

# Water Power Gazette

<http://www.niagaramasters.org>

<http://www.usms.org>

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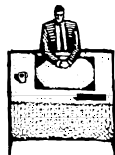
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## Chairman's Update

By Dan Kornblatt



## SCY - Season of Success

Greetings everyone. I hope everyone had a good Short Course Yards season. We had very well attended meets in Syracuse and Canandaigua and a fair turnout for a fill in meet in Binghamton. Several of us attended the Colonies Zone Meet at U of MD, the State Championships at Union College and the SCY Nationals at Univ of Hawaii. Niagara scored 111 points in the small team combined, and was highlighted by Holly Mac Murray's 1<sup>st</sup> place finish in the woman's 50-54 200 breast. This went along with her two second place finishes in the 50 and 100 breast. Congratulations to all who "sacrificed" to go to a swim meet in Hawaii.

## The WEB is our Future

This is our first newsletter since the winter edition. This was voted on at our district meeting held in January after the Syracuse meet. This move helps cut our expenses and along with our increased membership this year, we are in good financial strength. We are moving towards greater use of both email notifications and announcements on our website. Our Webmaster, Chris Beardsly, has done a lot to keep things up to date. He welcomes any comments and wants to hear from you. Please check it out at <http://www.niagaramasters.org>. There is also a lot of info at the National website: <http://www.usms.org>. Your dues pay for these sites so visit them often. The discussion forums are usually quite entertaining to say the least.

## It's LCM & OW Time

Well, back into the aerobic training thing as tapers are over. Our summer season kicks off in July with a LCM Meet at Buffalo on July 13th, then our first open water swim in Canandaigua on July 20<sup>th</sup>. The second open water swim is the Silver Creek "Miles for Smiles" fundraiser on August 11<sup>th</sup>. The season ends with what I think will be a great LCM Nationals in Cleveland. With the concluded SCY Nationals being such a long trip and only 1100+ swimmers, I think the Cleveland meet will be very well attended, similar to Baltimore two years ago. Since it is

no longer than a six hour drive from anywhere in our district, I hope we will put up a strong showing. Please contact Coach Lorie Gibson-Rick or myself as early as you can so we can set up as many relays as possible. Please include your age, sex and times for 50 meters in free and any stokes you can swim. Relay ages are cumulative in 40 yr blocks so the combinations are endless.

## Let the Games Begin

I have purposely left out the Empire State Games to talk about them separately. After last years canceling of the Masters Swimming the games are back in Syracuse and we are once again going 50 meter at Burnett Park. The meet will be a two-day event on August 3<sup>rd</sup> and 4<sup>th</sup>. As you remember, we cannot provide the entry form as the State uses the old fill in the blocks with a #2 pencil form. Only original forms can be used. I have mailed many forms to the workout groups listed in the WPG places to swim section. The forms are available from the State at: [esgstaff@global2000net](mailto:esgstaff@global2000net). Or call 1-518-474-8889, or fax at 1-518-474-7944. The key thing is your registration must be received by June 26<sup>th</sup>. After that date you are out of luck and won't be allowed in the meet. I also would like to note that after countless years, George McVey has stepped down as the ESG Masters Liaison. George is working with Pickett Simpson of Adirondack who has volunteered for this thankless position. The meet is a great tune-up for LCM Nationals, and they do give out the largest medals.

One last item. We are in need of a volunteer to put together our Niagara Newsletter app 3-4 times a year. Other than being on line and wanting to help there is really no other major qualifications. Please contact me if you wish to discuss it. Have a great summer and keep on swimming. This is the only sport where old friends get together and talk about what they are swimming now, not what they used to do way back when. Sometimes its faster than way back, too.



## Top Ten Patches

Top Ten Patches are available for all qualified swimmers.

Contact Thomas Gorman,  
3369Desota Ave., Cleveland  
Heights, Ohio 44118

Top ten times can be reviewed at  
<http://www.usms.org/swimgold/tt/>

## MASTERS WORKOUTS IN NIAGARA DISTRICT

### **Rochester Area Masters Swimming (RAMS)**

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

### **Syracuse Masters Swim Club (SMSC)**

Louise Hardcastle, 315-622-1161  
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

### **Canandaigua 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, bflonative@adelphia.net  
Tues & Thur 5:45-7am; Sat 7:30-9am

### **Buffalo Area**

Northeast YMCA, 4433 Main St, Snyder 14226  
Rick Marable (716)836-0041  
M, W & F 6-7:15 AM

### **Amherst Masters Swim Team**

Heim Middle School, Williamsville 14221  
Cheryl Banks-Marron (716)634-8313  
M, W & F 6-7 am

### **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, WRHOPS@aol.com  
Hamburg Middle School - Mon & Wed 6:30-8pm  
Hamburg Senior High - Sun 12-1:30pm

### **Ken-Ton YMCA (KENT)**

Mike Burkholder (716) 874-5051  
Mon & Wed 8-9:30pm; Fri 5-6:30pm  
Northeast YMCA, (716) 839-2543, M,W,F 6-7:30AM

### **Univ of Rochester Masters**

Mike Humphreys, 716-275-9469  
mhumphreys@sports.rochester.edu  
Tues & Thur 7-8pm, Sun 9-11am

### **Greater Syracuse YMCA (SYRY)**

Brian Howard, 315-474-6851 X321

#### **Downtown**

Mon, Wed, Fri 6:00 - 7:00am  
Mon - Fri 12:00-1:00pm

#### **North**

Sun 9:00 - 10:00am,  
Mon, Wed, Fri 8:15 - 9:15pm  
Tues, Thurs 2:30 - 3:30pm

### **Rockets Aquatics Masters (RACE)**

Julie O'Neill 315-635-8508, julien72@trainsmart1.com  
T/Th at LeMoyne College: times vary. Please call ahead or visit  
our website for current sched: www.trainsmart1.com/race

### **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)

### **Auburn YMCA**

Jennifer Walter, Coach 315-253-5304  
Mon & Wed 6:30 - 7:30AM

### **Mcmasters, Cortland YMCA (CORT)**

Dan Mcneil, 607-756-7030, dfmcneil@twcny.rr.com  
Wed only, 5:30-6 pm

### **Clarence High School (CLSC)**

Russ Sampson, Coach Clarence Swim Club  
716-542-2415, ClarenceSwimming@aol.com

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

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

## AGE UPS Jun-Sep

Name	Sex/Age	Month
Beth Penfield	F/35	Jun
Gerry Cox	M/55	Jun
Richard Vanbrunt	M/35	Jun
Bill Schweizer	M/80	Jun
Ruthanne Vitagliano	F/50	Jun
Julie O'Neill	F/30	Jun
Maureen O'Donnell	F/70	Jun
Stephen Karl	M/40	Jun
George Mc Vey	M/75	Jun
Lori Reid	F/25	Jul
John Cranch	M/80	Jul
Timothy Walczyk	M/45	Jul
Sonia Hizi	F/30	Jul
Matthew Losinger	M/30	Jul
Weaver Stewart	M/45	Aug
Wendy Ryan	F/45	Aug
Richard Forrestel	M/45	Aug
David Munson	M/50	Aug
Laura DeMotte	F/25	Aug
Kathy Lancaster	F/50	Aug
Al Palmer	M/80	Sep
Tina Buzak	F/40	Sep

## NEWBIES Jan-May

Name	Sex/Age	City
Jean Adair	F/43	E Rochester
John Baker	M/49	Eggertsville
Anne Barber	F/30	Cicero
Lauren French	F/28	Ithaca
Ulana Fuller	F/24	Canandaigua
AnnMarie Gorski	F/28	Geneseo
Rhonda Lee	F/33	Sayre
Gae Orsini	F/33	Mendon
Robert Pestrige	M/37	Marathon
Daniel Playfair	M/30	Rochester
Frederick Russell	M/45	Binghamton
Craig Troskosky	M/24	Rochester
Jonathan Ziehl	M/26	Rochester



# University at Buffalo "Mile for Smiles Summer Splash"

## 50-Meter Long Course Invite

Hosted by *Nickel City Splash Masters*

Saturday, July 13, 2002

**Location:** •Alumni Arena, Amherst, NY. From the NYS Thruway, take Exit 50 to 1-290 West to Exit 5B Millersport Hwy (Rt. 263 North). Take Millersport Hwy. to the Coventry Entrance. Alumni Arena is located ahead of the 1<sup>st</sup> stop sign. Take a right at the stop sign and park in the back lots. Signs will be posted in the building for directions to the pool.

**Time:** •8:00am Warm Up/9:00am Start. Check in for all swimmers is required and will be located on the pool deck. Please have your USMS/MSO card with you for verification. Check in for the 400 Free is REQUIRED by 8:30am. Check in for the 800 Free is required by 10:00am. Continuous warm-up is available.

**Eligibility:** •Open to all USMS and Canadian Registered swimmers 19 years or older as of 7/13/02.

**Entries:** •A copy of your current USMS or MSO card must be included with your entry. NO EXCEPTIONS!!!  
•Must be received by July 10, 2002. Late entries will be returned. No deck entries accepted (except relays).  
•Cost: \$23/ swimmer US Funds or \$25/swimmer Canadian Funds (Includes 5 individual events max plus relays).  
•Checks payable to: Nickel City Splash. Mail entries to: Dana White, 53 Wilbury Place, Buffalo, NY 14216  
•Questions? Call Dana White at (716) 875-6792 or email: bflonative@adelphia.net

EVENTS (indicate meters times)	
#1	____:____.____ 400 FREE*
#2	____:____.____ 200 IM
#3	____:____.____ 50 BREAST
#4	____:____.____ 200 BACK
#5	____:____.____ 50 FREE
#6	____:____.____ 100 BREAST
#7	____:____.____ 100 FLY
#8	____:____.____ 200 FREE
#9	____:____.____ 200 Med. Relay (Ex)
#10	____:____.____ 50 BACK
#11	____:____.____ 100 FREE
#12	____:____.____ 200 FLY
#13	____:____.____ 200 BREAST
#14	____:____.____ 50 FLY
#15	____:____.____ 100 BACK
#16	____:____.____ 400 IM
#17	____:____.____ 200 Free Relay (Ex)
#18	____:____.____ 800 FREE*

\*Deck seeded, Fastest to Slowest, (Ex=exhibition)

<b>Name:</b> _____
<b>Address:</b> _____ _____
<b>Phone #:</b> _____
<b>E-mail address:</b> _____
<b>Age (as of 12/31/02):</b> ____ <b>D.O.B.</b> _____
<b>USMS/MSO#:</b> _____ <b>Gender:</b> _____
<b>Local Club:</b> _____
**RIBBONS GIVEN TO THE TOP 3 FINISHERS IN EACH AGE-GROUP. Relay awards given to the top three teams overall.
50% of this meet's proceeds will be donated to the <b>Children's Hospital of Buffalo's Miles for Smiles Foundation</b> , a charitable organization benefiting the <b>Craniofacial Center of Western NY and Comprehensive Oral Health For Disabled Youth.</b>

Copies available at- [http://www.niagamasters.org/pdf/020713\\_Nickel](http://www.niagamasters.org/pdf/020713_Nickel).

**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 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 DAMAGE, 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. (Rule Book Article 203.1)**

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

Sanctioned by Niagara District Masters for USMS, Inc. Sanction #: ND 01/02 LCM 01  
Amy Johnson, Niagara District Sanctions Chair, 93 Brinton Street, Buffalo, NY 14214

## Niagara at the Championships

Niagara District was represented by 7 swimmers and one official at the recent SCY National Championships in Honolulu Hawaii. Fortunately the swimmers were much more prominent in their performance than the official.

Check out their results at:

<http://www.usms.org/comp/scnats02/results/>

The swimmers were:

Brophy, Neil J M 41

Hodgson, John H M 68

Koppenhaver, Ken D M 33

MacMurray, Holly L W 51

Matysek, Jim M 42

Van Brunt, Michael M M 33

Van Brunt, Richard S M 34

Officiating

Pilger, John E .

We all know and appreciate the sacrifice they made in the arduous trip to such a distant and dangerous land. But all returned safely with entertaining tales of derring-do. Tough work but they chose to do it.

## Registration UP at Niagara

Niagara District membership stands at 475 as of the end of May. This is the highest number in several years. If you keep your eyes open for friends and neighbors who are looking to enlarge their work out experience remind them of Masters Swimming. Even if they don't want to join your daily workout let them know they can enroll for as little as \$25 and be eligible for all of the USMS events no matter where and when they swim.



Niagara representation at the Honolulu National Championships  
*Five dolphins and a shark—Hey, someone had to be there to keep Jim honest!*



Holly, in at the finish.  
*I have no idea which event this is or how she swam  
But she does look happy with the results.*



The Venue  
*It was just as much fun as it looks and more.*

# CANANDAIGUA SAWBELLIES ANNUAL OPEN WATER SWIM

## A Competitive One & Two Mile Open Water Swim and Picnic !!

**DATE/TIME:** July 20, 2002, Saturday at 8:30 am, Warm Up at 7:30 am

**LOCATION:** Canandaigua, New York, Kershaw Park, Lakeshore Drive, North End of Canandaigua Lake  
New York State Thruway Exit 44, South 8 miles, straight to Kershaw Park

**ELIGIBILITY:** Open to all USMS and CASA registered swimmers 19 and older as of July 20, 2002.  
USMS registration will be available at the beach for \$30.00 and single event USMS for \$8.

**CONDITIONS:** Since the safety of swimmers is of prime concern. The swimming event may be delayed or canceled due to bad weather. This decision will be made by the Meet Director, Niagara Open Water Director and Ontario County Sheriff. There will be no refund.

**ENTRY FEE:** \$15.00 Includes picnic and refreshments. \$20.00 After July 13, 2002. Awards for 1st, 2nd and 3rd for each age group. Free Parking.

**SCHEDULE:** Registration 7:30-8:15 am, 8:15 am Mandatory Meeting for all Swimmers,  
8:30 am start of 2 mile swim, 8:40 am start of 1 mile swim. USS Youth Competition will follow completion of USMS meet (approximately 9:40 am). Picnic!!!!

**RULES:** Events shall be governed by the USMS Long Distance Rules as outlined in part 3 of the 2002 USMS Rule Book.

**COURSE:** Shall be 1 mile in distance, twice around for the Two Mile Swim. The perimeter will be patrolled by the Ontario County Sheriff.

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Name \_\_\_\_\_ CASA/USMS # \_\_\_\_\_  
Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Club (where you practice) \_\_\_\_\_  
Telephone No \_\_\_\_\_ Club (from your USMS card) \_\_\_\_\_  
Address \_\_\_\_\_

**INCLUDE: PHOTOCOPY OF USMS REGISTRATION CHECK: [ ] 1 MILE OR [ ] 2 MILE  
CHECK OR MONEY ORDER - MADE OUT TO CANANDAIGUA MASTERS SWIM CLUB  
SIGNED WAIVER**

**SEND ENTRIES TO: Vern Hecker, Meet Director, 3452 Gehan Road, Canandaigua, New York 14424,  
(716) 394-4075**

**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 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. (Rule Book Article 203.1)

**Signature of Participant** \_\_\_\_\_ **Date** \_\_\_\_\_

**Sanctioned by Niagara District Masters Swimming for USMS, Inc., Sanction Number: ND01/02/OWS01**

Copies available at- <http://www.niagaramasters.org/>

New District Records *Bill Walter***Syracuse Winter Meet (SCY)****Syracuse University January 26, 2002**

Swimmer	Age	Event	Time	Previous Record	Time
Peter Parkes	40	50 yd. Back	27.71	Ross Kenndar	27.93
Peter Parkes	40	100 yd. Back	1:00.71	Larry Chase	1:01.21
Jack Altdoerffer	47	50 yd. Back	27.16	Jeffery Humphreys	29.77
Jack Altdoerffer	47	100 yd. Back	58.94	Bill Dow	1:01.24
John Hodgson	68	50 yd. Back	36.39	John Hodgson	36.60
John Hodgson	68	100 yd. Back	1:22.61	Gus Diehl	1:24.31

**10th Annual Canandaigua Invitational (SCY)****Canandaigua High School February 17, 2002**

Swimmer	Age	Event	Time	Previous Record	Time
Jennifer Spencer	31	100 yd IM	1:07.14	Jennifer Spencer	1:07.70
Dana Woody	32	400 yd IM	5:07.27	Dana Woody	5:07.61
Jane Gram	55	100 yd Free	1:11.55	Louise Muray	1:16.54
Jane Gram	55	200 yd Free	2:38.68	Sandra Kingdon	2:46.15
Jane Gram	55	500 yd Free	7:05.56	Jane Gram	7:11.58
Jane Gram	55	100 yd Back	1:23.05	Pat Barlow	1:37.38
Jane Gram	55	200 yd Back	3:03.51	Pat Barlow	3:34.20
Peter Parkes	40	100 yd Back	59.98	Peter Parkes	1:00.71
Peter Parkes	40	200 yd Back	2:14.70	Jeffrey Humphreys	2:14.84
John Hodgson	68	100 yd Back	1:22.45	John Hodgson	1:22.61
Robert Connor	72	500 yd Free	7:51.82	Robert Johnston	7:52.94

**106h Annual BUMS Winter Meet (SCY)****Binghamton University****03/16**

Swimmer	Age	Event	Time	Previous Record	Time
Robert Johnston	85	1000 yd Free	22:21.68	N/A	

**2002 Colonies Zones****Maryland****April 19-21, 2002**

Swimmer	Age	Event	Time	Previous Record	Time
Tom Meade	54	100 yd Free	53.57	Tom Meade	53.97
Tom Meade	54	100 yd Fly	1:01.60	Tom Meade	1:01.62
John Hodgson	68	50 yd Back	35.85	John Hodgson	36.39
John Hodgson	68	100 yd Back	1:20.65	John Hodgson	1:22.45

**2002 NYS Championships (SCY)****Union College****May 4-5, 2002**

Swimmer	Age	Event	Time	Previous Record	Time
Dana Woody	32	1650 yd Free	19:20.32	Kay Simonson-Hill	20:16.36
Robert Leary	24	400 yd IM	4:51.21	David Hicks	4:59.79
Tom Meade	54	200 yd Free	2:01.11	Tom Meade	2:01.22
Daniel Kornblatt	52	200 yd Back	2:24.67	Tom Meade	2:25.99

**2002 Short Course National Championships****University of Hawaii, Honolulu****May 14-17, 2002**

Swimmer	Age	Event	Time	Previous Record	Time
Holly MacMurray	51	200 yd Breast	2:58.64	Holly MacMurray	2:58.80
Neil Brophy	41	200 yd Free	1:48.88	Stewart Weaver	1:54.42
Neil Brophy	41	500 yd Free	4:58.58	Jim Matysek	5:05.85
Neil Brophy	41	1000 yd Free	10:25.48	Ed Crossmore	10:48.30
Neil Brophy	41	1650 yd Free	17:13.56	Larry Chase	18:37.22
Jim Matysek	42	100 yd Breast	1:04.17	Jim Matysek	1:04.76

*When reviewing meet results for new Niagara Records, I do not routinely check splits for records.*

*If you think you have set a new Niagara Record with a split time, please send me a note at [NiagRecords@usms.org](mailto:NiagRecords@usms.org) and I will check the records to verify. Thanks, Bill*

**The Eighth Annual Miles For Smiles Open Water Swim  
 Sunday August 11, 2002 at 11 a.m.  
 George Borrello Town Park  
 Silver Creek, New York**

Join us for a 1K or 2K distance in a triangular course, starting and finishing at the same location. Course marked by buoys, lifeguards both on shore and in the water. EMS crews available, on standby. Awards for top three finishers in both male and female categories. All proceeds go to the Miles for Smiles fundraising organization, which directly benefits the Department of Pediatric Dentistry, the Craniofacial Center of Western New York at the Children's Hospital of Buffalo and Comprehensive Oral Health for Disabled Youth (COHDY)

Entry fee: \$30.00 must be post marked by Aug. 2 or will be considered a deck entry  
 Deck Entries: \$35.00 deadline 10 a.m., Aug. 11

**Please return bottom portion with entry fee, Check payable to Miles For Smiles**  
 Mail to: Miles For Smiles, c/o Demaree Brady, Children's Hospital, 219 Bryant St., Buffalo, NY 14222  
 Phone: (716) 878-7520

**Directions from Buffalo and east:** NYS Thruway (90) West to Exit 58 - Irving & Silver Creek, NY. Follow Rt. 5/20 through the first traffic signal to the second signal. At the second signal, there is a fork in the road (landmark - Beer distributor on right). At fork in the road, turn right. Stay on Rt. 5 until you can't go any further (Central Ave.). Go two blocks to Jackson St. Go down approximately two blocks to George Borrello Town Park. **From the south:** 90 east to Exit 58 and follow directions above.

Detach this portion and mail with entry fee

Meet Director/Official - June Mundt

Event waiver: I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been informed otherwise by a physician. I acknowledge that I am aware of all risks inherent in Masters Swimming (training and competition) including possible disability or death, and agree to assume all those risks. AS a condition of my participation in the Masters Swimming Program or any activities incident thereto, I hereby waive all rights and claims for loss or damages including all claims for loss or damage caused by the negligence, active or passive of the following: United States Masters Swimming, Inc., the local Masters Swimming Committee, the clubs, host facilities, meet sponsors, meet committee or any individual officiating at the meet or supervising such activities. In addition, I agree to abide by and be governed by the rules of United States Swimming. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming, and I agree to the rules of USMS.

Recognition # ND01/02 OWS 02 REC, United States Masters Swimming

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Ph#: \_\_\_\_\_

USMS# \_\_\_\_\_ (please enclose copy of card or sticker) Address : \_\_\_\_\_

Age: \_\_\_\_\_ Date: \_\_/\_\_/\_\_ Check one : \_\_\_1K \_\_\_2K

If under 18, Parent Signature: \_\_\_\_\_

Entry Fee: \_\_\_\_\_ + Pledges: \_\_\_\_\_ = Total Amount Enclosed: \$ \_\_\_\_\_

All swimmers and non-swimmers are invited to attend a non-denominational service at 10 a.m. at the Park!

**MILES FOR SMILES SPONSOR SHEET- SEND WITH ENTRY FEE DUE AUG. 2, 2002**

***WE ENCOURAGE MATCHING DONATIONS WITH BUSINESSES OR GROUPS, THANK YOU***

Copies zavailable at [http://www.niagaramasters.org/pdf/020811\\_Miles.pdf](http://www.niagaramasters.org/pdf/020811_Miles.pdf)

Name	Address	Phone	Amount

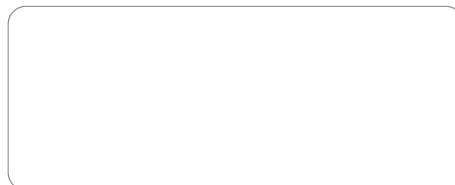


Niagara District Masters Swimming  
 John E Pilger, Registrar  
 2125 Masters Rd  
 Marcellus, NY 13108-9630

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**Check out what's inside...**

- Chairman's Update
- Buffalo LC meet sheet
- Canandaigua OW meet sheet
- Miles for Smiles OW meet sheet
- Spring NIAG Records



**Summer 2002**

**Niagara District Calendar**

DATE	SITE	HOST	VENUE	CONTACT
July 17	Univ of Buffalo	Nickel City Masters	LC	Meet sheet in this issue
July 20	Canandaigua Lake	Sawbellies Masters	OW 1 & 2 mile	Meet sheet in this issue
Aug 3 & 4	Burnet Park, Syracuse	Empire State Games	LC	518-474-8889 Apps due in June 26
Aug 10	Mirror Lake, Lake Placid	Adirondack Masters	OW 1 mile	Ann Svenson, 518-893-1967
Aug 11	Lake Erie, south of Buffalo	Miles-for-Smiles	OW 1/2 & 1 mile	Meet sheet in this issue
Aug 15-19, 2002	Cleveland State University	O*H*I*O Masters	LC - NATIONALS	see May/June SWIM magazine

**Sep 1st next deadline**

**Tell your friends!! WPG available online at NIAG website: [www.niagaramasters.org](http://www.niagaramasters.org)**