

Water Power Gazette

<http://www.niagaramasters.org>

<http://www.usms.org>

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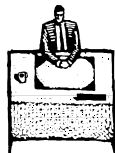
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Chairman's Update

By Dan Kornblatt



Summer Sum-up

Hi everyone. Things worked out pretty well this summer season after all. After much hand wringing with the State, we put on a good meet at Brockport for the ESG's. Pickett Simpson, George McVey, and all the volunteers did a great job considering the ESG "support" was 50 miles away. Our members in Canandaigua put on their regular open water 1 and two mile swims. And, 22 of us represented the district at Long Course Nationals finishing in the upper third of our respective team divisions. There were many new Niagara District records set, but the highlight of the meet was the BUMS' Tom Meade winning the 50 and 100 free in the men's 55-59 age group. It wasn't exactly a surprise to his teammates as Tom upped his workouts to 5-6 per week right after the SCY season just for this meet. The extra yardage payed off. As the new district records in this issue show, many of us swam fast. One of the great aspects of Masters Swimming is that through hard work and improving one's form, the aging process that degrades performances in other sports can be overcome.

USMS "Worlds 2006" Bid

The most significant item to come out of the recent USMS Convention is our bid for Worlds in 2006. USMS has decided to submit the \$25,000 bid to FINA to host the week long meet at the newly built Stanford swimming complex which has two 50 meter pools and several other smaller ones all in one site. There will be competition in water polo, syncro, and distance swimming, too. There will be much more news as the date approaches, as we need to have over

4,000 swimmers to break even. All other Convention news and committee minutes can be read at the USMS website.

Get Caught Up in THE WEB

Speaking of websites, have you been to Niagara's recently? Our webmaster, Chris Beardsly from Cortland, has done a great job of keeping things current and providing many links to other sites and meet sheets. As we work to keep our dues down by controlling costs, all of us need to get more of our information from the website. It's easy to access (<http://www.niagaramasters.org/>). Please go there often as the SCY season gets underway for any updates on Niagara meets and links to other LMSC's.

SCY (&M) Season's Here

We look to have a full schedule in this shortened SCY season. With SCY Nationals coming early this year in Indy 4/22-4/25, our Colonies Zones will be held again at George Mason U. in Fairfax Va. 4/2-3. Our Syracuse Chargers club will be hosting the NY States sometime at the end of March. Before that, Buffalo is first on Nov 2, Ithaca next on Nov 23. The traditional Jan Syracuse meet will be suspended this year as they are hosting the States, and that late Jan date may be "loaned" to another club. Of course Canandaigua will host their annual mid Feb meet. Don't forget the Colonies SCM Championships at Rutgers 12/6-7.

And The Future Holds

Further out, the BUMS will most likely host the ESG's in 2004, and LCM Nationals will be in Savannah GA 8/12-15. Lots of meets at lots of fast pools. Lots of people expending a lot of time and effort to put them on, so please try to attend and support as many as possible, especially the NY States which will be a two day meet and a big commitment on the part of the Syracuse club. See you on the "blocks".



MASTERS WORKOUTS IN NIAGARA DISTRICT

Rochester Area Masters Swimming (RAMS)

Lorie Gibson-Rick, Coach: 585-338-3209
Tues & Thurs 8-9:30pm; Sat 7:30-9am, Sun 8:30-10am

Syracuse Chargers Masters Swim Club (SMSC)

Tim Conan, pres - TJC@CCF-law.com ph. 315-422-1152
Mon-Fri 5:30-7pm SU Women's Bldg Pool

Binghamton Univ Masters Swimming (BUMS)

Dan Kornblatt, 607-692-7428, dannyswims@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 12:15-1:30pm; Sat 3-5pm; Sun Noon-2pm

Canandaigua Masters (CDGA)

Laura Love, Coach 585-398-2232
Lynn Fuller, Coach 585-394-2949
Mon, Tues, Thur, Fri 8:30-10pm

Nickel City Splash, Univ of Buffalo (NICK)

Andrea Gomez, (716) 832-6075, ondrayag@aol.com
Tues & Thur 5:30-7:00am, Sat 7:00-8:30am
www.wings.buffalo.edu/org/nickelcity

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, 607-770-9868, 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)

Jeff Klin (716) 874-5051
Mon & Wed 8-9:30pm; Fri 5-6:30pm

Univ of Rochester Masters

Eric Stefanski, 585-275-9469
Tues & Thur 7-8:30 pm, Sun 9-11am

Ihtaca 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, 5:00-6:30 pm

Clarence Swim Club (CLSC)

Clarence High School, M-Th 8:30pm-9:30pm
Russ Sampson, Coach, 716-542-2415,
ClarenceSwimming@aol.com

Skaneateles Masters Swim Club (SKAN)

Seth Williams, coach 315-426-9945,
swilliams@townofskaneateles.com
Mon, Wed, Fri 5:30am-7am; Tues, Thur 6:30—8pm

Maverick Masters Swim Club (MMSC)

Daniel Dubois, ddubois@monroecc.edu, 585-292-2846
MCC Pool, Rochester, Tue/Thur 6-7:30 AM, Sunday- 8-10 AM

Letchworth Masters Swimming (LETC)

Letchworth Central School, M,W,F 5:30-7:30, Fri 5:30-6:30
Ann Marie Gorski, amgorski@letchworth.k12.ny.us

Contact the Editor with any
corrections or additions.

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

Registration Reminder:

During Sep/Oct any **new** swimmers may register through Dec 31st, 2003 for the discount fee of \$20.

During Nov/Dec **new** swimmers may register through the end of 2004 for \$30.

If you are currently registered (or register during Sep/Oct) you must reregister for 2004 beginning in the last half of December.

Please use the personalized forms I will send each of you at that time or Swim Magazine will stop in January.

Current forms available at
<http://www.niagaramasters.org/pdf/niagregform.pdf>

Nickel City Splash Short Course Yards Fall Invitational

Hosted by Nickel City Splash Masters, Buffalo, NY

Sunday, November 2, 2003

University at Buffalo Alumni Arena

Location: • University at Buffalo 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 to the Coventry Entrance. Alumni Arena is located ahead of the 1st stop sign. Parking is available on the left, or in the back of the Arena.

Time: • Warm-up is as follows (PLEASE READ CAREFULLY): 8:00am Warm Up/9:00am Start for Events #1-2. Continuous warm up will be available throughout the meet with events #3-#19 starting no earlier than 10:30am. 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. Positive Check-in for the 1000 Free and 400 IM is REQUIRED by 8:30am. Positive Check-in for the 500 Free is required by 11:00.

Eligibility: • Open to all USMS and Canadian Registered swimmers 19 years or older as of .

Entries: • A photocopy of your current USMS or MSO card must be included with your entry.
 • Must be RECEIVED by Tuesday, October 21, 2003. NO EXCEPTIONS!! No deck entries!! (except relays).
 • Cost: \$23/swimmer US Funds or \$25/swimmer Canadian Funds (Includes 5 individual events maximum plus relays).
 • Checks payable to: Nickel City Splash. Mail entries to: Andrea Gomez, 68 Jasper Dr., Amherst, NY 14226
 • Questions? Call Andrea Gomez at (716) 832-6075 or email: ondrayag@aol.com

EVENTS (indicate yards times)

- #1 ____:____.____ 1000 FREE*
- #2 ____:____.____ 400 IM
- BREAK**
- #3 ____:____.____ 50 BREAST
- #4 ____:____.____ 200 BACK
- #5 ____:____.____ 50 FREE
- #6 ____:____.____ 100 BREAST
- #7 ____:____.____ 100 FLY
- #8 ____:____.____ 200 FREE
- #9 ____:____.____ 100 I.M.
- #10 ____:____.____ 200 Med. Relay** (Ex.)
- #11 ____:____.____ 50 BACK
- #12 ____:____.____ 100 FREE
- #13 ____:____.____ 200 FLY
- #14 ____:____.____ 200 BREAST
- #15 ____:____.____ 50 FLY
- #16 ____:____.____ 100 BACK
- #17 ____:____.____ 200 IM
- #18 ____:____.____ 200 Free Relay** (Ex.)
- #19 ____:____.____ 500 FREE*

*Deck seeded, Fastest to Slowest
 ** All Relays will be swum Exhibition (Ex.)

Name: _____
 Address: _____
 City: _____ State _____
 Zip/PC: _____ E-mail: _____
 Age (as of 11/02/2003): _____ D.O.B. _____
 USMS/MSO# (or other): _____ Gender: _____
 Local Club: _____

** AWARDS GIVEN TO THE TOP 3 FINISHERS
 IN EACH AGE-GROUP.
 Relay awards given to the top three finishers overall

**Please check out the Nickel City
 Splash Website for detailed
 directions to our pool. Results will be
 posted following the meet!!**

wings.buffalo.edu/org/nickelcity

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.

Signature: _____ Date: _____

Sanctioned by Niagara District Masters for USMS, Inc. Sanction #ND03-05:
 Niagara District Masters Swimming, 93 Brinton St. Buffalo, NY 14214.

NEWBIES Jun-Sep

Name	Sex/Age	City
Nathan Andrews	M / 27	Syracuse
Paul Bardotz	M / 53	N Chili
Eldar Beiseitov	M / 26	Syracuse
Michael Brewer	M / 54	Scottsville
Christina Carter	F / 56	Buffalo
Belinda Cole	F / 27	Rochester
Kelsee Coykendall	F / 28	Henrietta
Nancy Curnutt	F / 63	Pittsford
Richard Davis	M / 63	Rochester
Marek Dzionara	M / 57	Canandaigua
Rauni English	F / 44	Pittsford
John Fisher	M / 54	Rockwood
Natalie Galvin	F / 25	Syracuse
Linda Graham	F / 50	Hunt
Donna Hilborn	F / 57	Henrietta
Donna Hofsess	F / 61	Rochester
Peter Hynes	M / 36	Addison
Carolyn Jaeger	F / 58	Rochester
Thomas Jaeger	F / 58	Rochester
Craig Jones	M / 47	Tonawanda
Kurt Keber	M / 41	Fairport
Leslie Kotalik	F / 26	Pittsford
Ken Kuriscak	M / 27	Niagara Falls
Susan MacGilvray	F / 52	Spencerport
Adam Moore	M / 21	Syracuse
Gae Orsini	F / 35	Mendon
Sandra Pearl	F / 57	Henrietta
Brad Pesarek	M / 24	Syracuse
Dennis Pope	M / 37	LeRoy
Andrew Rice	M / 36	Canandaigua
Christine Richmond	F / 52	Johnson City
Matthew Roberts	M / 26	Rochester
Steven Sessler	M / 38	Livonia
Jasper Shealy	M / 62	Rochester
Lucia Shealy	F / 61	Rochester
Janet Sudol	F / 55	Rochester
Ronald Sudol	M / 55	Rochester
Faye Transvalidou	F / 36	Rochester
Cortney Underwood	F / 23	Bloomfield
Meg Upson	F / 62	Rochester
Carey VanZandt	F / 32	Naples
Elizabeth Watkins	F / 55	Rochester
Bernadette Weider	F / 59	Rochester
Katie Wrest-Connors	F / 25	Buffalo

AGE UPS Sep-Dec

Name	Sex/Age	Month
Karen Snyder	F/45	Sep
Jessica Krisanda	F/35	Sep
Steven Sessler	M/40	Sep
Guy Pirdy	M/45	Sep
Jill Franz	F/35	Sep
JoSephine Konvinse	F/45	Sep
Stefanena Kysor	F/75	Sep
Thomas Ferraro	M/50	Sep
Donald Blake	M/60	Sep
Ken Koppenhaver	M/35	Sep
Suzanne Dietrich	F/55	Sep
Joyce McDonough	F/55	Oct
Kenneth Weir	M/50	Oct
Thomas Bidwell	M/50	Oct
Christopher Burke	M/45	Oct
Nancy Curnutt	F/65	Oct
Jennifer Thomas	F/25	Oct
Lynn Fritzingier	F/45	Oct
Terry Platt	M/60	Nov
Dan Johnson	M/40	Nov
H James Brown	M/60	Nov
Chip Malone	M/50	Nov
Andrea Gomez	F/35	Nov
John Murray	M/75	Nov
David Beckwith	M/40	Nov
Kevin Rathke	M/50	Nov
Scott Chadwick	M/35	Nov
Jack Van Landingham	M/70	Nov
Ronald Burt	M/45	Dec
Kenneth Rowe	M/45	Dec
Queenie Nichols	F/50	Dec
Stephen Hoadley	M/35	Dec
Ellen Paprocki	F/45	Dec

6th Annual Ithaca Masters Meet at Ithaca College

Sponsored by the Ithaca College Swim Team and Sanctioned by Niagara District Masters Swimming for USMS, Inc.
Sanction # ND03-06

- Date:** Sunday, November 23, 2003. Warm-up start at 9:00am, meet starts at 10:00am
- Location:** The Hill Center Pool at Ithaca College, Ithaca, New York. The pool is a six lane, 25-yard facility with a full readout Colorado Timing System, and Competitor 6" Gold Medal lane lines.
- Meet Director:** Kevin Markwardt, Hill Center, Ithaca College, Ithaca, NY 14850, (607) 274-3181,
- Eligibility:** Open to all registered USMS/CASA swimmers 19 years of age and older as of 11/23/03
- Fees:** \$20 per swimmer. Includes 5 individual events and relays. Results will be mailed for additional \$4. Deck entries will be accepted. Deck entry fee \$24.
- Entries:** All entries must be received by the Meet Director by Monday, November 17th, 2003.
- Check In:** Events 400 yards or longer, and all relays, require check-in and will be deck seeded.

NAME _____ USMS/CASA# _____

ADDRESS _____

SEX ____ AGE ____ Date of Birth _____ Phone(H) _____ (W) _____

Event#	Event Name	Seed Time	Event#	Event Name	Seed Time
1.	200 Medley Relay	_____	12.	50 Backstroke	_____
3.	100 Ind. Medley	_____		10 Minute Warm-up	
	10 Minute Warm-up		13.	100 Freestyle	_____
4.	100 Backstroke	_____	14.	200 Ind. Medley	_____
5.	50 Freestyle	_____	15.	50 Breaststroke	_____
6.	200 Butterfly	_____		10 Minute Warm-up	
	10 Minute Warm-up		16.	200 Backstroke	_____
7.	100 Breaststroke	_____	17.	50 Butterfly	_____
8.	400 Ind. Medley	_____	18.	200 Breaststroke	_____
9.	500 Freestyle	_____		10 Minute Warm-up	
	10 Minute Warm-up		19.	1000 Freestyle	_____
10.	200 Free Relay	_____			

Entry Procedures

Please send entry form to the Meet Director (address listed above). Include the following with Entry Form:

- A photocopy of your USMS/CASA Registration
- A check or Money Order, payable to Ithaca College
- A signed Waiver Form (see below)

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 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 the USMS.

Signature of Participant: _____ Date: _____

New District Records *Bill Walter***Empire State Games (LCM)****SUNY Brockport, July 26-27, 2003**

Swimmer	Age	Event	Time	Previous Record	Time
Dana Woody	34	400 M Free	4:55.78	Dana Woody	4:56.87
Dana Woody	34	800 M Free	10:10.48	Dana Woody	10:13.76
Dana Woody	34	100 M Fly	1:14.63	Katie Hettrich	1:15.30
Dana Woody	34	200 M IM	2:45.06	Dana Woody	2:48.04
Dana Woody	34	400 M IM	5:47.69	Dana Woody	5:48.69
Karen Bulmahn	39	800 M Free	10:54.71	Francesca Crannell	11:03.60
Karen Bulmahn	39	100 M Fly	1:13.13	Karen Bulmahn	1:13.63
Karen Bulmahn	39	200 M Fly	2:47.58	Denise Everitt	2:54.62
Elizabeth O'Sullivan	45	100 M Free	1:15.43	P. Pagliarulo	1:18.32
Elizabeth O'Sullivan	45	200 M Free	2:46.08	Margaret Diamond	2:50.47
Carol Belva	48	1500 M Free	22:49.76	Carol Belva	22:58.75
Elizabeth O'Sullivan	45	50 M Fly	36.16	Amy Johnson	41.02
Janet Kerr	56	50 M Free	34.56	Jane Gram	35.38
Janet Kerr	56	100 M Free	1:19.71	Jane Gram	1:20.38
Jane Gram	57	100 M Back	1:38.23	Jane Gram	1:39.96
Jane Gram	57	200 M Back	3:31.90	Jane Gram	3:33.14
Janet Kerr	56	50 M Fly	40.69	Arlene Weyman	1:00.88
Amy Johnson	61	50 M Fly	49.78	Louise Murray	58.25
Stefanena Kysor	75	200 M Back	4:40.92	Susanna Marvel	4:44.09
Jack Altdoerfer	49	50 M Back	31.15	Jeffery Humphreys	34.03
Jack Altdoerfer	49	100 M Back	1:08.42	Jeffery Humphreys	1:12.69
Jack Altdoerfer	49	200 M Back	2:31.84	Jeffery Humphreys	2:38.09
Arthur Munson	50	50 M Breast	40.19	William Adams	40.33
Tom Meade	56	50 M Breast	40.84	Jack Van Landingham	42.33
Tom Meade	56	100 M Breast	1:29.85	Jack Van Landingham	1:37.19
William Adams	57	200 M Breast	3:46.54	Whitey Huber	3:47.38
Jack Van Landingham	70	50 M Breast	43.10	George McVey	50.96
Jack Van Landingham	70	100 M Breast	1:43.55	Robert Johnston	1:57.86
John Hodgson	70	50 M Fly	42.34	William Weber	47.41
John Murray	75	50 M Breast	52.20	Bill Eibl	1:01.08
John Murray	75	200 M Breast	4:40.30	No Previous Record	
John Cranch	81	800 M Free	20:26.20	John Cranch	21:02.61
John Cranch	81	50 M Back	59.07	John Cranch	1:00.34
John Cranch	81	100 M Back	2:06.53	John Cranch	2:09.91
John Cranch	81	200 M Back	4:30.87	John Cranch	4:39.63
Dan McNeil	80	100 M Fly	4:43.61	No Previous Record	
Dan McNeil	80	200 M Fly	10:17.38	No Previous Record	
Dan McNeil	80	400 M IM	15:47.13	No Previous Record	

New District Records *Bill Walter (continued)*

2003 Long Course Nationals

Piscataway NJ, August 14-17, 2003

Swimmer	Age	Event	Time	Previous Record	Time
Dana Woody	F34	200 M Free	2:20.12	Dana Woody	2:22.26
Dana Woody	F34	800 M Free	10:09.51	Dana Woody	10:10.48
Dana Woody	F34	1500 M Free	19:20.74	Dana Woody	19:40.23
Dana Woody	F34	200 M IM	2:44.71	Dana Woody	2:45.06
Elisabeth O'Sullivan	F45	100 M Free	1:14.95	Elisabeth O'Sullivan	1:15.43
Carol Belva	F48	1500 M Free	22:16.81	Carol Belva	22:49.76
Jane Gram	F57	100 M Free	1:18.83	Janet Kerr	1:19.71
Jane Gram	F57	200 M Free	3:01.37	Jane Gram	3:03.46
Jane Gram	F57	400 M Free	6:22.36	Jane Gram	6:32.09
Jane Gram	F57	100 M Back	1:37.64	Jane Gram	1:38.23
Jane Gram	F57	200 M Back	3:28.98	Jane Gram	3:31.90
Ken Koppenhaver	M35	400 M Free	4:49.93	James Matysek	4:57.22
Ken Koppenhaver	M35	800 M Free	9:59.86	James Matysek	10:20.71
Ken Koppenhaver	M35	1500 M Free	19:10.48	James Matysek	20:34.12
Michael Schiesl	M37	50 M Back	32.64	John Simm	33.29
Jim Matysek	M44	1500 M Free	19:36.69	Larry Chase	19:50.49
Jim Matysek	M44	400 M IM	5:35.56	Jim Matysek	5:36.72
Daniel Kornblatt	M54	50 M Free	28:55	Dan Walters	28:58
Tom Meade	M56	50 M Free	27.09	Tom Meade	27:17
Tom Meade	M56	100 M Free	1:01.39	Tom Meade	1:01.48
Tom Meade	M56	400 M Free	5:00.78	Tom Meade	5:04.29
Tom Meade	M56	50 M Fly	30.90	David Wells	37.67
Tom Meade	M56	200 M IM	2:41.74	David Wells	3:19.56
Tom Meade	M56	400 M IM	6:05.81	David Wells	7:28.03
John Cranch	M81	800 M Free	19:56.20	John Cranch	20:26.20
John Cranch	M81	100 M Back	2:04.96	John Cranch	2:06.53
John Cranch	M81	200 M Back	4:27.32	John Cranch	4:30.87

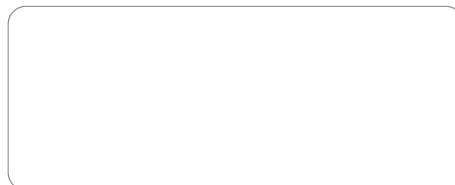
*When reviewing meet results for new Niagara Records, I do not routinely check splits for records.
If you think you have set a new Niagara Record with a split time, please send me a note at
NiagRecords@usms.org and I will check the records to verify. Thanks, Bill*



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

Check out what's inside...

- Chairman's Update
- Buffalo SC meet sheet
- Ithaca SC meet sheet
- Zone SCM Championship meet sheet
- Summer NIAG Records



Fall 2003

Niagara District Calendar

DATE	SITE	HOST	VENUE	CONTACT
Oct 25	Gretzky S C, Brantford, ON	Brantford Aquatic Club	SCM	mpuckering@rogers.com
Nov 2	Univ at Buffalo Alumni Arena	Nickel City Splash	SCY	Meet sheet in this issue
Nov 23	Ithaca Coll Hill Center Pool	Ithaca Coll Swim Team	SCY	Meet sheet in this issue
Dec 6 & 7	Sonny Werblin Rec Ctr	Rutgers Masters Swim	Zone SCM Champs	Alex Antoniou, antoniou@rci.rutgers.edu
Feb 2004 TBA	Canandaigua H S	CDGA Sawbellies	SCY	Meet sheet will appear in WPG & Site
Mar 2004 TBA	Syracuse Univ Mens Gym	Syr Chargers M S C	NYS Champs SCY	Meet sheet will appear in WPG & Site
Apr 2&3	Fairfax VA GMU		Zone SCY Champs	
Apr 22-25	Indianapolis IN		Nationals SCY	goldstein@mindspring.com
Aug 12-15	Savannah GA		Nationals LCM	scottrabalais@compuserve.com

Dec 1st next deadline

The short course season is here! Send in one of the enclosed forms and take part.