

# The Blue Lobstah

## Time to light the lights – time to shine @ BU

Short Course Meters (SCM) is a very interesting course for us Americans. It's a distance that's not readily swum in most YMCAs. Most pools are either 25 yards (short course yards (SCY) or 50 Meters (Long Course Meters (LCM)). While SCM is only 9.66% longer per length than the more typical – it's enough to feel an extra burn – it's enough for another 1.5 to 3 strokes per length (ok after an 800 – it's closer to an extra 10 strokes / length). However – despite the extra lactic acid build up – it's also 9.66% more strategic and it presents a wonderful opportunity for Maine Masters Swimmers.

The opportunity is that because of the course – and perhaps the time of year that it's contested – there are not a whole lot of records in the books. It's very possible to put together a swim that will place you in the top 10 in Maine – or nationally.

Further – Boston University's beautiful 10 lane pool on Commonwealth Ave is very fast. There are swimming vendors to visit in between events. Son and Zach are excellent at gathering relays and making sure that everyone that wants to swim a relay gets a chance. Worried that your spouse / significant other / family won't like that you are away during the holiday season? Bring them downtown! BU is right on the T (Green Line). So you can swim – while the family shops / visits Boston all lit up for the holidays.

BU is a really well run meet and it's designed for everyone to turn in a good time. I am hopeful that when you are asked by Son and Zach – that you will say "YES!" I will see you at BU!

### MESC Board of Directors:

**Mike Schmidt** – President, **Doug Pride** – Vice President, **Rob Johnston** – Secretary, **Son Nguyen** – Treasurer & Registrar, **Kevin Crowley** – Member at Large, **Dieter Weber** – Recorder, **Ben Morse** – Webmaster & Historian, **Zachary Gray** – Director of Meets

Questions about Maine Masters Organization should be directed to Mike Schmidt at [mattiminna@netzero.net](mailto:mattiminna@netzero.net). Questions / Comments / Suggestions about the Newsletter should be directed to the Newsletter Editor - Sean Carter at [Sean.Carter@td.com](mailto:Sean.Carter@td.com)



# 11<sup>th</sup> ANNUAL GEORGE ERSWELL MEET

Nov. 7th, 2010 – Bowdoin College Greason Pool, Brunswick, Maine

Sanctioned by NE-LMSC for USMS, Inc.

## Sunday 11/7, 9:00 AM Warm up / 10:00 AM Start

Print seed times clearly! Use a colon between minutes and seconds.

Circle the event number you wish to enter and if you have one, enter a seed time (select up to 5 individual events, see relay note below for relay entries). Seedings will be from slow to fast regardless of age and gender. Entries with no seed times will be placed in the slowest heat.

Heat sheets will be posted 15 minutes prior to the start of the meet. Separate results and scoring for men and women by age group will be posted after each event.

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1		Mixed 500 Free*		1
2		Mixed 100 Breaststroke		2
3		Mixed 200 Butterfly		3
4		Mixed 50 Free		4
5		Mixed 200 IM		5
6		Mixed 50 Backstroke		6
7		Mixed 100 Free		7
8		Mixed 200 Breaststroke		8
9		Mixed 100 Backstroke		9
10		Mixed 50 Butterfly		10
11		Mixed 100 IM		11
12		Mixed 50 Breaststroke		12
13		Mixed 200 Backstroke		13
14		Mixed 200 Free		14
15		Mixed 100 Butterfly		15
16	See below	Mixed 200 Free Relay**	See below	16
17	See below	Mixed 200 Medley Relay**	See below	17

\*Swimmers must provide their own counters. \*\* Relays will be deck seeded.

EVENT 16 Mixed 200 Free Relay 1) \_\_\_\_\_ Age: \_\_\_\_\_  
 2) \_\_\_\_\_ Age: \_\_\_\_\_  
 3) \_\_\_\_\_ Age: \_\_\_\_\_  
 Seed Time: \_\_\_\_\_ 4) \_\_\_\_\_ Age: \_\_\_\_\_

EVENT 17 Mixed 200 Medley Relay 1) \_\_\_\_\_ Age: \_\_\_\_\_  
 2) \_\_\_\_\_ Age: \_\_\_\_\_  
 3) \_\_\_\_\_ Age: \_\_\_\_\_  
 Seed Time: \_\_\_\_\_ 4) \_\_\_\_\_ Age: \_\_\_\_\_

## Participant Information

Name \_\_\_\_\_

Address \_\_\_\_\_

E-Mail \_\_\_\_\_

Home Phone \_\_\_\_\_ USMS# \_\_\_\_\_

Age \_\_\_\_\_ DOB \_\_\_\_\_ Gender **M** **F**

Emergency Contact (name/phone) \_\_\_\_\_

Maine Masters (MESC)  GreatBay Masters (GBM)  New England Masters (NEM)

Other Masters Club (please indicate club \_\_\_\_\_)

Club members outside the New England LMSC **must attach a copy** of their current USMS membership card

## Meet Details

All Maine Masters sponsored meets will be governed by the current USMS rules. All properly timed personal performances by Registered Masters swimmers, at an official meet are eligible for record consideration in Maine, New England, and Nationally.

**This is a sanctioned meet.** Only USMS Registered Masters swimmers 18 years and older may enter a sanctioned meet. To register as a Maine Master contact: Son Nguyen, 6 Libby Street, Scarborough, ME 04074 (207) 615-1299.

**Directions:** Bowdoin College Pool is located at the Farley Field House (Hwy. 123 S) Harpswell Road, Brunswick, Maine

**Facility:** 16-lane pool with eight lanes, adjacent lanes for warm-up and cool down and electronic timing will be used.

**Awards:** Time cards with individual results will be available for participants

**Meet Director:** Brad Burnham

**Contacts:** Brad Burnham at [bburnham@bowdoin.edu](mailto:bburnham@bowdoin.edu) or (207) 725-3527

**Fees:** Entries received by 8:00 AM, Wednesday, November 3rd will be pre-seeded and cost \$15 for 5 individual events plus relays. Later entries, including deck entries will be accepted at a cost of \$20 for 5 events. Make checks payable to Polar Bear Masters

**Send Entries To:** Brad Burnham, Bowdoin Athletics-Swimming, 9000 College Station, Brunswick, ME 04011

## Waiver (must be signed by all participants)

"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 AND ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING THOSE 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 of the Participant

\_\_\_\_\_  
Date

# Bath YMCA Sprint Meet

Nov. 21st, 2010 – Bath Area Family YMCA, 303 Center Street, Bath, Maine

Recognized by NE-LMSC for USMS, Inc.

## Sunday 11/21, 10:00 AM Warm up / 11:00 AM Start

*Print seed times clearly! Use a colon between minutes and seconds.*

*Circle the event number you wish to enter and if you have one, enter a seed time (select up to 5 individual events, see relay note below for relay entries). Seedings will be from slow to fast regardless of age and gender. Entries with no seed times will be placed in the slowest heat. Heat sheets will be posted 15 minutes prior to the start of the meet. Separate results and scoring for men and women by age group will be posted after each event.*

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1		Mixed 200 Free		1
2		Mixed 100 Breaststroke		2
3		Mixed 50 Backstroke		3
4		Mixed 25 Butterfly		4
5		Mixed 100 Backstroke		5
6		Mixed 100 IM		6
7		Mixed 50 Butterfly		7
8		Mixed 25 Free		8
9		Mixed 200 Breaststroke		9
10		Mixed 200 Backstroke		10
11		Mixed 100 Butterfly		11
12		Mixed 200 IM		12
13		Mixed 50 Free		13
14		Mixed 25 Breaststroke		14
15		Mixed 100 Free		15
16		Mixed 200 Butterfly		16
17		Mixed 25 Backstroke		17
18		Mixed 50 Breaststroke		18
19	Deck Seeded	100 Medley Relay	Deck Seeded	19
20	Deck Seeded	100 Free Relay	Deck Seeded	20

Long Reach swimmers, parents, and alumni are especially welcome.

Check us out on [Mainemasters.org](http://Mainemasters.org)



## Participant Information

Name \_\_\_\_\_

Address \_\_\_\_\_

E-Mail \_\_\_\_\_

Home Phone \_\_\_\_\_ USMS# \_\_\_\_\_

Age \_\_\_\_\_ DOB \_\_\_\_\_ Gender **M** **F**

Emergency Contact (name/phone) \_\_\_\_\_

Maine Masters (MESC)  New England Masters (NEM)  Non-Master Swimmer

Other Masters Club (please indicate club \_\_\_\_\_)

Club members outside the New England LMSC **must attach a copy** of their current USMS membership card

## Meet Details

All Maine Masters sponsored meets will be governed by the current USMS rules. All properly timed personal performances by Registered Masters swimmers, at an official meet are eligible for record consideration in Maine, New England, and Nationally.

**This is a recognized meet.** Membership to Maine Masters or Master swimming isn't required but is encouraged. To register as a Maine Master contact: Son Nguyen, 6 Libby Street, Scarborough, ME 04074 (207) 615-1299 or online at <http://www.usms.org/reg/>  
**Pick MESC**

**Directions:** Follow US Rt 1 to Bath. From the N or S take Congress Ave Exit. Go east approx. .4 mile. Turn right on Center St. The "Y" is .3 mile on left.

**Facility:** 8-lane pool, adjacent lanes for warm-up and cool down and electronic timing will be used.

**Awards:** Time cards with individual results will be available for participants

**Meet Director: Robert Nelson - ticoachme@gmail.com**

**Fees:** Entries received by Wednesday, November 17th will be pre-seeded and cost \$20 for 5 individual events plus relays. Later entries, including deck entries will be accepted until 10:15am 11/21 at a cost of \$25 for 5 events. Make checks payable to Bath Area YMCA

**Send Entries To: Diane Hicks, Aquatics Director, Bath Area YMCA, 303 Center Street Bath, ME 04530**

## Waiver (must be signed by all participants)

"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 AND ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING THOSE 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"

## Love for the Lobstahs

Maine Masters Swimmers were once again everywhere this summer. No matter the venue – lake, pool, river, ocean, puddle - the Lobstah tails of terrific nautical turbulence were spread far and wide leaving the competition drooling in our wake. In this column – we share a little love for our Lostah brothers and sisters!



Congratulations to the Maine Masters who competed internationally this summer in the Maine Championships! That's right – the Maine state Long Course Championships are held each year in St. Johns, New Brunswick, Canada. **Hodding Carter, Fritz, and Mary Estabrook** (who had a great head to head race with her daughter in the 100 free on the final Saturday of the meet) all swam incredibly well and represented us on the Masters circuit with pride in their matchups with future Maine Masters. Further – some of our old friends including Jay Morrissette put on a show for a race or two as well! (Son & Zach – better make sure he's on our side for BU and Harvard). We'd love to see more make the trek to the friendly province to our East. It's a beautiful city with friendly accommodations! Full results can be found @ <http://www.maineswimming.org/meetresults/summerchamps/SCHR10Results.htm>. Full play by play of the meet can be retold by local lore master Lecrone. *(Thanks Tim!)*



Second - There were a lot of open water swim races in the month of August – the participation was nothing short of outstanding... **Ben Morse** won the 3<sup>rd</sup> annual KBIA 1 mile cove swim with a time of 21:02. **Dave Sawyer** and **Mike Lepage** were 3<sup>rd</sup> and 4<sup>th</sup>. The Celebrate the Clean Harbor Swim is becoming a staple of Maine summer swimming. Generally held on the 3<sup>rd</sup> weekend in August – the 1.2 mile low stress swim is a fantastically run event each and every year. This year almost 20 people from Maine made the trip down to Gloucester for the event. **Sean Carter** came in 5<sup>th</sup> overall (1<sup>st</sup> 30 – 39). **Alina Perez-Smith** was the third woman across the finish line and 10<sup>th</sup> overall. Also receiving an award were Jeannette and Jean Strickland for being the 32<sup>nd</sup> entrant in this year's race. Helping to make the race experience awesome (and this is according to the race organizer) – was the strong contingent of Maine Swimmers – including **John Gale, John Williamson, Son Nguyen, and Kelsey Abbot**. The Rockland Breakwater Swim was held on the last weekend in August. 28 people from Maine finished one of the coldest swims of the year. Congratulations to Matt Baxter (Portland, ME) who won the Island Beach 2-Mile Swim on August 14 in Greenwich, CT. Matt blew away the field of 73 swimmers with a time of 43:38, repeating as the overall winner of the event



Congratulations to a couple of Lobsters from Away! Diann Uustal (Soddy Daisy, TN) finished first in all 5 events swam at the 2010 USMS Summer National LCM Championships at San Juan, Puerto Rico. Also - Richard Bell (Bethel, CT) scored in all 5 events swam in his 40-44 AG at the 2010 Colonies Zone LCM Championships at College Park, MD.



# 3<sup>rd</sup> Annual GREATER PORTLAND SWIM MEET

Sunday, November 14th, 2010 \*1600 Forest Avenue, Portland ME\*

Harold Paulson Pool at the Riverton Community Center

Sponsored by the Greater Portland Swimmers and all proceeds are to provide swimming scholarships for the Portland Area

Recognized by Maine Masters Swim Club of the NE-LMSC for USMS, Inc. Recognized No. TBD

## Sunday 11/14/10, 10am to 11am \*Starts & Turns Clinic\*

Mike Schmidt (MESC President) and Doug Pride (MESC Vice-President) are back to conduct a clinic on starts and turns.

These two swimmers are current record-holders in multiple events in Maine, New England, and Nationally.

Space is limited and pre-registration is preferred, so get your entry form in the mail early!!


## Sunday 11/14/10, 11am \*Warm-up\* , 12pm \*Swims Start\*

**Print seed times (for SCM Pool) clearly! Use a colon between minutes and seconds.**

Select up to 5 individual events. Relays will be deck seeded. Seedings will be from slow to fast regardless of age and gender. Heat sheets will be available and posted at the start of the meet. Separate results for men and women by age group for each event.

Please select either 800 Free or 1500 Free, but not both\*\*

### PARTICIPANT INFO Please Print Clearly:

Full Name:	_____	
USMS ID #: _____	Phone No.:	_____
E-Mail Address:	_____	
Emergency Contact:	_____	
Age on 12/31/10: _____	Birthdate: _____	
Gender:	Male <input type="checkbox"/> Female <input type="checkbox"/>	
Maine Masters (MESC):	YES <input type="checkbox"/> NO <input type="checkbox"/>	
Non-USMS Member:	YES <input type="checkbox"/> NO <input type="checkbox"/>	
Other Masters Club*:	YES <input type="checkbox"/> NO <input type="checkbox"/>	

\*must attach a copy of your current USMS ID Card

This a USMS recognized meet and opens to all swimmers ages 18+.

**Entry fees:** \$20 for each registered USMS Member (add \$10 for clinic).

\$30 for Non-USMS Member (one person will be selected at random to receive the 2011 USMS Membership with Maine Masters Swim Club).

**To register with MESC, please contact: Son Nguyen, 207-615-1299**

Mail-in entries must be received by Friday 11/12/10. Deck entries will be accepted until 11:30am on meet day for an additional \$10 fee.

Make checks payable to: Maine Masters Swim Club

Send questions and completed entry form to:

**Son Nguyen, 6 Libby St, Scarborough ME 04074**

### EVENTS

EVENTS	Seed Times:
Relays 800 Free	deck entry
Mixed 400 Free	_____
Mixed 400 IM	_____
Mixed 200 Fly	_____
Mixed 200 Back	_____
Mixed 200 Breast	_____
Mixed 200 Free	_____
Mixed 200 IM	_____
Break	10 minutes
Mixed 50 Fly	_____
Mixed 50 Back	_____
Mixed 50 Breast	_____
Mixed 50 Free	_____
Mixed 100 IM	_____
Mixed 100 Fly	_____
Mixed 100 Back	_____
Mixed 100 Breast	_____
Mixed 100 Free	_____
Mixed 800 Free**	_____
Mixed 1500 Free**	_____

**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 OF DAMAGES, INCLUDING ALL CLAIMS FOR LASS 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:** \_\_\_\_\_



# Maine Masters in the USMS SCY Top 10

For each of the seasons, USMS recognizes the Top 10 swimmers in each event in each age group. For the Short Course Yards season, Maine Masters had 24 individuals with Top 10 times, and we had 39 Top 10 Relay Times! Congratulations Maine Masters!

Place	Age Group	Event	Name	Time	Place	Age Group	Event	Name	Time
7	W18-24	50 Free	Jessie E Ellis-Alcaide	24.33Y	9	M35-39	50 Back	Jeremy R Hutchinson	25.99Y
5	W18-24	100 Free	Jessie E Ellis-Alcaide	52.63Y	2	M35-39	100 Back	Jeremy R Hutchinson	53.45Y
7	W25-29	50 Free	Jessica C Knight Beers	24.48Y	7	M35-39	200 Back	Jeremy R Hutchinson	2:00.39Y
7	W25-29	100 Free	Jessica C Knight Beers	53.58Y	8	M35-39	200 Fly	Jeremy R Hutchinson	2:03.68Y
6	W25-29	50 Back	Jessica C Knight Beers	27.75Y	9	M35-39	200 IM	Jeremy R Hutchinson	2:02.42Y
10	W25-29	100 Fly	Jessica C Knight Beers	58.81Y	2	M40-44	50 Free	Michael S Ross	21.27Y
10	W25-29	100 IM	Jessica C Knight Beers	1:00.79Y	2	M40-44	100 Free	Michael S Ross	46.56Y
10	W35-39	50 Free	Alina M Perez-Smith	25.18Y	1	M40-44	50 Back	Michael Ross	23.34Y
6	W35-39	50 Fly	Alina M Perez-Smith	27.23Y	1	M40-44	100 Back	Michael S Ross	49.64Y
10	W35-39	100 Fly	Alina M Perez-Smith	1:03.12Y	9	M40-44	50 Breast	Lee F Lindenu	27.93Y
6	W45-49	50 Free	Mary B Estabrook	25.22Y	10	M40-44	100 Breast	Lee F Lindenu	1:02.13Y
9	W45-49	200 Back	Pamela P Torrey	2:23.68Y	1	M40-44	50 Fly	Michael S Ross	22.80Y
7	W45-49	50 Fly	Mary B Estabrook	27.29Y	2	M40-44	100 Fly	Michael S Ross	50.23Y
9	W45-49	100 Fly	Pamela P Torrey	1:04.17Y	1	M40-44	100 IM	Michael S Ross	51.85Y
4	W60-64	50 Free	Diann B Uustal	28.95Y	9	M45-49	500 Free	Michael J Schmidt	4:59.41Y
4	W60-64	100 Free	Diann Uustal	1:04.29Y	8	M45-49	1000 Free	Michael J Schmidt	10:19.78Y
1	W60-64	50 Back	Diann Uustal	32.94Y	8	M45-49	1650 Free	Michael J Schmidt	17:30.08Y
1	W60-64	100 Back	Diann Uustal	1:11.74Y	9	M45-49	50 Back	Douglas M Pride	25.67Y
1	W60-64	200 Back	Diann Uustal	2:43.01Y	8	M45-49	100 Back	Douglas M Pride	54.69Y
2	W60-64	50 Breast	Diann Uustal	37.01Y	10	M45-49	200 Back	Douglas M Pride	2:04.68Y
3	W60-64	100 Breast	Diann B Uustal	1:26.62Y	6	M45-49	50 Fly	Douglas M Pride	23.84Y
2	W60-64	50 Fly	Diann Uustal	30.13Y	6	M45-49	100 Fly	Douglas M Pride	52.66Y
2	W60-64	100 IM	Diann Uustal	1:11.61Y	7	M45-49	200 Fly	Michael J Schmidt	2:03.08Y
2	W75-79	50 Free	Ronnie Kamphausen	38.15Y	7	M45-49	200 IM	Michael J Schmidt	2:05.01Y
1	W75-79	100 Free	Ronnie Kamphausen	1:22.79Y	5	M45-49	400 IM	Michael J Schmidt	4:26.57Y
1	W75-79	200 Free	Ronnie Kamphausen	2:58.69Y	6	M50-54	100 Free	Fritz W Homans	49.56Y
1	W75-79	500 Free	Ronnie Kamphausen	7:54.68Y	9	M50-54	100 Back	Fritz W Homans	57.94Y
1	W75-79	1000 Free	Ronnie Kamphausen	16:34.39Y	5	M50-54	50 Fly	Fritz W Homans	24.17Y
1	W75-79	1650 Free	Ronnie Kamphausen	27:35.25Y	5	M50-54	100 Fly	Fritz W Homans	53.61Y
2	W75-79	50 Back	Ronnie Kamphausen	46.45Y	6	M60-64	100 Back	Varney J Hintlian	1:05.06Y
2	W75-79	100 Back	Ronnie Kamphausen	1:44.26Y	6	M60-64	200 Back	Varney J Hintlian	2:21.26Y
2	W75-79	200 Back	Ronnie Kamphausen	3:46.02Y	5	M60-64	200 IM	Varney J Hintlian	2:18.18Y
5	W75-79	50 Breast	Ronnie Kamphausen	54.21Y	3	M60-64	400 IM	Varney J Hintlian	4:59.71Y
2	W75-79	50 Fly	Ronnie Kamphausen	47.31Y	7	M65-69	1000 Free	David J Vail	13:04.07Y
2	W75-79	100 Fly	Ronnie Kamphausen	1:54.39Y	7	M65-69	1650 Free	David J Vail	22:06.07Y
1	W75-79	100 IM	Ronnie Kamphausen	1:38.44Y	4	M65-69	100 Back	David J Vail	1:08.97Y
1	W75-79	200 IM	Ronnie Kamphausen	3:38.93Y	9	M65-69	100 Back	Bill Rupert	1:12.11Y
7	W75-79	400 IM	Dolly J Slater	12:23.58Y	3	M65-69	200 Back	David J Vail	2:34.56Y
5	M18-24	100 Back	Matt Jordan	52.93Y	7	M65-69	200 Back	Bill Rupert	2:37.83Y
8	M18-24	200 Back	Matt Jordan	2:02.01Y	10	M65-69	50 Fly	David J Vail	29.51Y
10	M18-24	200 Breast	Adam M Gaulin	2:22.63Y	9	M70-74	100 Fly	William I Jones	1:28.13Y
10	M25-29	100 Breast	Nate Stevens	57.50Y	6	M70-74	200 Fly	William I Jones	3:31.80Y
10	M30-34	1000 Free	Sean M Carter	10:39.60Y	9	M70-74	400 IM	William I Jones	7:19.28Y
6	M30-34	1650 Free	Sean M Carter	18:09.80Y	10	M75-79	500 Free	Philip Kerr	7:49.05Y



5	M90-94	50 Free	John P Woods	1:56.54Y	7	M75-79	1000 Free	Philip Kerr	16:13.14Y
3	M90-94	200 Back	Norman P Seagrave	8:02.67Y					

## Relay Top 10s!

Place	Age	Event	Time	Swimmers (Age)			
9	M18+	400 F	3:23.71Y	Matt Jordan (24)	Adam M Gaulin (21)	Jacques Tardie (22)	Benjamin M Morse (38)
9	M18+	400 M	3:53.34Y	Keith M McLarty (36)	Adam M Gaulin (21)	Jacques Tardie (22)	Zachary A Gray (27)
7	M25+	200 M	1:38.28Y	Michael S Ross (42)	Son Nguyen (30)	Douglas M Pride (46)	Zachary A Gray (27)
5	M35+	400 F	3:29.72Y	Jeremy R Hutchinson (35)	Lee F Lindenau (43)	Jon D Millett (44)	Sam H Manhart (41)
2	M35+	400 M	3:43.67Y	Jeremy R Hutchinson (35)	Lee F Lindenau (43)	Sam H Manhart (41)	Timothy J Lecrone (37)
6	M45+	200 M	1:42.85Y	Douglas M Pride (46)	Dan Ottman (45)	Fritz W Homans (52)	Michael J Schmidt (47)
3	M45+	400 F	3:20.14Y	Douglas M Pride (46)	Michael J Schmidt (47)	Hodding Carter (47)	Fritz W Homans (52)
3	M45+	400 M	3:48.19Y	Douglas M Pride (46)	Dan Ottman (45)	Michael J Schmidt (47)	Hodding Carter (47)
4	M55+	400 F	3:50.14Y	James B Goodman (57)	Varney J Hintlian (60)	Robert A Johnston (58)	Alan M Johnston (57)
9	M55+	400 F	4:15.77Y	Scott Redmon (59)	Robert H Nelson (63)	Drew Darling (57)	Jim Newton (61)
3	M55+	400 M	4:22.96Y	Varney J Hintlian (60)	James B Goodman (57)	Robert A Johnston (58)	Alan M Johnston (57)
9	M65+	200 F	1:59.76Y	Fred A Pierce (66)	Bill Rupert (66)	William I Jones (73)	David J Vail (66)
2	M65+	400 F	4:28.15Y	David J Vail (66)	Bill Rupert (66)	William I Jones (73)	Fred A Pierce (66)
9	M65+	400 F	6:31.57Y	Hap Hazzard (78)	Hans D Wendel (74)	H Douglas Pride (68)	Philip B Kerr (75)
2	M65+	400 M	5:20.00Y	Bill Rupert (66)	Fred A Pierce (66)	William I Jones (73)	David J Vail (66)
5	M65+	400 M	7:55.98Y	H Douglas Pride (68)	Hans D Wendel (74)	Philip B Kerr (75)	Hap Hazzard (78)
10	W35+	400 F	4:45.33Y	Kristin A Nelson (37)	Carrie L Carney (35)	Colleen C Lepage (36)	Peggy Doliner (47)
1	W35+	400 M	4:20.65Y	Bridget E Convey (39)	Anne Uecker (49)	Pamela P Torrey (48)	Mary B Estabrook (48)
7	W45+	200 F	1:51.35Y	Diann Uustal (63)	Anne Uecker (49)	Beth Fries (52)	Mary B Estabrook (48)
3	W45+	400 F	4:17.21Y	Beth Fries (52)	Brooke S Jansen (49)	Anne Uecker (49)	Connie Hallett (50)
2	W45+	400 M	4:40.95Y	Pamela P Torrey (48)	Mary B Estabrook (48)	Anne Uecker (49)	Beth Fries (52)
3	W55+	400 F	4:45.86Y	Diann Uustal (63)	Anne C Gibson (56)	Susan L Sullivan (56)	Nancy O'Brien-Mackinnon (57)
3	W55+	400 M	5:45.33Y	Martha D LaRiviere (57)	Susan L Sullivan (56)	Anne C Gibson (56)	Kate Beard-Tisdale (56)
3	X18+	200 F	1:31.62Y	Michael S Ross (41)	Jessica C Knight Beers (29)	Alina M Perez-Smith (39)	Matt Jordan (24)
2	X18+	400 M	4:01.07Y	Matt Jordan (24)	Son Nguyen (30)	Stephanie M Uecker (19)	Brittany J Harrington (26)
7	X18+	800 F	9:44.21Y	Kellie E Joyce (24)	Karen E Frost (29)	Son Nguyen (30)	Adam M Gaulin (21)
7	X25+	200 M	1:44.35Y	Michael S Ross (41)	Paul A Monyok (32)	Alina M Perez-Smith (39)	Jessica C Knight Beers (29)
7	X25+	400 F	3:35.16Y	Jessica C Knight Beers (29)	Brittany J Harrington (26)	Dan Ottman (45)	Zachary A Gray (27)
1	X25+	400 M	3:43.20Y	Michael S Ross (41)	Nate Stevens (27)	Jessica C Knight Beers (29)	Alina M Perez-Smith (39)
1	X25+	800 F	8:01.61Y	Alina M Perez-Smith (39)	Brittany J Harrington (26)	Sean M Carter (34)	Zachary A Gray (27)
1	X35+	400 F	3:29.47Y	Michael S Ross (41)	Alina M Perez-Smith (39)	Mary B Estabrook (48)	Timothy J Lecrone (37)
1	X35+	400 M	4:23.86Y	Kristin A Nelson (37)	Jon D Millett (44)	Benjamin M Morse (38)	Barbara D Slager (42)
7	X45+	200 F	1:39.20Y	Douglas M Pride (46)	Dan Ottman (45)	Mary B Estabrook (48)	Beth Fries (52)
7	X45+	200 M	1:52.53Y	Douglas M Pride (46)	Dan Ottman (45)	Mary B Estabrook (48)	Beth Fries (52)
4	X45+	400 M	4:50.86Y	Mike LePage (54)	Connie Hallett (50)	Dale A Syphers (53)	Brooke S Jansen (49)
1	X45+	800 F	8:43.41Y	Pamela P Torrey (48)	Beth Fries (52)	Tom Karb (48)	Dale A Syphers (53)
10	X55+	200 F	1:57.39Y	Robert H Nelson (63)	Nancy O'Brien-Mackinnon (57)	Diann Uustal (63)	Scott Redmon (59)
1	X55+	400 M	5:11.45Y	Diann Uustal (63)	Nancy O'Brien-Mackinnon (57)	Robert H Nelson (63)	Scott Redmon (59)

IS THERE AN EVENT YOU WANT COVERED? IS THERE AN INTERSTING STORY THAT WILL ENTERTAIN? DO YOU WANT TO KNOW MORE ABOUT A SWIMMER OR A VENUE THAT YOU'VE READ ABOUT? PLEASE SEND YOUR IDEAS FOR TOPICS INTO THE MAINE MASTERS NEWSLETTER – AND SEE YOUR IDEAS IN PRINT! –

SEND IDEAS TO - SEAN.CARTER@TD.COM



# || =====The Bottom Line===== ||

This season – we asked fellow Lobsters - “Where do you get your swimming information from? What resources do you use? (websites/coaches/publications). And do these resources work for you?” – Here’s what we found out :

“Most of my swimming information comes from my subscriptions to Swimmer and Swimming World magazines. Since I usually workout solo, I enjoy the sample workouts that add variety to my swims. I also like the detailed articles about upcoming national meets. Above all, I look forward to our local newsletter..... News about local meets, in-depth articles about swimmers and long range schedule of upcoming competitions. All this gathered, collated. put together and sent out by dedicated volunteers. I'm proud to be a part of MESC !” - **Jill Snyder - Bowdoin**

“I look forward to receiving the Swimmer magazine. Each issue has helpful articles and illustrations. The August copy has illustrations on perfecting lap turns and I have cut out the pages on "backstroke turns" so I can improve my time at the fall Bowdoin pool meet. I need to improve. This week there was a report in our Brunswick paper of the time records set by a Bath high school swimmer. His time for the fifty yard backstroke was about half of my time. But then, since I am about five times older than he is, shouldn't his time be one fifth or twenty percent of mine?” - **Everett Hanke - Bowdoin**

“I don't seek swimming info all that much. At those rare times when I want to know a specific thing, I'll put the subject in Google and see where that takes me. I get a lot of general information from the people in our Satdy AM swim group, which is led by Pam Torrey. There are very knowledgeable people in the group in addition to Pam. Recently Pam told us about Brad Burnham's website which has a lot of good stuff. at [www.bowdoinswimming.com](http://www.bowdoinswimming.com) and a technique one at [www.swimworks.org](http://www.swimworks.org)” - **Richard Derector, Bath YMCA**

***The Bottom Line – it appears that articles in print are a favorite source for our swimmers. Articles with pictures / demonstrations seem to be particularly helpful. Hopefully – the some of these ideas presented here will help inspire or motivate you achieve whatever goals you may set for yourself. As for one more resource to try out...(and yes it has lots of pictures) ... please read on... SANDY POTHOLM***

**144 Word Book Review - *Swimming Anatomy* by Ian McLeod**  
 For swimmers who are bored with their current circuit training – Ian McLeod presents some very interesting variations. In his book, *Swimming Anatomy*, Mr. McLeod breaks down dry land exercises in a very Gunther von Hagens method (peel off the skin – show the muscle). Further – he applies each exercise to a specific swimming motion (or range of motions). While this book does not offer specific weight training plans – it does offer an interesting range of exercises that one can try out to target a specific muscle group for each element of your race (each stroke plus starts and turns). What this means – is that for folks that dislike backstroke – you can continue to live guilt free and not do the Burpee exercise listed on page 178. The book retails for \$21.95 paperback and is one that I recommend obtaining in print compared to electronic media. – SC





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## Upcoming Events / Meets

<p>November and December are a great time – to have great times! There are an abundance of meets planned through the late fall and early winter. By taking in a meet or two in November – you will be ready for the BU Meet in December. Perhaps you want to try for a Top 10 time in the Short Course Meters Discipline? Or get a jumpstart on the Short Course Yard season... either way – we’ve planned a meet for you. Here’s the schedule at a glance...(and for folks thinking about winter – the <b>Waterville Meet</b> is scheduled for <b>January 9<sup>th</sup></b> – and the <b>Casco Bay Toughen Up Challenge</b> is scheduled for <b>February 27<sup>th</sup></b>.</p>	Saturday	Sunday
	<p><b>Nov 6</b> - GBM Mini Meet Portsmouth, NH SC Meters - 2:00 PM Warm</p>	<p><b>Nov 7</b> - George Erswell Meet Brunswick, ME SC Yards - 9:00 AM Warm UP <b>MESC Annual Meeting following the Meet</b></p>
	<p><b>Nov 13</b></p>	<p><b>Nov 14</b> - Riverton Masters Portland, ME SC Meters 11:00 AM Warm Up</p>
	<p><b>Nov 20</b></p>	<p><b>Nov 21</b> - Bath YMCA Sprint Meet Bath, ME SC Yards - 10:00 AM Warm Up</p>
<p><b>Dec 10 – Dec 12 @ Boston University</b> New England Short Course Meters Masters Championship</p>		

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