

MAY 2008

Maine Masters

S W I M C L U B
N E W S L E T T E R

Vermont Beckons

MESC hopes to extend its unbeaten streak!

The 2008 New England LMSC Long Course Meters Championships will be held June 20-22 at Middlebury College in Middlebury, Vermont. The meet is the second of the big three Championship meets held in New England each year.

The Middlebury meet has proved to be a well-organized and enjoyable event. The meet is also unique in several different ways. For starters, it is a rare chance for Maine swimmers to compete in the LCM (50 meter pool) format, and it is the only meet in New England that offers LCM distance events such as the

800m free and the 1500m free. Middlebury's pool is new and fast. The town of Middlebury is also special as a beautiful destination in the mountains of Vermont. The meet's Saturday night social is not to be missed. In addition to great barbecue, it features a live band under an outdoor tent. Last year's party was terrific!

The Middlebury meet's weakpoint is a lack of reasonably-priced lodging options. Some MESC swimmers plan to camp out in a nearby state park. Others swimmers plan to share rooms. There are also some reasonable hotels in the Burlington area, about 50 minutes south of Middlebury.

After winning the SCM Championships at Harvard in March, Maine has won the past four New England Championship meets. If enough MESC swimmers make the trek to Vermont, the Middlebury LCM meet could be our 5th in a row!



This is a LONG and very fast pool. Come to Middlebury, Vermont, and support our team!

MESC Board Members

President	Frank X. Giustra, Jr.	832-6860
Vice President (<i>int.</i>)	Zachary Gray	445-4930
Secretary	Robert Johnston	923-3050
Registrar/Treasurer	Son Nguyen	615-1299
Dir. of Meets (<i>acting</i>)	Frank X. Giustra, Jr.	832-6860
Recorder	Dieter Weber	236-3938
Web Master	Ben Morse	240-2155
Member at Large	Sterling Dymond III	942-3148
Newsletter Editor	Douglas M. Roth	273-2907



MESC Wins at Harvard!

In one of the most exciting swim meets in memory, MESC swimmers pulled out a victory at the NE SCY Championships at Harvard in March. MESC finished with a total of 4,580 points, just ahead of Red Tide of New York. During the course of the 3-day meet the lead changed back and forth repeatedly. In the end MESC came out on top, bolstered by a very strong team showing in every single relay event. In the final tally, the scoring in the "USMS Club" division was as follows:

- 1st place - Maine Masters - 4,580 points
- 2nd place - Red Tide of NYC - 4,380 points
- 3rd place - Great Bay Masters - 1,476 points

There were a number of outstanding individual performances, including 6 New England records set by Hodding Carter. One noteworthy race was the 200 freestyle in the 45-49 age group. In that race, both Hodding Carter and Mike Schmidt broke the New England Record. Record-setting swims by MESC swimmers included:

Hodding Carter (age 45)	50 free	22.68
Hodding Carter	100 free	49.01
Hodding Carter	200 free	1:49.66
Hodding Carter	50 fly	24.28
Hodding Carter	50 back	26.29
Hodding Carter	100 IM	58.11
Andrew Pulsifer (age 42)	100 back	55.86
Andrew Pulsifer	200 back	1:58.73
Andrew Pulsifer	200 IM	2:01.99
Michael Schmidt (45)	200 free	1:50.10
Michael Schmidt	200 fly	2:01.93
Michael Schmidt	200 IM	2:05.41
William Jones (age 71)	200 fly	3:21.50
William Jones	200 IM	3:01.47
William Jones	400 IM	6:52.41



*Bill Jones (left)
and Drew Darling*

MESC Swimmers also did very well in the individual high-point competition. 71-year old Bill Jones, from Hope, placed runner-up for the 3rd time in 4 years. This year he won all but one of his eleven events, missing a clean sweep by 0.01 of a second. A clean sweep would have placed Jones at the top of the pile - the best swimmer in New England! - but a narrow loss relegated him to 2nd place overall. Hey Bill: Come back next year and try again!

The top MESC swimmers in the high points competition were as follows:

Bill Jones	219 points
Michael Schmidt	173
Zach Gray	157
Michael Ross	153
Kristi Panayotoff	152
Anne Uecker	126
Son Nguyen	124
Mary Estabrook	115
Nancy O'Brien	107
Beth Fries	101

Finally, there were some fantastic relay swims, with MESC fielding a total of about 40 relay teams. New England records were set by the following teams from Maine:

Women's 400 Medley Relay (45 +)	
Brook Jansen, Mary Estabrook, Anne Uecker, Beth Fries	4:50.06

Mens 400 Medley Relay (35 +) Mike Ross, Andrew Pulsifer, Ben Morse, Tim Lecrone	3:39.96
Mens 400 Medley Relay (55 +) Bill Rupert, Jim Goodman, Bob Nelson, Scott Redmon	4:44.65
Mens 200 Medley Relay (35 +) Mike Ross, Andrew Pulsifer, Doug Pride, Tim Lecrone	1:39.14
Mens 400 Freestyle Relay (55 +) Bill Rupert, Bob Johnstone, Bob Nelson, Scott Redmond	4:14.38

PenBay is Top Team in Maine

The Maine Masters State Championships were held in Augusta in early March. A week after the meet Colleen LePage released the final results, which included Combined Team Scores. Based on the State Championships, here are the top Masters workout groups in the state of Maine:

PenBay YMCA	913 points
Kennebec Valley YMCA	839
Maine Swim Club	557
Casco Bay YMCA	291
Wiscasset	248
Ellsworth	206
Riverton / Portland	194
Bath YMCA	189
UMaine Orono	174
Bates College	136
Bowdoin College	97
Bangor YMCA	91
Belfast YMCA	80
Waterville YMCA	57
Colby College	57
UMaine Farmington	40

From The President

by Frank X. Giustra, Jr.

As my second term as your President is winding down I wish to express my sincere plea-

sure in being part of the Maine Masters Swim Club. We are indeed a unique club, with membership throughout the State. Meeting our different groups all over the State has been rewarding. As difficult as it gets sometimes, being President is something I have found worthwhile. I wish to thank you all for making our club what it is today.

Of course, being NE-LMSC SCY Champions two years in a row is an accomplishment I did not feel possible when I first joined MESC over fifteen years ago. It is not the winning that counts the most. It is the companionship and friendship that is developed at times such as these. I will long remember these times. Thanks for giving me the opportunity to serve as your President not once, but twice.

Report from Zones

During his vacation in Virginia, Son Nguyen (MESC Treasurer/Registrar) competed at the 2008 Colonies Zones SCY Championship Meet. It took place on April 11-13 at George Mason University in Fairfax, VA.

This state-of-the-art facility has two 25-yard competition courses (women in one course and men in the other), a separate warm-up/cool-down



Where's Son? (look closely)

pool, and a 25-person hot spa. With a total of 473 swimmers in the meet, Son placed 2nd in six events (50 Br, 100 Br, 200 Br, 200 Fl, 200 IM, 400 IM), placed 3rd in two events (200 Ba, 1000 Fr), and made Top-10 in three other freestyle events. With a team of one, Maine Masters Swim Club placed 13th out of 40 in the small-team division.



2008 SCY *Maine Masters*





Champions!

ers Swim Club



*photos by
Mike Sherwood*



The Bottom Line

by Sandy Potholm

"How do you reward yourself after a swim meet?"

Son Nguyen, Portland (right)

Ha, Ha, Ha. I eat out and if possible have a nice cold adult beverage!



Chris Matava, Bath (left)

Ha, Ha, Ha, That's a good question! Well, most of the time I'm out of town at a meet, so I like to find a group of fellow swimmers and go out to eat. It's sort of like 'apres ski' only it's 'apres swim' when you enjoy friends and reflect upon the day.

Allison Dorko, Orono (right)

I'm driving back from a meet in MA, so I haven't done anything yet to 'ruin' myself. But I do, and will, look forward to going out to EAT!



Jill Snyder, Bowdoin (below)

Food! Usually a chocolate milkshake... Then, after analyzing the swim, my next practice is geared toward how I can do better.



Sheila Bernier, Yarmouth

I always feel like a million bucks after a swim meet. That's my reward! I savor the "high" I get from competing, and that's plenty!

2008 New England LMSC Long Course Meters Championship

June 20-22, 2008, Middlebury College, Middlebury VT

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 039-004-SLCM--2008

Event #	Seed Time Women	Event	Seed Time Men	Event #
Enter a maximum of FIVE individual events per day, plus relays. Please enter LONG COURSE METERS seed times.				
Please print seed times clearly. Use a colon between minutes and seconds. A seed time must be provided for each event entered.				
Friday June 20, 12:00 noon warm up, 1:00 p.m. start				
1		800 Meter Freestyle		2
3		1500 Meter Freestyle		4
Saturday June 21, 8:00 a.m. warm up, 9:00 a.m. start				
5		200 Meter Backstroke		6
7		100 Meter Breaststroke		8
9		200 Meter Individual Medley		10
11		50 Meter Freestyle		12
13		400 Meter Freestyle (Women)		--
15		100 Meter Butterfly		16
17		50 Meter Backstroke		18
19		200 Meter Freestyle		20
21,23	Deck Entry	400 Meter Medley Relay	Deck Entry	22,23
Sunday June 22, 8:00 a.m. warm up, 9:00 a.m. start				
25		400 Meter Individual Medley		26
27		50 Meter Butterfly		28
29		200 Meter Breaststroke		30
31		100 Meter Backstroke		32
--		400 Meter Freestyle (Men)		34
35		200 Meter Butterfly		36
37		100 Meter Freestyle		38
39		50 Meter Breaststroke		40
41,43	Deck Entry	400 Freestyle Relay	Deck Entry	42,43

PLEASE PROVIDE ALL OF THE FOLLOWING INFORMATION AND SIGN AT THE BOTTOM. INCOMPLETE AND/OR INCORRECT ENTRY FORMS WILL NOT BE PROCESSED UNTIL ALL DISCREPANCIES HAVE BEEN RECTIFIED.

Name: _____ Gender: Male Female

Address: _____

Phone: _____ Email: _____

Citizenship: United States Canada Other _____

Age on 12/31/08: _____ DOB: _____ 2008 USMS #: _____

New England Masters: Workout Group: _____

If you are a member of New England Masters, but are not sure of the name of your workout group, go to the meet website to find the official name and/or abbreviation.

Great Bay Masters Maine Masters Vermont Masters

Other: Club Name _____ LMSC: _____

Please attach a copy of your 2008 USMS card.

SATURDAY NIGHT SOCIAL: Please add \$20.00 per person to your entry fee if you would like to attend the BBQ social to be held at 6 pm on Saturday, June 21 at Roland's Place.

Meet entry fee	= \$	20.00	Mail to:	NE LCM Championship
# of individual events: _____ x \$	5.00		321 N Bingham St	
Saturday Social: _____ x \$	20.00		Cornwall, VT	05753
Total	= \$			

(payable to *Middlebury Muffintops*)

ENTRY DEADLINE:
Entries must be postmarked by Saturday May 31 or received by Tuesday June 2.

LATE ENTRIES: If you miss the entry deadline, you may submit an entry form with an additional \$15 penalty. Late entries must be received by 6:00 p.m. on Saturday June 14.

MEET ENTRY CAP: If, in the judgment of the meet directors, the event timeline approaches the limitations of pool availability, no further entries will be accepted. *Please enter early!*

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 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 CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE PRESIDENT AND FELLOWS OF MIDDLEBURY COLLEGE, 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: _____



Maine Masters Swim Calendar

DATE	EVENT	LOCATION	CONTACT
Jun 7	MESC Board Meeting	Bowdoin College	Frank Giustra (207) 832-6860
Jun 20-22	* LCM Championships	Middlebury, VT	Peter Solomon <i>solomon@middlebury</i>
mid-July	Jenny Thompson Meet	Dover, NH	Great Bay Masters Website
Aug 14-17	USMS LCM Nationals	Gresham, OR	<i>dbakenats08@yahoo.com</i>
Aug 23	Breakwater Race	Rockland, ME	Douglas Roth (207) 273-2907
Sep ?	Masters Stroke Clinic	PenBay YMCA	Hodding Carter (207) 691-2336

** entry form included in this newsletter.*



More Info: <http://www.mainemasters.org> or <http://usms.org>

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