

*Paid email  
6/21/04*

# Water Power Gazette

<http://www.niagaramasters.org>

<http://www.usms.org>

## OFFICERS

**Chairman**  
Dan Kornblatt  
109 Rogers Hill Rd  
Whitney Point NY 13862  
607-692-7428  
NiagChair@usms.org

**Registrar**  
John Pilger  
2125 Masters Rd.  
Marcellus, NY 13108  
315-673-2268  
NiagRegistrar@usms.org

**Treasurer**  
Lynn Fuller  
3971 West Lake Road  
Canandaigua, NY 14424  
716-394-2949  
NiagTreasurer@usms.org

**Secretary**  
Amy Johnson  
93 Brinton Street  
Buffalo, NY 14214  
716-836-4694  
NiagSecretary@usms.org

## COMMITTEES

**Fitness/Coaches**  
Lorie Gibson-Rick  
79 Ridgeport Drive  
Rochester, NY 14617  
585-338-3209  
lrick@harleyschool.org

**Newsletter**  
John Ferro  
3725 Maplehurst Dr  
Endwell, NY 13760  
607-754-6633  
johnferro@usms.org  
John Pilger, syrjohn@five95.net

**Officials**  
George J McVey, DDS  
477 Antlers Dr.  
Rochester, NY 14618  
585-271-2323  
NiagOfficials@usms.org

**Long Distance**  
Vern Hecker 585-394-4075  
3452 Gehan Rd  
Canandaigua, NY 14424  
NiagLongdistance@usms.org

**Sanctions**  
Amy Johnson  
93 Brinton Street  
Buffalo, NY 14214  
716-836-4694  
NiagSanctions@usms.org

**Top 10**  
Dana Woody, 716-872-5581  
197 Wycliff Drive  
Webster NY 14580  
NiagTipten@usms.org

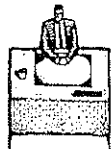
## Webmaster

Chris Beardsley  
5342 Rt. 41  
Homer, NY 13077  
beardsley@niagaramasters.org

**Postal Representative**  
Kay Turner  
22 Woodridge Drive  
Mendon, NY 14506  
716-582-1157  
NiagPostal@usms.org

## Chairman's Update

By Dan Kornblatt



## Spring Wrap-up

Hi everyone. Our shortened yard season ended in April this year with Nationals in Indianapolis. A small but talented group from Niagara placed 22 out of 124 small combined teams, men were 9<sup>th</sup> out of 91 and women were 49<sup>th</sup> out of 88. A job well done. The district did manage to put on four SCY meets this past season and all the new district records are in this issue. With next year's SCY Nationals back in May at the Hall of Fame pool in Ft. Lauderdale, Fla, we will hopefully be back to our regular 5-6 meets.

## Empire State Games—2004

Upcoming we have the ESG's the end of July in Owego, N.Y. outside of Binghamton, which is the host city. The BUMS will help host a two-day 25meter meet. The only 50-meter pool in the area is an old and very cold outdoor pool in Endicott and that will be the venue for the kids. The Owego pool is a modern eight-lane facility and offers easy access off of Rt 17. If anyone needs hotel info please contact me. We will be reporting results to USMS, as this is a recognized meet. We cannot put a registration sheet in this issue as those must come from the ESG people and cannot be duplicated. Entries are due by June 21. There is a link on the Niagara website or you can write to ESG SUNY Brockport,

350 New Campus Dr., Brockport, N.Y. 14420 or call 585-395-5620.

## Not so long to Long Course

Two weeks after the ESG's are the LCM Nationals at Savannah, Ga, Aug 12-15. Entries must be postmarked by July 1, and received by July 8, or entered on line by July 8 also. The LCM Nationals are small and usually well run meets without the very long days which can occur in SCY Nationals. The relays are cumulative ages so there are plenty of combinations for these fun swims. Airfares down South are very reasonable and the pool is a modern, air-conditioned facility. I hope many of you can find the time to attend.

The only other event Niagara is putting on this summer is the annual Open Water Swim and Picnic hosted by the Sawbellies in Canandaigua Lake. This will be swum on July 17 and entry forms are in this issue and on our website. All we need now is some warm weather to get that lake temperature up.

## Musical Records Chairs

One last item is to thank Bill Walter of Syracuse for many many years of great service as our records Chair. Bill will be missed but Mark Mallis of Fairport has agreed to take over the job. Remember, we are a volunteer organization and can only go as far as you the members can take us. Please think about giving something back to the sport you love when others have done their fair share.

Dan



### MASTERS WORKOUTS IN NIAGARA DISTRICT

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

Lorie Rick, Coach 585-442-1770 X3075,  
lrick@harleyschool.org  
Wed & Fri 5:45 - 7:00am, Tues & Thurs 8:00 -  
9:30pm at The Harley School  
Sat 6:00 - 7:30am, Sun 7:30 - 9:00am at RIT

#### **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)**

DeenaCrossmore, 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,  
lffeee@ritvax.isc.rit.edu  
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 9-11 am

#### **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, 5:00-6:30 pm

#### **Skaneateles Masters Swim Club (SKAN)**

Contact: Carol Stokes-Cawley, Stocaw@aol.com,  
Sharon Slater, 315-685-3353.  
Mon, Wed, Fri 5:30am-7am

#### **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 7:15-8:15pm  
Ann Marie Crye, 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.

# CANANDAIGUA SAWBELLIES ANNUAL OPEN WATER SWIM

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

**DATE/TIME:** July 17, 2004, 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 17, 2004. 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 9, 2004. 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 2004 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,  
(585) 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks. (Rule Book Article 301.3)

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

**Sanctioned by Niagara District Masters Swimming for USMS, Inc., Sanction Number: ND04OW01**

**NEWBIES Jan-May**

Name	Sex/Age	City
Lisa Adams	F / 37	East Aurora
Kathryn Babin	F / 17	Fairport
Beth Burchill	F / 35	Rochester
Christopher Burke	M / 43	Baldwinsville
Martin Denysshchen	M / 46	Williamsville
Beth Dombrowski	F / 39	Canandaigua
Ann Duffy	F / 40	Buffalo
Lynn Fritzinger	F / 43	Tonawanda
Richard Gleason	M / 33	Fairport
Carol Golding	F / 21	Rochester
Ellie Hirshberg	F / 30	Rochester
Thomas Hondorf	M / 49	Webster
Stephen Hungerford	M / 24	Rochester
Gwyneth Ingham	F / 29	Baldwinsville
Sarah Keesler	F / 18	Endicott
John Kopcienski	M / 38	Spencerport
Jessica Krisanda	F / 33	Webster
Annette Kugelmann	F / 26	Buffalo
Philip Lange	M / 45	Rochester
Thomas Lengel	M / 44	Hamburg
Sharon Linstedt	F / 45	Buffalo
Joel Logan	M / 17	Silver Springs
Jesselynn Mack-Garcia	F / 52	Tonawanda
Joseph McNamara	M / 34	Buffalo
William Miller	M / 29	Castile
Claude Moore	M / 51	Vestal
Ellen Paprocki	F / 43	Baldwinsville
Lisa Roberts	F / 42	Victor
Michael Rotola	M / 32	Amherst
Marilyn Saddler-Bay	F / 57	Rochester
Donn Scherer	M / 59	Amherst
Kurt Schmidt	M / 35	Baldwinsville
Michelle Schmidt	F / 36	Baldwinsville
Stanley Skotnicki	M / 32	Buffalo
Matthew Stace	M / 37	Clay
Paul Taillie	M / 50	Rochester

**AGE UPS Jun-Sep**

Name	Sex/Age	Month
Aimee Roberts	F/40	Jun
Deena Crossmore	F/40	Jun
Marek Dzionara	M/60	Jun
Ann McMahon	F/35	Jun
Thomas Doty	M/65	Jun
Olivia Atkins	F/25	Jul
Donald A W Smith	M/55	Jul
Cory Yeager	M/25	Jul
Mary Beth Lopat-Winter	F/40	Jul
Jack Altdoerffer	M/50	Jul
Erin Coogan	F/30	Jul
Nick Alexander	M/30	Jul
Brenda Jephson	F/45	Jul
Robert Barlow	M/65	Jul
William Murray	M/40	Aug
Deanna Flint	F/30	Aug
Rebecca Smith	F/20	Aug
Mike Burgess	M/40	Aug
Brian Skidmore	M/30	Aug
Nicole Lipp	F/25	Aug
Richard Bleichfeld	M/55	Aug
Daniel Kornblatt	M/55	Aug
Michael Kennedy	M/45	Aug
Denise Le Van	F/45	Aug
Tom Gallagher	M/50	Aug
Craig Jones	M/50	Sep
William Wilson	M/45	Sep
Daniel Nolan	M/60	Sep
Sally Sackett	F/45	Sep
Rachel Frydrychowski	F/20	Sep
Timothy Riley	M/45	Sep

**Registration News:**

We now stand at 462 members, still ahead of last year. Since we have space we are once again including the 2004 registration form for you to pass around to fellow swimmers

Thanks loads,  
John



**New District Records** *Bill Walter***Ithaca Masters Swim Meet (SCY)****Ithaca College 11/23/2004**

Swimmer	Age	Event	Time	Previous Record	Time
Dana Woody	34	100 yd. Free	11:23.08	Dana Woody	11:27.70
Michael Callahan	23	50 yd. Free	22.06	Eric Capalupo	22.13
Michael Callahan	23	200 yd. Breast	2:24.26	J. Macenroth	2:28.77
Michael Callahan	23	100 yd. IM	56.60	John Capalupo	58.37
Peter Parkes	42	50 yd. Back	27.51	Peter Parkes	27.71
John Hodgson	70	50 yd. Back	36.61	Don Agate	37.89
John Hodgson	70	50 yd. Fly	37.09	William Weber	39.93
John Hodgson	70	100 yd. IM	1:20.97	Justin Diehl	1:30.17

**Colonies Zone SCM Championships****Rutgers 6 -7-Dec-03**

Swimmer	Age	Event	Time	Previous Record	Time
Dana Woody	34	100 M Free	1:04.58	Jennifer Spencer	1:05.66
Dana Woody	34	200 M Free	2:18.37	Dana Woody	2:21.40
Dana Woody	34	1500 M Free	19:01.82	Dana Woody	19:03.09
Dana Woody	34	100 M Fly	1:14.00	Dana Woody	1:15.69
Dana Woody	34	200 Fly	2:47.59	Dana Woody	2:49.75
Dana Woody	34	100 M IM	1:15.81	Jennifer Spencer	1:16.72
Dana Woody	34	400 M IM	5:36.51	Dana Woody	5:44.37
Jim Matysek	44	400 M Free	4:44.03	Ed Crossmore	4:58.88
Jim Matysek	44	800 M Free	9:58.38	Denis Cabrey	12:46.80
Jim Matysek	44	50 M Breast	34.44	Jack Walker	36.38
Jim Matysek	44	100 M Breast	1:15.47	Jack Walker	1:22.77
Jim Matysek	44	200 M Breast	2:43.58	Bill Huggins	3:15.41
Jim Matysek	44	200 M IM	2:30.36	Larry Chase	2:32.64
Jim Matysek	44	400 M IM	5:33.50	Larry Chase	5:49.63

**Canandaigua Invitational Masters Swim Meet (SCY)****Canandaigua High School 22-Feb-04**

Swimmer	Age	Event	Time	Previous Record	Time
Jeff Hendersen	28	400 yd. IM	4:36.04	Janwiellen Zwiers	4:40.30
Stewart Weaver	46	200 yd. Free	1:56.87	Ed Crossmore	1:57.25
Tom Meade	56	50 yd. Breast	33.69	Dan Walters	34.42
Tom Meade	56	200 yd. Breast	2:44.23	George McVey	2:56.40
John Hodgson	70	100 yd. Back	1:25.11	Justin Diehl	1:28.39
Jack Van Landingham	70	50 yd. Breast	37.90	George McVey	39.38

**New District Records** *Bill Walter (continued)***NYS Masters Championships (SCY)****SUNY at Buffalo 21-Feb-04**

Swimmer	Age	Event	Time	Previous Record	Time
Kelly Darlak	24	1650 yd. Free	20:42.82		
Wendy Ryan	46	50 yd. Free	27.28	Elizabeth O'Sullivan	28.26
Wendy Ryan	46	100 yd. Free	1:01.85	Denise Everitt	1:03.44
Wendy Ryan	46	200 yd. Free	2:16.62	Denise Everitt	2:18.10
Wendy Ryan	46	50 yd. Breast	35.79	H. Mac Murray	36.29
Wendy Ryan	46	100 yd. IM	1:10.50	Denise Everitt	1:12.94
Gienna Leovs	50	50 yd. Back	36.32	Jane Gram	36.34
Stefanena Kysor	75	100 yd. Breast	2:10.42	Anneliese Eibl	2:14.52
Stefanena Kysor	75	100 yd. IM	2:04.90	Betty Brereton	2:06.54
Jack Van Landingham	70	100 yd. Breast	1:28.04	George McVey	1:29.72

**Ontario Masters Swimming Championships (SCM)****Otobicoke Olympium, Toronto 28-Mar-04**

Swimmer	Age	Event	Time	Previous Record	Time
John Cranch	82	50 M Back	58.51	George Batki	1:08.94
John Cranch	82	100 M Back	2:04.35	Robert Johnston	2:13.73
John Cranch	82	200 M Back	4:25.99	Robert Johnston	4:27.43

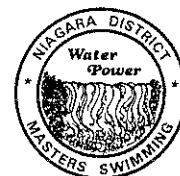
**2004 Short Course National Championships (SCY)****Indianapolis, IN 25-Apr-04**

Swimmer	Age	Event	Time	Previous Record	Time
Sydney Mountford	23	100 yd. Free	55.48	Bridget Robbins	57.43
Sydney Mountford	23	200 yd. Free	2:01.16	Bridget Robbins	2:04.21
Sydney Mountford	23	1000 yd. Free	11:07.57	Bridget Robbins	11:27.56
Neil Brophy	43	1000 yd. Free	10:21.96	Neil Brophy	10:25.48
John Meade	52	100 yd. Free	52.83	Tom Meade	53.57
John Meade	52	100 yd. Back	1:04.21	Tom Meade	1:06.40
John Meade	52	100 yd. Fly	1:00.71	Tom Meade	1:01.60
John Meade	52	100 yd. IM	1:00.96	Tom Meade	1:03.07
Tom Meade	56	100 yd. Free	53.22	Tom Meade	53.54
Tom Meade	56	200 yd. Free	2:00.90	Tom Meade	2:01.43
Tom Meade	56	100 yd. Fly	1:01.11	Tom Meade	1:01.86
Tom Meade	56	100 yd. IM	1:02.84	Tom Meade	1:05.03
John Hodgson	70	100 yd. Back	1:22.65	John Hodgson	1:25.11
John Hodgson	70	200 yd. Back	3:05.61	Justin Diehl	3:14.24

*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 2004 Swimmer Registration



The Niagara District is the Local Masters Swimming Committee (LMSC) of United States Masters Swimming (USMS), and one of the three districts encompassing New York State. We include the 24 counties from Buffalo and Niagara Falls south to Olean and Jamestown and east to Syracuse and Binghamton. Over 40,000 swimmers are registered nationally with approximately 500 in the Niagara District.

Masters swimming is open to all athletes, **regardless of swimming ability**. Our primary goal is to provide an enjoyable opportunity to improve overall fitness and swimming skills.

Those wishing to gauge their progress, and enjoy the camaraderie of Masters swim meets, compete in 5-year age/sex divisions starting with 19-24 and continuing through 100+.

Competitions are held in 25 yard, 25 or 50 meter pools or in open water. As a registered Masters swimmer, you are also eligible for Top 10 ranking at district, national and international levels. Yearly registration is required to participate and includes our newsletter, the **WATERPOWER GAZETTE**, and a subscription to **SWIM**, our national magazine.

Equally important is the insurance coverage it provides our members at **practices supervised by USMS/USA certified coaches** when all swimmers are USMS registered, as well as at all USMS sanctioned and recognized activities.

Choose newsletter delivery method by checking the appropriate box in application.

*To register, complete the form below.*

Technically, in Niagara District, we all belong to only one club, **NIAG**. But when we do our every day workouts, many of us swim either alone or in an active daily swim program with a group of regular swim friends. The organizers of swim meets often like to identify such groups with some sort of symbol. The following four-letter names are some we are currently using. If you are in one of these groups please check the box. If you swim alone check nothing.

- |  |   |
|--|---|
| <input type="checkbox"/> <b>BUMS</b> - Binghamton Univ Masters             | <input type="checkbox"/> <b>HOPS</b> - Hamburg Orchard Pk Masters     |
| <input type="checkbox"/> <b>SMSC</b> - Syracuse Chargers Masters Swim Club | <input type="checkbox"/> <b>TONA</b> - Tonawanda Aq&Fit Masters       |
| <input type="checkbox"/> <b>ITHY</b> - Ithaca YMCA Masters                 | <input type="checkbox"/> <b>RAMS</b> - Rochester Area Masters Swim    |
| <input type="checkbox"/> <b>BLOW</b> - Elmira Blowfish Masters             | <input type="checkbox"/> <b>CDGA</b> - Canandaigua Sawbellies Masters |
| <input type="checkbox"/> <b>NICK</b> - Nickel City Splash Masters          | <input type="checkbox"/> <b>CARP</b> - Univ of Rochester Masters      |
| <input type="checkbox"/> <b>LETC</b> - Letchworth Splash Masters           | <input type="checkbox"/> <b>MMSC</b> - Maverick Masters Swim Club     |
| <input type="checkbox"/> <b>SKAN</b> - Skaneateles                         | <input type="checkbox"/> <b>CORT</b> - Cortland McMasters (YMCA)      |

Pool Name \_\_\_\_\_

Coach's Name \_\_\_\_\_

**DUES \$30.00 (\$20 Sep 1- Oct 31)**

Newsletter — Check one: USPS  Email   
(If no choice is made Email delivery will be used)

*Membership is valid through December 31, 2004*  
\$20 is for USMS (\$9 of which is designated for a SWIM magazine subscription), and \$10 for the Niagara LMSC

Last Name		First Name		Initial
Street Address			Club <b>Niagara</b>	
City, State, Zip		Home Phone		Work Phone
Date of Birth	Age	Sex (circle) M F	E-mail	

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.

Signature (required) \_\_\_\_\_ Date \_\_\_\_\_

If you coach Masters swimmers, check here: \_\_\_\_\_ MACA member: Yes \_\_\_\_\_ No \_\_\_\_\_  
Type of registration: \_\_\_\_\_ New Member \_\_\_\_\_ Renewal of 2003 Registration # 043? - \_\_\_\_\_

\_\_\_\_\_ I wish to contribute \$1.00 (or \$ \_\_\_\_\_) to the International Swimming Hall of Fame Foundation.  
\_\_\_\_\_ I wish to contribute \$1.00 (or \$ \_\_\_\_\_) to the United States Masters Swimming Foundation.

( I have added these amounts to my 2004 registration fees.)

Make your \$30 (+contributions) check payable to:  
**Niagara District Masters Swimming (NDMS)**

Mail to: **John E Pilger, Registrar**  
2125 Masters Rd  
Marcellus NY 13108

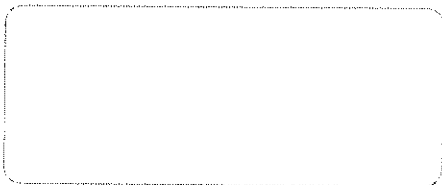
Email: **NiagRegistrar@usms.org** : 315-673-2268



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

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

- Chairman's Update
- Canandaigua OW meet sheet
- 2004 Niagara Registration Form
- Latest Niagara Records



**Summer 04**

**Niagara District Calendar**

DATE	SITE	HOST	VENUE	CONTACT
Jul 10	Huntington Bay, Huntington NY	Metro Swimming	10 k OW Champs	bea10k@yahoo.com (Bea Hartigan)
Jul 11	Univ of MD, College Park MD	Terrapin Masters	800/1500	DD119@umail.umd.edu (Dave Diehl)
Jul 17	Kershaw Park, Canandaigua	Canandaigua Sawbellies	1 & 2 mile OW	Meet form in newsletter
Aug 12-15	Savannah GA, Chatham Cty AC		Nationals LCM	scotrabalais@compuserve.com
Sep 1—Nov 31	Your Pool	Cent Oregon Masters Aq	3K/6K Postal Chm	bobbruce13@attglobal.net
Nov 12-14	Gold Coast, Queensland Austl	Queensland Masters Sw	PanPacMas Games	qms@thehub.com.au

Remember when this calendar used to be full of potential meets to attend? Whatever happened to those good old days? Please help us to have more meets by volunteering to work at them, attending them or training to be an official.

**OPEN WATER all the way — Unless you can hold out til August in Georgia**