

FASLANE

Changing Of The Guard

By Linda Brown-Kuhn, Editor, The Fast Lane

If I step back 26 years ago I can remember the days surrounding the launch of the premier issue of the Fast Lane. The then Chair of the NJ LMSC, Eric Snyder, had cajoled me into taking on the job of fashioning a newsletter for Masters swimmers in New Jersey. We had cobbled together a general format and I was let loose to create, quite unsure of what I was doing.



As time went on I slowly climbed the learning curve and strived to produce a newsletter that informed Masters swimmers in NJ about what was happening with a positive and sometimes playful spin. Publishing a newsletter wasn't as easy as it is now and I spent oodles of hours traveling back and forth to printers, then collating, stapling, folding, labeling, stamping and mailing those paper copies.

Of course I wasn't alone in the endeavor and I always had the support of my family. I've worked with some wonderful graphic artists along the way, starting with Linda Buschke who designed the first Fast Lane logo, then in 2002 I turned over the design reins to Jeanne Coon, Karin Adams (now Wegner), and since 2008, Sara Harrison Johnston has co-piloted with style. Dave Siconolfi and Eric Marquard filled in for me after the births of my two kids, now 11 and almost 18. Many of my teammates at Berkeley Aquatic Club helped to ready the newsletter after practice on deck or at Dimaio's for pizza and folding.

Thanks goes to the board members who have contributed material all along and helped me to keep the facts straight. My heartfelt appreciation also goes to the many Masters swimmers who wrote wonderful articles and sent in great photos. Please don't stop – we want the Fast Lane to be full of your stories, photos, opinions and thoughts about Masters swimming.

Now I've come full circle and this will be my last Fast Lane as editor. With complete confidence, I'm handing off "my baby" to Sara Harrison Johnston who will put her own imprint on the newsletter. I'll still be kicking around, but this time as the Fitness Chair, a position that I'm excited to try on. See you at the pool!

Save The Date...

The always popular NJ Masters Swimming Annual 100 x 100's will be held on Sunday, February 3, 2013. Registration will open in mid-January. Detailed event announcement and information will be coming soon.

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The 2013 NJ LMSC Board of Volunteers

At the NJ LMSC Annual Board Meeting and 2013 NJ LMSC Officer Elections held on December 2nd there were a few additions and changes. Here is the current group of folks volunteering their time to make Masters swimming an enjoyable, valuable experience for all involved. We're always looking for new people and you can see the Officials Chair is still vacant, so give any of us a holler if you want to find out more. (Names in red indicate changes from last year).

Chair: Susan Kirk

Vice-Chair: Chris McGiffin

Treasurer: Bill Reichle

Co-Registrars: Tom Brunson and Chris McGiffin

Top Ten/Records: Ed Tsuzuki

Newsletter Editor: Sara Harrison Johnston

Secretary: Susan Kirk

Sanctions and Safety Chair: Jen Bauman

Appointed Ad-hoc positions:

Webmaster: Bridgette Hobart (Jason Pintinalli)

Open Water Co-Chairs: Al Fischer & Marie Vellucci

Events Coordinator: Lynn Ascione

Coaches Co-Chairs: Bill Reichle and Julie Schoenlank

Fitness Chair: Linda Brown-Kuhn

Officials Chair: (vacant) Susan Kirk will stand in as the point of contact until filled

Graphic Designer: Sara Harrison Johnston

Calendar 2012

Events

January 1 - December 31 USMS Go The Distance 2012 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 Postal event designed to motivate swimmers to complete 18 "pool" events and an "open water swim" during the 2012 calendar year. Information includes online and paper entry .

New Jersey Events

January 19 2nd Annual 50 x 50's, Perth Amboy Raritan Bay YMCA, Perth Amboy. Limited to the first 60 people who enter with 2013 USMS registration. Check the flyer for details at:

http://www.njmasters.org/forms/EntryForms/2012/2Annual_50x50_flyer2012.pdf

February 3 Save the date for the 2013 NJ Masters Swimming Annual 100 x 100s. Registration will open mid-January.

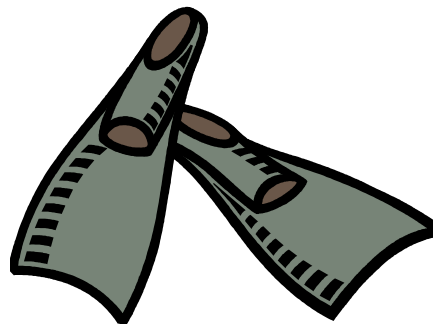
February 10 OCY Unofficial Team Championship SCY meet, Ocean County YMCA. Entry on pages x, x and x. Click [here](#) for additional info. Easy [Online registration](#) will open soon.

Save the Date Saturday, March 16 - Sussex County Y "Adult Mini-Meet"

Save the Date Saturday, March 23 - Drew "March Madness" meet



Two Upcoming Clinics



On Sunday, **January 6** at the Cranford Pool & Fitness Center, a Freestyle Clinic run by **Bobby Savulich** will be held from 6:00 to 8:00 pm. Savulich, a NJ native, swam in the past Olympic Trials. He swam at the University of Michigan and his achievements include being a 6-time All-American, a 13-time Big Ten Champion, and a two-time World University Games qualifier. He also has a pair of medals from the 2011 Pan American Games.

More specific info will be coming soon via email. Members who are interested should contact Bill Reichle at brswim@comcast.net for details.

Masters World Record Holder **Karlyn Pipes -Neilsen** will hold a freestyle and a multi-stroke clinic on **February 23** at Perth Amboy Raritan Bay YMCA. The freestyle clinic runs from 9 am – noon and the multi-stroke clinic goes from 1 to 4 pm. This is a tremendous opportunity as NJ LMSC is deeply discounting the price of these clinics, offering one clinic for \$50 and if you sign up for both Faster Freestyle and the Multi-Stroke clinic, then your cost is \$75. Entries are at http://www.njmasters.org/forms/EntryForms/2013/2013_KPNMulti_Stroke_Clinic_121212.pdf and http://www.njmasters.org/forms/EntryForms/2013/2013_KPNFreeClinic_121212.pdf . For any questions about the clinic email Bill Reichle: brswim@comcast.net .

Fight the Holiday Fat Workout

Thanks goes to Brad Thornton, Hoboken Masters coach, for this calorie-burning workout bound to keep at least some of those cookies off of our hips!

Warm Up:

300 Swim, 300 Pull, 200 Kick

Pre Set:

6 x 100 @ 100 Pace Interval +5 seconds

Descend 1-3, 4-6

Main Set:

-Can be done stroke/IM or freestyle by round-

3x's:

|3 x 200 @ 200 Pace Interval

*Descend to FAST on #3

|4 x 50 @ 1:00

*Hold FAST 200 Pace or Faster

|50 Recovery @ 1:00

Warm Down:

200 nice and easy

Total = 4,150 Yards

Record Breaking Swims

Compiled by Ed Tsuzuki

Congratulations to the following swimmers who set new NJ LMSC SCM records at the **Second Annual Thanksgiving Classic** held at the College of New Jersey on November 10 and 11, 2012.

Women

60-64

Heidi Ziff-Remak, 60

50 Free 34.57

200 Free 2:58.26

100 IM 1:34.20

June Carson, 64

50 Breast 48.55

Men

55-59

Christopher Gibson, 56

400 Free 4:54.07

1500 Free 19:17.36

60-64

James Ryan, 60

1500 Free 21:06.94

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCM records at the **5th Bearcat Master SCM Invitational meet** on October 27, 2012 at the Nassau County Aquatic Center.

Women 18-24

Haley Hatfield, 23

50 Freestyle 27.93

Priscilla Modrov, 24

200 Freestyle 2:13.27

50 Butterfly 30.40

200 Butterfly 2:23.04

***“Happiness lies in the joy of achievement
and the thrill of creative effort.”***

Franklin D. Roosevelt

Light Those Candles

Happy birthday to the following 134 swimmers who celebrate their birthdays in November and December.

Kerri McCaffrey 45-49	Cristina Judge 40-44	Michael Ciolino 55-59
Lydia S Zakim 60-64	Don Denny 55-59	Ron A Loria 55-59
Leslie A Trott 60-64	Edward E Breisacher 80-84	Connie Chen 55-59
Albert C Stetson 55-59	Jack Wilson 60—64	Mary C Guilfoyle 50-54
Thomas J Gortych 50-54	Craig Leisher 45-49	Bobby J Heim 45-49
Christine Kaufmann 20-24	Zeev Bieder 55-59	Matthew J Bach 25-29
Liz Tanaka 55-59	Denis Kallish 50-54	Altan Wuijii 25-29
Barry J Lass 45-49	Morton D Berger 45-49	Anne Clewell 50-55
Mark Kolman 40-44	Jessica E Simao 25-29	Robert J Fetter 35-39
Elise M Tatham 65-69	Chet Klope 55-59	Sharon Danzger 45-49
Paul C Gondek 60-64	Cynthia Orinski 55-59	Brian G Combias 25-29
Gregory R Greene 45-49	Elizabeth A Jennison 50-54	Brian P Fagan 60-64
Susan B Lawson 50-54	Jeffrey M Gold 45-49	Glenn Saunders 50-54
Jennifer L Bauman 40-44	Randy Berkowitz 30-34	Rick Schluter 55-59
Nupur Gupta 35-39	Mary R Hesselgrave 65-69	Patrick N Kesler 35-39
Sabrina Raz 30-34	Dorin Ursan 45-49	Noel G Hahn 25-29
Hugh Sullivan 25-29	Barbara I Rosenbaum 70-74	Charlotte Wei 55-59
Elisabeth Staehle 50-54	David F Allred 60-64	Daniel A Kornick 45-49
Maureen Bauchan 25-29	Maribeth C Bowen 50-54	Brenda L Ziegler 50-54
Dave Pierson 60-64	Amy Campbell 50-54	Joanna E Sutherland 45-49
Lindsay Diehl 55-59	Carol A Martyniuk 60-64	Andrew S Wallace 45-49
John A Sabatino 45-49	Eric P Marquard 45-49	Janet H Moeller 75-59
Ethan Bodnaruk 30-34	Nicholas Teslik 30-34	Cathy L Deats 60-64
Thomas Bores 55-59	David L Feldman 50-54	Gregory D Eggert 55-59
Marianne E Eybye 40-44	Donald J Hoover 50-52	Daniel E Nemeth 50-54
Erica Manning 35-39	Pamela M Harinstein 30-34	Rich Bean 30-34
Steven M Levine 60-64	Anthony Bonura 55-59	Adam M Greene 25-29
Carol M Mateo 50-54	Kurtis S Baker 50-51	Elizabeth H Bromley 45-49
Katherine E O'Brien 30-34	Lei He 45-49	Peter L Van Nuis 55-59
Phil C DeRita 25-29	Jessah Diaz 30-34	Mike Donaldson 30-34
John R Kane 30-34	Carol A Malone 55-59	Sue M Charatan 50-54
KyungHo Kim 30-34	Peter H Cancila 25-29	Ruby A Manalo 40-44
Clarence Tomsen 55-59	Robert H Stricker 80-84	John S Lemmo 60-64
Jim Sonneborn 50-54	Richard J Wallace 65-69	Joanne S Porro 60-64
Lori Freeland-Morris 50-54	Patricia F Quinlan 55-59	Ed M Tsuzuki 50-54
Alexandra Lopez 45-49	Nicholas B Armstrong 40-44	Ernie Geib 40-44
Irene Ayers 50-54	Allen B Bachenheimer 70-74	Carol R Motyka-Miller 70-74
Norma G Fallon 45-49	Nancy Finn 50-54	Ellen N Kranefuss 50-54
Laura J Rush 55-59	Nicole Schock 30-34	Bill O'Brien 85-89
William G Beeck 50-54	James Julich 30-34	Beverly Salerno 65-69
Jill M Stillman 30-34	Thomas MacNabb 45-49	Ashley M Pertsemlidis 40-44
Liam Gallagher 25-29	Andre H Stephens 35-39	Frank A Kraljic 35-39
Joseph A Petrone 55-59	Todd Schaper 45-49	Karen D Harjes 45-49
Michael Satz 35-39	Joshua J Raymond 45-49	
Moira McCullough 45-49	Monica A Sanchez 40-44	

Swimming, and Other Forms of OCD

By Doug Clark

"The Fast Lane" has in the past mentioned "The Swimmer's Yardstick", a competition between a group of swimmers based largely at Drew University Masters and the Madison YMCA. We individually and collectively submit monthly yardage throughout the year and then have a big post new-year's awards breakfast, where the swimmer with the greatest yardage (let's call them the worst afflicted) receives a yardstick, the remainder receiving sticks of a shorter but proportionate length based on how far they swam, accurately reflecting the extent of their obsession. Less than an inch and you get a bag of sawdust. Long time swimmers Bob Nissen and Joe Donohue started the competition with 5 swimmers in 2004, and celebrate its 9th year with 55 swimmers at its annual awards breakfast in January, 2013.



Individual swimmers submit their yardage on line for later approval by The Committee. Their website claims that the photo below shows The Committee making one of its edicts. Such edicts can come in a somewhat condescending form, as The Committee seems to take great delight in sending emails such as "Your yardage submission has been R E J E C T E D" when the rules for recording have not been followed properly. There are allegations that "The Committee" is not really a room full of all-knowing all-powerful swimming experts, but simply the two founders conferring over a beer, but if you suggest this to anyone you simply get referred to the committee.

Swimming is healthy, or so we're told. Evading heart disease long enough to become senile and outlive our 401(k)s is apparently a good thing. To that effect, swimming more must be healthier. Well not if it involves banging on the pool door 10 minutes before opening time so that you can log more yards than last month, or driving all the way to PA after the hurricane not to get gas, but to find a YMCA that's open. The yardstick competition encourages just such behaviour. While winning the yardstick necessitates swimming over 100,000 yards each month, there are countless ways to fail. Swim less than last year? Fail. Shorter stick than last year? Fail. Submit your yardage too late? Fail. Not on the winning team? Fail.

Yes, you're also on a team, with a captain whose job it is to encourage you to accumulate more yards by skipping out of work. Or church. Or your Great Aunt's funeral. The captain also has the momentous job of inspiring their group to choose a team name, based on strict guidelines disseminated each year by The Committee. This year the name needed be less than 3 words and include the name of a large sea creature, and was to be announced at the annual "Team naming ceremony", held at a local Madison pub. An emergency meeting of The Committee had to occur after Team Captain Kevin Chiella submitted a name of "The Barracudas", while Captain Barry Lass had previously submitted "The Barry-cudas". Even those who defend The Committee against accusations of taking itself too seriously must have stepped back when a full appeals process was launched.

While I'm a big advocate of keeping a training log in order to do things like look for trends, make plans, determine injury thresh-

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National Awards Given to NJ Swimmers

At this year's USMS Convention held in October in Greenboro, NC, two members of the NJ delegation were singled out for major awards that signal their dedication and service to Masters swimming not only on a state level, but on the national level as well.

Susan Kirk, NJ's Chair and Secretary, was one of 15 swimmers from around the country to receive the prestigious Dorothy Donnelly Service Award. This award is given to volunteers whose service stands out in scope and its impact on the program and the USMS members who have benefited from their efforts on the local, regional, and/or national level.

Susan, who will receive her 25-year consecutive member jacket in 2014, is known by all for her enthusiasm and passion for Masters swimming and in particular for open water swimming. She has been the NJ LMSC Secretary since November 2005, and served as the NJ LMSC Chair since December 2009. She attended her first USMS Convention in 2006 and in December of that year she joined the USMS Long Distance Committee. This group's main role is oversight of the 11 USMS Open Water and Postal National Championships. They've also been an event liaison for the USMS Speedo One Hour Postal National Championships for the past several years and liaison for the Open Water National Championship.

Ed Tsuzuki, NJ's Top Ten/Records guru, received The Ted Haartz U.S. Masters Swimming Staff Appreciation Award which came with an actual wooden staff that had to be shipped home because it was too large to fit in the airplane's overhead bin. Ted Haartz, has been a leader in U.S. Masters Swimming since 1970. During Haartz's tenure as President, U.S. Masters Swimming became the only self-governed Masters organization in the world.

This award recognizes one person each year who demonstrates excellence in assisting and supporting the U.S. Masters Swimming staff in the national office with its professional duties of servicing, promoting, and building the membership. This award celebrates the organization's volunteer roots, as well as its future, specifically by recognizing efforts that support and assist the staff in its responsibilities.

Ed has been a NJ LMSC member for 18 years and for 15 of those years we've been lucky enough to have him serve as Webmaster and/or Top Ten/Records chair. His calm competence mixed with a easy sense of humor make him a joy to work with but in the water he's all fast twitch muscles.

On the national level Ed has attended Conventions for the past 13 years, and has served as Chair or Vice Chair of the Records and Tabulation Committee for 11 of those years. He currently chairs the End to End Event Management Task Force which has been responsible for the development of the on-line meets database and event rankings, as well as the eventual automation of the top ten tabulation process. The task force is now also focusing on the event sanctioning process. If that's not enough for the past three years he's served as Vice President of the Local Operations division and as a member of the Board of Directors. Whew - all this while maintaining a work schedule heavy with international travel!

Congratulations to both Susan and Ed for their amazing commitment and dedication to Masters swimming in New Jersey and the whole country!



its

The New Guy

By James Sheerin

I was invited to attend the USMS Convention this year for the first time. I was more than happy to represent New Jersey Masters. My swimming background is short compared to most at the convention. I am mainly involved with the USA swimming side of the sport as a coach and former swimmer, but I have been swimming Masters for five years. Once at the convention I was not sure what to expect from the various meetings but I added my thoughts as best I could.

We first experienced the House of Delegates where we learned what we would be doing in this year of rule changes. The first meeting I went to was about Sports Medicine and Science. This was a bit out of my knowledge of the sport. The big topic at this meeting was the new rules for members of our sport who have had or are going through a change in gender.

Another discussion in the Sports Medicine and Science meeting was over the combined air and water temperature for a sanctioned event to be held for the safety of the participants. Being that some parts of the country are cold most of the year and some parts are hot during long periods of the year, the combined temperature could not be settled upon. I am a big Open water swimmer myself. Open water swims are the events that I enjoy the most and I would like to see more of them sanctioned by Masters swimming. I know it is hard to set rules for an event where you can't have officials at every part of the course.

It was a great experience for me as one of the youngest members of the New Jersey Masters delegation. Information that I brought back I have used to help me coach at the USA Swim team that I work with. I hope that comments I made during meetings helped others in those meetings. I look forward to being a member of Masters swimming for many years to come and hope that I can keep volunteering and be a part of the future of Masters swimming in New Jersey.

olds, and provide motivation, I'll acknowledge that they can adversely make us chase arbitrary totals. As both a triathlete and an engineer, I might be forgiven for having 27 years of meticulous mileage logs, but am proud to have largely avoided the pursuit of arbitrary additional mileage accrued only to reach some round number. There is a 9900 yard swim and several 99 mile bike rides in my history, that's just how far it was to the pub (British club rides invariably take lunch in a country pub).

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In my capacity as the "Yardstick web guy", I created a web-based logging tool with features like a "Timeliness Naughty list" to entice the swimmers to submit their monthly yardage on time. That list failed miserably, but the tool taught us many things, like the fact that the ladies swim 30% further than the men, that there appears to be zero correlation between age and yardage, and that people swim further as soon as they join the competition. To that end, if you're lucky enough to ever be invited to partake in the yardstick competition, use it as a springboard to take your swimming to the next level but without having to go for a 17,243 yard swim on New Year's Eve. And please go to your Great Aunt's funeral, but try to stay off the Timeliness naughty list.

Doug Clark is a 15-year USMS member. This is his third "Fast Lane" article, in a series of approximately three.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Ocean County YMCA Tiger Sharks Swim Team Presents: 2013 OCY Unofficial Masters Team Championships

Sunday, February 10, 2013

**Ocean County YMCA,
1088 W Whitty Rd, Toms River, NJ**

- Approval:** Recognized by the NJ LMSC for USMS, Inc. Recognition: #**073-R001**
- Facility:** The Ocean County YMCA 12 lane competition pool. 8 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 11:15 AM Warm Up, 12:00 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 who are not current USMS members may compete in this meet.**
- Awards:** Medals for first through third place in each age group. Team trophies for 1st – 3rd
- Registration:** **See Entry Fees.** 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:** **All events other than the 1000 free will be pre-seeded.** 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. **1000 will be seeded fastest to slowest.**
- Age Groups:** Individuals; 18-24, 25-29, 30-34, etc. through 90+
Relays 18-24, 25-34, 35-44, 45-54, 55-64, 65+

OCEAN COUNTY YMCA
1088 W Whitty Road, Toms River NJ 08755
P 732 341 9622 F 732 341 1629
WWW.OCYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Entry Fees: **Entries received by February 1st:** Surcharge: \$10.00. Individual events cost \$5.00 per event. Relays are **Free**.

Entries received after February 1st: Surcharge: \$15.00. Individual events cost \$5.00 per event. Relays are **Free**.

Online Meet Entries close at midnight eastern time on February 7th, 2013. Entry fees are paid by credit card to "ClubAssistant.com Events." Online entry link is https://www.ClubAssistant.com/club/meet_information.cfm?c=1563&smid=4192

When registering please be aware of the workout and club groups. Scoring will be decided by the workout group you register with not club affiliation.

Paper/Mailed Entries must be received by February 8th, 2013. Make check payable to the Ocean County YMCA.

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 the final heat of the 100 Free for the Medley Relay and the final heat of the 500 Free for the Free Relay.**

1000 Free: We would appreciate all swimmers providing their own timers and counters. If a timer and/or counter can not be provided please notify the meet director when submitting entries and arrangements can be made to have one provided.

Events:

1)	1000 Free		
2)	100 Free	11)	50 Free
3)	100 IM	12)	200 Breast
4)	50 Fly	13)	200 IM
5)	100 Breast	14)	100 Fly
6)	50 Back	15)	50 Breast
7)	200 Fly	16)	200 Back
8)	500 Free	17)	200 Free
9)	200 Med relay	18)	200 Free Relay
10)	100 Back		

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.

Meet Info: The psych sheet will be posted at www.ocytigersharks.org the Wednesday before the meet. Results will be posted within one week of the meet.

OCEAN COUNTY YMCA
1088 W Whitty Road, Toms River NJ 08755
P 732 341 9622 F 732 341 1629
WWW.OCYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2013 OCY Unofficial Master 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: _____ Sex: _____ Age: _____ Birth date (mm/dd/yy): _____

Club/Workout Group Name: _____

**When registering please be aware of the workout and club groups.
Scoring will be decided by the workout group not club affiliation.**

Club/Workout Abbreviation: _____

"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 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 back	
2	100 free		11	50 free	
3	100 IM		12	200 breast	
4	50 fly		13	200 IM	
5	100 breast		14	100 fly	
6	50 back		15	50 breast	
7	200 fly		16	200 back	
8	500 free		17	200 free	
9	200 med relay	Deck Entered	18	200 free relay	Deck entered

Meet surcharge: \$10.00 Before Feb. 3rd (\$15.00 After Feb. 3rd)

Number of Individual events _____ @ \$5.00 each \$ _____

Total Fee Enclosed \$ _____

Make checks payable to: Ocean County YMCA

Mail to:

Ocean County YMCA
C/O Justin Alsobrooks
1088 W Whitty RD
Toms River, NJ 08755

OCEAN COUNTY YMCA
1088 W Whitty Road, Toms River NJ 08755
P 732 341 9622 F 732 341 1629
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FASTLANE

NJ LMSC

451 Sweet Hollow Road
Bloomsbury, NJ 08804

