

EASTLANE

Swim Fest Wrap Up

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By Al Fischer

Have you ever experienced the sensation of complete and utter information overload – and loved it? That was my exact experience this spring in Atlanta at Swim Fest. Before that I was your average everyday Masters swimmer, happy to get in my 5,000 meters a week and maybe grab a bite to eat with the swim group on a random Saturday morning. The before practice chit chat and the after practice shared exhaustion and sense of satisfaction was enough for me; until I met Bill and Susan. Bill Reichle, the Treasurer of the NJ LMSC, was the first to introduce me to the idea of a Masters conference where dozens of people with the same level of passion for swimming that I had would gather and share stories and SWIM. I thought what a crazy concept traveling hundreds of miles to swim with a bunch of people. He enticed me with the fact that there was an opportunity to get a National Coaching Certificate at Swim Fest as well as participate in the events. Being a coach I figured why not. Bill and Susan Kirk our LMSC Chair and Secretary got me all the information I needed and I was booked. It all happened so fast.

The trip to Atlanta was far from smooth. A delayed flight, an hour long rental car line, and a GPS that told me I reached my destination in the middle of the woods later and I was in no mood to take a class or meet anybody. Needless to say I travelled all this way so I was not going to miss my first class – but I was intent on cutting out as soon as it was over. Well, half way through my Level I coaching class and hearing all the great stories from legendary Coach Mel Goldstein and laughing at the humorous spin Coach Scott Bay put on what would have normally been some pretty dry topics, I realized I was surrounded by amazing people. I was not just impressed with the instructors but also the students, some who had just as much if not more experience than the teachers. Not only did I stay the entire class but in the few hours I was there I made some new friends and I was thirsting for more. It was 5:00

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Older athletes are reluctant to take it easy even though their bodies have aged

By Rebecca Leet, Washington Post, 8/1/11

To a non-athlete, the list of my tennis injuries may signal that, at 62, retirement from the game would be a very good idea: rotator-cuff injury (2001); sprained wrist and back (2002); tennis elbow (2003); re-injured wrist (2004); hip sprain (2005); toe surgery, back sprain (2007); re-injured rotator cuff (2009); back spasms, rotator cuff again (2010); broken right toe, burst cyst behind right knee, right-hip arthritis, sprained back (2011).

But to a senior athlete, pain is such a constant that is often ignored. It takes a rapid-fire sequence of play-stopping injuries to illuminate what seems obvious to others: An aging body demands accommodation.

“How we age is 30 percent genetics and 70 percent under our direct control,” says orthopedic surgeon Vonda Wright, author of [“Fitness Over 40”](#) and director of [the Performance and Research Initiative for Masters Athletes](#), a University of Pittsburgh program aimed at helping older sports enthusiasts exercise effectively. “Baby boomers get that, and they want control — they’ve always wanted control. But sports medicine doctors haven’t caught on that these athletes want to hear how to keep playing — not why to stop playing.”

“The fact is,” she adds, “a 75-year-old athlete may still perform many times faster and be in better health than a sedentary 30- or 40-year-old.”

We senior athletes are a stubborn bunch — and there are more of us every day. The fastest-growing demographic for fitness club membership is people over age 55, according to

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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; nancygeoff@cablespeed.com

November 10-15 2011 Pan American Masters Swimming and Open Water Championships, Rio de Janeiro, Brazil. Meet information.

New Jersey Events

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

October 15 Drew Rangers Masters Fall Swim Meet, Drew University, Madison, NJ. Entry on pages 8 and 9. Entry deadline is October 5.

November 6 New Jersey vs. New York SCM Duel in the Pool, Rutgers University, entry out soon.

Tentative for December 10 Hoboken Masters Meet, Debaun Aquatics Center, Hoboken, NJ.

Quote:

“In the end, it’s not the years in your life that count. It’s the life in your years.”

– Abraham Lincoln



Older Athletes . . . continued from cover

the International Health & Racquet Sportsclub Association. In 2005, the number of 55-and-older members was 8 million; in 2009 it was 10.3 million. Aging athletes are competing at every level, from local 10-Ks and tournaments to elite competitions such as the Summer [National Senior Games](#), where in June some 10,000 athletes from ages 50 to 101 participated in 18 events, including basketball, pole vaulting and triathlon. (The 101-year-old competed in shotput, javelin, discus and hammer throw.)

Some aging athletes come to competition later in life, such as Mary Latham, a 96-year-old Falls Church woman who began swimming for fitness at 64, started competing at 65 and set a world record in the 200-meter backstroke at 92. Some are athletes who never stopped, such as 48-year-old marathon runner and [orthopedic surgeon Ben Kittredge of Alexandria](#), who has kept running since college — eight miles a day, seven days a week. Many others are like me, former teen athletes who compete intermittently as adults. I led my tennis team at the University of Georgia from 1967 to 1971 and still qualify for teams at the highest local amateur level.

With age, however, comes an increased risk of injury, says [orthopedic surgeon Thomas Martinelli](#), a former collegiate basketball player. “For instance, ankle sprains become less prevalent, while fractures become more likely with the same injury. Rotator-cuff tears increase in incidence over age 40 and are almost unheard of in the under-20 group.”

High expectations

Yet doctors are seeing more injured senior athletes with high expectations. “When I started practice 24 years ago, if a 60-year-old walked into my office I’d assume they were lost,” says George Branche III, an orthopedic surgeon with a sports medicine specialty in Arlington.

“The changes in medical technology since the 1980s have been huge and made things possible that were impossible before,” notes Branche, who specializes in knee and shoulder surgery. Yet many orthopedic surgeons resist repairing some joints on athletes over age 60, urging them to accept joint replacement or reduced activity. Many athletes complain that some medical professionals still dispense outdated advice, such as total rest to heal an injury rather than continuing to condition other muscles that can safely be exercised. Sports medicine experts such as Marje Albohm, president of the National Athletic Trainers’ Association, contend that continued exercise of healthy areas is a sound principle of conditioning. Part of the problem, says Vonda Wright, is that most research on what middle-aged and older people can do physically is based on relatively sedentary populations, which calls into question its relevance for actively athletic adults.

Branche understands the disconnect between senior athletes who want to be repaired and the reluctance of some doctors to perform certain surgeries on them. “On one hand, an older competitor must acknowledge that just because a fellow athlete was able to have surgery to repair an injury does not mean that he or she will be able to do so,” Branche says. “On the other hand, surgeons need to recognize that continuous improvements in medical technology and the greater fitness of some of today’s older athletes may mean they should consider surgery they might not have 15, 20 years ago.”

Of course, the best advice is to reduce the risk of injury in the first place. The key is being mindful — and respectful — of the changes that occur as one ages.

Getting to first base

A plethora of factors influence the maintenance of conditioning and the rate of decline — factors such as the ability to train intensely, skeleton size, body fat composition, joint mobility, strength, endurance and coordination. For example, age-related decline in strength can be partially offset by resistance training, so a softball player with strong legs and hips can still sprint fast enough to beat the throw to first base. However, if that player has poor joint mobility in the hips or knees, acceleration may diminish despite his or her strength, according to Martinelli.

Vigorous conditioning can mitigate declines in strength and aerobic capacity, according to Wright. Senior athletes can also lessen the chances of injury through such steps as cross-training and taking sufficient rest time between intense workouts.

Still, having expert knowledge and keeping yourself in shape doesn’t insure one against injury. Even Branche, 55, who does fitness training twice a week and plays tennis three times a week (often with men two decades younger) found himself sprawled on the court at the McLean Racquet Club last fall, victim of a burst quadriceps tendon. After surgery and six months of therapy, Branche, once a nationally competitive amateur tennis player, is back on the court. He fully expects to continue at least as long as his father did — well into his 70s.

“Tennis is in my blood,” he says. “Playing the sport gives me an extra good feeling of competition as opposed to having my exercise centered solely on fitness and conditioning. As I have gotten older, the fitness and conditioning aspect becomes more important in continuing to play tennis.”

Leet is an Arlington-based communications and management consultant who recently started the blog [More Fit After 40](#). From Washington Post http://www.washingtonpost.com/national/health-science/older-athletes-are-reluctant-to-take-it-easy-even-though-their-bodies-have-aged/2011/06/20/gIQA2zimnl_story.html?wpisrc=nl_cuzheads

Swim Fest continued

pm when I was informed we had to attend a coaches meeting at 6:30 pm and there would be a key note speaker Dr. Genadijus Sokolovas who was going to talk about a speed test that he invented and we would be done around 8:00 pm. After the long day I had, do you think I wanted to actually be stuck in a meeting until 8 o'clock – You bet. Dr. G broke down every stroke in detail and he made it seem so clear how to be a faster swimmer. He had film on Olympians he tested with his machine and broke down the strokes of swimming greats such as Michael Phelps and showed us how we could swim just like him. It felt like being in a top secret government meeting and having access all this information that you couldn't get anywhere else. Mel had to force the meeting to end sometime around 9:30 pm and we all desperately wanted it to continue.

Day 2 was just as informative and just as amazing. I got to coach next to some outstanding coaches such as Susan Ingraham, Lisa Dahl and Cokie Lepinski. Not only were these ladies some of the best coaches I have ever met but they were extremely nice and willing to share everything they knew. I got to hear the history of swimming and a heart-filled bio of former Coach of the Year and All-American swimmer Bobby Patten. I got a chance to watch Dr. G's Power Test machine in action at the beautiful Steve Lundquist Aquatics Center. At one point I was so overwhelmed with information and things to do and people to talk to that I had to just sit by myself for a moment to let it all soak in. Every one of the over 100 people in attendance were extremely friendly and had such a positive attitude. (Don't forget I'm from Jersey we are not used to that). Although I was having such a good time, Day 3 had to be my favorite part of the event. I guess because I am an amateur tri-athlete and I really have learned to enjoy the open water. So meeting Steve Munatones, the world's foremost expert on open water swimming, and hearing the stories he had about world class races, seeing the videos of these elite swimmers in action, getting the pointers, tips, and moves that world class swimmers get, and actually swimming in a lake with him, was a great way to end a superb event.

All in all Swim Fest was the best swimming event I have ever attended. From the world class coaches, to the serene resort-like venue, to the friendly participants, to the vast amounts of information, to the just plain fun, I could not have thought of a better way to spend three days in the middle of May. I am

You Take My Breath Away Workout

Thanks to Berkeley Aquatic Club Coach Pete Hockmeyer for this workout that will leave you breathless if you perform the breath control sets without cheating.

Warm up: 500 swim 300 kick

8 X 75 First 25 scull on your back, feet first, next 50 swim free with quiet hands, work on perfect placement

Main Set

4 x 75 3 or 2 breaths max per 25 @ 1:10
400 free pull @ 5:20

4 X 50 2 or 1 breaths max per 25 @ :50
300 free pull @ 4:00

4 x 25 1 or 0 breaths max per 25 @ :30
200 free pull @ 2:40

Cool down 200 swim

Total: 3,100

New Jersey Masters Swimming is now on Facebook and Twitter!

'Like' us on our new Facebook page and follow us on Twitter @NJMastersSwim for some of the latest swimming news in New Jersey. Also, once you 'Like' the New Jersey Masters Swimming Facebook page, you can post announcements on the wall and share swimming pictures and videos with your fellow New Jersey Masters Swimmers.

—Susan Kirk

Light Those Candles

Happy birthday to the following 71 swimmers who celebrate their birthday in September. Also a note about the July/August birthdays. Richard Wallace did have a birthday in July as stated but Richard J Wallace's birthday isn't until December. Sorry about the confusion.

Thomas S Boyer 60-64	Paula Coleman 55-59
Daniel P Moore 45-49	Paul F Mucciarone 50-54
Pia Mountford 40-44	Lainey Dooman 85-89
Ronald Epstein 40-44	Steve Su 25-29
Ted Chappell 50-54	Isaac Siskind 80-84
Ido Mikadze 18-24	Timothy J Hausch 30-34
Gregory F March 45-49	Danielle L McNamara 30-34
Rob J DiTota 35-39	Toms B royal 70-74
Robert J Barrish 40-44	Richard C Clew 45-49
George F Melick 85-89	Will Price 35-39
Gershen Konikow 90-94	LaurieAnn Schuler 50-54
Jeffrey Jenkins 35-39	Joseph B Stanger 20-24
James T Sheerin 25-29	Flavio Pardo 40-44
Matthew W King 25-29	Joseph C Flanagan 45-49
Carlos R Pineiro 35-39	Jean Rutter 50-54
Brian Pan 25-29	Evan J Friedman 35-39
Carin K Cohen 50-54	Jennifer Neal 30-34
David A O'Flanagan 35-39	Laura J Smith 40-44
Karla Peluso 45-49	Chris Czvornyek 30-34
Paul A Grassie 50-54	Scott Schmitt 45-49
Dominic Malleo 35-39	Martin C Rothfelder 55-59
Bryan McDonnell 25-29	Dillard Kirby 50-54
Griffin H McNeese 30-34	Errington R Bennett 50-54
Karole Fristensky 20-24	Bob Koppenol 55-59
Anne-France Saillot 45-49	Bill Beckett 50-54
Diane Duelfer 55-59	Edward T Smith 35-39
Herbert Zwartkruis 45-49	Michael D'Imperio 30-34
Hanae Haouaari 45-49	Ronald R Brown 45-49
Sherri A Plunkett 45-49	Bonnie Kortrey 45-49
Morgan A Sawin 20-24	Fran C McManus 55-59
Meredith Lyndon 55-59	Linda S Twining 50-54
Robert C Gamer Sr 65-69	Jeffrey M Dietel 40-44
Joscelin J Grizzetti 40-44	Alison Joslyn 50-54
Victoria Vaskov 30-34	William R Haas 75-79
Lisa E Gerhardt 30-34	
Curtis D Sawin 40-44	
Kevn T McDermott 40-44	

Summer Records

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC LCM records at the Jason Nessel Memorial Invitational held at the Rahway River Park Pool on August 7.

Women/60-64

Marie Velucci, 62

400 IM - 8:33.13;

Women/70-74

Barbara Rosenbaum, 70

50 Breast 55.29

100 Breast 2:13.42

50 Fly 56.29

Women/75-79

Janet Moeller, 77

50 Breast 1:00.75

200 Breast 5:06.32

200 IM 4:46.59

400 IM 10:26.95

Men/55-59

Ken Niemi, 56

200 Back 2:52.33

200 IM 2:53.88

Men/65-69

Jack Zakim, 66

100 Free 1:10.51

200 Free 2:40.27

Bob Hopkins, 69

400 IM 8:20.69

Men/80-84

Nickolas Demas, 81

50 Free 36.75

100 Free 1:30.57

Isaac Siskind 83

50 Fly 1:05.70

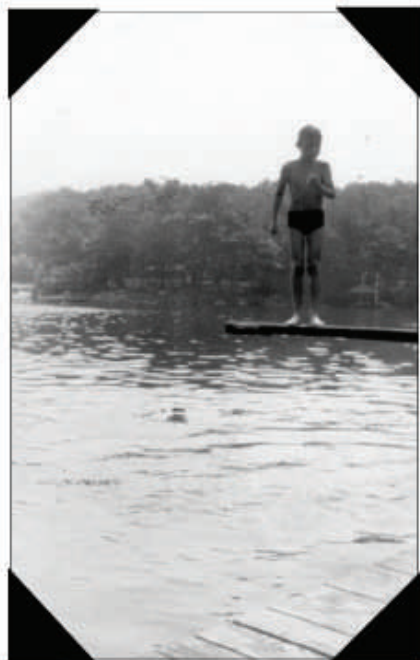
400 IM 5:35.56

Swimming for Body, Mind and Spirit

— Paul Kiell



CBI congregant Paul Kiell recently participated in the Manhattan Island Marathon Swim, a 28.5 mile swim relay, particularly impressive at the age of eighty! Paul shares the story of how he became interested in swimming, and how this interest has affected his life.



As a young boy, I can remember a tenacious determination to learn how to swim. It all seemed to come together the summer of 1939 at Camp Demarest in Bloomingdale, New Jersey. Eight years old, I challenged myself to swim the one-mile length of Lake Glenwild. Supposedly I was the first to swim it. But the next year, almost everyone there did it, proving it was no big deal.

Alas, in the years to follow, no one discovered me. It wasn't until high school — a skinny kid desperate to excel in a sport — that I joined the swimming team. I would compete throughout high school and college. My competitive performance reached a zenith by my freshman college year, then steadily waned, approaching the point of embarrassment and shame. I was relieved when the competitive years ended, albeit with an ending both thudding and whimpering.

About fifteen years later, married, with five children and several Labrador Retrievers, I began hiking in the woods, often with my dogs, then jogging, which led to running. The vision of running a marathon held a magical spell over me. In a twenty-year span I accumulated 52 marathons and ultra marathons, taking me from Boston to Honolulu and back to New York City. But repeated episodes of clotting in the deep veins of my left leg requiring two hospitalizations forced me to abandon running. In November 1991, at age 61, I returned to swimming.

By then, swimming had changed, had become more scientific. It was a process of relearning, unlearning, learning and adapting. My times improved. I entered competitions because that made me work harder.

As it was with running, it was a time of new adventures, taking me all the way around Manhattan and from Alcatraz Island to the San Francisco shore and to Stanford University for an international masters competition, to countless national masters races from Wisconsin to Florida. It became a time too to meet new people. Both running and swimming involve discipline, concentration, focus and hard work.

I think I peaked, performance-wise, at age seventy. After that, the years have begun to steadily take their toll.

Most importantly, just as it was with running, my now adult-aged children followed me and we entered competitions together. All of them, successful in their professions, continue to pursue the vigorous lifestyle.

As for swimming, rather than a love for the sport, it was more of a respect, more of a challenge, like the learning of the new techniques, my equivalent of doing crossword puzzles. There is ultimate wisdom in the Talmudic injunction some rabbis inserted that the father should teach the son to swim. In an abstract sense it means to learn to adapt to changing circumstances. To adapt is really the essence of survival.



*Top: Paul, age 8, on the diving board at camp.
Above: Lake Glenwild, Camp Demarest, 1939.*

For this most recent Manhattan Island Marathon Swim, my team included Bridgette Hobart Janeczko age 48 (our youngster), a CPA and head of her own technology consulting firm; David James, age 55, an Assistant United States Attorney; and Miriam Tulaio, age 50, a librarian in the New York City main library. I met David and Miriam in 2002 when their team needed another swimmer. We've swum together in a number of open-water swim relays since then.

Well . . . our team finished the 28.5 miles of Manhattan Island's circumference in a little over nine hours. That's a respectable time. We finished last place among the relays, but you could just as easily say first place because all of us gave and did our best. The feeling was one of satisfaction, exponentially augmented by knowing that you did your part for your team.

This was the eighth time I had been in this event, often swimming with these same people with whom there dwells a strong bond. There was little fanfare the other seven times I had done this swim. But now that I've reached the eighty-year mark, everyone seemed to be making a *tsimes* out of it. I'm told that I'm "famous," that I'm an "inspiration," that I'm a "hero." I demure at the hero label and explain I didn't go solo around the island, but I was part of a relay with each of us swimming four times.

But then again, maybe I will accept the hero role if that's what people want to make me. There's surely a need: "Without heroes," a Bernard Malamud character says, "we are all plain people, and don't know how far we can go." What I did at age eight I can more than duplicate at age eighty. And if I can do it . . .

The hero is not the one who tries to be the best there is, but rather the person who becomes the best he or she can be. And to become an example — that, to me, touches the essence of *tikkun olam*, by showing others what can be done if you embrace a way of life that brings with it dividends in body, mind and spirit, all of the elements that make a difference in someone else's life.



Left to right Bridgette Hobart Janeczko, David James, Paul Kiell and Miriam Tulaio.

GO THE DISTANCE UPDATE!

The NJ LMSC continues its solid run with the 5th highest swimmer participation and the 7th highest posted miles in the 2011 USMS "Go the Distance" program! The Colonies Zone retains its #1 spot among the 8 zones with almost 80,000 miles and 621 participants. New Jersey, with 115 registered swimmers has logged almost 14,000 miles! Anyone can sign up, swim and log their miles. New Jersey is only 900 miles behind Illinois and 1,000 miles behind Oregon! 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. Congratulations to ALL of the participants who continue to make this program such a huge success within our LMSC!! Every member counts!! Top (7) LMSCs for 2011: Pacific 36,355 miles 257 swimmers; Florida 23,126 miles 153 swimmers; Southern Pacific 21,509 miles 157 swimmers; New England 18,017 miles 129 swimmers; Oregon 14,960 miles 99 swimmers; Illinois 14,817 miles 110 swimmers; New Jersey 13,917 miles 115 swimmers. --Ed Tsuzuki

Saturday, October 15, 2011 • 1st Annual Octoberfest
hosted by Rangers Aquatics at Drew University
Sanctioned by the New Jersey LMSC for USMS, Inc. Sanction #071-S07

FACILITY: Drew University is located in beautiful Madison, NJ. Six short course yard competition lanes, two short course lanes used for continuous warm-up and warm down. Electronic timing with eight line scoreboard display; non-turbulent lane lines; overflow gutters. 2011 USMS rules will govern and be strictly enforced. Area map, driving directions, mass transportation options, parking, lodging and additional meet information all available online in the "Links" section of the Ranger Aquatics website www.rangeraquatics.com.

SCHEDULE: Warm-Up 8:00-8:50AM • Meet Start 9:00AM • Projected Finish Time 1:30PM. Psych sheets will be posted online at www.rangeraquatics.com two days prior to meet date.

ELIGIBILITY: *This meet is open to USMS-registered swimmers age 18 and older. A legible copy of your current 2011 USMS registration card MUST be submitted with mailed-in entry - no exceptions. If you have lost or misplaced your USMS card, simply log on to www.clubassistant.com/club/usms_member_card_request.cfm to obtain a card copy which will be delivered to your email address.*

AWARDS: Distinctive ribbons for 1st through 3rd place in all individual and relay events. Swimmers should pick up their awards promptly. NO awards will be mailed to competitors after meet conclusion.

CHECK-IN: Positive check-in on event day is required for all swimmers entered in the 500 Free and the 1650 Freestyle. If you do not check in, you will be SCRATCHED from the event.

SEEDING: Swimmers will be seeded in heats according to entry time, not by age and gender. Heats will be contested slowest to fastest. All 50, 100, and 200 yard events will be pre-seeded before the meet. The 500 and 1650 Free will be deck-seeded on event day after positive check-in has closed.

ENTRY LIMIT: Swimmers may enter a maximum of four (4) individual events. Entries will be limited on a first-received basis to keep meet time line within 4.5-hour facility schedule restriction.

ENTRY TIMES: Enter YARD times for all events. No "NT" entry times accepted for the 1650 Free events. An automated time conversion utility is available at ww.swimmingworldmagazine.com/results/conversions.asp.

ENTRY FEE: \$15.00 entry fee plus a \$5.00 per individual event fee payable by check or money order to Drew University c/o Drew Swimming.

DEADLINE: Final entry RECEIPT (not postmark) deadline is 6:00PM on Wednesday, October 5, 2011, or if 4.5-hour meet time line cap is exceeded prior to this date - whichever comes first. Do not delay - mail your entry AT LEAST 7-10 days prior to entry deadline.

LATE ENTRY FEE: Late entries will be accepted *on a space available basis* up to 11:59 PM, October 12, 2011. Late entry fees will be doubled \$30.00 entry fee plus a \$5.00 per event fee payable by check or money order to Drew University c/o Drew Swimming.

MAIL TO: Mail fully executed, signed and dated entry form with legible copy of your 2011 USMS registration card, \$15 entry fee and individual event payment to: Ranger Aquatics, 36 Madison Ave, Madison, NJ 07940. All forms of delivery service accepted Monday-Friday 9AM-5PM (no Saturday or Sunday delivery). We suggest you retain a copy of your meet entry and bring it to the meet. Please print clearly and include ALL contact info should we need to reach you to resolve a discrepancy.

QUESTIONS: Direct inquiries to Aquatic Director Eric Scheingoltz via email at escheingoltz@drew.edu.

**OCTOBERFEST 15, 2011
INDIVIDUAL EVENT ENTRY FORM**

# EVENT	DESCRIPTION	ENTRY TIME
1	Mixed 200 Yard Freestyle	_____
2	Mixed 100 Yard Butterfly	_____
3	Mixed 50 Yard Backstroke	_____
4	Mixed 50 Yard Breaststroke	_____
5	Mixed 100 Yard Freestyle	_____
6	Mixed 200 Yard IM	_____
7	Mixed 100 Yard Backstroke	_____
8	Mixed 500 Yard Freestyle **	_____
9	Mixed 100 Yard Breaststroke	_____
10	Mixed 50 Yard Butterfly	_____
11	Mixed 50 Yard Freestyle	_____
12	Mixed 100 Yard IM	_____
13	Mixed 1650 Yard Freestyle **	_____

****Check-in required; no "NT" entries accepted**

=====
\$15.00 entry fee plus \$5.00 per event payable by check or money order to Drew University c/o Drew Swimming. Fully executed, signed and dated entry form with fee payment and legible copy of current 2011 USMS registration card must be RECEIVED (not postmarked) by 6:00PM on Wednesday October 5, 2011 (unless meet time line cap has been exceeded prior to this date). MAIL to: Eric Scheingoltz – Ranger Aquatics, 36 Madison Ave. Madison NJ, 07940. No late, fax, phone or email entries accepted.

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.

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."

SIGNATURE _____ **DATE** _____

PRINT FIRST & LAST NAME _____
same name as indicated on your current 2011 USMS registration card

SEX (circle one) M F

BIRTHDATE ____/____/____ **AGE** _____
m m / d d / y y y y (as of 10/15/11)

CLUB ABBREVIATION _____
(as per USMS registration)

DAY TEL (____) _____ - _____

EVE TEL (____) _____ - _____

CLEARLY PRINT E-MAIL ADDRESS _____



NJ LMSC

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