SEPTEMBER 2005

Maine Masters

S W I M C L U B

N E W S L E T T E R

National Top Ten Rankings!

We urge everyone to check-out the USMS website for the 2005 National SCY Top-Ten Listings. You will be surprised and proud to see therein a hefty representation of Maine Masters, considering our slim ranks of about 165 members. At some time during the upcoming 10/22 George Erswell meet, which I am SURE we are all planning to attend, be sure to congratulate our stars.

Of particular note is superstar Ronnie Kamphausen, who ranked first nationally in 10 individual events. We should thank our lucky stars that Ronnie "keeps her MESC heart on her sleeve" when she makes her annual migration south to Conn. for Dec. to May. In Maine, Ronnie usually calls the Bath YMCA pool home. There is evidently discipline at work in Conn.; Ronnie coaches *herself*, at the Waterbury (CT) Y pool!

Calendar of Events

Sep 28th	Maine Masters Board Meeting
Oct 22nd*	George Erswell Meet Bowdoin College, Brunswick
Nov 13th*	Bath YMCA Sprint Meet
Dec 2~4th	NE SCM Championships Wheaton College, Norton, MA
Jan	Waterville Meet?
Late Jan	Bowdoin Distance Festival
Feb 11th	PenBay YMCA Masters Meet

** Entry Forms Attached*

Maine Masters in Pittsburgh at the National Senior Games: (l-r) Cornelia Johnson, Hans Wendel, Frank Guistra Jr., Betsy Packard, and Bill Jones.

More info' about this meet and other Maine Masters activities inside.

MESC Board Members

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Vice President	Pamela Torrey	443-6191
Secretary	Elizabeth Packard	725-1115
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Web Master	Ben Morse	729-9025
Member at Large	Hans Wendel	564-0060
Newsletter Editor	Sean Carter	712-8853
Asst. Editor	Kristi Panayotoff	789-5166

"What I did During My Summer Vacation..."

National Senior Games, Pittsburgh, PA

Several Maine masters swimmers ignored that summer is supposed to be hazy and LAZY. The swimmers traveled to Pittsburgh, PA to swim in the 2005 National Senior Games competition, June 17, 18, and 19, 2005.

Cornelia Johnson, in the women's 80-84 age group, swam to a first place finish in the 500 yd freestyle, with a time of 14:16.4; 5th in the 200 yd breaststroke, 6:02.8, 5th in 50 back, 1:07.0; 6th in 100 yd IM, 2:38.6; 7th in the 50 yd breaststroke, 1:14.17; and 7th in the 100 yd breaststroke, 2:51.2.

Cornelia Johnson

Betsy Packard, in the women's 70-74 age group, swam to a 7th place finish in the 500 yd freestyle, with a time of 12:05.6; 10th in the 200 back, 5:57.14; 11th in 200 free, 4:46.50; 11th in 100 back, 2:51.30, 12th in the 100 yd free, 2:17.34.

Frank Giustra, in the men's 65-69 age group, swam to a 12th place finish in the 200 yd free with a time of 2:59.46; 14th in the 100 yd free, 1:16.38; 14th in the 50 yd free, 33.08; 15th in the 100 yd IM, 1:46.60; 15th in the 50 yd fly, 46.06. Bill Jones, also in the men's 65-69 age group, earned a 3rd place finish in the 200 yd IM with a time of 3:12.95, a 3rd in the 100 yd fly, 1:23.40; a 5th in the 50 yd fly, 34.06, 5th in the 100 yd breaststroke 1:31.4; 5th in the 50 breast, 39.30, and 6th in the 100 yd IM, 1:22.40. Hans Wendel, in the same 65-69 age group, swam to a 6th place finish in the 200 yd breaststroke with a time of 3:32.40, 7th in the 50 yd breaststroke, 42.19, and 8th in the 100 yd breaststroke, 1:36.90.

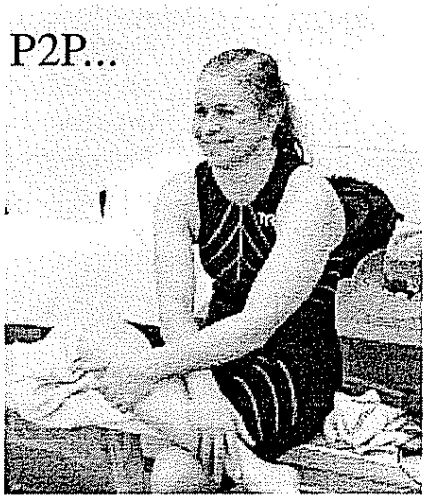
The Senior Games swimming competition is comprised of swimmers from the entire United States, so these Maine masters swimmers have, indeed, "done us proud", here in Maine.

Peaks to Portland

Several Maine Masters Swimmers did not venture so far afield as Pittsburgh, but instead, paid handsome money to wade into the cold choppy waters of Casco Bay, for the 24th annual Peaks to Portland 2.4 mile swim July 23rd, (chronicled so well last year by Sean Carter). Maine Masters known to have completed the Peaks to Portland swim are: Doug Roth, who placed third in the non-wet suit division. Swimmers more daunted by the 60 degree water, and thus

Post Peaks pause. (front) Team Panayotoff - Kristi, Jo, and Ted. (rear) Dieter Weber and Doug Roth

wearing wetsuits, included Ann Uecker, third overall woman, Ben Morse, 4th overall, Tim LeCrone, Kristi Panayotoff, Sterling Dymond III, Jon Campbell, Kurt Jorgensen, David Sawyer, Justin O'Reilly, Andy Sparks, Stephen Barr, Steven Tenney, Michael LePage, Jeff Armstrong, and Chris Matava. Sean Carter, with many P2P swims under his belt, including third overall in 2004, graciously served this year as a kayaker for a friend, rather than swim himself.

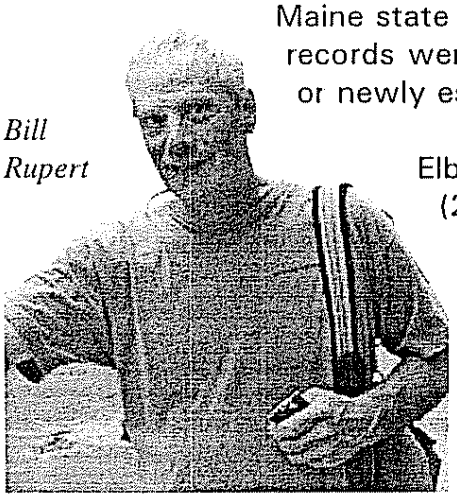


Anne Uecker
3rd woman overall

Sean also provided much appreciated advice to us "newbies" in the "P-2-P". PenBay-Y teammate Dieter Weber kayaked for Doug Roth. Raceday weather was beautiful. The brisk wind caused a 1 to 2 foot chop to appear after you passed the sheltering effect of Fort Gorges. In addition to the event's $75 or $100 entry fee, if you do not live in or near Portland, participating in the "P-2-P" swim is costly, but fun to experience at least once.

Jenny Thompson Meet

The very next day, Sun. July 24th was the famous 50-meter Jenny Thompson meet in Dover, New Hampshire. Several Maine state masters records were either broken or newly established.



Bill Rupert

Elbert Blanchard (24), and Zachary Gray (22), represented the 18-24 men's age group with wins in free and breaststroke. Son Nguyen (26) represented the men's 25-29 age group with wins in breaststroke and freestyle. Tim LeCrone (33) represented 30-34 age men with wins in free, both IM events, and a relay. Michael Schmidt (43) represented 40-44 age men with wins in free and fly. Bill Rupert (62) represented 60-64 age men with wins in free and back. Bill Jones (68), the Guistra brothers, Peter (67) and Frank (68) and Hans Wendel (69) challenged each other in individual events, but "played nice" and combined on the 400 free relay for a 1st place finish that ranks 2nd in Maine Masters Top-10 for the 240-279 age group.

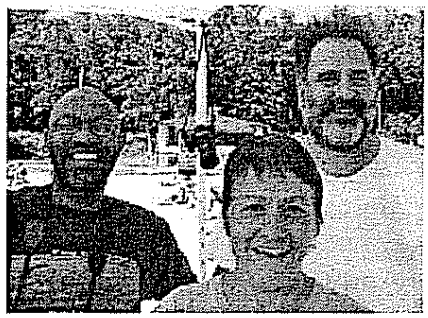
Pam Torrey (44) demonstrated her versatility with wins in 200m IM, 100m back, 50m back, and 100m fly in the 40-44 women's age group. Betsy Packard (72) and Ronnie Kamphausen (71) well represented our Maine Club in the women's 70-74 age group with wins in the 200m IM, 100m free, 200m free (Ronnie 1st, Betsy 2nd), 50m free (R), 50m back (B), 50m fly (R), 400m free (Ronnie 1st, Besty 2nd). Ronnie and Betsy also added their prowess in the mixed 400m medley relay, 280-319 age group, to that of Bill Jones and Hans Wendel for first place.

Son Nguyen
Champion Breastroker

Complete results of the meet can be found on the Maine Masters website.

USMS National 1-mile Open Water Championship

PenBay YMCA Maine Masters swimmer Kristi Panayotoff, transplanted here from Oregon, travelled back there in late July to swim and bike with her old buddies, but especially to participate in the annual Cascade Lakes Swim Series in spectacularly beautiful Elk Lake,(near Mt Batchelor, central Oregon) July 29, 30, and 31. Friday 7/29 was a 2 mile swim. Saturday was the USMS National one mile open water Championship, as well as a ¼ mile swim. Sunday's events included a 3 mile swim and a 1000 yd, aka 1/2 mile swim. In the women's 55 to 59 age group, Kristi got firsts in the 2 mile, ¼ mile, 3 mile, and ½ mile, and a fourth place in the National one mile championship.(My nemesis is in really buff shape, without body fat, the "poor thing"—so the farthest she will swim without a wetsuit is one mile. I told her she had "de-faulted to de fat").



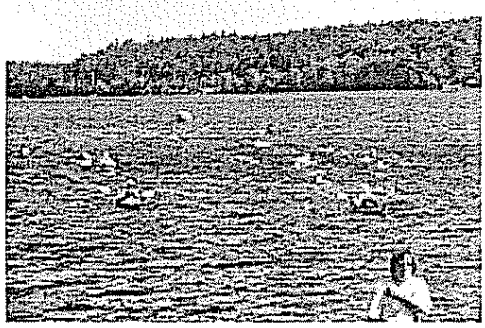
(right) Sterling and fellow masters at the Beach to Beach swim.

Beach to Beach Swim

Kristi returned to Maine and joined Doug Roth, (coordinator of the PenBay YMCA Masters team), and Sterling Dymond III, Bangor YWCA, to swim in the 5th annual Beach to Beach 2 mile swim at Green Lake, near Dedham, Maine, on Sunday, August 7. The event is sponsored by Sterling's home pool, the Bangor YWCA, and is hosted by Caring Connections, an organization which assists with breast cancer screening and support. The purpose of the event is to raise funds for breast cancer; therefore the swims are not timed.

Echo Lake Swim

The previous day, Saturday, August 6th , was the annual Echo Lake 1.5 mile swim, put on by the Ellsworth YMCA. Registered Maine Masters known to have completed the Echo Lake swim include Bill Reeve,(who organized the Echo Lake Swim, and who coordinates the Ellsworth YMCA masters swimmers), Gerhard Schaefer, and Doug Roth. This was Doug Roth's first Echo Lake swim, and he gave rave reviews of the venue, for scenic beauty, and to the Ellsworth YMCA for organization.



(right) First leg of the Echo Lake Swim

(left) Masters swimmers after the Echo Lake Swim (l–r) Gerhard Schaefer, Doug Roth, Doug Trinkle, Kristy Falcon, and Chuck Ostermeier

There were numerous other "home field" swimmers from the Ellsworth YMCA at the Echo Lake swim, but these swimmers have not yet succumbed to "pressure" to join Maine Masters. [[Maine Masters who swim at YMCA/YWCA or community pools, is this not an all too familiar lament??? What can we, as a chapter of USMS, do to change this??]]

Rockland Breakwater Challenge

The PenBay YMCA Masters team has year-round pool work-outs on Saturday mornings and on Thursday nights. This summer, Team coordinator Doug Roth has added a Wednesday evening rotating lake swim, which several team members have enjoyed.

Doug's open water "fever" in these recent "hot August nights" has required a cold Penobscot Bay swim to be quenched. The temperature of the water in Rockland, Maine harbor is reportedly 60 degrees. The length of the breakwater, which extends from the "beach" out to the historic Rockland Breakwater Lighthouse is 7/8 of a mile. On Friday evenings in August, Doug Roth has thus far lured, to swim with him, out to the lighthouse and back, i.e., 2 X 7/8 of a mile, in 60 degree water, Tom Hedstrom, Tom Ingebritsen, Kristi Panayotoff, Morgan Laidlaw, and Kathy Kandziolka.

(right) Rockland Breakwater Pioneers prior to a 2-mile swim out to the Rockland Lighthouse and back.

Hobbs Pond Swim

PenBay "grand" Masters swimmer, Bill Jones, and his wife Judith, of Hope, Maine, have, for 14 years , lovingly put on the historic hometown Hobbs Pond Swim, which has a (very) approximate distance of a half mile, with no entry fee, no T-shirts, and no prizes. The only competition in this genuine "Americana-type" event is perhaps competition between families, to see which family has the most members participating in some manner. Other Maine Masters swimmers, in addition to Bill Jones, who swam, and then partook of the generous food array laid out by the Jones' at their Hobbs Pond cabin, near the event site, were: Dolly Slater, Doug Roth, Kristi Panayotoff, Tom Ingebritsen, Kathy Kandziolka, Carrie Carney, Alexandria Boyer, Hans Wendel, and his wife, Margaret, and Hilda Curll. Maine Masters swimmer Ben Curll, who is a PenBay YMCA lifeguard, graciously volunteered to be a course marshal kayaker.

Masters at Hobbs Pond

Where are We?

by Douglas Roth, PenBay Pool Rep

At present there are about 165 registered members of Maine Masters Swim Club (MESC). This is well below our historic peak in 1996 when we had 248 members. There's also some GOOD NEWS on the horizon. During the past year we've grown by 15% (up from 142). Let's keep it up!

There is plenty of potential for membership growth. After all, Maine's population has the oldest median age in the country and we're surrounded by water! Based on my observations, there are *dozens* of potential Masters swimmers at each and every pool. The Northern part of the state is particularly ripe with potential Masters swimmers who either haven't heard of us, or who feel shunned and out of touch. MESC is now making a stronger effort to communicate with those swimmers. Pool Reps at Waterville (Anne Uecker), Bangor (Sterling Dymond III), and Ellsworth (Bill Reeve) are key leaders in this endeavor.

This summer our MESC registrar, Laura Lee, produced a listing of MESC swimmers sorted by their home pools. The "home pool" category is one of the information blanks on the membership forms that we mail in to her each year. The sorted list reveals that the majority of our membership is clustered at just a few pools. Here are the pools with the most MESC registered swimmers:

POOL	# SWIMMERS
Bowdoin College (Brunswick)	41
PenBay YMCA (Rockport)	28
Downeast YMCA (Ellsworth)	9
Casco Bay YMCA (Freeport)	9
Portland YMCA	8
Bath YMCA	7
Wiscasset Community Center	7
Bangor YWCA	4

We (MESC) have information and resources that can help you build a stronger Masters Swimming program at your home pool. If you are interested in building a team, or helping us boost membership, please contact me at (207) 273-2907. ~ *Doug Roth*

NATIONAL TOP TEN - SHORT COURSE YARDS

10	200 Fly	Kim M Lindenau	32	MESC	New England	2:23.72
7	200 Fly	Pamela Torrey	43	MESC	New England	2:23.92
6	200 Breast	Martha Samuelson	55	MESC	New England	3:14.96
1	50 Free	Ronnie Kamphausen	71	MESC	New England	33.29
1	100 Free	Ronnie Kamphausen	71	MESC	New England	1:16.84
1	200 Free	Ronnie Kamphausen	70	MESC	New England	2:48.24
1	500 Free	Ronnie Kamphausen	70	MESC	New England	7:27.31
1	1000 Free	Ronnie Kamphausen	70	MESC	New England	16:18.59
2	1650 Free	Ronnie Kamphausen	70	MESC	New England	26:41.87
4	50 Back	Ronnie Kamphausen	70	MESC	New England	46.27
1	100 Back	Ronnie Kamphausen	70	MESC	New England	1:35.11
1	200 Back	Ronnie Kamphausen	70	MESC	New England	3:24.60
2	50 Fly	Ronnie Kamphausen	71	MESC	New England	42.57
2	100 Fly	Ronnie Kamphausen	71	MESC	New England	1:42.58
3	200 Fly	Ronnie Kamphausen	71	MESC	New England	3:52.50
10	200 Fly	Dolly Slater	71	MESC	New England	7:06.15
1	100 IM	Ronnie Kamphausen	71	MESC	New England	1:32.18
1	200 IM	Ronnie Kamphausen	70	MESC	New England	3:22.13
1	400 IM	Ronnie Kamphausen	71	MESC	New England	7:19.02
5	200 Breast	Cornelia Johnson	81	MESC	New England	5:41.12

10	500 Free	Sean M Carter	29	MESC	New England	5:07.55
6	1650 Free	Sean M Carter	29	MESC	New England	18:13.52
6	1650 Free	Benjamin M Morse	33	MESC	New England	18:09.56
5	100 Free	Michael J Schmidt	42	MESC	New England	49.14
7	200 Free	Michael J Schmidt	42	MESC	New England	1:49.32
5	500 Free	Michael J Schmidt	42	MESC	New England	4:53.72
4	1000 Free	Michael J Schmidt	42	MESC	New England	10:15.07
6	100 Back	Douglas M Pride	41	MESC	New England	57.38
9	200 Fly	Michael J Schmidt	42	MESC	New England	2:04.31
7	400 IM	Michael J Schmidt	42	MESC	New England	4:31.39
7	1000 Free	David Vail	61	MESC	New England	13:12.69
4	100 Back	Bill Rupert	61	MESC	New England	1:09.08
7	200 Back	Bill Rupert	61	MESC	New England	2:35.08
5	200 Fly	James F Connors	60	MESC	New England	3:01.14
4	50 Back	John White	88	MESC	New England	51.52
4	100 Back	John White	88	MESC	New England	1:58.96
2	200 Back	John White	88	MESC	New England	4:21.45
10	200 Free	John Woods	86	MESC	New England	5:55.44

Relays

6	200 Free Relay	MESC	New England	Jason B Steinhouser (32) Lee F Lindenau (38) Michael J Schmidt (42) Douglas M Pride (41)	1:29.99
3	800 Free Relay	MESC	New England	Michael J Schmidt (42) Benjamin M Morse (33) Timothy J Lecrone (32) Sean M Carter (29)	7:38.39
4	400 Medley Relay	MESC	New England	Bill Rupert (61) Hans D Wendel (69) James F Connors (60) Fred A Pierce (61)	5:15.14

SIXTH ANNUAL GEORGE ERSWELL MEMORIAL SWIM MEET
Bowdoin College Pool
Brunswick, Maine

DATE and TIME: Saturday October 22,2005
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 with eight lanes, 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 Wednesday 10/19/05. Relays will be deck seeded.

ORDER of EVENTS: (SCY)

Women Exh	Event	Men Exh
	200 Pull to honor Arnie Green	
1	500 free	2
3	100 breast	4
5	200 fly	6
7	50 free	8
9	200 IM	10
11	50 back	12
13	100 free	14
15	200 breast	16
17	100 back	18
19	50 fly	20
21	100 IM	22
23	50 breast	24
25	200 back	26
27	200 free	28
29	100 fly	30
31	200 free relay	32
33	200 medley relay	34
35	200 mixed free relay	
36	200 mixed medley relay	

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" ribbons will be available on request to meet directors.

MEET DIRECTOR: Brad Burnham
FOR MORE INFO: call (207) 725-3527 or visit MESC Web Site at: www mainemasters.org

MEET REFEREE: Robert Mehlhorn, MSOA Official

REGISTRATION and MEET APPROVAL DATA:

This is a Sanctioned meet. Only USMS Registered Masters swimmers 18 years and older may enter a sanctioned meet. The Authorization # for this meet is: 036-011-SSCY

USMS liability release waiver (below) must be executed by **all** entrants. Please provide your USMS Number in the allotted space below.

All Maine Masters sponsored meets will be goverened 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,ME 04011 (207) 725-5025

6th Annual George Erswell Memorial Swim Meet
Saturday, October 22,2005

Name _____
Address _____
E-Mail _____
Phone _____ USMS MBR# _____
Age___ DOB_____ Gender: M F
[ ] Maine Masters (MESC)
[ ] New England Masters (NEM)
[ ] Other Masters Club-please indicate_____
Event # _____ Seed Time _____
Event # _____ Seed Time _____
Event # _____ Seed Time _____
Event # _____ Seed Time _____
Event # _____ Seed Time _____
Members of clubs outside the New England LMSC must attach a copy of their USMS 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: Brad Burnham, 168 Hacker Rd., Brunswick,ME 04011
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

MAINE MASTERS
Bath YMCA SPRINT MEET
Bath Area Family YMCA
303 Center Street
Bath, Maine

DATE and TIME: Sunday November 13, 2005
Warm-up: 10:00 AM, 11 AM start

FACILITY: This is a 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 to 10:30 AM. Pre-Registration $15 (post date 11/9), deck entry $20 for five standard events and relays.

ORDER of EVENTS: (SCY)

Women	Event	Men
1.	200 Free	2.
3.	100 Breast	4.
5.	50 Back	6.
7.	25 Fly	8.
9.	100 Back	10.
11.	100 IM	12.
13.	50 Fly	14.
15.	25 Free	16.
17.	200 Breast	18.
19.	200 Back	20.
21.	100 Fly	22.
23.	200 IM	24.
25.	50 Free	26.
27.	25 Breast	28.
29.	100 Free	30.
31.	200 Fly	32.
33.	25 Back	34.
35.	50 Breast	36.
37.	100 Medley Relay	38.
39.	100 Free Relay	40.

SEEDING:
Slow to fast, regardless of age. "No times" will be seeded in the slowest heats. *Relays will be deck seeded.

AWARDS:
Ribbons will 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
FOR MORE INFO: Diane Hicks at: diane@bathymca.org

For other Maine Masters information visit our Web Site at: 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 18 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 signed.
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, ME 04011. 207-725-5025.

Maine Masters-Bath YMCA Sprint Meet
Bath Area Family YMCA
Sunday, November 13, 2005

Name _____
Address _____
E-Mail _____
Home Phone _____ USMS # _____
Age ___ DOB _____ Gender: M F
[ ] Maine Masters (MESC) [ ] New England Masters(NEM)
[ ] Other Masters Club-please indicate _____
[ ] Not a member of a Masters Club
Event # _____ Seed Time _____
Event # _____ Seed Time _____
Event # _____ Seed Time _____
Event # _____ Seed Time _____
Event # _____ Seed Time _____
Members of clubs outside the New England LMSC must attach a COPY OF THEIR CURRENT USMS MEMBERSHIP CARD.

FEES: Pre-registration fee is $15, late fee is $20, covering 5 standard events and relays. 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

(postscript) Maine Masters, if it appears that there is, in this issue of our newsletter, an "over abundance" of coverage of swimmers from the midcoast area, you may be correct. As always, the junior Woodwards & Bernsteins who struggle to compose our newsletters are MOST EAGER, and hungry, to receive information on goings-on with ALL the Masters swimmers in the far reaches of Maine.

More Info: http://www.mainemasters.org *or* http://usms.org

Newsletter Editor
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