

MESC Happenings -- April 2014

Keep current with eNews by checking our website www.mainemasters.org select "Newsletter" tab. Past newsletters are also available, all the way back to 2002. Thanks to Ben Morse for making this feature on our website user-friendly.

Top Ten

Top Ten meters times are now updated, Thank you Dale Syphers for your hard work on this.

Trophy Cases

Trophy Cases are now at Bath and in the Swimming Hall of Fame. The next newsletter will show a picture of them with our numerous MaineMasters plaques and trophies. For now ...



Maine Lakes Swim Vacation

MESC swimmer Hopper McDonough will be running his Maine

Lakes SwimVacation from July 12-19 this year on Great Pond, Belgrade Lakes. There will be 2 open water swims per day, great food, waterfront cabins. 3, 4, and 7 night options are available. Families, couples, solo travelers, and non-swimmers are welcome. See <http://swimvacation.com/location/maine-lakes/> for more details.

NEM Board Meeting – Early February 2014

Among various topics:

Subsidies Available for Masters Coach ASCA Certifications

May 17 and 18 at MIT

To support our coaches so that they can be the best they can be for their swimmers, we are going to offer full scholarships to the upcoming Levels 1, 2 and 3 ASCA (American Swim Coaches Association) Masters Coach certification classes in Boston on May 17 & 18. We will reimburse any coach who has paid USMS for the new recognized Masters Coach designation and we will pay 50 percent who are not yet recognized. We place great value on this education, so anyone that registers and for some reason DOES NOT attend, you will be responsible to cover those costs yourself. If you are interested, please send an [email to Chair Bill Meier](#) or [register online](#).

Upcoming meets

Lighthouse Masters Meet – Not actually upcoming, due to it was April 6. Alina put on a great meet as always. There was a stalwart but small showing. Some fast swimming, and good times (both swimming and social), as is unquestionable when swimmer come together.

Black Fly Masters Meet – April 26. Entry form attached.

Dan Horton Invitational Masters Meet - May 17. Entry form attached.

Jenny Thompson Pool Meet – June 22. Entry Form attached. This is a long course pool, will be fun, and will help to prepare for Montreal.

FINA World Masters Championships in Montreal

www.finamasters2014.org

Please note the deadline to register for WORLDS individual events is **1st June 2014, 23:59 Montreal Time.**

Swimming events schedule from the website:

<https://finamasters2014.org/schedule/>

Blue Lobsters in Montreal

It is hard to know how many MESC swimmers are currently registered for Montreal. A cadre of our swimmers, ages 28 – 80, will be staying at the Montreal House (<https://www.airbnb.com/rooms/314825>) for varying numbers of nights. These swimmers include Peter Giustra, Frank Giustra Jr., Bill Jones, Han Wendel, Donna Edelbaum, Anne Uecker, Alina Perez, Kristi Panayotoff, Tsveta Stanlilova, Son Nguyen, Bill Rupert, Tim Lecrone, Zach Gray and a small handful of travel companions/spice. Join these and other MaineMasters swimmers in Montreal. No space is currently available in the Montreal House, though housing information is available on the FINA website as well as other travel internet sites. Come help us

represent our team and yourself!

2014 New England LMSC Short Course Yards Championship

Live recap courtesy of Zach Gray (see also
facebook)

Distance Weekend – Harvard (March 15, 2014)

Recap Day #1 Distance Day at Harvard. Maine and our friendly rivals Great Bay are neck and neck. Great Bay holds the lead over Distance day 165-154. We are looking forward to the Maine Weekend March 21st-23rd. We Цвета Станилова placed 6th in the 1000 Free with a 12:39.79. Carrie Carney placed 9th in her 1000 Free dropping over 2 minutes from her seed time. Shannon Lynn Thompson placed 11th in the very competitive 45-49 Women's 1000 Free. Pam Torrey one of Maine Masters One Day Wonders swam to 1st place finish and had the pleasure of counting for her brothers equally fast 1000. President Anne Uecker placed 6th in the 1000 Free. Men's 1000 Free Zachary Gray placed 2nd in the 30-34 age group. Dale Syphers Swam a personal best 12:06.86 in the 1000 Free 55-57 age group earning him a 2nd place finish. Bob Nelson placed 2nd in the 65-69 age group.

For the 1650. Allyson Coffin swam an impressive 20:39.35 for bronze in the 25-29 age group. Justin Benjamin Pollard made a triumphant return to Harvard with a 7th place finish in the 40-44 age group. Young gun David Vail won his first 1650 victory in convincing fashion in the 70-74 age group. Legendary holder of New England 75+ relay records Phil Kerr placed 2nd in the 1650 Free and is a good warm for his World domination at World Master Championships as a newly minted 80 year old.

Go Blue Lobsters and we hope to see you all next weekend. Lots of fun relays ahead.

To follow along with the amazingness the results can be found below.

<http://www.meetresults.com/2014/nelmscscy/results.shtml>

Day 1 Harvard (March 21, 2014)

Day 1 of The Maine Weekend at Harvard New England Swimming Championships. Maine finished the day with an impressive 1682 points 3rd overall 300 points away from our friends Cambridge masters the host team. All 44 Maine Masters swimmers on Friday scored points for the team in their individual events and we fielded an amazing 10 200 Free Relays. For Maine New England records. Legendary Ronnie Kamphausen with her 80th Birthday last week swam 100 Back, 100 Free, 50 Fly, and the 100 IM and set New England records in each of them. She also swam down with 65 year olds in the 200 Free relay for another 1st place. Douglas Pride broke the New England record in the 100 Back 50-54 age group and swam to a 1st place immediately followed by Mike Schmidt in the 100 Free. Katrine Alcaide 32 is the overall 100 Free champion with a blistering fast 53.64. Varney Hintlian and Jim Goodmen teamed up with Dale Syphers and Andy Thomas to take back their rightful 200 Free Relay record in the 55+ age group by .14 seconds after an 23.82 anchor leg by Andy Thomas. The Lovely Beth Fries, Tom Karb, and Dale Syphers are looking forward to tomorrows 800 Free relay in which they are the New England Record holders and national champions. We are looking forward to President Anne Uecker, Colleen Crossman Lepage, Ben Morse, Carrie Byron, and new comer Gretchen Hart swimming with us tomorrow. Go Blue Lobsters.

Day 2 Harvard (March 22, 2014)

Day #2 of The Maine Weekend at Harvard New England Championships. Lots of fast swims and fun times. Only 278 points separates Maine Masters from our Cambridge Masters friends. Today more Maine New England Records were broken. Ronnie Kamphausen continued her streak of New England records shattering the 500 Free and 200 IM by 40+ seconds each. Katrine Alcaide was the overall Women's champion and broke the New England records in the 100 Breast(by 2 seconds) and the 50 Free breaking her New England Record and swimming her fastest 50 Free college included with a 23.63. She beat a lot of guys too. Myself included. Douglas Pride broke the men's 50-54 50 Backstroke record but only was able

to hold onto it for a few heats before it was broken again. Lucky for him he will have another chance to return the favor tomorrow leading off the 200 Medley relay. On the relay front Maine fielded an impressive 3 800 Free relays and 11 400 Medley relays. Andy Thomas and Dale Syphers are now proud owners of 2 more New England relay records. The non scored 800 Free relay by 18 seconds with the Lovely Beth Fries and Susan Rardin as a mixed 55+ and the 400 Medley relay with Jim Goodman and Varney Hiltlian. In the 65+ Mixed 400 Medley William Reeve, Bill William Jones, Kristina Panayotoff, and Ronnie Kamphausen took off 36 seconds off the record. We are down to the last day and the last few swims. As Legendary Umaine Swim Coach Jeff Wren would always say on the last day of a championship meet is that everybody else is tired so lets Step it up and shake it off. We are looking forward to stepping it up on the last day and finishing strong. Go Blue Lobstahseaking her New England Record and swimming her fastest 50 Free college included with a 23.63. She beat a lot of guys too. Myself included. [Douglas Pride](#) broke the men's 50-54 50 Backstroke record but only was able to hold onto it for a few heats before it was broken again. Lucky for him he will have another chance to return the favor tomorrow leading off the 200 Medley relay. On the relay front Maine fielded an impressive 3 800 Free relays and 11 400 Medley relays. Andy Thomas and [Dale Syphers](#) are now proud owners of 2 more New England relay records. The non scored 800 Free relay by 18 seconds with the Lovely [Beth Fries](#) and [Susan Rardin](#) as a mixed 55+ and the 400 Medley relay with Jim Goodman and Varney Hiltlian. In the 65+ Mixed 400 Medley [William Reeve](#), Bill [William Jones](#), [Kristina Panayotoff](#), and Ronnie Kamphausen took off 36 seconds off the record. We are down to the last day and the last few swims. As Legendary Umaine Swim Coach Jeff Wren would always say on the last day of a championship meet is that everybody else is tired so lets Step it up and shake it off. We are looking forward to stepping it up on the last day and finishing strong. Go Blue Lobstahs

Day 3 Harvard (March 23, 2014)

Final day of Harvard New England Championships 2014. With one of our smallest teams (54) in recent years with a lot of quality swims, fun relays, first

time Harvard swimmers and veterans Maine successfully defended it's 8th straight SCY New England Championship scoring 4639 points almost the score of the next 2 teams combined. There were a lot of fast and fun swims at Harvard on the final day at Harvard starting with the lovely 400 IM. Maine had 12 brave swimmers which not only finished but swam and placed well. Carrie Byron picked up a 1st, [Susan Rardin](#), [Gitika Noyes](#) won out for 3rd and 4th, [Kristina Panayotoff](#) not only cheered for everyone placed 3rd. On the Men's side Maine was led by the unlikely 400 IMer Bill Ruppert with a 2nd place finish in the 70-74 age group, Bob Nelson with a 3rd, Howard Lin with a 6th, [Brendan Trainor](#) 6th, [Zachary Gray](#) 7th, and [Son Nguyen](#) 8th. In the 200 Free Ronnie Kamphausen 80 broke her 7th New England record at the meet, along with swimming in 4 65+ young relays was and is an inspiration to all of us swimmers. The meet announced Ronnie's amazing 878 top ten times in the country since 1978 and 17 current National records. Also in the 200 Free Mike Schmidt placed 1st, Alan Johnston 4th, Scott Redmon 6th, [William Jones](#) and [Phil Kerr](#) went 1, 2 in the 75+ age group and 82 year young [William Reeve](#) held off the young guys in his age group for another 1st place finish. In the 50 Breast Katrine Alcaide broke yet another New England record and was overall champion with a 29.94. She teamed up with [Цвета Станилова](#), Zach Gray, and [Tim Locrone](#) for a 1st in the mixed 25+ 400 Free Relay. Our field of mixed relays all placed 1st or 2nd. New comer [Gretchen Hart](#), Carrie Byron, Tom Karb, and John Endicott placed 2nd in the 35+ mixed. [Mary Bridge Estabrook](#) after winning with style most of her events swam to victory with President [Anne Uecker](#) Mike Schmidt and a wicked quick 50.3 100 Free split by [Douglas Pride](#) beat their seed time by 1 min. Bill Jones with his family and grand kids watching swam with Susan Rardin, Tisha Noyes, and H. [Doug Pride](#) to place 2nd. Ronnie, Kristi, Phil, and Bill Reeve placed 1st in the 65+ mixed. In the Men's 400 Free relay. Son Nguyen, [Justin Benjamin Pollard](#), Brendon Trainer, and [John Gillis](#) placed 10th, With Scott Redmon stepping up in the 55+ Men's relay with Varney Hintlian, Jim Goodman, and [Dale Syphers](#) placed 1st. The Men's 65+ of Bill Ruppert, Fred Pierce, Bob Nelson, and David Vail placed 1st. Congratulations to former Maine Master swimmer Diann Uustal who broke her National record in the 65+ age group in the 200 Back. In the Men's 100 Fly Maine Masters had quite the race with Mike Schmidt, Doug Pride, and Tim Locrone all next to each other in the same heat. They had quite the race with youngster Tim touching first 57.09 placing 2nd in his age group, Doug 57.70, and Mike 57.76 placing

them 1st and 2nd in their 50-54 age group yet again. Maine fielded an hearty 6
200 Medley relays to cap off an amazing weekend. We appreciate everyone
being so positive, willing to swim relays, and for being such an enjoyable
friendly group. We hope to see you at the pool soon. Cape Elizabeth meet
April 6th, Ellsworth Black Fly meet April 19th, and the Belfast Dan Horton
Invitational Master meet May 17th. Go Blue Lobstahs.