

SWIMMING CALENDAR

October	March
23 R.I.T. Recognized SC (entry form enclosed)	11-12 TBA Sanctioned Districts
30 Hartwick Sanctioned SC	Betty Barry 716-924-5344
Verna Engstrom-Heg	24-26 R.P.I. Sanctioned States
607-829-8785	John Ogden 518-792-3603
November	April
6 Binghamton Sanctioned SC	27-30 E.C.C. Buffalo Y Nationals
Entry Form Enclosed	Gene Donner 716-823-3873
20 MCC Sanctioned Pentathlon	
(entry form enclosed)	May
20 ANNUAL NIAGARA MEETING	5-7 Wilton, Conn. Sanctioned Zones
	28-31 Fort Lauderdale Sanctioned SC Nationals
January	June
15 MCC Sanctioned 1 Hr. Postal	3 Syracuse Sanctioned LC
Lorie Gibson Rick 716-338-3209	Amy Wisner 315-468-6101
28 Syracuse Sanctioned SC	
Amy Wisner 315-468-6101	July
	? Canandaigua Open Water
February	Lynn Fuller 716-394-2949
12 Canandaigua Sanctioned SC	
Lynn Fuller 716-394-2949	August
26 Ithaca Sanctioned SC	5-6 Ithaca Recognized ESGames
Kevin Vallely 607-533-4093	George McVey 716-271-2323
	24-27 Oregon Sanctioned LC Nationals John Zell

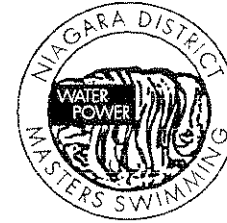
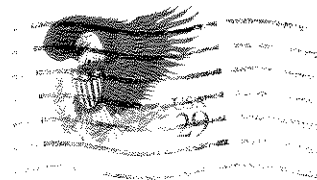
UNITED STATES MASTERS SWIMMING



NIAGARA DISTRICT
MASTERS SWIMMING
George McVey, DDS, Registrar
477 Antlers Drive
Rochester, NY 14618



STIVERS, LYDIA J
91 E MAIN ST
LEROY, NY 14482



NIAGARA DISTRICT
MASTERS
SWIMMING

Fall 1994

Water Power

G A Z E T T E

District Officers

Chairman
Betty Barry
1403 Vic-Holcomb Rd.
Victor, NY 14564
716-924-5344 or 7141

Newsletter
Steve Madden
621 Five Mile Dr.
Ithaca, NY 14850
607-277-2044

Sanctions/Safety
Denise LeVan
200 Laburnum Cres.
Rochester, NY 14620
716-244-2128

Registrar/Officials
George McVey
477 Antlers Dr.
Rochester, NY 14618
716-271-2323

Top 10
Jim Matysek
15 Bittersweet Rd.
Fairport, NY 14450
716-425-3295

Secretary
Lydia (Lee) Stivers
91 East Main St.
LeRoy, NY 14482
716-768-7244

Treasurer/Records
Kay Turner
433 Tara Ln.
Webster, NY 14580
716-671-7717

Fitness
Stefanena Kysor
PO Box 270
Gowanda, NY 14071
716-532-3638

Open Water
Lisa Roberts
21 Latchmere Dr.
Victor, NY
716-924-8851

LONG COURSE NATIONALS REPORT

by Betty Barry

When the ECC pool doors opened on August 24 we had received 720 entries for Niagara District's first national competition since 1988. Of that number, four swimmers had already notified us they could not attend and 50 more didn't make it to Buffalo which left 666 to swim, surprisingly low attendance for a national championship meet.

The meet ran smoothly thanks to the many Niagara swimmers, friends and family members who volunteered their time and talent. I hesitate to mention names because someone may be missed and I apologize in advance. Actually I felt afterward I had spent the entire week running non-stop through the ECC building with lots of blurred faces passing by. However, I cannot let the opportunity go by without thanking those special people whose commitment (in many cases for the entire meet and the weeks and months before), patience and hard work proved indispensable.

Special thanks to Betty Pitts who so ably handled the awards, to Gerald Barry and Lorie Gibson-Rick who managed the Relay Desk and a multitude of other duties too numerous to mention, to Amy Johnson and her crew for keeping the volunteers well fed, to Sue McVey and Judy Young at the Registration Desk, and to Lola Donner who spent hours processing entries beforehand and then kept track of the volunteers at the meet.

Wendy Ryan and her Buffalo crew stuffed the goodie bags with merchandise Lee Stivers spent hours soliciting, and they filled in wherever needed throughout the meet. Rick Marable was no doubt happy he doesn't make his living as a bus driver. He and wife Michelle operated our shuttle. Nancy Schoepperle arranged each day's opening ceremonies. Carol Reis couldn't run thanks to recent knee surgery so she sat for hours alternating with Maureen McDonald at the Information Desk.

Jim Matysek, our Top 10 Chair, checked swims for records and managed to keep up with the stacks of paperwork required to make the 47 new national and world records official. Denise LeVan, Lee Stivers, Kathy Lancaster and Jodie Hirsh were among those who manned the results/copy room, and Jodie's work on the program proved well worth the time and effort.

The many volunteer hours before the meet proved to be time well spent as registration and relays, officiating and marshalling, distance check-in, hospitality and awards all ran smoothly. The Niagara District can be proud of the 1994 Long Course National Championships. Thanks to everyone who helped to make it a great meet!

1994 EMPIRE STATE GAMES REPORT

New York State Masters Swimming Committee
George McVey, Chairman

As we have done for several years now, the Masters swimming competition at the Empire State Games has been managed by a nine-member committee comprised of three representatives from each of the three USMS districts encompassing New York State.

Of the 211 swimmers who entered this summer's meet, 199 arrived at poolside to compete. With the weather cooperating, the Field House available for shade and great food served up by the Syracuse Masters Team, those present set 63 meet records. Niagara swimmers hitting the record books included Denise Everitt with five and Carol Pflugheber with four (both swimmers in the women's 40-44 age group). Jane Gram in the 45-49 bracket broke four records and George Batki set three meet records in the men's 80-84 age group.

To ensure that adequate warm-up and cool-down time was available, we utilized six of the eight lanes for competition. An empty buffer lane separated the competitors from the eighth lane which was kept open throughout the meet for competitors. It seemed to work well and the competition was over each day within a reasonable timeframe.

Next year the Games move to Ithaca which has only one outdoor 50 meter pool available. Since the scholastic/open division gets first choice of pools, we must decide where to hold our competition. There are several options open to us...go to Cortland as we did five years ago and share Cortland State indoor six-lane 50 meter pool with water polo or, as some have suggested, find an alternate site. Several have mentioned Burnet Park in Syracuse. The committee is open to your ideas. Please contact George McVey.

FINA WORLD MASTERS CHAMPIONSHIPS—MONTREAL

George McVey

Montreal's 10-lane pool complex built for the 1976 Olympics was the site of the V World Masters Swimming Championships in July. Estimates of 3300-3800 swimmers were published. There were too many swimmers, too many long days (and nights) and poor medical support. Those of us who went to Indianapolis in 1992 for the IV Worlds found that 2500 swimmers was more than enough to deal with at a meet. Montreal averaged 14 hour days. On Wednesday the first heat left

the blocks at 7 AM and the last relay didn't start until 11:30 PM!

A 59-year-old man from San Francisco collapsed after finishing his 100 M backstroke. No ACLS team was available, arriving some 20 minutes later. In the interim a physician/swimmer and a guard gave CPR and administered the oxygen that was available. Unfortunately he could not be resuscitated. FINA should learn from USMS rules and require that an ACLS crew with fully equipped ambulance be on site any time swimmers are in the water.

Niagara swimmers competing in Montreal included Don Agate, Ross Barr, Betty Barry, Nancy Conant, Gene Donner, Tricia Engineri, Denise Everitt, Clare Hans, Dick Heller, Amy Johnson, George McVey, Carol, Ellen and Marilyn Pflugheber, Pat Rankin, Steve Madden and Nancy Schoepperle. Congratulations to Denise Everitt who won the 200 Fly in the Women's 40-44 age group thirteen seconds ahead of the second place finisher!

SHORT COURSE NATIONALS— TEMPE, ARIZONA

George McVey

Arizona State's outdoor pool complex was the site of the 1994 USMS Short Course National Championships attended by more than 1900 swimmers. Two courses were used, one 8 lanes, the other 9 lanes alternating men and women each day. In addition there was an 8 lane warm-up pool and 4 lane diving well available. It was very hot - over 100 degrees each day - but there was plenty of shade and drinking water available for the swimmers and workers.

Niagara swimmers at the meet included Betty Barry, Gene Donner, Betty Dunn, Judy Hooper, George McVey, Joanne Moody, Carol and Ellen Pflugheber, and Nancy Schoepperle.

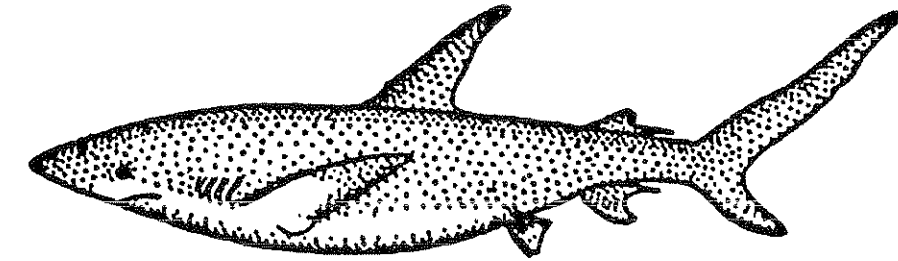
REGISTRATION

George McVey

Membership currently stands at 494 compared to 458 in 1993. Our goal was to hit 525 in 1994, which seemed a realistic number with three big meets in the area this year—Worlds in Montreal, Empire State Games in Syracuse and Long Course Nationals in Buffalo. Of the 494 registrants, 63% are male and 37% female. The largest men's age group is 35-39 with 57; the women's 30-34 and 40-44 represent 40% of the total females registered with 35 and 36 respectively.

REDUCED REGISTRATION FOR THE REMAINDER OF 1994

For the first time we have a reduced registration fee of \$15 for new swimmers signing up before November 1 for 1994 membership. This applies to NEW registrants only, not renewals.



1995 REGISTRATION

Registration for 1995 begins November 1. It is important that you use the new forms which will be available by mid-October. They will contain the appropriate waiver which is subject to change at the September convention. Our 1995 registration form will be included in the next GAZETTE and will be available from George McVey, 477 Antlers Drive, Rochester, New York 14618, 716-271-2323.

Support Your Local World Class Swimmer

This summer, while millionaire baseball players were striking against their multi-millionaire employers and both sides were pleading poverty, a group of athletes gathered at Indianapolis to vie for places on the American team that would compete at the World Championships in Rome. In an age when the public perception of athletes is largely that of spoiled, self-centered and above all overpaid brats, the American swimmers showed that some athletes can show grit, determination and a seeming love of poverty on the road to world class performances.

Mark Henderson (first in the men's 100m backstroke)

"I qualified last summer for \$400 a month from the Olympic Committee. But living in Berkeley, this didn't cover my rent. This summer I was bartending to make enough money to keep swimming. I worked until 2:30 am and was up at 5 or 5:30 am to swim. It was tough, really tough, but I'm No. 1 in the world now."

Brian Alderman (second in the men's 100m fly)
"I'm training in Fort Lauderdale now for the 1996 Olympics, living on grants of \$700 a month from Alamo Rent A Car and \$400 a month from the US Olympic Committee."

Jenny Thompson (first in the women's 100m free and 100m fly)

"When the doctors set my broken left arm in June, they put in a titanium plate and seven screws. I got back in the water quickly and did a lot of kicking, but I couldn't really practice butterfly until two weeks before the meet. So I'm happy my butterfly was good here. Maybe I should break my other arm."

Tom Dolan (second in the 400m free and 400m IM; Dolan set a new world record in the 400 IM at Rome)

"I've had breathing problems. It's not easy swimming when you can't get a good deep breath. I've been to the hospital here and I'm going again on Monday. I've been taking inhalers all summer. They don't know if it's asthma or a hiatal hernia. If it's a hernia, the doctors think it would be stress-related. I don't need it. There's enough stress just swimming."

Kelly McPherson (finished last in the women's 800m free, 65 meters behind winner Janet Evans)

"When I dived in at the start, the strap on my goggles broke. I stopped after the first lap to look for my goggles and couldn't find them. My coach yelled at me to keep swimming, so I did. On the next two laps, he said he threw in goggles for me, but I didn't see them. I'm disappointed this happened, but I did my best."

NINTH ANNUAL BINGHAMTON UNIVERSITY MASTERS SWIMMERS -- B.U.M.S. SWIM MEET

SANCTION # ND 94-95 1 SCM

November 6, 1994: West Gym Pool - a modern six lane facility with non-turbulent lane lines and electronic timing; featuring a large spectator area and separate warm up pool open throughout the meet. The B.U.M.S. will provide their usual spread of free refreshments.

DIRECTIONS: From all areas to Route 17. Exit 70S off 17. Follow signs to SUNY via Route 201 to Route 434. Once in SUNY, through the main entrance bear right. The West Gym is first building on the right.

WARMUP: for the 1000 is at 8 AM. The 1000 starts at 9 AM. A SECOND WARM-UP will begin at approximately 10 AM with the meet starting at 11 AM. The entire meet will be DECK SEEDED to avoid empty lanes and extra heats. ALL SWIMMERS MUST CHECK IN BY 10:45 AM. Deck entries will be accepted until 10:30 AM.

ENTRIES: Each swimmer may enter five (5) individual events and two (2) relays. Ribbons will be awarded to the first three (3) finishers in each age group in each event, both male and female. All events are timed finals. \$4.00 MEET ENTRY FEE PLUS \$2.00 PER EVENT. RELAYS ARE FREE. Heats will be swum slowest to fastest ODD numbered events - WOMEN, EVEN numbered - MEN. PLEASE MAIL EACH ENTRY ON A 3 x 5 CARD WITH THE FOLLOWING INFORMATION:

Name	Event #
Sex	Event Name
Age	Seed Time
Club	USMS #

MAIL ALL ENTRIES TO: Norbert Olzmann, 2301 Acorn Dr., Vestal N.Y. 13850-2603

ENTRIES ARE DUE BY OCTOBER 30, 1994. INCLUDE COPY OF CURRENT USMS REGISTRATION CARD WITH ENTRY. MAKE CHECKS PAYABLE TO NORBERT OLZMANN, MEET DIRECTOR. PLEASE READ, SIGN AND RETURN WAIVER WITH YOUR ENTRY CARDS. 15 MINUTE INTERMISSION AFTER EVENT 15/16.

Event Number	Event Name	Event Number	Event Name	Event Number	Event Name
1/2	1000 Free	13/14	50 Fly	23/24	100 Fly
3/4	200 Medley Relay	15/16	200 Back	25/26	100 Back
5/6	200 Free	15 MINUTE INTERMISSION		27/28	50 Free
7/8	50 Back	17/18	100 Free	29/30	50 Breast
9/10	200 I.M.	19/20	200 Breast	31/32	200 Fly
11/12	100 Breast	21/22	100 I.M.	33/34	200 Free Relay

Enclosed is check for: ___ Individual Events x \$2.00 = \$_____ + \$4.00 Entry Fee = \$_____

I, the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in Masters swimming (training and competition) including possible permanent disability or death and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature: _____ Date: _____

Sanctioned by Niagara District Masters for USMS, Inc., 200 Laburnam Crescent, Rochester, NY 14620.

**MCCM MASTERS SWIM MEET & PENTATHLON -- SANCTION ND94/95 #2 SCY
SUNDAY, NOVEMBER 20, 1994**

LOCATION..... Monroe Community College, 1000 East Henrietta Road, Rochester, New York 14623.
 TIME..... Warmup 9:30 A.M. Meet start at 10:30 A.M.
 FORMAT..... Participants may enter the MCC & National Pentathlon by swimming the required events.
 TOTAL FEE FOR PENTATHLETES \$25 early \$30 deck. Deck seeded slow to fast.
 ELIGIBILITY..... Registered Masters swimmers.
 AGE GROUPS..... Individual events (M & F) 19-24, 25-29, 30-34, 35-39, 40-44, etc.
 AWARDS..... Ribbons for all age groups/events first three places, medals for all pentathlon winners.
 WARMUP..... According to USMS guidelines - will be posted and supervised.

DIVING WELL FOR CONTINUOUS WARM-UP/COOL-DOWN – REFRESHMENTS WILL BE AVAILABLE.

MEET DIRECTOR..... Kay Turner, 433 Tara Lane, Webster, New York 14580, 1-716-671-7717
 MAIL ENTRIES TO..... Betty J. Barry, 1403 Victor Holcomb Road, Victor, New York 14564 1-716-924-5344

REGISTRATION..... EARLY \$5 REGISTRATION FEE + \$3 PER INDIVIDUAL EVENT.
DECK \$5 REGISTRATION FEE + \$6 PER INDIVIDUAL EVENT.
PENTATHLETES \$25 EARLY Registration Fee covers all events (\$30 DECK ENTRIES).

- 1) POSITIVE CHECK-IN REQUIRED BY 10:00 AM FOR ALL ENTRANTS. DECK ENTRIES CLOSE AT 10 AM.
- 2) COPY OF CURRENT USMS REGISTRATION CARD MUST ACCOMPANY MEET ENTRY
- 3) EARLY ENTRY DEADLINE FRIDAY NOVEMBER 11.
- 4) MAKE CHECKS PAYABLE TO MCCM MASTERS SWIM TEAM.

PLEASE PRINT CLEARLY

Name _____

Address _____

Phone (H) _____ (W) _____ Sex _____ Age _____ (As of 1/20/94)
 Club Affiliation _____ (on Masters Registration Card e.g. NIAG)

REGISTRATION FEE (all entrants) \$ 5.00

NON-PENTATHLETES

of Events _____ X \$3.00 Early Entry \$ _____

of Events _____ X \$6.00 Late Entry \$ _____

PENTATHLETES

Flat Fee @ \$25 Early Entries \$ _____

Flat Fee @ \$30 Late Entries \$ _____

TOTAL FEES ENCLOSED \$ _____

WAIVER -- MUST BE SIGNED AND RETURNED

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature of Participant _____

Date _____

EVENT SCHEDULE

- 1 : : 50 Butterfly*
- 2 : : 100 Butterfly+
- 3 : : 200 Butterfly#

TEN MINUTE BREAK

- 4 : : 50 Back*
- 5 : : 100 Back+
- 6 : : 200 Back#

TEN MINUTE BREAK

- 7 : : 50 Breast*
- 8 : : 100 Breast+
- 9 : : 200 Breast#

TEN MINUTE BREAK

- 10 : : 50 Free*
- 11 : : 100 Free+
- 12 : : 200 Free#

TEN MINUTE BREAK

- 13 : : 100 I.M.*
- 14 : : 200 I.M.+
- 15 : : 400 I.M.#

INDICATE PENTATHLON CHOICE

- 16 _____ SPRINT PEN.*
- 17 _____ MID DIST.+
- 18 _____ IRONMAN#
- 19 _____ POSTAL