the recipients. Dark blue windbreakers with stylish NJ Masters Swimming logos were given to the 25-year winners while the 5-year winners received bag tags with logo (perfect for inserting their USMS cards to carry to a meet).

Those award recipients who didn't make the banquet can contact Susan Kirk at [sqkirk@gmail.com](mailto:sqkirk@gmail.com) to arrange for pick up of your awards.



The 25-year continuous member award winners at the banquet were: Linda Brown-Kuhn, Jerry Katz, Beth Maloney, Bill Reichle, Benn Doyle, Penny Boorman, Tink Bolster, Nancy Steadman-Martin, Alfred Ferguson and Tom Brunson.



Nancy Steadman-Martin and Co-Registrar Chris McGiffin

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# Calendar 2011

## Events

**January 1 - December 31** USMS Go The Distance 2011 Fitness Event. Go to <http://www.usms.org/fitness/content/gothedistance> to enter this free event.

**January 1 - December 31** USMS "Check-Off Challenge" National Fitness Event Go to <http://www.usms.org/fitness/content/checkoff> for more information or contact Nancy Brown; [nancy-geoff@cablespeed.com](mailto:nancy-geoff@cablespeed.com)

**June 11** 2011 USMS USMS 6 to <9 Mile Open Water National Championship (10K), Gulf of Mexico, Ft. Myers Beach, FL. Entry deadline is June 7.

**June 18** 2011 USMS > 9 Mile Open Water National Championship (25K), Morse Reservoir, Noblesville, IN. Entry deadline is May/June 21.

**June 24-26** Colonies Zone Long Course Meter Championships, Middlebury College, Middlebury, VT, Online entry and meet info

**August 3-6** 2011 USMS Summer Nationals, Auburn University, Auburn, AL. Complete meet information will be available with the publication of the May/June/June issue of SWIMMER magazine.

**August 6** 2011 USMS >3/< 6 Mile Open Water National Championship (5K), Atlantic Ocean, Brooklyn, NY Entry form.

**August 13** 2011 USMS 2-Mile Cable National Championships, Mirror Lake, Lake Placid, NY Online entries will close at midnight, August 3. Paper entries must be received by August 1. Entry form.

## New Jersey Events

**July 30** NJ Masters Swimming Open Water Clinic, Lake Hopatcong. Details coming soon.

**August 6**, Annual Mid Summer Open Water 1 Mile Ocean Swim, Lavallette. Entry on pages 8 and 9.

**August 7** Jason E. Nessel Memorial LCM Meet. Entry on pages 10 and 11.

**October 1** Sussex County YMCA "Just Do It" Adult Mini-Meet, Sussex County YMCA, Hardyston, NJ. Entry form.

**October 15** Drew Rangers Masters Fall Swim Meet, Drew University, Madison. Entry form coming soon.



Summer  
Time!

## **Mid-Distance Freestyle Workout**

Thanks to Head Coach, Bryan McDonnell, from the Wyckoff YMCA Masters team for this tough freestyle workout. (If you want to cut the yards down, repeat the main set three times instead of four for a total of 3,000 yards).

Warm up: (400 yards)  
400 choice

Pre Set: (600 yards)  
4x25 Kick  
4x50 Drill  
4x75 Build each 75

Main Set: (2400 yards)  
4 times through  
250 - Even pace throughout  
(20 sec rest)  
200 - 2nd 100 faster than 1st 100  
(20 sec rest)  
150 - Each 50 gets faster  
(60 sec rest, reset)

Cool Down: (200 yards)  
200 Choice, easy  
Total: 3,600



## **March 2011 Open Water Safety Conference report**

By Jeff Jotz, NJLMSC Open Water Chairperson

I had the pleasure of attending the inaugural Open Water Safety Conference in San Francisco in March with NJLMSC Chairperson Susan Kirk and over 100 attendees from around the world. While the majority of those at the conference were from the West Coast, and while most of the swimming events discussed were large-scale swims featuring many elite athletes, I was able to learn about the unique challenges faced by different open water swims and the difficulty in developing a set of safety standards that fits every open water swim. After all, every body of open water is different, and even the same swim course can be drastically different from day to day or hour to hour.

Based on the seminars that were set up for us, it was agreed that every open water event have an emergency action plan (EAP) in case something goes wrong and to be attuned to weather and water conditions. Even swimmers should have their own personal EAP. What happens if I get a cramp? Stung by a jellyfish? Swim into flotsam and jetsam? I attended workshops that discussed water quality, hypothermia and hyperthermia and how to recognize such symptoms in swimmers. Great open water swimmers like Marcia Cleveland and Shelley Taylor-Smith were on hand on how to monitor participants in marathon swims.

The conference reminded me that when dealing with open water, we are at the mercy of the wind, currents and waves and we should be mindful of our powerlessness against those forces. During a particularly moving moment, a member of the Japan International Open Water Swimming Association was able to leave his country just a few short days after the horrific earthquake and tsunami devastated Japan and attend the conference. He spoke about the open water swims that were cancelled due to the tsunami damage but he was still able to provide us with a written safety policy that may be helpful for swim directors here in the States.

"Mother Nature always and forever; she's in charge," Lt. Greg Buchanan of San Diego Fire/Rescue told our audience.

Thankfully, the majority of open water events in our area have made safety a priority, although there is always room for improvement. The 2010 death of open water swimmer Fran Crippen was the unfortunate event that inspired our conference, and the spectre of our litigious society always hung over debates on how much safety is enough when swimming without walls and lane lines.

## Records, records

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCY records at the **Ocean County YMCA Unofficial Team Championships** on February 13, 2011.

Women

18-24

Annie Ferguson, 24

1000 Free 11:06.71

200 Breast 2:40.69

75-79

Janet Moeller, 76

200 Free 3:44.06

100 IM 1:55.61

200 IM 4:14.65

Men

50-54

Ron Borchers, 51

500 Free 5:39.92

55-59

Ken Niemi, 55

200 Back 2:32.40

65-69

Jack Zakim, 65

200 Free 2:14.89

100 Back 1:16.07

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Congratulations to June Carson, 62, who set a new NJ LMSC SCY record of 31.65 in the 50 free at the **Sussex County YMCA "Adult Mini Swim Meet"** on April 9, 2011.

## NJ Swimmers Work the "Go The Distance" Event

*Ed Tsuzuki*

New Jersey continues its strong start for 2011 in the Go The Distance event! Out of all 52 LMSCs, New Jersey holds the #7 spot with over 7,150 miles logged. New Jersey remains in the #5 spot in total number of participants with 105! Let's go NJ! Sign up, swim, and log those miles! Let's give Oregon and Illinois a swim for their money!

The Colonies Zone is still the #1 Zone with over 40,800 miles and 574 participants. This event is open to ALL registered USMS members. To participate in 2011, 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 (7) LMSCs for 2011:

Pacific	18,247 miles	231 swimmers
Florida	11,817 miles	134 swimmers
Southern Pacific	11,116 miles	138 swimmers
New England	9,470 miles	122 swimmers
Oregon	7,858 miles	92 swimmers
Illinois	7,591 miles	100 swimmers
New Jersey	7,159 miles	105 swimmers

### You Must Be A Swimmer If...

You have damp towels hanging all about your house.

You could beat a 300 lb lineman in an eating contest.

You have a permanent suit, goggle, and cap tan.

You find yourself doing random shoulder stretches around the house.

When you get nervous about something you shake out your legs.

*From April/May 2011 Wisconsin Masters Swimming newsletter*

## Light Those Candles!

*Happy birthday to the following 128 swimmers who celebrate their birthday in May and June.*

<b>May:</b>	Yves Baeyens 40-44	Gertie Sloan 55-59	Wendy Braun-VanDeVeen 45-49
Tink Bolster 80-84	Arnold DeGarcia 40-44	Michael Keltos 55-59	Chuck Graf 45-49
William Mackolin 75-79	Jodi Barrish 40-44	Gail Stevancsecz 55-59	Regina Papini 40-44
Penny Boorman 75-79	Douglas Miller 35-39	Jane Riff 55-59	Mary Jo Martone 40-44
Patric Mill 65-69	Lynn Frampton 35-39	David DeSimone 55-59	Erling Hoie 40-44
Bob Hopkins 65-69	Jennifer Applebee 35-39	Susan Olesky 55-59	James Turney 40-44
Jim Dragon 65-69	Matthew Donovan 35-39	Gregory Kelly 50-54	Michelle Davidson 40-44
Richard Alexander 65-69	Kris Ohleth 30-34	Tilak Samaranyake 50-54	Andrew Mitzak 40-44
David Goldberg 60-64	Mike Eng 30-34	Melissa Coley 50-54	Leslie Frost 40-44
Gail Seelig 60-64	Lisa Friedman 30-34	Robert Franks 50-54	Tracy Lee 40-44
Arthur Wein 60-64	Sebastian Ziomek 30-34	David Schmitt 50-54	Austin Clayton 40-44
John Decker 55-59	Michele Cinkewicz 30-34	Gerri Callahan 50-54	Marc Silberman 40-44
Andrew Maggion 55-59	Kevin Nervi 25-29	David Fabian 50-54	Beth Aley 40-44
Jonathan Norton 50-54	Rob Mathis 25-29	Linda Brown-Kuhn 50-54	Jiaming Yu 35-39
Jose Saud 50-54	Kevin Martin 25-29	Lydia Chambers 50-54	Roslyn Paine 35-39
Janice Baker 50-54	David Lillard 25-29	Chris Lowe 50-54	Peter Hockmeyer 35-39
Marybeth Jacob 45-49	Hillary Schranze 25-29	Susan Kirk 50-54	Brian Hopkins 35-39
Lan Ge 45-49	Brad Thornton 25-29	Alan Voorhees 50-54	Kathleen Olivieri 30-34
Lisa Spiller 45-49	Erin Hughes 25-29	Bonnie Brienza 45-49	Anne Marie Nixon 30-34
Erik Werfel 45-49	Emily Woo 20-24	Tim Christian 45-49	Jillian Sabine 30-34
Michael Cialdella 45-49	Matthew Giliotti 20-24	Rich Callaghan 45-49	Viktoira Toczikova 30-34
Terry Conrad 45-49	Stephen Rubino 20-24	Michael Sirkin 45-49	Andrew Shore 25-29
Todd Sarett 45-49	<b>June:</b>	John Esser 45-49	Brendan Lang 25-29
Larry Bishof 45-49	Florence Melick 90-94	Dennis Smith 45-49	Miles Cava 25-29
Julie McLaughlin 45-49	William Haynes 85-89	Mike Lierandi 45-49	Eamon McGlynn 25-29
Sara Johnston 45-49	Ralph Hemecker 75-79	Lew Gillett 45-49	Thomas Alne 20-24
Andrea Luallen-Egg 45-49	Dieter Wunderlich 70-74	William Segal 45-49	
Aaron Moore 45-49	Madeline Greene 70-74	Julie Sheaffer 45-49	
Arnold Alday 45-49	Ray Hurst 70-74	Luis Lara 45-49	
Katherine Massopust 40-44	Donald Walsh 65-59	Steve Hiltabiddle 45-49	
Mark Laccetti 40-44	Robert Hengeveld 54-69	Monica Dobbin 45-49	
Lynn Ascione 40-44	Bob Cashel 60-64	Simon Bintley 45-49	
Joanne Ploch 40-44	June Carson 60-64	James Curd 45-49	
Rocco Celentano 40-44	Ellen Pease 60-64	Elizabeth Jouvart Leonardo 45-49	
	Dave Siconolfi 60-64		



# USMS Coaches Certification Seminar

By Sally Kleeman

Current swim programs are experiencing increasing numbers of adults looking for training in open water swimming, triathlons, and instruction in swimming for fitness and health benefits. Since records show that most USMS members do not compete, competitive coaches also need to be able to teach swimming as a lifetime fitness skill. In response, USMS is expanding its scope outside the pool box to better accommodate swimmers with a wide variety of goals.

USMS has developed an excellent coaching certification program in conjunction with ASCA. I was able to attend one of the first ones, held March 5th and 6th in Warrenton, VA. Approximately 30 coaches attended, coming from upstate New York, Pennsylvania and Georgia as well as locally. Many thanks to Warrenton Masters, who provided a lovely social on Saturday night, and welcomed everyone to participate in their meet on Sunday morning.

Master Coaches Mel Goldstein and Scott Bay taught this class. They presented the program in lecture format, followed by a written test to certify for coaching Levels 1 and 2. Mel and Scott covered a lot of material in a short time. Both coaches are energetic and passionately supportive of USMS. Each spoke from their strengths, trading off to keep the lecture interesting and dynamic. A power point presentation, video, and a written outline helped to back up the lecture and emphasize points covered in the test. Mel discussed program development and business practices, with a lot of the motivational ideas for which he is well-known. Scott spoke about technique, drills, and coaching concerns. Questions were answered, with discussion time built into the schedule. Plans are underway to continue the certification process through Levels 3 and 4.

Considering the increasing numbers of novice athletes, and emphasis on swimming for fitness, I would like to see more in-depth coverage of special populations and health issues. Also, I think USMS should recommend CPR and AED training for all coaches. Even though a lifeguard should be on duty at practice sessions and the coach should remain on deck in the event of a rescue, he or she should have the knowledge to be able to back up the guard.

This more standardized approach to coach education has become important in order to better prepare USMS coaches for the adults with wide ranges of abilities, ages and fitness levels who are now looking to improve their skills and their lifestyles. Trained and certified coaches enhance adult swim programs, as well as USMS itself, and allow facilities to make the most of available pool time. Certification means credibility to an increasingly enthusiastic, but not necessarily experienced, swimming population looking for the best training they can get. Not only do they want to swim laps, they want to learn and improve through experienced direction and knowledgeable feedback. USMS certified coaches will be ready to lead that training.

## Freestyle Drills

by Scott Bay, Head Coach, Daytona Beach Masters  
March 4, 2011

### Tap Your Head Drill

This is a drill for freestyle that we really like at the moment and for a couple of different reasons:

It lets you know where your head is for posture in the water. It gives you an indication of where your hand is to prevent over reaching (reaching in front of the head) It promotes rotation.

#### How to do it:

While swimming freestyle, stop in mid-recovery and lightly touch the crown of your head, then slip the hand into the water in front of the shoulder in a kind of catch-up fashion, and then the other hand pulls through and repeats the motion. This is a Sloooowww drill.

Your hands should never touch each other and you need to make yourself as long as you can from fingertip to toe tip, each stroke. Kick should be kept to a minimum and the emphasis is on awareness of head, hands and hips. As with all drills, it is important to remember that you are effecting a change in habit, so forget the clock and do it slowly and methodically so you can do it correctly.

### 3-5 Switch

This is another drill we are fond of right now for free.

Reasons we like: Promotes rotation. Promotes proper position and rhythm when breathing. Promotes a strong kick

#### How to do it:

In a freestyle position, kick with one arm out and one at the side for five kicks, then take three strokes freestyle and repeat on the other side. The key points are to be at an angle to the water when kicking (> 45 degrees) and to look toward the bottom of the pool more, and remembering to breath out when kicking and take a breath only during the 3-stroke phase of the drill. As with all drills, this is done for technique, not time, so avoid an interval and do a 15-20 seconds rest between efforts.

--From USMS website

# Protecting Athletes: Open Water Safety Conference

By Susan Kirk

*NJ LMSC Chair & Secretary. Member, USMS Long Distance Committee (the USMS National Committee in charge of USMS Open Water National Championships and the rules that govern USMS Open Water events)*

Recently, I had the pleasure and the extraordinary opportunity to attend the USMS sponsored, inaugural Protecting Athletes: Open Water Safety Conference held in San Francisco, CA on March 18-20.. It was an incredible experience and I am grateful and proud that the NJ LMSC agreed that this global open water safety conference was important enough to help both Jeff Jotz and myself attend as representatives of the NJ LMSC. Thank you!

The conference was attended by more than 100 individuals from about a half-dozen different countries and a variety of communities involved with open water swimming. Throughout the conference, many viewpoints, opinions, experiences, ideas, and questions were shared and addressed regarding the ultimate charge of event directors....how to keep our open water swimmers safe as they face the numerous inherent dangers and variables of open water swimming. Topics of discussion included using trained, professional life-guards; communication protocols; education and training of event staff including, but not limited to, the event directors, the safety coordinators, the safety monitors, and the athletes themselves; hypothermia; hyperthermia; who should ultimately make the call to cancel/postpone an event. Also talked about were risk assessment and risk management; development of safety plans and distribution of the safety plans to the event participants prior to the event; as well as collaboration amongst the various open water communities.

One of the key takeaways that I had from the conference is the importance to educate the swimmers themselves to think about and devise their own personal emergency action plan prior to participating in an open water swim. What would they do if they encountered an unforeseen or emergency situation during their swim? Where are the safety monitors on the course? How would they call or indicate the need for help? Just prior to the start of the event, the swimmers should ask themselves the final question, "Am I prepared for and comfortable with the presenting conditions of the race today to still be able to swim it safely?" During the pre-race safety briefing, the option of withdrawing from the race if a participant has any concerns about their safety should be clearly communicated and stressed to all athletes. Prior to the start of the event, the event directors should scan the participants to look for any signs of anxiety or unpreparedness displayed by any participant. And in some cases, the event director may have to make the tough call of asking the participant to not swim in the event due to safety concerns.

The wealth of knowledge and experience often overflowed into the hallways as conference attendees continued to share ideas and network with their fellow open water soul mates! This gathering was an excellent opportunity for some spirited and interesting face-to-face conversations. As the passionate, global world of open water swimming continues to collaborate with one another, the evolution of even higher standards of safety will emerge. I'm already looking forward to being able to attend this conference again next year!

For more detailed information and videos from the conference, please visit <http://www.usms.org/longdist/owsafetyconf/> And as always, please feel free to contact either Jeff Jotz (jjotz@yahoo.com), the NJ LMSC Open Water Chair, or myself (sqkirk@gmail.com) with any questions or comments about USMS Sanctioned Open Water Events.

**"I wonder what it would be like to live in a world where it was always June."**

**--L.M. Montgomery  
author of Anne of Green Gables**

27TH ANNUAL  
**MID SUMMER MILE**  
 Lavallette Ocean Swim

Coordinated by the Ocean County YMCA and the Lavallette Beach Patrol  
 Sanctioned by New Jersey LMSC, Inc. for USMS, Inc. Sanction number 071-S03.

**Saturday, August 6, 2011**



**EVENTS:**

- One-Mile Masters Championship (USMS Registered only)
- One-Mile Open Championship

**Registration/Check-in:** 7:00 - 7:45 am at the beach pavilion on Philadelphia Avenue and Ocean.

- **You may register the morning of the swim but will not be guaranteed a t-shirt or gift bag. Additional t-shirts CANNOT be ordered.**
- **All competitors (or Parent/Guardian if under 18) must sign a liability release form at the time of event registration/check-in on day of the race.**
- **Wet suits permitted and declaration must be marked on application and reconfirmed at check-in. Wet suit swimmers will not be eligible for awards.**

**Race Start:** 8:00 am for Masters Race • 8:10 am for Open Race

**Course:** Conducted in 60-70°F ocean course South-to-North or North-to-South, depending on race day conditions and determined by Race Director. Cancellation of swim will be determined by the Lifeguard Captain in the event of inclement weather and/or unsafe ocean conditions.

**Timing:** Electronic timing will be used and provided by Jersey Shore Multi Sport. Each swimmer will wear an electronic timing chip on an ankle bracelet to automatically record their time.

**Fee(s):** **PAYABLE TO THE OCEAN COUNTY YMCA**  
 \$20.00 - Pre-registration (**Must be received by July 29, 2011**)  
 \$25.00 - Day of Swim  
 \$15.00 - One-Event USMS Registration available for unregistered swimmers interested in competing in the Masters Event. Forms available at time of registration/check-in.

**Awards:** Top 3 Male and Top 3 Female in each age group contested: 17 & Under, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-60, 65-69, 70-74, 75-79, 80+

**Light Refreshments:** Light refreshments will be served immediately after the swim.

**Registration contact and address:** Janet Sellitto, Ocean County YMCA, 1088 W Whitty Road, Toms River, NJ 08755, 732 341 9622 ext 2214 or [jsellitto@ocymca.org](mailto:jsellitto@ocymca.org)

**Directions:** Garden State Parkway to Exit 82 (Seaside Heights), Continue on Route 37 East over the bridge. Keep toward the left onto Route 35N. Continue on Route 35N to Philadelphia Ave., turn right toward the beach. Arrive early - local street parking is limited.

**Beach Access:** Beach access is no charge for the duration of the swim. If you wish to spend the remainder of the day on the beach, daily beach badges are obtainable. **There are no public restrooms/showers available.**



**U.S. MASTERS SWIMMING**

27TH ANNUAL

# MID SUMMER MILE

Lavallette Ocean Swim

**MASTERS SWIMMERS ONLY SIGN:**

**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 of 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. Finally, I specifically acknowledge that I am aware of all the inherent risks in open water swimming and agree to assume those risks (rule book article 203.1).

DATE \_\_\_\_\_ SIGNATURE \_\_\_\_\_

**OPEN SWIMMERS AND MASTERS SWIMMERS SIGN:**

**LIABILITY/PUBLICITY RELEASE:** (failure to sign in with date will delay processing of your application.) Please accept my entry in the 2011 Mid Summer Mile Ocean Swim. I hereby state that I have conditioned myself to participate in this event. I myself, my executors, administrators and assignees, do hereby release and discharge the Ocean Swim Committee, Ocean County YMCA, Lavallette Beach Patrol, officials, sponsors and volunteers from any and/or all claims or liabilities from damages or injuries occasioned by my participation in the 2011 Ocean Swim. Further, I grant to all foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

DATE \_\_\_\_\_ SIGNATURE \_\_\_\_\_

## PLEASE PRINT

Please make checks payable to:

Ocean County YMCA • 1088 West Whitty Road • Toms River, NJ 08755

**ALL FIELDS MUST BE COMPLETED FOR AN ELIGIBLE APPLICATION**

**PLEASE PRINT**

T-Shirt: S M L XL XXL Sex: M F Age on race day: \_\_\_\_\_ Wet Suit Worn

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Competing in: \_\_\_ USMS Event \_\_\_ OPEN Event \*USMS Registration #: \_\_\_\_\_

\*A copy of your USMS Registration Card is required to enter the USMS Event.



**U.S. MASTERS  
SWIMMING**

# JASON E. NESSEL MEMORIAL INVITATIONAL

Sunday, August 7, 2011

7:15 a.m. warmup, 8 a.m. start

Sanctioned by NJLMSC for USMS, Inc. # 071-S04



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



- ENTRIES:** The meet is open to all Masters Swimmers holding a valid 2011 USMS registration card. If you are using a paper entry form, a copy of your card must accompany your entry! Enter times in long course meters. **Maximum four (4) entries per swimmer.**
- 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:** Paper entries: \$12 meet surcharge. Online entry \$10. \$4/ individual event /relays are FREE. Deck entries permitted for relays ONLY. Mail payment to Jeff Jotz Aquatics, 1125 Jaques Ave., Rahway, NJ 07065 or register online at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1563&smid=3119](https://www.clubassistant.com/club/meet_information.cfm?c=1563&smid=3119).
- 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) 382-9419 (eve.) or [jjotz@yahoo.com](mailto:jjotz@yahoo.com).

# JASON E. NESSEL MEMORIAL INVITATIONAL

Sunday, August 7, 2011

## MEET ENTRY FORM

Name (print): \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ USMS #: \_\_\_\_\_

Club: \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

EVENT	TIME	FEES
400 Choice of one: 1. 400m I.M.                      circle 2. 400m freestyle                      one		Paper entry meet surcharge*                      \$12
3. 50m butterfly		_____ Events x \$4 _____
4. 50m backstroke		Maximum 4 entries per swimmer
5. 100m breaststroke		400m relay <u>FREE</u>
6. 200m I.M.		<b>TOTAL</b> _____
7. 100m freestyle		Attach copy of your 2011 USMS card
200 Choice of one: 8. 200m freestyle 9. 200m backstroke                      circle 10. 200m breaststroke                      one 11. 200m butterfly		Send meet entries to: Jeff Jotz Aquatics 1125 Jaques Ave. Rahway, NJ 07065 By July 31
12. 100m backstroke		
13. 50m freestyle		
14. 50m breaststroke		
15. 100m butterfly		
16. 400m mixed free relay (deck entry)		

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 these 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 201.1)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**FASTLANE**

**NJ LMSC**

451 Sweet Hollow Road  
Bloomsbury, NJ 08804

