

# Maine Masters

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

## Club News

Congratulations to **Brad and Laura Lee Burnham** on the birth of their first child, Henry.

The **annual meeting** will be held after the Erswell meet on October 12. The proposed slate of officers is in this newsletter and an absentee ballot for those unable to attend. Minutes of board meetings will now be available on the Maine Masters website.

Any corrections for the **Top Ten Times**, which were mailed out in August, need to be sent to Claude Bonang. Claude wants them right, so please review and notify him of any errors.

**John Hall**, 48, went to the 2002 SCY Nationals in Hawaii, May 14-17th, and had some great swims. Here are his times, and editorial comments, which we can all relate to:

50 free	23.98	Not bad
100 free	55.17	Two missed turns –ugh!
50 breast	30.90	Not bad
50 fly	26.75	Not bad
100 IM	1:01.75	OK
200 IM	2:17.93	Tired after the 50 free, if that's possible.

Many Maine Masters competed in the 11<sup>th</sup> Powerade/Oxford Networks **Maine State Triathlon** held July 28<sup>th</sup>. Results are:

Kurt Lietz	M52	1:25.50
Stephanie Peavey	F46	1:26.00
Paul Nichols	M36	1:29.26
Hans Wendel	M66	1:50.08
Beth Birch	F60	1:51.26

## Rule Change for Backstroke Start

USMS has adopted a change to the rules of competition based upon changes made by USA Swimming on June 1, 2002. The change was made to the backstroke start rules. Swimmers are no longer prohibited from raising their feet above the water level after the starting signal has been given. However, the swimmer is NOT allowed to place their toes or feet in or on the gutter during or after the start. Thus, the rule effectively allows a change from the current practice only in flat walled pools and pools with the water level below the gutter. The current legal start is still legal. These changes are effective June 1, 2002. The reference and new wording is as follows: 101.1.2

BACKSTROKE pg. 13; B-All courses-The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. Prior to starting signal, the swimmer's feet, including the toes, shall be placed under the surface of the water. Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time. A backstroke starting block may not be used.

## Calendar of Events

Maine Senior Games	Sept. 12 <sup>th</sup> and 13 <sup>th</sup>	Greely Pool
George Erswell Meet	October 12 <sup>th</sup>	Bowdoin
Bath Area YMCA Meet	November 17 <sup>th</sup>	Bath

## Inaugural Bath Meet

*by Richard Derector*

I am pleased to bring the news of the first Maine Masters meet to be held at the new Bath Area YMCA. The inaugural Maine Masters meet for the Bath Y will be on Sunday, November 17<sup>th</sup>, with warm-up at 9:30 AM and the first event starting at 10:00 AM.

The new Bath Y opened in the spring of 2001. The Aquatics Center features an 8-lane competition pool with electronic timing, a warm therapy pool and hot tub. Men's and women's locker rooms each have their own sauna.

The Bath Y is home to the Long Reach Swim Club, coached by Jay Morissette. The LRSC won the state YMCA championship again in 2002, their 10<sup>th</sup> straight State title. The record boards on the Aquatics Center walls include the pool records, male and female, which are irrespective of age. I hope that several of our Maine Masters members will take aim at some of these, including the relays. The records, always subject to change, can be found on the LRSC website at [www.lrsc.org](http://www.lrsc.org) by clicking on the Records link and the Bath YMCA Pool Records.

*Continued on Page 2*

### MESC Officers

<b>Hans Wendel</b> , .....	Interim President .....	hdwendel@kynd.net .....	564-0060
<b>Joyce Brown</b> , .....	Registrar/Treasurer ..	joyline@gwi.net .....	725-5394
<b>Frank Giustra, Jr.</b> , .....	Member-at-Large .....	giustrajr@panax.com .....	832-6860
<b>Peter Fredericks</b> , .....	Director of Meets .....	barbpete@tds.net .....	645-3092
<b>Claude Bonang</b> , .....	Recorder .....	cbonang@blazenetme.net .....	725-5181
<b>Sandy Potholm</b> , .....	Historian .....	spotholm@starband.net .....	729-0649
<b>Betty Dupuis</b> , .....	Editor .....	bdupuis@gwi.net .....	276-5027



A special “thank you” goes to Diane Hicks, the Bath Y’s Aquatics Director for her assistance and encouragement. I hope to see all of you at the meet!

## NEM’s Dave Parcels Completes 2-Way Channel Swim

On Saturday, August 17<sup>th</sup>, Dave Parcels finished swimming from England, to France, to England, non-stop, in 21:30; his splits were 10:12 and 11:18. Dave writes: “I never, in my wildest dreams, thought that a time of 21:30 was within my capabilities. But everything worked out perfectly for me with all the pieces falling into place. I felt great the entire way, and never once hit the ‘wall’. I am still flying high and expect to be for some time.

The swim was awesome, weather and water conditions were perfect and I just motored along in cruise control. I was focused and mentally strong the whole day, and was just having so much fun. Landed right under the lighthouse at Cap Gris Nez in the middle of the night: just beautiful. The strong tide heading northeast took me way north of Dover and then I was being swept parallel to the English coast. They asked me to sprint the last hour in order to land just south of St. Margaret’s with the white cliffs as a background. If I didn’t make that, I would have swum another hour down to Shakespeare. But I made it and am very thrilled. I am the 15<sup>th</sup> person in the world to complete the 25<sup>th</sup> double swim, the fourth American, and now the oldest person to ever do a double across the channel.”

## Accepting the Peaks to Portland Challenge

*by Barbara Murphy*

One day back in March I asked Adelaide Trafton, one of the Master swimmers who works out at the Bowdoin pool, if she’d ever thought of doing the Peaks to Portland race. She said no - but she’d consider it. That day marked the beginning of our training for Peaks to Portland. I had hoped to do the swim the year before but ended up on a waiting list because I sent in my entry form too late. We did our qualifying swims and sent in our entries right away.

We were both confident that we could do the 2.4 mile distance but we had our fears. Hers: the cold. Mine: open water. I grew up swimming in pools and thoughts of wind, waves, currents and fish were terrifying. Adelaide had a fair amount of open water experience but was worried about hypothermia. So, we knew that in addition to our regular pool workouts, we’d need to train in open water.

We did 8 open water swims in June and July. Our first swim in the Muddy River on June 13<sup>th</sup> was a reality check. It was freezing! The water temperature was somewhere in the 50s, but where in the 50s, we didn’t know and didn’t want to know. It was difficult to swim in a straight line and hard not to stop and look around to stay oriented. Plus being in the cold water was exhausting. Forty-five minutes of that was enough.

The next swim wasn’t much better. That morning the water and air temperatures were in the 50s and it was raining. But we managed to swim longer stretches without stopping to look around and stayed in for over an



*Barbara Murphy (L) Adelaide Trafton (R) Peaks to Portland Swim*

hour. Even though it took the rest of the day to warm up, it was satisfying to know we’d survived those conditions without wimping out.

Each successive swim was easier. The water warmed up and we swam for longer periods and with fewer stops. I learned to alternate breathing sides which helped with neck and shoulder strain. However, we both were still having trouble swimming in a straight line. Joe, Adelaide’s husband said that we zig-zagged our way across Merrymeeting bay.

On July 6<sup>th</sup>, we did our first ocean swim. The water wasn’t as cold as we feared. It was fun to feel the buoyancy of the salt water, the swells and the currents. A week later, a trial swim following my kayaker, Sharon Forney, proved to be reassuring. We had recently received our packets from Portland YMCA confirming that we had *committed* to the Peaks to Portland race. The instructions to stay close to our boat, the list of symptoms of hypothermia and the advice to paddlers on what to do in case of a drowning swimmer had been rather unsettling.

The ultimate practice swim came on July 21<sup>st</sup>, a week before the race. We donned our wet suits and rode out to a reef, 2.5 miles off Orr’s Island with Bruce MacLeod, who was also training for the swim, and his wife Arleen, who would follow us back. It seemed like we’d never get to the reef and when we jumped off the boat to head back to shore, it felt like we’d been dropped off in the middle of the ocean. However, we all made it back in a little over an hour. Our training was complete.

The race day was cloudy and cool but luckily the thunderstorms that had been predicted never materialized. On the 6:45 ferry, anticipation built as people all around me talked about past races and theorized about strategies for this year’s race. Once we got to the beach there were more conversations, advice on landmarks to sight on and how to best take advantage of the current. Adelaide and I went over our plan to swim side by side with our paddlers to our outsides. We had found during our training swims that we easily stayed together, swimming at exactly the same speed without even trying.

Finally, the boats moved away from shore and the swimmers entered the water. It seemed like forever until we got our signal to start swimming. The first challenge was finding our paddlers. With nearly 100 boats and swimmers in a relatively small area, it was mass confusion. I found Sharon but not Adelaide. I could see the pink arms of her wetsuit flashing a short distance away but couldn’t get over there. From then on, my attention was on my kayak and the swim. It seemed to take a long time to get past Fort Georges. I was aware of Sharon plotting the course and giving me occasional directions. Before long, she was telling me to pick it up, we were almost there.

*Continued on Page 4*



## THIRD ANNUAL GEORGE ERSWELL OCTOBER SWIM MEET

Bowdoin College Pool  
Brunswick, Maine

**DATE and TIME:** Saturday, October 12, 2002

Warm Up: 11:00 AM

Meet Start: 12:00 Noon

**FACILITY:** Bowdoin College Greason Pool at the Farley Field House (Hwy. 123 S) Harpswell Road, Brunswick. This is a 16 Lane Pool. Eight lanes will be used with adjacent lanes for warm-up and cool down. Electronic timing will be used.

**ENTRIES:** For administrative reasons there will be no deck entries. Entry cut off will be mail delivery 10/9/2002.

**ORDER of EVENTS:** (Yards)

Women	Event	Men
1.	200 fly	2.
3.	200 back	4.
5.	200 breast	6.
7.	200 free	8.
9.	200 IM	10.
11.	100 fly	12.
13.	100 back	14.
15.	100 breast	16.
17.	100 free	18.
19.	100 IM	20.
21.	50 fly	22.
23.	50 back	24.
25.	50 breast	26.
27.	50 free	28.
29.	500 free	30.

**SEEDING:**

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

**AWARDS:**

Ribbons will be awarded to the first three places in five year age groups for both men and women. White "Personal Best" ribbons will be available on request to meet directors.

**MEET DIRECTORS:**

Arnie Green (729—8179) & Sandy Potholm (729—0649)

**MEET REFEREE:**

Robert Mehlhorn, MSA Official

**For other information visit our Web Site at: [www.mainemasters.org](http://www.mainemasters.org)**

**REGISTRATION and MEET APPROVAL DATA:**

USMS approval level requested for this meet is

a) Sanctioned XX                      b) Recognized     

a) Only USMS Registered Masters swimmers 19 years and older may enter a sanctioned meet.

b) Both USMS Registered Masters swimmers and non-registered swimmers may enter a recognized meet.

USMS liability release waiver (below) 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 Joyce Brown, 166 Hildreth Rd., Harpswell, ME 04079. 207-725-5394

### 3rd Annual George Erswell October Swim Meet Saturday, October 12, 2002

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Club # \_\_\_\_\_

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.**

**FEES:** Meet fee is \$9.00 per entry covering 5 individual events, plus a \$6.00 surcharge for electronic timing.

Make checks payable to: Maine Masters, and mail to:

Sandy Potholm, 182 Hildreth Rd., Harpswell, ME 04079

**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 \_\_\_\_\_



## September/October Merchandise Special

**Swimsuits for Men \$18.00 • for Women \$29.00**

*Continued from Page 2*

When I ran up the beach and got my number, I was shocked. I expected to finish towards the end of the pack, so I was pleasantly surprised to see my number 48. I turned it over a few times to make sure it was 48 and not 84! Bruce, Adelaide and I all finished within a minute of one another. We joined the crowd of swimmers on the beach, including nine other Maine masters.

After the race, I was happy and relieved. Adelaide stated that she'd enjoyed the training more than she enjoyed the race. Bruce, who has swum Peaks twice before, had a good time as usual. He wants to continue doing the race but he might need to find a new kayaker as his son Morgan, who just turned 15, may want to swim next year instead of paddling for Bruce.

Ben Morse, a Maine master swimmer from Topsham finished in second place. He was pleased with his race. This is the fourth year in a row that Ben, 30, has swum Peaks to Portland. He kept up a steady (and fast) pace, finishing with a time of 47.26. Connie Hallett of Falmouth and Anne Ueker of Oakland both had excellent races, finishing as the third and fourth women.

All proceeds from the swim go toward the Cumberland County YMCA Benefit Drive. Proceeds from the fund provide scholarships for those in need, ensuring that nobody will be turned away from a YMCA program or service because of an inability to pay. It's not too early to start *your* training for next summer's Peaks to Portland race. But remember to send your entry form in early.

## Hobbs Pond Swim

*by Bill Jones*

Sunday, August 11<sup>th</sup>, twenty-six swimmers completed the 11<sup>th</sup> annual Hobbs Pond swim, starting and finishing at Hope's Town Beach. Charlie Garrigan of Camden, 18, became the youngest winner ever in 9:50.32. The previous youngest winner and record holder at 33 was Carol Shaw of Hope. The course record of 9:04 still belongs to Claire VanderVen (de Boers), at age 40.

Warm, relatively calm conditions contributed to fast times for most. Dramatic improvements were made by many of the age-group and Masters swimmers. This is a social swim; not all swimmers were competing. Locals dominated. Sixteen of twenty-six swimmers were from Hope, five from nearby towns, and all but two of the rest, established local summer residents. Age distribution was bimodal. Nine swimmers were 14 or under; seven were 60 or older. Maine Master Bill Jones, the only person to have swum all eleven Hobbs Pond swims, placed 5<sup>th</sup>. Valued volunteers served as starter, timer, clerk of course and spotters. Most swimmers, helpers and relatives adjourned to the Jones camp on True Lane for snacks after the swim.

## Welcome New Members

Ray Hebert

Adelaide Trafton

Brunswick

Topsham

## "Maine Masters Swim Song"

*by Claude Bonang (Sing to the tune of "On the Road Again")*

In the pool again, just can't wait to get in the pool again,  
The life I love is swimming laps with my friends,  
And I can't wait to get in the pool again.  
In the pool again, swimming laps where I've always been,  
Seeing faces that I hope to see again,  
And I can't wait to get in the pool again.

In the pool again, like a school of fishes we swim along the laneway,  
We're the best of friends, insisting that the world keep turning our way,  
And our way, is in the pool again,  
Just can't wait to get in the pool again,  
The life I love is swimming laps with my friends,  
And I can't wait to get in the pool again.

In the pool again, like a school of fishes we swim along the laneway,  
We're the best of friends, insisting that the world keep turning our way,  
And our way, is in the pool again, just can't wait to get in the pool again,  
The life I love is swimming laps with my friends,  
And I can't wait to get in the pool again. And I can't wait to get in the pool again.

### PROPOSED SLATE OF OFFICERS for MAINE MASTERS SWIM CLUB 2002 - 2004

PRESIDENT	Hans Wendel
VICE-PRESIDENT	Pamela Torrey
SECRETARY	Gerry Brookes
HISTORIAN	Sandra Potholm
REGISTRAR/TREASURER	Joyce Brown
DIRECTOR OF MEETS AND OFFICIALS	Peter Fredericks
NEWSLETTER EDITOR	Elizabeth Dupuis
RECORDER	Claude Bonang
MEMBER-AT-LARGE	Frank Giustra

Please detach here

### ABSENTEE BALLOT for MESC ELECTIONS OCTOBER 12, 2002

\_\_\_\_\_ I cast my ballot for the Proposed Slate of Officers for  
2002 - 2004.

\_\_\_\_\_ I cast my ballot for the Proposed Slate of Officers for  
2002 - 2004 with the exception of the office of  
\_\_\_\_\_ and nominate  
\_\_\_\_\_ for this office.

(Please be sure to get the approval from the person(s) you  
wish to nominate.)

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please send your proxy either by mail to Joyce Brown, 166  
Hildreth Rd., Harpswell, ME 04079, or by email to  
joyline@gwi.net.



## MAINE MASTERS SWIM MEET

Bath Area YMCA  
303 Center Street · Bath, Maine

**DATE and TIME:** Sunday November 17, 2002  
Warm-up: 9:30 AM, 10 AM start

**FACILITY:** This is an 8 lane 25 yard competition pool with electronic timing. 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.

**ENTRIES:** Deck entries will be allowed, however pre-registration is encouraged.

### ORDER of EVENTS: (SCY)

	<u>Event</u>
1.	500 Free*
2.	100 Fly
3.	100 Breast
4.	50 Back
5.	50 Free
6.	400 IM
7.	100 Free
Break (10 Min)	
8.	200 Breast
9.	100 Back.
10.	50 Fly
11.	200 Free
12.	200 Back
13.	50 Breast
14.	100 IM

\* Swimmers must provide their own counters for 500 Free.

### SEEDING:

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

### AWARDS:

Ribbons will be awarded to the first three places in five year age groups for both men and women. White "Personal Best" ribbons will be available on request to meet director.

**MEET DIRECTOR:** Richard Derector 207-442-8681  
frontstreet@hotmail.com

**For other Maine Masters information visit our Web Site at:**  
[www.mainemasters.org](http://www.mainemasters.org)

### REGISTRATION and MEET APPROVAL DATA:

USMS approval level requested for this meet is

- a) Sanctioned \_\_\_\_ b) Recognized XX  
a) Only USMS Registered Masters swimmers 19 years and older may enter a sanctioned meet.  
b) Both USMS Registered Masters swimmers and non-registered swimmers may enter a recognized 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 Joyce Brown, 166 Hildreth Rd., Harpswell, ME 04079. 207-725-5394.

### Maine Masters Swim Meet

Bath Area YMCA  
Sunday, November 17, 2002

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Club # \_\_\_\_\_

Age \_\_\_\_\_ Male / Female (*circle*)

Event # \_\_\_\_\_ Seed Time \_\_\_\_\_

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.

**FEES:** Meet fee is \$10.00 per entry covering 5 individual events. Make checks payable to: Bath Area YMCA and mail to: Diane Hicks, Aquatics Director, Bath Area YMCA, 303 Center St. Bath, ME 04530

**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



**Echo Lake Swim, August 3, 2002**  
**1.5 Mile Swim**

Jennifer Ferree	F	38	36:15
Doug Trenkle	M	53	41:03
Jennifer Corrigan	F	29	44:05
Marjorie Peronto	F	42	44:21
Roger Noble	M	49	44:21
Darcey Peakall	F	39	44:40
Dan Stasz	M	39	47:06
Anne Gibson	F	48	50:00
Martha Samuelson	F	53	54:52
Annette Hatch-Clein	F	39	55:14
Fenwick Fowler	M	51	56:22
Hans Wendel (all breaststroke!)	M	66	59:07
Beth Thorpe	F	24	70:10

**500 Yard Swim**

Jessica Nickels	F	25	7:37
Melanie Tripp	F	25	7:38
Hal Dower	M	69	15:48
Corrie Johnson	F	78	17:12

**Peaks to Portland, July 27, 2002**

Benjamin Morse	47.26	2nd
Constance Hallett	49.32	8th
Stephen Barr	51.11	10th
Michael LePage	52.04	12th
David Sawyer	52.14	13th
David Baginski	52.15	14th
Anne Uecker	53.57	17th
Bob Crotzer	63.06	46th
Barbara Murphy	63.13	48th
Adelaide Trafton	64.11	53rd
Bruce MacLeod	65.09	54th

**Hobbs Pond Swim, August 11, 2002**

Bill Jones	M	65	11:47.17
Isabel Lyndon	F	62	14:35.45
Tom Lyndon	M	70	16:13.34
Dollie Slater	F	68	21:17.56

***Swim Mania** By Corrie Johnson*

*When I was six  
I learned to swim.  
Since then I swam  
In rivers and lakes  
In seas and oceans  
And in their surf and waves.  
Sometimes I swam when it was sunny  
And sometimes in fog or rain.  
I could be in the morning  
Or during the day*

*And a few times at night  
When the moon was full and bright.  
But no matter when and where I swam  
It was all for pleasure and fun.  
But now the pool is my outlet  
To keep going all year round.  
And it is also the place  
Where friends are found.  
Where new strokes are learned.  
And many laps are burned.*

*And all different strokes are used  
And sometimes muscles slightly abused.  
Where workouts are in order  
As a swim meet is just around the corner.  
Are my strokes improving?  
And how are my times?  
Am I ready and am I prepared?  
Then to decide  
Which strokes to swim –  
Which distance to go.*

*Decisions, decisions – so hard  
to decide.  
But in the end  
No matter the results  
What really counts  
Is that all those swims  
Will keep my body and mind  
Healthy and sound.  
So – I keep on going and  
going  
To swim-swim-swim!*



		Maine Masters Record Book - Short Course Yards																			
		Number of Swimmers in Top Ten / Age Group / Event																			
		As of May 31, 2002 - Compiled by Claude Bonang																			
Women Age	50 Free	100 Free	200 Free	500 Free	1000 Free	1650 Free	50		100		200		50		100		200		400 IM	Total of Top Ten Slots Filled For All Events /Age Group	
							Back	Back	Back	Back	Br	Fly	Br	Fly	Br	Fly	Br	Fly			Br
19-24	10	8	7	9	1	0	7	4	1	4	1	6	2	0	8	1	1	10	6	2	2
25-29	10	9	9	8	4	1	10	4	4	7	5	0	10	3	2	10	6	3	3	4	
30-34	10	10	10	10	5	3	10	10	10	10	2	10	7	2	10	10	3	12			
35-39	10	10	10	10	9	5	10	10	7	10	8	4	10	8	2	10	10	2	10	10	
40-44	10	10	10	10	8	6	10	10	10	10	8	10	8	4	10	8	7	11			
45-49	9	9	6	9	3	3	8	4	2	10	8	5	4	0	0	0	9	2	1	1	
50-54	8	6	3	4	1	0	5	5	4	7	4	3	2	0	0	4	2	0	0	0	
55-59	5	4	4	5	4	1	1	1	0	4	3	0	1	0	0	1	0	0	0	0	
60-64	6	3	3	4	2	0	4	2	1	4	2	1	1	0	0	2	0	0	0	0	
65-69	2	3	1	1	0	0	3	0	0	4	1	1	0	0	0	1	0	0	0	0	
70-74	1	1	0	1	1	0	1	0	0	1	1	1	0	0	0	0	0	0	0	0	
75-79	1	0	0	2	0	0	1	1	0	1	1	1	0	0	0	1	1	0	0	0	
80-84	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
85-89	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
90-94	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
*	5	3	3	3	0	0	4	3	2	4	2	0	4	0	0	5	2	0	0	40	
* =	Total Number of Top Ten Slots Filled For All Age Groups / Event																				
Men	50	100	200	500	1000	1650	50	100	200	50	100	200	50	100	200	50	100	200	400		
19-24	5	5	3	3	1	1	2	0	0	4	4	0	6	2	1	7	3	1	0		
25-29	10	10	10	9	3	2	3	8	2	9	10	5	9	7	3	10	10	4	6		
30-34	10	10	10	10	8	2	10	10	3	10	10	3	10	10	2	10	10	5	12		
35-39	10	10	10	10	5	3	10	10	7	10	10	4	10	10	1	10	10	4	12		
40-44	10	10	10	10	7	6	10	10	6	10	10	10	10	7	2	10	10	4	12		
45-49	10	10	10	10	8	5	10	10	4	10	10	8	10	7	0	10	10	2	11		
50-54	10	10	10	10	4	1	10	6	5	10	4	3	10	5	1	10	10	5	9		
55-59	10	10	10	10	6	3	6	6	3	10	10	5	8	4	2	10	7	3	7		
60-64	10	10	10	10	5	4	9	8	6	10	10	7	10	7	4	9	9	4	7		
65-69	10	8	8	10	4	1	7	2	4	7	6	5	5	4	3	7	5	3	2		
70-74	5	7	5	5	2	1	4	3	2	3	2	0	2	1	0	2	0	1	0		
75-79	2	2	1	3	1	1	2	1	2	0	0	0	0	0	0	0	0	0	0		
80-84	0	1	1	1	1	1	2	2	2	0	0	0	0	0	0	0	0	0	0		
85-89	0	0	0	0	0	0	2	2	2	1	0	0	0	0	0	0	0	0	0		
90-94	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
*	9	8	8	8	0	0	5	4	0	7	7	1	6	2	0	7	6	0	78		
* =	Total Number of Top Ten Slots Filled For All Age Groups / Event																				

**Don't wait for a meet to purchase Maine Masters Swim Club goodies.**

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SWEATS:

Sweatpants: Ash gray with MAINE MASTERS SWIM CLUB imprinted down one leg (S,M,L,XL) ..... \$19 \_\_\_\_\_  
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T-SHIRTS:

Ash gray, long sleeve, with puffin logo (S, M, L, XL) ..... \$12 \_\_\_\_\_  
White, short sleeve with MESC logo (S, M, L, XL) ..... \$10 \_\_\_\_\_  
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BASEBALL CAPS: With MESC logo (*while supplies last*) ..... \$5 \_\_\_\_\_  
With logo and curved lid, custom embroidered ..... \$9 \_\_\_\_\_

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WATER BOTTLES: With MESC logo ..... \$2 \_\_\_\_\_

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