

Water Power Gazette

<http://niagaramasters.org>

<http://usms.org>

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Chairman's Update By Dan Kornblatt



The Swimmers Speak

I want to thank everyone who returned a survey form. The results are found below. I would like to address a few points.

Many members responded that they do not swim in meets because they can no longer swim as fast or faster than they used to. I ask, who can? That is why we have age groups. As we age we give up a little to mother nature. Why not think in terms of five or ten year blocks and measure your abilities against that? You will be surprised at how little you do give up. Also, try other events you don't usually swim as a new yardstick.

The other item I need to address is meet costs. Lately, meet directors have gone to a flat fee charge rather than a per swim charge. This is a reflection of the reduced meet attendance, as meet costs must be met along with team fundraising. At the BUMS meet we are trying a dual fee. I will let you know how that goes.

SURVEY RESULTS:

155 members returned their survey cards. Here is a summary of the results:

Swim with others: 110
Swim mostly by themselves: 33

Swim in coached workouts: 86
Swim non-coached workouts: 52

Cross train: 91 (I included everything other than bird watching)
No cross training: 41

Number of swim workouts per week
Two or less: 28
Three or four: 93
Five or more: 15

Meet Participation
No meets: 22
Local district meets only: 95

Upcoming Meets

Overnight, large meets: 32

In this issue of the Water Power Gazette there are two meet sheets, one for the Colonies Zone Championships and one for the NY State Championships.

The Colonies Zone Championships are coming up shortly, so if you are planning to attend don't put off mailing in your entry. It is due March 22nd.

The NY State Championships in Long Island are hosted by Metro this year, and will return to Niagara after two years in Adirondack. I realize it is a long drive for many Niagara masters, but I encourage everyone to attend. The pool is the Goodwill Games venue of '98 and is the best pool north of the new pool at the University of Maryland. If you hit the bridges after 7:00pm the traffic is not too

SCY Nationals

bad, and you don't have to go through the city. See you there!

A reminder, entries for SCY Nationals in Indianapolis April 27-30 must be received by March 24th. Lorie has a few spaces open at the Embassy Suites. If you are still looking for a place to stay, contact Lorie at 338-3209 (home) or 442-3039 (work).

If you are interested in swimming in any relays at SC Nationals, please let Lorie know and what strokes you like to swim. There also may be a get together



LASTCHANCE(S)

The meet entry deadlines for the Nickel City Splash meet at UB and the Colonies Zone Championships are both March 22nd. The entry form for UB was in the last issue of the Water Power Gazette and is also available on our web site. The Zones meet sheet can be found in this issue.

SCY Nationals entry **MUST** be received by March 24th. Form is at <http://usms.org/comp/scnats00/> (online entrys accepted) or in Jan/Feb SWIM magazine.

MASTERS WORKOUTS IN NIAGARA DISTRICT

Rochester Area Masters Swimming (RAMS)

Lorie Gibson-Rick, Coach: 716-338-3209
Tues & Thurs 7:30-9pm; Sat 7-8am, Sun 8:30-10am

Syracuse Masters Swim Club (SMSC)

Louise Hardcastle, Pres 315-638-8245
hardcala@aol.com
Mon-Fri 5:30-7pm SU Women's Bldg Pool

Binghamton Univ Masters Swimming (BUMS)

Dan Kornblatt, 607-692-7428, dkornblatt@aol.com
Mon, Wed, Fri 6-7:15am; Sat 7:30-9am

Cornell Masters, Cornell Univ (CORN)

Deena Crossmore, 607-273-5411, DGC500@aol.com
Mon-Fri 12:15-1pm; Sat 3-5pm; Sun Noon-2pm

Candaigua Masters (CDGA)

Laura Love, Coach (Tues & Thurs)
Lynn Fuller, Coach (Mon & Fri) 716-394-2949
Mon, Tues, Thur, Fri 8:30-10pm

Nickel City Splash, Univ of Buffalo (NICK)

Dana White 716-875-6792, twowhites95@aol.com
Tues & Thur 5:45-7am; Sat 7:30-9am

Lancaster-Depew Swim Club

Tom Ulbrich, 716-684-3320
Mon & Thur 8-10pm

Johnson City YMCA Masters

Peter Peguero, 607-754-0086, Pepeguero@aol.com
Mon & Wed 8:30-10pm, Sun 10:30-12Noon

Hamburg (HOPS)

Wendy Ryan 716-648-6849, HOPS@aol.com
Hamburg Middle School - Mon & Wed 6:30-8pm
Hamburg Senior High - Sun 12-1:30pm

Ken-Ton YMCA (KENT)

Mark Temons, Coach 716-285-7470, dreadpirate@juno.com
Mon & Wed 8-9:30pm; Fri 5-6:30pm
Sun 9-10am

Univ of Rochester Masters

Mark Anderson, Coach, 716-872-7287
Lakeman302@aol.com
Tues & Thur 7-8pm, Sun 9-11am

Rockets Aquatics Masters (RACE)

Julie Noskowiak 315-635-8508, julien72@mailexcite.com
Hunt Elem School 6:00-7:30 pm M-W-F
Lemoyne College 8:00-9:30 pm Tu

Ithaca YMCA Masters (ITHY)

Kevin Vallely, Coach, 607-844-3040
Shelly Matheny, Coach, 607-844-4181
Mon only 7-8:45 pm (YMCA phone 607-257-1010)

**Contact the Editor with any
corrections or additions.**

**Call ahead before going to any of these practices
since workout times may have changed.**

Kicking, A How-to Primer

By Doug Stern

An efficient kick is integral to a smooth and effortless stroke. Kicking stabilizes your body, provides propulsion, aids in body rotation and elevates your body in the water. It seems as if it should be as easy as walking, yet it is more misunderstood than the nuances of arm stroke.

Fast swimmers always have great kicks. They know how to apply force where and when it is needed. I was at a swimming clinic given by Doc Councilman in the early 1970's. He talked about the attributes of fast swimmers. To demonstrate, he had Mark Spitz flutter kick 100 yards while holding a kick board. We timed him. Mark kicked the four lengths in 60 seconds. He got out of the water and Doc Councilman pointed out the attributes that allowed him to kick so fast. He has hyper extended knees (when he locked his knees they bowed backward) and incredible toe, ankle and hip flexibility. Mark Spitz is a physically gifted athlete. We can only work with what genetics gives us and improve on them.

Let's take a look at your kick. When I work out with my masters group, I hear statements like, "my kick sucks," and "I am a bad kicker." Go to the pool, grab a kick board and kick a few lengths (without fins). Do you move forward quickly and effortlessly, or is it a struggle? Do a quick test. Push off, kick vigorously to the middle of the pool. Point your toes downward toward the bottom of the pool and continue kicking for five seconds. Go back to your regular way of kicking. Makes you think, doesn't it?

How to - Efficient swimming dictates that we establish and maintain a line of flow (water passing under and around your body) from your finger tips to your toes. Any movement that disturbs this flow of water will slow you down. As water passes under your hips you need to lift your thigh by using your hamstring muscles (muscles of the back of your leg) to allow water to continue it's flow. Next, you must flex your ankle and curl your toes (think of a ballet dancer on point). To summarize - think of kicking up while pointing your toes. Repeat - kick up, up, up, up, up.

We encounter problems when we go from the theoretical to the practical. As adults, we have lost valuable flexibility. Remember the adage, "use it or lose it." Unless you come from a swimming or ballet background there was no need for you to go around pointing your toes. Now that you are a

(*"Kicking" Continued on page 4*)

2000 USMS Rule Book Dedication

The 2000 United States Masters Swimming Code of Regulations and Rules of Competition is dedicated to Jim Matysek, webmaster of the USMS Web site, and chair of the Computer Online Committee.

Only a few years ago, no one could have predicted what a tremendous communications tool usms.org would become, and Jim has been the "man with the plan" for USMS. How did we ever get along before the heat sheets for nationals were posted on line? What would we do without having the records and Top Ten at our fingertips? Where else could you find the e-mail addresses for the entire Board of Directors at 2:00 in the morning?

Thanks Jim - and get some sleep!

**COLONIES Zone
Meet Sheet**

NEWBIES Jan/Feb

Name	Sex/Age	City
Steven Adolfi	M/41	Cazenovia
Thomas Attridge	M/41	Hamburg
Lisa Barbarino	F/42	Endwell
Mark Braiman	M/43	Syracuse
Mary Clark	F/47	Tonawanda
Kelly Darlak	F/19	N Tonawanda
William Downey	M/52	Pulaski
Anne Esse	F/31	Rochester
Jud Foy	M/46	Gowanda
Christine Herzog	F/34	Derby
Markus Hinderberger	M/29	Hamburg
Larry Hinline	M/44	Cazenovia
Koichiro Izumi	M/23	Utica
Richard Kazmark	M/52	Springville
Edward Keer	M/33	Rochester
Amy Klein	F/37	Marietta
Joseph Kovalovsky	M/60	Naples
Jeffrey Kroon	M/35	Canandaigua
Matthew Losinger	M/27	Johnson City
Diana Mathews	F/23	Amherst
Robert Meade	M/45	Ithaca
Lynn Musclow	F/34	Naples
Bill Niblock	M/43	Buffalo
Terry Platt	M/56	Rochester
Kevin Reynolds	M/45	Syracuse
Mary Rogan	F/37	Ithaca
Donn Scherer	M/56	Amherst
Patricia Schweizer	F/49	E Amherst
Eric Scott	M/43	Altmar
N Lianne Thompson	F/28	Interlaken
Kevin Tye	M/38	Binghamton

("Kicking" Continued from page 2)

masters swimmer, you need to reclaim that lost flexibility. There are four joints involved in kicking: hip, ankle, first and second toe. Hip flexibility allows you to initiate your kick by lifting your thigh. Ankle and toe flexibility allows you to apply force so that you can go forward.

How to increase range of motion - Land exercise

Hip flexibility - Lie on your stomach with your arms extended, alternately raise one leg off the ground (feel your hamstrings, butt and lower back working, repeat 25-50 times). An advanced form of this exercise starts from a modified push-up position. Assume the up position with your hands at shoulder width and toes flattened behind you. Keep your legs straight as you alternately raise one leg at a time.

Ankles and toes - Think of this stretch as a full-time job. While I am writing this article at my desk my toes are curled under my feet and I am pressing downward - feeling the stretch on my insteps. You can also sit on your feet or press on your toes and instep with your hand. Pair off with someone and have him or her place their hands on your toes. While keeping their arms locked they use their body weight to assist in the stretch.

In-water flexibility

Kick on your back - Lie on your back and initiate your kick by pressing downward with the bottoms of your toes. You will be

AGEUPS Mar/Apr


Name	Sex/Age	B'date
Erin Gunselman	F/25	04/18/75
John Morris	M/45	03/22/55
Marie Mulcahy	F/65	03/12/35
Nancy Schoepperle	F/75	03/30/25
Valerie Bauhofer	F/60	04/19/40
Mary Regan	F/50	03/19/50
Lisa Plescia	F/40	03/28/60
James Karnath	M/45	04/08/55
Vicky Douglas	F/45	03/13/55
Suresh Sunderrajan	M/30	03/11/70
Edward Sullivan	M/35	04/10/65
Charles Shunk	M/75	03/19/25
Maureen O'Donnell	F/25	03/23/75
Gina Wyffels	F/45	03/15/55
Mark Trawitz	M/30	04/19/70
Katie Hettrich	F/30	03/16/70
Constance Eberle	F/40	04/03/60

using your hamstrings from your upper thigh to cause the movement. If you find that your knees come out of the water first, place your hands on a kick board by your thighs and make sure you keep your legs straight as they go downward. As you kick upward there is a large column of water on your instep forcing you to point your toes. Almost everyone can move forward when they kick on their backs. Use fins - fins increase the surface area of your feet and therefore add resistance. Listen to the sound of your kick as it breaks the surface. Feel your legs rising with each kick.

Now that you know how to kick and are feverishly working on implementing a flexibility program so that you can apply force correctly, let's see some benefits of a kick.

The kick provides rhythm for the whole swim. Most often, we use a six-beat kick. Your legs go 1-2-3-1-2-3 with each complete arm cycle. With each number 1 kick, an arm drives forward and you roll onto your side.

Your kick helps body roll and arm extension. Your kick balances your arm stroke. Stand at the end of your pool and watch swimmers move toward and away from you. Notice that sometimes a swimmer's legs separate causing a snaking movement down the lane. That swimmer's legs are balancing arm errors and enabling the swimmer to continue in a straight line. The better the arm and breathing pattern, the narrower the leg kick. Lastly, as you develop a stronger kick your body will ride higher in the water just as if you were wearing a pull buoy.

Your legs are never neutral. Either they will assist you in going faster, or they will cause you to slow down. If you are intent on improving, you must develop a kick 

USMS PHONE CARDS

USMS has prepaid phone cards available. The rate is 25 cents per minute and 2.5 cents per minute goes to the district you belong to. If you are interested in purchasing a phone card, you may call 603-537-0203 or fax 603-537-0204 and tell them you

2000 New York State Masters Short Course Yard Swimming
Championships
Meet Sheet

1999 USMS Postal Pentathlon RESULTS

By Kay Turner

Rochester Area Masters once again hosted a meet in December to give Niagara swimmers the opportunity to participate in the 1999 Postal Pentathlon. This year, there were 158 competitors in the 9th Postal Pentathlon. For all nine years, NY has been the state with the most entries and of the 33 NY swimmers this year, 29 were from Niagara. This year eight District Records* were broken and two new National Postal Records ** were set.

Congratulations to the swimmers who swam multiple events: J. Noskowiak (3), Sally Sackett (2) and Bill Weber (2). It should be mentioned that although Denise Everitt, in the wake of her Hawaii Ironman performance, did not swim the pentathlon this year, she still holds the District and National Postal Records for the ironman pentathlon in both the 40-44 and 45-49 age groups.

Complete results are listed below. RAMS would like to again thank Vern Hecker and Lynn Fuller for their assistance in the use of the Canandaigua Academy pool.

CONGRATULATIONS to all swimmers!

*New District Record **New Postal and District Record

Men			Women		
M19-24			W25-29		
Sprint	E. Geitner	3:11.70*/1 st	Sprint	J. Noskowiak	3:17.12/1 st
M25-29			Middle	J. Noskowiak	7:08.86/1 st
Sprint	J. Nusall	3:02.74*/2 nd	Iron	J. Noskowiak	15:01.04**/1 st
	J. Bibler	3:04.59/3 rd	W30-34		
	A. Kaltenbach	3:09.14/4 th	Middle	D. Woody	7:12.25*/3 rd
M35-39			W40-44		
Sprint	P. Doerner	3:07.71/4 th	Sprint	S. Sackett	3:36.64/3 rd
Middle	J. West	7:18.07/2 nd		J. Hackett	4:12.35/7 th
M40-44			Iron	S. Sackett	17:58.60/2 nd
Sprint	M. Smith	3:25.01/3 rd	W45-49		
	B. Huggins	3:31.75/4 th	Sprint	Q. Nichols	6:03.49/5 th
Middle	J. Matysek	6:43.87/1 st	W50-54		
M45-49			Middle	J. Gram	8:34.32*/1 st
Sprint	D. Munson	3:31.21/3 rd	Iron	K. Turner	21:57.74/3 rd
Middle	K. Weir	7:21.73/3 rd	W55-59		
M50-54			Sprint	L. Murray	4:49.86/2 nd
Sprint	L. Fuller	4:06.79/4 th		A. Weyman	5:29.08/5 th
Middle	T. Meade	6:41.76**/1 st	W60-64		
M65-69			Sprint	M. Mulcahy	5:30.99/4 th
Sprint	J. VanLand.	3:41.32/2 nd	W70-74		
M70-74			Sprint	I. D'Agostino	6:16.05/2 nd
Sprint	W. Weber	4:20.96*/1 st	Middle	B. Dunn	13:31.69/1 st
	G. McVey	4:23.89/2 nd			
Middle	W. Weber	10:06.05*/1 st			

NIAG Membership Lags

At this moment, Niagara membership stands at 377, approximately 20 fewer than last year at this same time. We currently have 163 1999 members unregistered which is 34% of last year's swimmers. We do have 66 new members to help make up the shortfall but this leaves us a little under 100 fewer. I hope that all of you will use the membership application forms sent out with each new membership card to encourage some of the backsliders or round up some new members to join.


Swimmer Profile, Jerry Clark

At the September '99 US Aquatic Sports convention in San Diego, our chairman Dan Kornblatt had the pleasure of meeting masters swimmer Jerry Clark. Jerry is a 62 year old swimmer from Charlotte, NC, who swam as a kid and in college, and became actively involved in masters swimming over the last decade.

As a triathlete in the late 80's and early 90's, Jerry was fairly successful at exiting the water near the front in many races, and eventually gravitated toward masters swimming. He swam in his first national meet in May of 1992, which was held in Chapel Hill, NC, only a 2 hour drive from Charlotte. Local masters swimmers were hyping it up, so Jerry decided to give it a try. It was a neat experience; low pressure and the people involved were so friendly. After that, he was hooked.

Since his first nationals back in '92, Jerry has participated in many short and long course nationals all over the country and has had three first place finishes. He swims freestyle events ranging from the 50 up to the 1000. What is impressive is that Jerry has been able to improve his times throughout the last decade. In 1992, his best 50 yard free was a 25.78 and 100 free was a 58.69. His best times in these events have improved to 24.73 in the 50 and 54.62 in the 100 yard free.

Jerry feels that the technique aspect of swimming is "where it's at" if you're willing to train hard and smart. He trains to peak two or three times a year and is guided by the Davidson College coach, Rich DeSelm. He provides Jerry with monthly plans with 5 workouts per week at varying intensities, some of which have goal times to try to achieve. Following these plans over several months before a national meet is without a doubt the key to success at a big meet.

Jerry's advice to other masters swimmers: discuss a plan with your coach, look at your current times, set goals, decide how many days per week you are willing to commit to practicing, and how much distance you can do in a typical workout. Combine all of these with proper technique and you'll be surprised how 

The Self-Coached Swimmer

by David Grilli

far you can go!!!

Visualization in sports has become popular among competitive athletes. A down hill skier will imagine schussing down the race course perfectly, hoping he will ski the actual run flawlessly. Swimmers have an image in their minds of how they must look while swimming. You can picture yourself swimming like Popov but you may be the only one who sees it that way.

Every swimmer should be video taped on a periodic basis. Under water video taping is best but the required equipment is hard to come by. Videos shot from the pool deck or preferably from the viewing gallery are adequate. Your training partner


can shoot the tape for you or ask the lifeguard to help you out. Record your swim after a warm up and a somewhat vigorous set.

Record a swim of 300 yards, 100 yards and a 50 sprint. You can try different strokes as well. A 300 yard butterfly is not recommended and I would never do 300 yards of breaststroke as the camera battery may die.

Even a novice swimmer can detect stroke flaws while viewing the tape. Your training partner is very helpful here, as it is much easier to see someone else's flaws. Often you see the hands entering the water too soon or the incomplete stroke as your hands try to recover too soon. Take special notice of your body position. Often the legs are sinking and you are swimming uphill. If you notice your butt is high and dry your body position is probably fine.

To correct the hands entering the water too soon, imagine with every stroke that you are trying to touch the far wall while keeping your elbows high. As your hand enters the water, twist (rotating on an imaginary axis that follows the centerline through your body) to further extend the hand. The twist does two things. It sets up the "catch" of the hand entering the water and adds power to the follow through of your opposite hand finishing the stroke. Make sure the thumb flicks your thigh as you begin the recovery.

The body position is corrected by adding a little to your kick. Your feet are falling below the surface of the water because your natural center of buoyancy is closer to your feet than it is to your head. If your feet push water down, they will lift up. Careful though: kicking too hard causes turbulence increasing drag. Be careful not to bend your knees too much.

Near the end of a workout, when fatigue is setting in, do a set of 5 x 100 on a comfortable interval, swimming very correctly. Video yourself a few weeks later  after incorporating your corrections. Use the upcoming taping session as incentive to work on your improvements. Compare the videos to monitor your progress. Again, have your training partner critique.



For some reason someone wanted me to print a picture of some really bum swimmers. These were the BUMSest I could find. But they did manage to put on a very fine NIAG Championship!

Officials' Corner - *George McVey*

- 1) In breaststroke, if the hands recover over the water, the following part of the body must be under the water:
- the hands.
 - the arms.
 - the elbows.
- 2) At the turns and finish in the breaststroke, it is permissible for the head to be below the water surface after the final arm pull and prior to the touch:
- only in an incomplete stroke cycle.
 - only in a complete stroke cycle.
 - provided it breaks the surface of the water during any part of the last complete or incomplete cycle preceding the touch.
- 3) At turns and finishes in breaststroke, it is permissible for a shoulder to be dropped after the final arm pull and prior to the touch:
- to streamline the body for the turn.
 - in National Championships only.
 - in meets other than National Championships.
 - in all USMS and USA Swimming competitions.

Below are the answers and references taken from the 1999 USMS

Answers: 1.) c 101.1 C
2.) c 101.1.4
3.) d 101.1.4

PRO & CON**Are Sports Drinks Better Than Water?****YES**

Sports drinks offer many benefits over plain water or other beverages like fruit juice or soda to maintain hydration status and enhance performance. Not only have studies found that people can perform at higher intensities for longer periods of time for endurance sports (activities lasting over 90 minutes) like marathon running or cycling, recent research shows that sports drinks improve athletic performance in high-intensity, stop-and-go sports including basketball and soccer.

Unlike water, sports drinks provide sodium, which is lost in sweat, and carbohydrates. The small amount of sodium helps stimulate the body's thirst mechanism so that the active person drinks more than

he or she normally would. In addition, these ingredients speed fluid absorption from the gut into the bloodstream, making dehydration less likely. Finally, the carbohydrates in sports drinks provide a steady source of readily available energy so that people can avoid the feeling of hitting the wall when muscle carbohydrate stores are depleted.

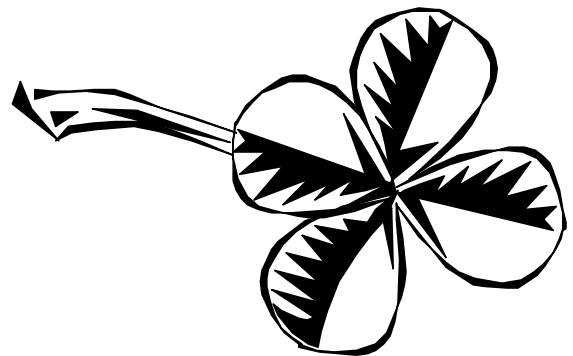
by Dr. Larry Kenney, Professor of human physiology and kinesiology at Pennsylvania State University and member of Gatorade sports medicine review board.

NO

For most active people, sports drinks are unnecessary, if water is consumed before, during and after exercise. The vast majority of active people do not exercise long enough or hard enough to reap the benefits of rapid hydration that sports drinks provide. Those who exercise to lose weight should be reminded that every quart of a sports drink contains 250 calories, so consumers have to make sure to burn off well over 250 calories during a workout to create a caloric deficit. It is possible that some people consume more calories in sports drinks than they burn off during their workouts.

Unless someone loses several pounds of sweat, equivalent to 2 percent or more of body weight, they run little risk of becoming dehydrated by drinking water rather than sports drinks. During most workouts, people do not come close to approaching dehydration nor do they lose so much sodium in sweat that they need to replenish sodium during sports. If a person's urine lacks color and he urinates every two to four hours, they are adequately hydrated.

by Nancy Clark, M.S., R.D., Author of "Nancy Clark's Sports Nutrition Guidebook" and director of nutrition services at Sports Medicine Brookline in Brookline, Mass.



Don't forget to dye your pools

New District Records *Bill Walter*

Syracuse Masters Swim Club, Short Course Yards

Syracuse University 01/29/00

Swimmer	Age	Event	Time	Previous Record	Time
Kim Dursema	37	100 Yd. Free	1:01.55	Ellen Pflugheber	1:01.96
Tom Meade	52	100 Yd. Free	54.14	Tom Meade	54.86
Tom Meade	52	200 Yd. Back	2:25.99	Dan Kornblatt	2:32.62
James Brown	56	50 Yd. Fly	30.58	Donald Blake	32.53
William Weber	70	100 Yd. IM	1:33.84	George McVey	1:34.48
Joseph Coss	90	100 Yd. Free	3:05.98		

Canandaigua Sawbellies

Canandaigua Academy, Short Course Yards 02/13/00

Swimmer	Age	Event	Time	Previous Record	Time
Dana Woody	30	1000 yd. Free	11:44.68	Dana Woody	11:49.47
Dana Woody	30	400 yd. IM	5:11.06	Dana Woody	5:14.11
Amy Klein	37	100 yd Free	1:01.38	Kim Dursema	1:01.55
Amy Klein	37	500 yd Free	5:47.48	Denise Everitt	5:55.47
Glenna Leous	46	50 yd Back	35.09	Glenna Leous	35.49
Sue Marvel	80	200 yd Free	3:50.16		
Sue Marvel	80	500 yd Free	10:11.76		
Sue Marvel	80	1000 yd. Free	21:44.82		
Robert Baker	48	50 yd Fly	26.00	Tom Meade	26.26
John Convey	61	200 yd Back	3:00.26	Gus Diehl	3:04.31
Jack VanLandingham	66	200 yd IM	3:05.37	Jack Howell	3:20.97
Jack Howell	70	100 yd Fly	1:31.53	William Weber	1:41.62
Jack Howell	70	200 yd Fly	3:25.37	Herman Forest	4:24.24
Jack Howell	70	200 yd IM	3:22.76	William Weber	3:29.83
Jack Howell	70	400 yd IM	7:22.86	Herman Forest	7:51.85

Corrections to Niagara Records - Short Course

Swimmer	Age	Event	Time	Previous Record	Time
Pat Barlow	56	50 yd. Back	43.95	Betty Pitts	44.57
Pat Barlow	56	200 yd. Back	3:34.20	Mary Clare Hans	3:37.62

National Cut Time Omission

There was an inadvertent omission by SWIM Magazine in the Jan/Feb issue. The Men's qualifying times for the 400 IM were left off of the National Qualifying Times Table. Here are the correct times:

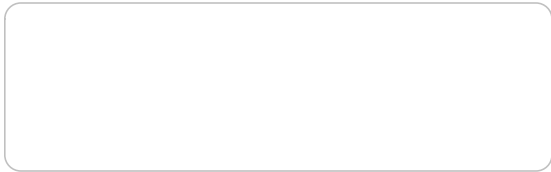
Men's 400 IM - - - - Qualifying Times			
19-24 5:19.07	25-29 4:50.98	30-34 4:54.54	35-39 5:00.27
40-44 5:06.53	45-49 5:16.43	50-54 5:37.21	55-59 6:03.64
60-64 6:45.14	65-69 7:25.93	70-74 8:36.81	75-79 12:14.26
80-84 No Time8	85-89 No Time		



Niagara District Masters Swimming
 John E Pilger, Registrar
 2125 Masters Rd
 Marcellus, NY 13108-9630

Check out what's inside...

- Chairman's Update
- New SCY Records for Spring 2000
- Meet Sheet for Colonies Zone SCY
- Meet Sheet for NYS SCY Champs
- Postal Pentathlon Results
- Officials Corner



March/April 2000

Niagara District Calendar

DATE	SITE	HOST	VENUE	CONTACT
March 25	Univ of Buffalo	Nickel City Splash	SCY	meet sheet in last WPG & on web site
March 31-Apr 2	Rutgers Univ.		SCY - ZONES	meet sheet in this issue
April 14 - 16	Eisenhower Aquatic Center, LI	Empire Masters	SCY - STATES	meet sheet in this issue
April 27 - 30	Indiana Univ. Natatorium		SCY - NATIONALS	Entry form in Jan/Feb SWIM
May 12 - 15	Dalhousie Univ, Halifax, NS	Swim Nova Scotia	SCM - NATIONALS	Leanne Horne 902/463-0850
May 15 -Sept 30	Your own pool		5&10K Postal Champ	Jane Moore weswim@mindspring.com
May 18 - 21	Augusta Aquatic Center	The Family Y	Y - NATIONALS	your local Y Aquatics Director
June TBA	Univ of Buffalo	Nickel City Splash	LC	Dana White, 716/645-3628
July TBA	Canandaigua Lake	Sawbellies Masters	OW 1 & 2-mile	Vern Hecker, 716/394-4075
July 30	Binghamton area - Owego	Empire Games	SCM	George McVey, 716/271-2323
July 27 - Aug 9	Munich, Germany	VIII World Masters	LC	contact National Office 603/537-0203
Aug TBA	Point Lookout, LI	Empire Masters	OW-I-mile -STATES	Bob Kolonkowski, 516/766-1264
Aug TBA	Silver Lake, So. of Buffalo	Miles-for-Smiles	OW 1 & 2K	Demaree Brady, 716/878-7520
Aug 17 - 20	Maryland Univ, Baltimore		LC - NATIONALS	Barbara Protzman 410/788-2964

May 1st next deadline