

Maine Masters

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

Legacy

Frank Giustra Jr. / Sean Carter

Star sprinters tend to grab headlines and the press. Sprints only need a short attention span to appreciate. Distance events aren't made for "TV". Some would even say they're boring to watch & participate in... (longer swimming events require counters so the swimmers themselves don't lose track going up and down the pool so many times). Thus, distance events in Masters meets often get relegated to the night before the meet "really" begins. However, distance events often generate the most interesting human spirit and legacy stories.

Arnie Green's MESC legacy began 7 years ago when he joined the club at age 65. At local meets, Arnie was ever the competitor, swimming a diverse range of events. He turned up at almost every meet in Maine, New Hampshire, and Eastern Massachusetts. In his seven years with the club, he set all the freestyle records for the 65-69 and 70 - 74 age groups. He also placed himself in the top ten in all of the strokes and distances (50 - 200 Back, Breast, Fly, and 100 - 400 IM). He didn't swim, "just for the heck of it". He swam because he enjoyed testing himself and testing just how far he could go. But more than the records that he set in the pool, was his presence he brought to the pool that caught people's attention.

Arnie cared about the people he swam with. He told those that were close with him, that swimming was one of his greatest joys next to his family. Spreading that joy with those he was with was the easy part. When he went away to a "bigger" meet, such as New England Masters Championships, those he roomed with came away with a closer friendship and fond memories.

One such "big meet" was the Colonies Zone Short Course Meter Championships. The pool at Wheaton College was fairly empty on the night of December 3 when the meet began with the 800 Meter Free. As a distance event, it was the only event that evening. Three heats after counting, for a fellow MESC teammate, Arnie was behind the blocks ready for his 800 Meters. There was a rousing cheer "Go Arnie" from the other end of the pool as the other MESC swimmers as he stepped up on the block. In response, he gave a hearty fist pump. Under 15 minutes later, he had broken a 10 year old New England LMSC record. He was very thrilled. Then, while warming down, he passed away doing what he loved best.

The foundation of Arnie's legacy within MESC may be as one of the best swimmers MESC has ever known. However, Arnie's legacy is sealed with our memories of his personality, his caring, and his passion to live life to its fullest. Those that were fortunate enough to meet him... were inspired by him and already miss him. ❖ FG / SC

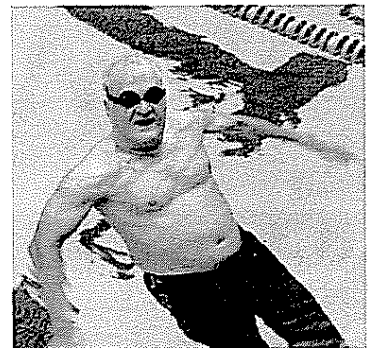


Photo Credit: Doug Roth

*Inside This Issue....MESC Notes ... Page 2... Paddles ... page 3... Upcoming schedule ... page 4 ... Fall Results...Page 5
....Pen Bay Meet Entry Form...Page 7..... Maine Masters Merchandise...Page 10 *Note there will be a special electronic
"tribute" about Arnie available in January. If you would like a copy emailed to you, send an email to scarter@banknorth.com.*

MESC Board Members

BRAD BURNHAM, PRESIDENT PAMELA TORREY, VICE PRESIDENT
ELIZABETH PACKARD, SECRETARY BARBARA MURPHY, TREASURER
LAURA LEE, REGISTRAR SANDY POTHOLM, HISTORIAN
FRANK GIUSTRA, JR., DIRECTOR OF MEETS KRIS MORSE, RECORDER
SEAN CARTER, NEWSLETTER EDITOR BEN MORSE, WEB MASTER
HANS WENDEL, MEMBER AT LARGE

Featured Workouts

Ben Morse

As a new feature, I am soliciting sample workouts from people throughout the state. If you have a workout that you'd like submitted, please send the workout with a short explanation of the workout to scarter@banknorth.com. Workouts will be posted online www.MaineMasters.org. Hopefully, we'll be able to provide some inspiration & variation for your swimming this New Year.

This month's workouts come from the Portland YMCA where Ben Morse has been coordinating a weekly sprinting workout. The objective of these workouts was to build speed and work on race preparation, two things that are sometimes overlooked or avoided by masters swimmers.

Workout #1

This workout is intended to work on speed and endurance in the 100's and then really pushing the lactic acid production and tolerance in the kick set. You may need help out of the pool after this one.

500 choice warm up
6 x 50 1-3 kick choice on 1:10
 4-6 drill choice on 1:00
12 x 25 drill down / sprint back on :35
6 x 100 alternate 1 easy, 1 fast (fast from
blocks) on 2:00
200 easy
6 x 50 fast kick (no fins) on 1:30
200 easy 2400 yards

Workout #2

This workout was intended to focus on improving lactic acid tolerance and improving recovery times. The 100 and the 50 should be very fast with the easy 100 allowing recovery time before repeating the process again.

500 choice warm up
8 x 50 descend 1-4, 5-8 on 1:00
12 x 25 cycle 4
 #1 1/2 fast 1/2 easy
 #2 build
 #3 1/2 easy 1/2 fast
 #4 fast
100 easy
100 fast on 3:00
3 x { 50 fast on 1:30
100 easy on 2:00
150 easy 2200 yards
❖ BM

Message from the Registrar

Laura Lee

All 2004 members should have received a renewal form from me. In case you have not filled yours out, a copy of the form is online at www.MaineMasters.org. As a reminder, please forward change of mailing address or e-mail address to Laura Lee, 168 Hacker Rd., Brunswick, ME 04011 or lkl@suscom-maine.net ❖ LL

Message from Past President

Hans Wendell

It was very rewarding for me to serve as president of the Maine Masters Swim Club. At the beginning of my term I was apprehensive because I had no idea of what was expected since I was relatively new to organized competitive swimming. Thanks to the experienced officers and members of the club I was able to grow into the job. I want to express my thanks to everyone who was active in the administration and to all of the dedicated members who attended swim meets.

Please support the new Board by participating in the club's administration and the swim meets. Spread the word about the joy of what recreational swimming and/or competitive swimming has to offer. ❖ HW

Thank You Hans & Joyce

Sandy Potholm

Hans, thank you for being our president. You stepped up to the plate to accept this position when our volunteer pool was pretty dry. We thank you for the many miles you traveled from Dover-Foxcroft to schedule regular meetings we all enjoyed. You kept in touch with all of us and never forgot to thank us for our efforts. Thanks to you our enrollment of new members is increasing. Thank you Hans, for keeping us strong and united!"

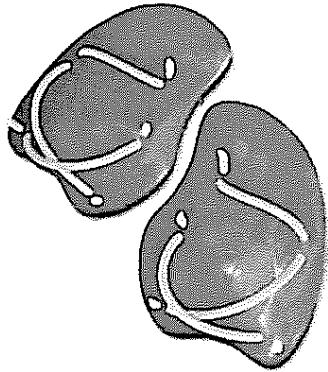
And Joyce, our recorder/treasurer. You have been our backbone and the one we always turn to for advice. We thank you for the many, many hours you gave to your job and to us. Thank you for being 'squeaky clean' with all of our money and making every effort to get to know each individual along the way. You are an outstanding individual and we all love you so much".

And a special thank you to Hans' wife Margaret. Margaret attended every meeting and graciously offered to take our minutes. Thank you Margaret for all the detail and attention you put into your notes for us." ❖ SP

Smooth moves in the water with updated paddles

Roy M. Wallack – Los Angeles Times – December 6, 2004 (Page F11)

Simple hand paddles have been used for years by novice and veteran swimmers to pull more water with each stroke, thereby strengthening arm, shoulder, and back muscles. Newer models, with ergonomic and hydrodynamic shapes, are designed to be safer and help you improve your technique. All will get you through the water faster making your swim workout more interesting and fun.



Let the Vortex pull you in

Zura Vortex: Large cupped paddles designed to build strength and encourage accurate form.

Likes: Trains entire hand in natural feeling position, with a folded-cupped palm and extended fingers. Grabs a lot of water for rigorous strength and speed workout, while flat front end allows good glide/extension.

Rubber tubing holds hand solidly, and outside three fingers together.

Dislikes: Be cautious about injuring yourself by overdoing it; the large volume of water the Vortex grabs may strain muscles if you don't gradually build up to long workouts.

Price: \$15.95; (800) 890-3009; www.Zura.com

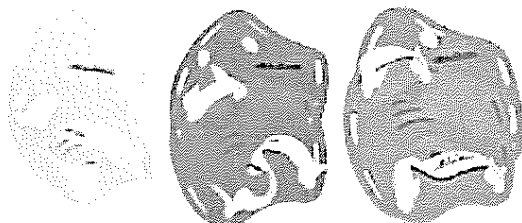
Straps and vents go easy on muscles

Aquatics by Sprint Power Paddles: Smooth-stroking, low-risk paddles "vented" with holes.

Likes: Straps over the wrist and two middle fingers hold hands comfortably in place. Holes make paddles stave and easier to pull through water, decreasing potential strain on rotator cuff during hard workouts.

Dislikes: Flat surface pulls less water, and therefore builds strength more slowly than cupped paddles.

Price: \$10. (800) 235-2156; www.sprintaquatics.com



Get a grip on your water workout

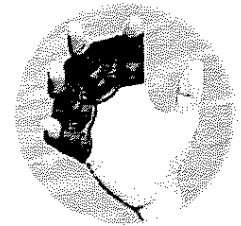
Advanced Sports Systems AquaClaws: Tiny, webbed, neoprene knuckle gloves for recreational swimmers, surfers and divers.

Likes: The webbing between the four fingers (not the thumb) grabs significantly more water than a cupped hand (though less than paddles) helping you swim faster.

Relatively unencumbered, the hand is free to grab objects naturally, which is helpful for snorkeling and diving. Reduces surfers' knuckle chill while allowing a good board grip.

Dislikes: Spreading fingers wide to make use of the web does not teach you how to cup your hand correctly for the crawl stroke. Less of a strength workout than hand paddles.

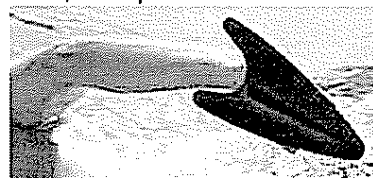
Price: \$10.95. (800) 766-7269 www.aquaclaws.com



A mini-surfboard to finesse stroke technique

Finis Freestyler: Arrow-shaped, finned paddle designed to improve crawl-stroke technique.

Likes: Dorsal fin and hydrodynamic shape, reminiscent of a tiny surfboard, streamlines your hand entry into the water, then planes it to full extension submerged.



Good for beginners to experts. It reinforces proper form by penalizing bad form, such as crossovers, and too-early entries.

Dislikes: Not a strength workout. You'll have to fight the tendency to spread your fingers and grip the paddle edges because only the middle finger is held to the board by a small rubber tube. Not a replacement for strength paddles.

Price: \$14.99 (888) 333-4647; www.finisinc.com

Let 2005 begin with the Hour Swim!

Sean Carter

Every year, the Masters season kicks off with the annual one hour swim. The goal of the swim is not to "beat the clock", but to "pound the yards". You simply swim for one hour and count the number of yards that you complete. The rules stipulate that you have to have a counter who times your progress every fifty yards. (Thank goodness, or I'd be lost after 150 yards.) At the end of the swim, you and your timer both attest that you completed your swim as indicated on the paper form, and you mail it in.

Yes – this is a postal event. In pools around the country, swimmers are all doing the same thing. Some people take this event very seriously. One woman in California entered the hour swim four times (one hour for each of the four strokes). Our friends to the south, New England Masters, encourage every swimmer that can, complete the one hour challenge. For the past few years, NEM has racked up over one million yards logged and won the event nationally. Last year there were about 8 Maine Masters swimmers who "competed" (I prefer to say completed) the one hour swim. Our yardage placed us in the top ten of "small teams" nationally.

Last year was my first experience with swimming for an hour straight. It was a great feeling (especially when it was over). I did learn a lot about myself, and I learned a lot about how I will try to swim it this year.

1. **Goal #1 = Finish.** This is an endurance event, more than any "open water" or other postal swim. There's no advantage (really) to going really fast to try and finish the race. Everyone is in the pool for an hour swimming. It's a long haul & just by keeping my mind trained on finishing the hour I'll be excited.
2. **Pace:** This is an hour swim. You can't go out fast. My 100 pace started out at 1:10 – then settled down to about 1:20, then slowly dipped to about 1:24. This year I hope to be able to pace myself at an even 1:18 – 1:19 pace for the whole hour. That way when the lactic acid begins to hit, I'll be further along in my swim.
3. **Signals:** My counter put in kick boards at 15 minute intervals to tell me how long I had been swimming. This year I am going to request signals once every 5 or 10 minutes. The signals help keep me alert and focusing on my stroke. In an event that is 90% mental, every bit of extra information that keeps my mind from wandering is a bonus.
4. **Wear the speed suit:** Yes, speed suits are expensive and are only "durable" for a limited duration in chlorinated settings. According to some coaches, an incorrect stroke causes more drag than the "speed suit" makes up for. However, it's still an hour long swim. I'll need every little piece of help I can get to manage the swim.

Completing the hour swim is an adventure. As much as I've "hinted" how exhausting it is, the event provides a lot of positive results & it's something to train for in the doldrums of January when it's too cold to go outside. ❖ SC

MESC Calendar of Events

January 1 – 31 – One hour postal swim

January 29 - Wheaton Sprints at Wheaton College, Norton, MA
8:00 warm ups Mini meet featuring 50s and 100s. Challenge the Totally Unofficial 25s' NEM records, if time permits. Meet director - JP Gowdy - gowdy_jp@wheatonma.edu

February 6 - Exeter, NH - Tracy Grilli - meet director - tracyswims@mindspring.com

February 13 - JCC in Marblehead - Andrew Dalton - meet director - ADalton@JCCNS.com

February 26 - Third Annual Mid-Coast Masters Swim Meet to be held at Penobscot Bay YMCA; 116 Union St.; Rockport, Maine. Warm up at 12 noon, Meet start at 1:00 P.M. Entry form enclosed in this newsletter.

2005 Vacation Schedule

This year – why not consider a swim meet for a destination vacation. There are several interesting meets in great venues this year. For a complete listing please visit www.usms.org. However, for some highlights ...

April – Indianapolis – YMCA Nationals – supposedly this is one of the fastest pools in the nation. If you belong to a YMCA, you can swim at this meet.

July – Edmonton, Alberta, Canada – World Masters Championships. Swimming is just one sport being contested here, but it is very competitive... and a tune up for FINA Masters in 2006 in Stanford, CA.

October – San Paulo, Brazil – All Americas Championships – Ahh – Spring – Warm Sun – Swimming outdoors – Sensational!

FALL 2004 RESULTS

Kris Morse / Sean Carter

There were a lot of events held from Halloween through the end of the year. There was the MESC - GBM Challenge at the Bowdoin and Portsmouth meets. When both meets were complete, Maine Masters Swim Club came out victorious! At Bowdoin 47 Maine Masters swimmers turned out to swim. Several more, including Brad Burnham and Sandy Potholm helped run the meet. It may have been a dreary day outside, but there were plenty of smiles after the fast early season swims.

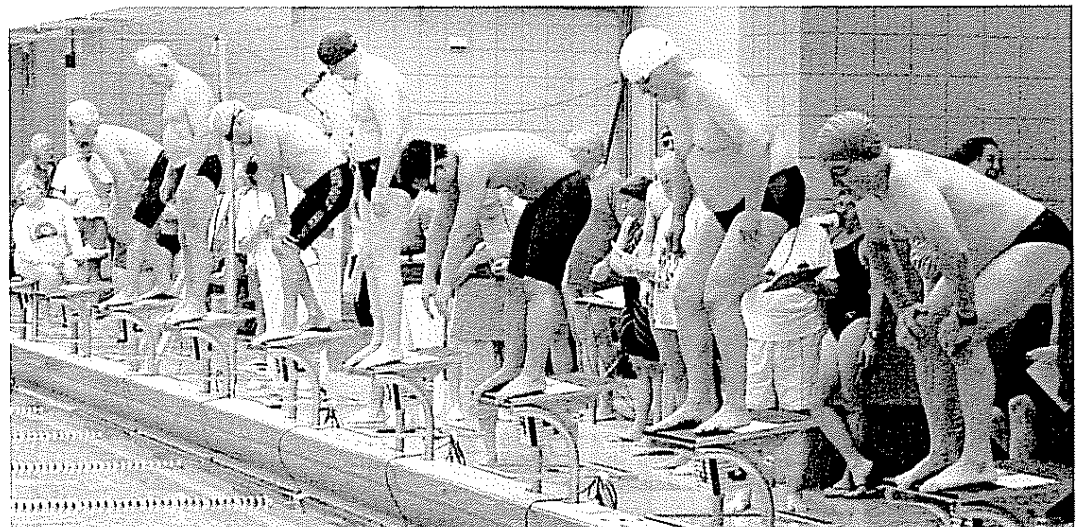
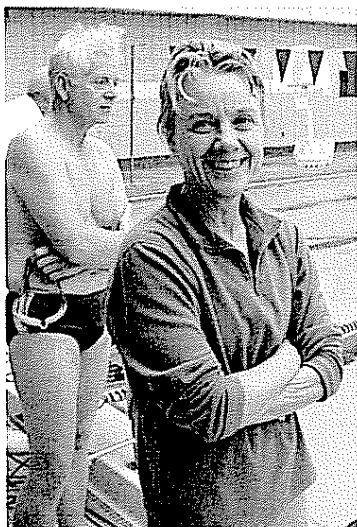
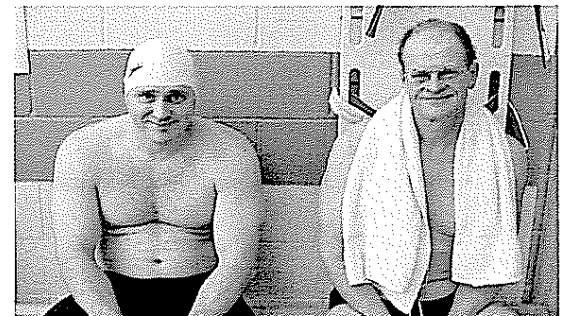
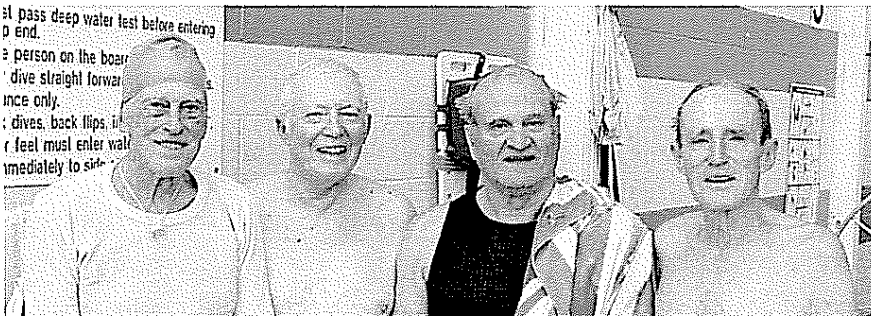
10/30 - Bowdoin - Short Course Yards		Free				Back			Breast			Fly			IM	
Name	Age	50	100	200	500	50	100	200	50	100	200	50	100	200	100	200
Kimberly Blais	22	31.32	1:10.08												1:17.97	
Laura Lee	34	33.09								1:33.00						
Alicia Heyburn	34			3:05.66											1:33.89	
Sheila Bernier	42	30.73	1:12.09						41.67			33.50				
Diane Tyler	42		1:08.64		6:50.92	1:21.83							1:33.78			2:49.54
Pam Torrey	43													2:23.92		2:31.44
Anne Uecker	44											32.20	1:11.78		1:16.17	2:45.47
Nancy MacKinnon	52		2:14.23	2:53.13	7:36.26				42.87							
Barbara Murphy	53				7:29.24	38.17	1:22.76	3:01.20								
Kristina Panayotoff	55				8:40.08					1:47.68	3:52.35					DQ
Martha Samuelson	55								42.32	1:31.30	3:14.96					
Adelaide Trafton	55				7:28.86	43.22	1:35.37		1:06.96	DQ						
Sharon Forney	61	46.07				50.77	1:51.98									
Dolly Slater	70						2:30.31					1:21.31	3:18.77	7:21.91		
Betsy Packard	71		2:07.82	4:33.87	12:04.98	2:52.97										
Joan McIntyre	76	50.66														
Cornelia Johnson	81								1:13.78	2:45.03	5:41.12					2:45.76
Ben Curl	19	28.79							37.66							1:15.35
Robie Anson	23			2:03.15								25.49				2:16.99
Son Nguyen	25	26.89							32.41	1:10.14	2:39.62	29.69				
Sean Carter	29		54.75		5:35.79								1:05.45		1:05.19	
Ben Morse	32				5:33.49							28.09	1:02.33			
Mike Marsanskis	37		56.80				1:07.00									2:24.81
Andrew Pulsifer	38				5:15.58	57.74							59.29			2:09.18
Andy Wisch	38		1:01.14		6:17.15				36.27							
Michael Schmidt	42				5:13.51							25.95	58.52			2:13.75
Doug Roth	43				7:12.46				43.22		3:29.77	40.80	1:46.18			
Dan Kirchoff	44												1:08.32			2:31.22
Mauel Sone	47	31.82	1:12.97						40.85	1:28.69						
Ivan Stancioff	52		1:16.38	3:06.48						DQ						
Scott Redmon	54	27.89	1:01.60	2:21.79												
Stan Hansen	57		1:28.66					3:09.65	1:44.08			49.01				3:31.83
Bill Rupert	60	28.95				34.56	2:46.11									
David Vail	61		1:02.23													
Fred Pierce	61	29.08	1:02.48	2:21.45						1:20.38					1:15.55	
Gerry Brookes	63	33.23	1:14.11									42.01				
Harry Schmitke	65	41.08							42.59	1:33.64	3:36.55					
Peter Giustra	65	30.00									DQ				1:24.92	3:20.46
Frank Giustra	67	32.26		3:03.77												
William Jones	67		1:11.49	2:57.21	DQ	1:33.00										
Hans Wendell	68								44.07	1:40.31	3:38.29					
Gerhard Schafer	69	37.65			8:54.20							49.80	1:55.79			
Dick Moll	70	33.96	1:16.96													
Arnie Green	72	32.32	1:11.42	2:44.64												
Mudd Sharrigan	77	42.06	1:44.81	3:51.50												
Norm Seagrave	88						3:02.55									
John White	88			5:55.44		51.52	1:58.96	4:21.45								

The second half of the MESC – GBM Challenge was a short course meters tune up held at the Portsmouth City Pool in Portsmouth, NH. The 6 lane 25 meter pool was fast and, in between races, affords swimmers and spectators the option of relaxing in a hot tub. At this meet, there was a special 320+ freestyle relay consisting of Claude Bonang, Arnie Green, Norman Seagrave, and John Woods. Their time of 3:54.70 should place them in the top three in the world this year. Congratulations!

11/7 - Portsmouth - Short Course Meters		Free			Back			Breast			Fly			IM	
Name	Age	50	100	200	50	100	200	50	100	200	50	100	200	100	200
Sean Carter	29	27.76	1:00.82	2:15.53							31.98				
Arnie Green	72	35.83	1:19.31					50.68							
Stan Hansen	58		1:41.12				3:31.20	51.53			53.11			1:49.82	
Kristina Morse	31				34.65			42.13			35.23				
Son Nguyen	25	30.42	1:10.36					35.43	1:20.53	3:06.66					
Kristina Panayotoff	56				54.06				2:04.82	4:08.79				1:57.11	4:10.51
Bill Rupert	61				37.14	1:20.07	3:00.55								
Doug Roth	43		1:19.08	2:57.00					1:51.34			1:56.98			
Michael Schmidt	42	25.96									28.50	1:10.04	2:29.83		
David Vail	61	31.20		2:36.98	38.47									1:37.98	3:01.34

Men 200 M Free 320 - 359	3:54.70
Claude Bonang	74
Arnie Green	72
Norman Seagrave	88
John Woods	86

Mixed 200 M Free 160 – 199	Time Not Entered into System - (but we did swim)
Kristina Morse	31
David Vail	61
Kristina Panayotoff	56
Sean Carter	29



MESC Men's 320+ Relay – John Woods, Claude Bonang, Arnie Green, Norman Seagrave @ Portsmouth. Michael Schmidt and David Vail relax before their events @ Portsmouth. Martha Samuleson poses for the photographer, while Hans Wendell waits for his event @ Bowdoin. The 100 Free is on @ Bowdoin –

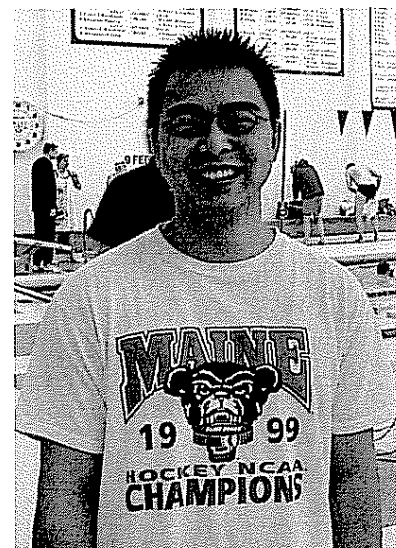
PHOTOS COURTESY OF DOUG ROT

Bath YMCA - SCY - Nov 2004	FREE					BACK					BREAST					FLY					IM	
	25	50	100	200	200	25	50	100	200	200	25	50	100	200	25	50	100	200	200	100	200	
	Blais, Kimberly			1:08.88				37.14														
Patterson, Heather	16.87	37.79								19.89												
Bater, Alex	14.66														16.74							
Torrey, Pam				2:14.08																		
Uecker, Anne			2:24.08																			
Joseph, Elina							41.42															
Murphy, Barb				2:51.45				1:40.73														
Panayotoff, Kristina								1:42.59														
Slater, Dolly								2:31.61														
Clarke, Martha			50.21					52.63														
Nguyen, Son																						
Steinhouser, Jason			27.23	59.80																		
Morse, Ben			23.45	53.17																		
Matava, Chris																						
Schmidt, Michael																						
Roth, Doug																						
Schlusser, Jack																						
Bunce, James																						
Nelson, Bob																						
Derector, Richard																						
Yail, David																						
Pierce, Fred																						
Rupert, Bill																						
Schmitke, Harry																						
Glustra, Peter																						
Glustra, Frank																						
Jones, William																						
Wendell, Hans																						
Green, Arnie																						

The Bath "Sprint" Meet went very well. The meet drew 30 MESC swimmers and more than a dozen from other swim clubs and unregistered swimmers. While all the us events (50's, 100's, and 200 were contested, this meet featured a 25 sprint of each stroke. The starting signal goes off, a big splash happens at the start, then it's over as soon as it began.

The Bath YMCA is a new facility with a separate "warm pool to relax in between race

Barbara Murphy and Kristina Panayotoff @ the Bath Meet Son Ngyuen before his breaststroke race @ Bath. PHOTOS COURTESY OF DOUG ROTH



On the first weekend of December, the Colonies Zone Short Course Meters Championships were held at Wheaton College in Norton, Massachusetts. The Wheaton pool is a fast 40 meter pool that was split into a warm up pool and a 25 meter pool. (Flip turns were on a bulkhead). All lanes were fast. 7 Maine Masters swimmers competed in the meet. Maine Masters wound up placing 7th among all the travel teams. Michael Schmidt, Bill Rupert, and Arnie Green all set either Colonies Zone records, or New England LMSC records. Son Nguyen, Kristina Morse, David Vail, and Sean Carter also competed and swam very well that weekend. Results are below.

SC Meters Zone Champs Wheaton College - 12/3 - 12/5		Free				
Name	Age	50	100	200	400	800
Son Nguyen	25		1:07.60			
Sean Carter	29		57.40	2:07.58	4:40.31	9:37.36
Kristina Morse	31					
Michael Schmidt	42	25.72	55.75	2:03.86 N	4:23.55 N	9:10.03 NZ
Bill Rupert	61	31.29	1:14.50		6:07.62	
David Vail	61					11:51.57
Arnie Green	72					14:45.86 N

SC Meters Zone Champs Wheaton College - 12/3 - 12/5		Back			Breast			Fly		IM
Name	Age	50	100	200	50	100	200	50	100	100
Son Nguyen	25				35.22	1:17.90	2:54.19	32.04		1:13.46
Kristina Morse	31	34.03	1:13.21		40.53					
Michael Schmidt	42	31.34						28.04	1:02.28	1:04.96
Bill Rupert	61	36.87 Z	1:19.73 Z	2:53.62 Z						1:25.77

N = New England LMSC Record Z = Colonies Zone Record

The **Maine Senior Games** were held on September 9 & September 10, 2004. It was the first Short Course Meters event of the season. Congratulations to all who participated. Results are below.

9/9 - 9/10/2004	Age	50 Fr	100 Fr	200 Fr	400 Fr	50 Bk	100 Bk	200 Bk
Elizabeth Packard	70	01:09.05	02:26.69	05:24.32	10:22.27		03:11.28	
David Vail	61		01:09.78	02:36.99	05:40.83			
Fred Pierce	61		01:17.76	02:46.38	06:02.47			
Arnie Green	72			03:02.05	06:48.62	00:44.05	01:49.67	03:51.08
Peter Giustra	65		01:20.37	03:06.79		00:44.21		
Frank Giustra	67	00:36.72	01:25.90	03:17.85				
Mudd Sharrigan	77	00:49.45	01:56.45	04:29.45				
Cornelia Johnson	80					01:14.75	02:40.83	03:03.95
Bill Rupert	61	00:32.59			06:04.05	00:38.13	01:22.84	03:03.95
John White	88					01:05.35	02:27.79	05:03.22
John Woods	86		3:05.16					
Joyce Brown	67	00:55.30						
9/9 - 9/10/2004	Age	50 Br	100 Br	200 Br	50 Fly	100 Fly	100 IM	200 IM
Elizabeth Packard	70							
David Vail	61		01:34.66		00:34.65		01:23.46	
Fred Pierce	61		01:33.98					03:18.11
Peter Giustra	65	00:48.30			00:43.03			
Frank Giustra	67				00:51.76			
Mudd Sharrigan	77							
Cornelia Johnson	80	01:22.53	03:00.14	06:25.13			02:58.57	
John White	88							
William Jones	67		01:44.62		00:40.91	01:51.39		04:17.56
Harry Schmitke	66	00:46.63	01:48.13	4:03.70				
Hans Wendell	68	00:47.98	01:49.89	03:58.77				
Joyce Brown	67	01:00.53						

3RD MID-COAST MASTERS SWIM MEET
 Penobscot Bay YMCA
 116 Union St. Rockport, Maine

DATE and TIME: Saturday February 26, 2005
 Warm Up 12 Noon / Start 1:00 PM

FACILITY: New 8 lane, 25 yard competition pool with electronic timing

DIRECTIONS: Take U S Route 1 North to Camden At 'stop' sign, turn right Proceed through Rockport-Camden white arch The "Y" is 3 mile on the left From the North: Follow route 1 through Camden 'downtown'. Turn left just before the 'stop' (for northbound cars) and proceed through the white arch

ENTRIES: For administrative reasons there will be no deck entries Entry cut off will be mail delivery on 2/23/05 Relays will be available upon request

ORDER of EVENTS: (Yards)

Women	Event **	Men
1	500 Fr	2
3	100 Br	4
5	200 IM	6
7	50 Fr	8
9	50 Bk	10
11	100 Fr	12
13	200 Br	14
15	100 Bk	16
17	50 Fly	18
19	200 Fr	20
21	200 Bk	22
23	50 Br	24
25	100 IM	26
27	200 Fly	28
29	400 IM	30

* Swimmers must provide their own counters

** Women & Men events may be combined depending on number of entries

SEEDING:

Slow to fast, regardless of age "No times" will be seeded in the slowest heats

AWARDS:

Ribbons will awarded to the first three places in five year age groups for both men and women White "Personal Best" are available upon verification of time

MEET DIRECTOR: Frank Giustra 207-832-6860

FOR MORE INFO: giustrajr@peoplepc.com or Douglas Roth at 207-273-2907

For other information visit our Web Site at:
www.mainemasters.org

REGISTRATION and MEET APPROVAL DATA:

This is a meet sanctioned by NE-LMSC for USMS, INC. Sanction number: 035-021-SSCY Only USMS Registered Masters swimmers 19 years and older may enter a sanctioned meet

USMS liability release waiver must be executed by all entrants

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

To register as a Maine Master contact Laura Lee, 168 Hacker Rd Brunswick, M E 04011 207-725-5025

3RD MID-COAST MASTERS SWIM MEET
Saturday, February 26, 2005

Name _____

Address _____

Home Phone _____ USMS # _____

Age _____ Male / Female (*circle*)

Event # _____ Seed Time _____

Event # _____ Seed Time _____

Event # _____ Seed Time _____

Event # _____ Seed Time _____

Event # _____ Seed Time _____

REGISTERED MASTERS SWIMMERS MUST ENCLOSE A COPY OF THEIR CURRENT USMS MEMBERSHIP CARD.

FEEES: Meet fee is \$20 00 per entry covering 5 individual events

Make checks payable to **Pen Bay Masters** and mail to Frank Giustra, 110 Robinson Rd., Waldoboro, Maine, 04572.

Total Fees Enclosed: \$ _____

Waiver: "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 Participant _____

Date _____

Merchandise

Don't wait for a meet to purchase Maine Masters Swim Club goodies. You can order them by mail from FRANK X GIUSTRA.
Fill out the form below and send with your check or money order. (Don't forget to include size and quantity)

Frank X. Giustra
110 Robinson Rd
Waldoboro, ME 04572
MAIL TO (Print or type clearly):

NAME: _____

MAILING ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

SWEATS:

SWEATSHIRTS

Ash gray with MESC logo (L & XL, only) \$21
Ash gray with PUFFIN logo (M,L,XL) \$21

SWEATPANTS

Ash gray with MAINE MASTERS SWIM CLUB imprinted down one leg (S,M,L,XL) \$19

T-SHIRTS:

Ash gray, long sleeve, with puffin logo (S,M,L,XL) \$12
White, short sleeve, with MESC logo (L & XL) \$10
White, short sleeve, with PUFFIN logo (M,L,XL) \$10

BASEBALL CAPS:

With MESC logo (WHILE SUPPLIES LAST) \$5
With log and curved lid, custom embroidered \$9

SWIM CAPS:

With MESC logo \$5

WATER BOTTLES:

With MESC logo \$2

IMPRINTED MAINE MASTERS SWIMSUITS: Black with red trim

Men's Masters Style (6" side seam) sizes 36 - 40 \$21
Men's Race Style (3" side seam) Sizes 30-34 \$21
Women's with conservative leg cut Sizes 30, 34-38 \$32

POSTAGE AND HANDLING FEE

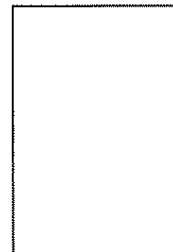
TOTAL ENCLOSED

(ALL PRICES INCLUDE MAINE SALES TAX) _____

Sean Carter

44 May Meadow Drive

Gray, ME 04039



ADDRESS CORRECTION REQUESTED