

# SAINT LOUIS AREA MASTERS SWIMMING NEWSLETTER

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June 2002

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## Message from the President by Bruce Hopson

Greetings,

It's that time again, the time most people dread. While the tax season is over, we still have the long course season ahead of us. Sure, you miss that turn in the middle, but try to see long course from a positive angle. (Yes, there really is such a thing!) Think of it this way, it breaks up the monotony of nine months of short course swimming. And even more important, because of the lack of turns, it makes you work harder which will help you when you return to short course swimming in the fall.

For those interested, Maplewood will still be closed for another summer, as the city is still in the process of rebuilding its outdoor pool and therefore, there will be no practices there. More information on teams that will be having long course practices is found later in this newsletter.

Most importantly for this summer, though, will be our first ever one-mile, open water swim Sunday, June 30, at 8 a.m. in Lake Ste. Louise (the small lake), Lake Saint Louis, Missouri. Obviously, open water swimming isn't for everyone. If you're the type of person that hates long course because there aren't enough turns, then you're probably not going to like open water swimming because there are no turns! But before you scoff at the idea and quickly dismiss the thought of swimming an open water swim, I would ask that you reconsider. Open water swimming can be a lot of fun, too. That's why it's one of the fastest growing segments of masters' swimming. The water temperature shouldn't be too bad as we're swimming in the end of June. While it's difficult to predict, I would imagine that the temperature should be at least in the 70s, which would make it comparable to the required temperature for pool competition (78-80). And if we're having a heat wave, it could be in the 80s. Sign up now with the entry attached to our newsletter. After June 26, the entry fee increases from \$25 to \$40. Same day entry fees will, however, be accepted. The lake is only about 20 minutes from I-270 and I-64/Hwy 40. The race will begin from the Brittany Park boat ramp and not where the Lake Saint Louis triathlon used to start when it was held in the smaller lake.

For those of you who only stick to pool competitions, the long course meet for the St. Louis area will be held Sunday, July 21, at the SIU Student Recreation Center in Carbondale, IL. It's about a two-hour drive from St. Louis. Warmup begin at 12 p.m., meet starts at 1 p.m. The meet usually finishes by 5 p.m. or so. Meet information and an entry form are also in the newsletter. Finally, long course nationals will be held August 15-18 in Cleveland, Ohio. Airfare right now is about \$150 on American. It's a short flight, and competition for long course is not as strong as short course.

Also, congratulate those people who went to short course nationals in Hawaii earlier this month (Li Zou, Mary McNamee and Mike McNamee). Their results can be found elsewhere in this newsletter, as can the names of our eighteen swimmers who made Top Ten times during the 2001 year. A special congratulations to the six swimmers who achieved All-American status by having the fastest time for a particular event in their age group.

Finally, they say a picture's worth a thousand words, and it's occurred to me that we never have any pictures posted on our website. So, if you're a camera bug or just like to take pictures, why not take some pictures at your practice or any meets you go to so we can share them with everyone else by posting them on our website. Digital pictures can be emailed to our webmaster, Anna Blanchard at [anna@swimslam.org](mailto:anna@swimslam.org), or any type of photo can be mailed to me at 515 North Kirkwood, St. Louis, MO 63122.

Take care and have fun swimming,

Bruce

# Triathlete Report

by Mark Gowler

Summer is just around the corner and triathlon season is upon us. The following are upcoming triathlons in and near the St. Louis Area. Remember to sign up early as the triathlons fill up quickly.

DATE	TRIATHLON	PLACE	DISTANCE/CONTACT
June 16, 2002	Ironhorse	Springfield, IL	1.5miS/45miB/10miR Contact: 217-793-1262
July 14, 2002	South County YMCA	St. Louis, MO	400mS/12miB/2.8miR Contact: 314-849-9622
July 28, 2002	Ballwin Triathlon	St. Louis, MO	300yS/9miB/3.2miR Contact: <a href="mailto:mstruemp@ballwin.mo.us">mstruemp@ballwin.mo.us</a>
August 4, 2002	Babler Beast	St. Louis, MO	500yS/12miB/2.8miR Contact: 636-532-3100
August 10, 2002	Woodriver Triathlon	Woodriver, IL	450miS/12miB/4miR Contact: 618-251-3130
August 31, 2002	Lake St. Louis Triathlon	Lake St. Louis, MO	.25miS/10miB/2.5miR or .5miS/20miB/5miR Contact: <a href="mailto:dreaynolds@lakesaintlouis.com">dreaynolds@lakesaintlouis.com</a>
September 28, 2002	Ultramaxtri	Lake of the Ozarks, MO	2.4miS/112miB/26.2miR Contact: <a href="http://www.ultramaxtri.com">www.ultramaxtri.com</a>

## Senior Report

The St. Louis Senior Olympics Swim Meet was held May 26 – 29 at the JCC Millstone pool. Congratulations to all who swam. The swimming festivities concluded with the 7<sup>th</sup> Annual Pasta Up Social sponsored by St. Louis Area Masters Swimming.

# Places to Swim

## SUMMER LONG COURSE SCHEDULE

### Clayton Masters

*Masters Workout Times:* M-F, 5:30 a.m. to 6:30 a.m.; Sat, 6 a.m. to 7 a.m.

*Location:* Clayton Shaw Park (Brentwood Blvd – north of Forest Park Parkway)

*Cost:* \$3/swim, \$45 a month (workouts are coached)

*Duration:* May 27 to 1<sup>st</sup> week in September

*Contact:* Liz Stroh 314-727-SWIM

### Parkway Masters

*Masters Workout Times:* M-F, 5 a.m. to 6:30 a.m.; Sat, 6 a.m. to 7:30 a.m.

*Location:* Queeny Park Recreation Complex, 550 Wiedman Rd, Ballwin, MO 63011

*Duration:* June 10 to Aug 16

*Cost:* \$40 for 3swims/wk; \$45 for 4swims/wk; \$50 for 5swims/wk; or \$3 per swim

*Coach:* Eric Strom

*Contact:* 314-415-7010

### Rockwood Masters

*Masters Workout Times:* M-W-F 5 a.m. to 6:45 a.m.; or 12:30 p.m. to 2:00 p.m.;

T-Th-S, 5:45 to 6:45 a.m.; 8:30 a.m. to 10 a.m.

*Location:* Monday through Saturday, "Church Pool" (Praise Fellowship Assembly of God) 123 N. Ballas Road, Des Peres, MO 63131, just off interchange of I-270 Doughtery Ferry Rd); Sunday, Babler State Park, Hwy 109, Wildwood, MO

*Duration:* June 3 to end of August.

*Cost:* \$4 a workout

*Coach:* Jim Halliburton

*Contact:* 636-230-3636

### Sugar Creek Masters

*Masters Workout Times:* M-W, 6:15 a.m. to 7:30 a.m. at Kennedy, T-Th, 6 to 7 p.m. at Truman Elementary (short course); Sa, 8:30 to 10 a.m. at Kennedy

*Location:* Kennedy Recreation Complex, 6050 Wells Road, St. Louis, MO 63128 (deep south county); and Truman Elementary, 12225 Eddie and Park, Sunset Hills, MO, 63127

*Duration:* June 5 through July 25

*Cost:* \$50/month, or \$4/swim

*Coach:* Mo Stewart

*Contact:* 314-842-2052

# SLAM (Women) Top Ten Times for 2001

## Short Course Yards, Long Course Meters and Short Course Meters

Swimmer	Age Group	Event	Course	Time	Place
Tracy Kondla	W19-24	1650 Fr	SCY	21:29.32	8th
Karen Czmarko	W19-24	200 Br	LCM	3:36.73	9th
Margaret Manion	W30-34	50 Fly	LCM	0:32.51	10th
		100 Fly	LCM	1:15.03	9th
Stephanie Petersen	W35-39	100 Br	SCY	1:12.97	8th
		50 Br	LCM	0:38.25	4th
		100 Br	LCM	1:25.88	7th
		50 Br	SCM	0:37.98	5th
		100 Br	SCM	1:23.11	4th
Lori A. Payne	W40-44	100 Fr	SCY	0:56.79	7th
		200 Fr	SCY	2:04.53	10th
		500 Fr	SCY	5:33.12	10th
		400 IM	SCY	5:05.21	4th
Joan Deffeyes	W40-44	1650 Fr	SCY	19:57.81	8th
Susan Richmond	W40-44	50 Br*	LCM	0:38.94	1st
		200 Br	LCM	3:01.65	2nd
		200 Fly	LCM	2:51.15	6th
		50 Br	SCM	0:39.32	7th
		100 Br	SCM	1:23.18	7th
		200 Br*	SCM	3:00.45	1st
Carol Levin	W40-44	200 Fly	SCM	3:00.45	2nd
Ardeth Mueller	W55-59	200 Fr	SCY	2:16.81	3rd
		500 Fr*	SCY	6:01.70	1st
		1650 Fr*	SCY	21:06.64	1st
		200 Bk	SCY	2:47.69	3rd
		100 Fly	SCY	1:11.25	2nd
		200 Fly*	SCY	2:38.71	1st
Laurel Moran	W60-64	50 Br	SCM	0:53.62	8th
Edith M. Hendry	W90-94	400 Fr	LCM	15:03.99	2nd
		100 Bk*	LCM	3:25.31	1st

\*Denotes All-American Performance

# SLAM (Men) Top Ten Times for 2001

Short Course Yards, Long Course Meters, Short Course Meters and Open Water

Swimmer	Age Group	Event	Course	Time	Place
Karl Gundersen	M30-34	800 Fr	SCM	9:26.50	4th
		400 IM	SCM	5:08.49	6th
Bruce Hopson	M35-39	400 Fr	LCM	4:40.26	9th
		800 Fr	LCM	9:46.80	9th
		200 Bk	LCM	2:30.76	6th
		200 Fly	LCM	2:20.34	5th
		1500 Fr	SCM	18:49.18	7th
		200 Fly	SCM	2:24.92	8th
		2-mile cable*	Open	45:02.00	1st
Andrew J. Gale	M35-39	100 Bk	LCM	1:11.60	10th
Doug Miller	M55-59	100 Fly	SCM	1:11.14	6th
		200 Fly	SCM	2:36.90	3rd
		400 IM*	SCM	5:32.20	1st
William Cannon	M70-74	200 Fly	SCY	4:00.90	10th
		100 Fly	LCM	2:06.89	10th
		400 IM	SCM	9:23.42	10th
Robert Blake	M75-79	50 Fr	SCY	0:31.56	5th
		100 Fr	SCY	1:11.86	3rd
		200 Fr	SCY	2:52.29	3rd
		500 Fr	SCY	7:57.70	4th
		100 Fr	SCY	16:59.93	3rd
		1650 Fr*	SCY	26:10.75	1st
		200 Br	SCY	4:03.72	6th
		100 IM	SCY	1:35.78	8th
		200 IM	SCY	3:41.67	8th
		400 IM	SCY	8:30.42	5th
		50 Fr	LCM	0:36.92	5th
		100 Fr	LCM	1:30.40	8th
		200 Fr	LCM	3:22.56	6th
		800 Fr	LCM	16:14.72	7th
		50 Br	LCM	0:56.66	7th
50 Fly	LCM	0:56.51	9th		

Swimmer	Age Group	Event	Course	Time	Place
Robert Blake (cont'd)		50 Fr	SCM	0:34.52	2nd
		100 Fr	SCM	1:22.63	3rd
		200 Fr	SCM	3:10.43	3rd
		400 Fr	SCM	7:10.20	7th
		1500 Fr	SCM	27:44.53	3rd
		50 Br	SCM	0:53.68	6th
		2-mile cable**	Open	1:13.09	1st
		10K**	Postal	3:11.52	1st
William Grant	M85-89	50 Bk	SCM	01:04.95	5th
		50 Fly*	SCM	1:18.52	1st

\*Denotes Pool All-American Performance

\*\*Denotes Long Distance All-American Performance

## Swim Meet Calendar

DATE	EVENT	PLACE
June 29, 2002	Park Ridge Penguins 1500m	Park Ridge, IL
June 30, 2002	SLAM Mile Open Water Swim	Lake Ste. Louise, MO Website: <a href="http://www.swimslam.org">www.swimslam.org</a>
July 21, 2002	Saluki Masters Summer Challenge	Carbondale, IL
August 15-18, 2002	USMS LC National Championship	Cleveland, OH
September 7, 2002	Big Shoulders 2.5K & 5K Open Water Swim	Chicago, IL

# Meet Results

by Matt Shirley

## USMS Short Course National

Honolulu, Hawaii

Representing SLAM at Short Course Nationals were Mary McNamee, Michael McNamee, and Li Zou represented SLAM at the meet. Results include:

Li Zou (W25-29): 50 Free :25.97 (7th), **50 Back :28.51 (1st)**; 100 Back 1:03.01 (6th); 200 Back 2:16.29 (3rd); 50 Fly :27.65 (4th); 100 IM 1:02.95 (4th)

Mary McNamee (W35-39): 50 Free :37.95 (30th), 50 Back :49.37 (25th), 100 Back 2:20.49 (14th), 50 Breast :55.18 (22nd)

Michael McNamee (M60-64): 1000 Free 20:27.70 (11th), 50 Back :45.10 (11th), 200 Back 3:43.86(7th)

In the team results SLAM finished 67th overall, 45th in the womens' and 100th in the mens' (all in the small team division).

## Illinois Masters State Short Course Yards Championships

Chicago, IL

St. Louis Masters was well represented at the recent Illinois Masters State Short Course Yards Championships, particularly in quality, with SLAM members winning 14 individual events, and numerous other places in the top three. Results include:

Stephanie Petersen (W40-44): 50 Free (1st), 100 Free (2nd), 200 Free (2nd), 100 Back (1st), 50 Breast (1st), 100 Breast (1st), 200 Breast (1st), 100 IM (2nd), 200 IM (1st), 400 IM (1st) (Nice shootin' Tex.)

Bruce Hopson (M35-39): 500 Free (2nd), 1000 Free (1st), 200 Back (2nd), 200 Fly (2nd), 400 IM (2nd)

Matt Shirley (M40-44): 200 Free (11th), 500 Free (10th), 100 Fly (9th)

Jack Quade (M40-44): 50 Back (3rd), 100 Back (7th), 200 Back (5th), 100 IM (9th), 200 IM (9th)

Mike Sappington (M45-49): 50 Free (17th), 100 Free (16th), 200 Free (13th), 500 Free (13th), 1000 Free (7th), 50 Back (13th), 100 Back (8th), 100 Breast (7th)

Howard Harris (M55-59): 50 Breast (3rd), 100 Breast (3rd), 200 Breast (3rd)

Doug Miller (M55-59): 200 Breast (1st), 100 Fly (1st), 200 Fly (1st), 100 IM (1st), 200 IM (1st), 400 IM (1st)

In the team standings SLAM finished 21st overall, 16th in the Mens', and 20th in the Womens'. In the Top 100 results Stephanie was the 4th woman, while Doug was the 43rd and Bruce was the 72nd man.



**ST. LOUIS AREA MASTERS SWIM CLUB  
ONE MILE OPEN WATER SWIM**

**at Lake Ste. Louis, Lake St. Louis, Missouri**

- DATE:** Sunday, June 30, 2002. SANCTIONED BY: Ozark LMSC for USMS Inc., Sanction # 4636
- TIME:** 8:00 am start. Check in for both events begins at 6:45 am and pre-race instructions will be given at 7:45 am.
- LOCATION:** Lake Ste. Louis, located approximately 19 miles west of St. Charles on I-70 and 48 miles west of St. Louis on I-70. From I-70, exit number 212 Mo. A (Freymuth) and turn left, heading south until you reach south Service Rd. West. Turn left on the service road until you reach S. Ellerman Rd where you will turn right.
- EVENT:** One mile swim on a one mile triangular course.
- ELIGIBILITY:** USMS registration is required of all participants. A photocopy of the swimmer's current registration must be submitted with the official entry form. A one-day USMS Registration is available for an additional fee of \$11 and may be submitted at the time of entry. One-day registrants are not eligible for USMS All American recognition.
- FEES:** \$25 if received by June 26, 2002; \$40 if received from June 27, 2002 until day of race. **Make checks payable to St. Louis Masters Swimming.** Fee includes a swim cap, and the post-event social. Sorry fees are non-refundable.
- DEADLINE:** Race day entries will be permitted as well as one-event registration. You must bring your USMS registration card and pay the \$40.00 LATE ENTRY FEE.
- SAFETY:** Swimmers must wear the fluorescent swim cap provided at check-in. Prior to the race, all swimmers are required to leave at the registration table a valid form of identification, which can be retrieved after exiting the water. This is done to insure all swimmers are out of the water at the conclusion of the race. The water temperature is expected to be about 72°F.
- RULES:** Current USMS rules will apply.
- WETSUITS:** Swimmers wearing wetsuits or other non-porous attire are welcome to register in the Wetsuit Division, but will not be eligible for awards or official placing in the results due to the competitive advantage wet suits provide.
- AWARDS:** Awards for Places 1 through 3 in each age group (men & women, 19-24, 25-29, 30-34, &). Awards for the wetsuit division will be for men and women, places 1-5 only. Results will be sent to each participant who provides an email address and posted on the internet at [www.swimslam.org](http://www.swimslam.org).
- ACCOMMODATIONS:** Please indicate on attached form if needed.
- RACE DIRECTORS:** Bruce Hopson 314-965-7839, [xmuswimr@aol.com](mailto:xmuswimr@aol.com); Keith Negri, [kiethanegri@aol.com](mailto:kiethanegri@aol.com)
- MAIL COMPLETED ENTRY FORM BY 6/26 TO:** Bruce Hopson, 515 N. Kirkwood Rd, #3W, St. Louis, MO 63122

**ST. LOUIS AREA MASTERS SWIM CLUB  
ONE MILE OPEN WATER SWIM**

**at Lake Ste. Louise, Lake St. Louis, Missouri**

ATTACH COPY OF USMS CARD HERE      Proof of USMS Registration is required  
OR. . . purchase One Day Registration

**USMS RELEASE:** "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 COMMITTEE (OZARK); THE CLUB (ST. LOUIS AREA MASTERS, INC.); THE LAKE ST. LOUIS COMMUNITY ASSOCIATION, A MISSOURI NONPROFIT CORPORATION AND ITS DIRECTORS, OFFICERS AND MEMBERS (TOGETHER WITH ANY COST INCLUDING ATTORNEY'S FEES THAT MAY BE INCURRED AS A RESULT OF ANY SUCH CLAIMS, WHETHER VALID OR NOT); THE 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."

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

NAME: \_\_\_\_\_ AGE ON RACE DAY: \_\_\_\_\_

BIRTH DATE: \_\_\_\_\_ SEX: \_\_\_\_\_ USMS#: \_\_\_\_\_

CLUB NAME: \_\_\_\_\_ CLUBCODE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

ENTRY: \_\_\_\_\_

MOTEL INFO: \_\_\_\_\_ Please send me information on local motels

DIRECTIONS: \_\_\_\_\_ Please send me detailed directions

ENTRY FEE: \_\_\_\_\_ \$25 (\$40 if after June 26, 2002)

ONE-DAY FEE: \_\_\_\_\_ \$11 enclosed for One-Day USMS Registration fee

**MAIL COMPLETED ENTRY FORM AND FEES BY JUNE 26, 2002, TO:**

Bruce Hopson, 515 N. Kirkwood Road, #3W, St. Louis, MO 63122

## Saluki Masters Swim Club Presents:

### 2002 SUMMER CHALLENGE LC SWIM MEET

(Sanctioned by Central LMSC for USMS, Inc. #211125)

**DATE:** Sunday, July 21, 2002    **TIME:** Warm-ups - 12PM; Meet Starts at - 1PM.

**LOCATION:** Southern Illinois University, Student Recreation Center, Grand Ave., Carbondale, IL

**FACILITY:** 50 meter indoor pool, ten lanes (two lanes will be used for warm-up/cool down during the competition), non-turbulent lane lines, automatic timing and ample clean locker room space, shower and toilet facilities. Bring your own lock. Plenty of free parking on the north side of the building. The Recreation Center is a nonsmoking facility. If arriving on Saturday (7/20) and you desire to swim in the competition pool, notify Meet Director prior to 7/20.

**ELIGIBILITY:** All swimmers must be currently registered with United States Masters Swimming, Inc. Applications for those not already registered with USMS will be available at the sign-in desk. Please send a copy of your USMS card if you are not registered with CMSA.

**AGE GROUPS:** 19-24, 25-29, 30-34, and so on up to 90-94 and 95+. Your age as of December 31<sup>st</sup>, 2002, determines your age group for the meet. Relay age groups will be according to the sum of the ages of the relay members: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, and 320+.

**MEET CONDUCT:** 2002 USMS Rules govern the conduct of the meet. All events will be timed finals. All events will be swum slowest to fastest with sexes and age groups combined. All events will be deck seeded. Participants are limited to five events, plus relays. Swimmers attempting records must notify the starter to assure that 3 timers are available, in addition to the automatic timing equipment. Either the 1500 or the 800 freestyle may be entered, but not both. Entrants in the 800 and 1500 may be requested to swim two to a lane. These events will only be swum as time permits. There may be breaks taken between some events depending on the number of entrants and pace of the meet.

**CHALLENGE EVENTS:** There will be two challenge events - The Sprint Nobrainer and The IronSwimmer Glutton. The Sprint Nobrainer event consists of the combined time for the 50 fly, 50 back, 50 breast, 50 free and the 100 IM (long course, marked 15 meter transition zone in center of pool). The IronSwimmer Glutton event consists of the combined time for the 200 fly, 200 back, 200 breast, 400 IM and the 1500 freestyle. All participants in the Challenge Events will receive a special T-Shirt. Cost to enter the Challenge Event will be an additional \$5 for early entry or \$10 for late or deck entry. The Challenge Event Box on the meet entry form must be checked for official entry in the Challenge Event competition. The Challenge Events are held each year at this meet. The tradition has started and the standards have been set for those who dare to accept The Challenge!

**SOCIAL:** There will be a social following the meet. Information will be available at the meet.

**ENTRY FEES:** \$15 per person regular entry or \$20 per person Challenge Event entry covers the entire meet, if entry is received on or before July 13, 2002. Entries received after 7/13 and deck entries are \$20 regular entry or \$30 Challenge Event entry. No extra fees for relays.

**CHECKS PAYABLE TO:** Saluki Masters Swim Club

**ENTRY DEADLINE:** Preregistered entries must be received on or before July 13, 2002.

**MAIL SIGNED ENTRY AND REGISTRATION FEE TO:** Clay Kolar, Meet Director  
620 Sheppard Lane  
Makanda, IL 62958

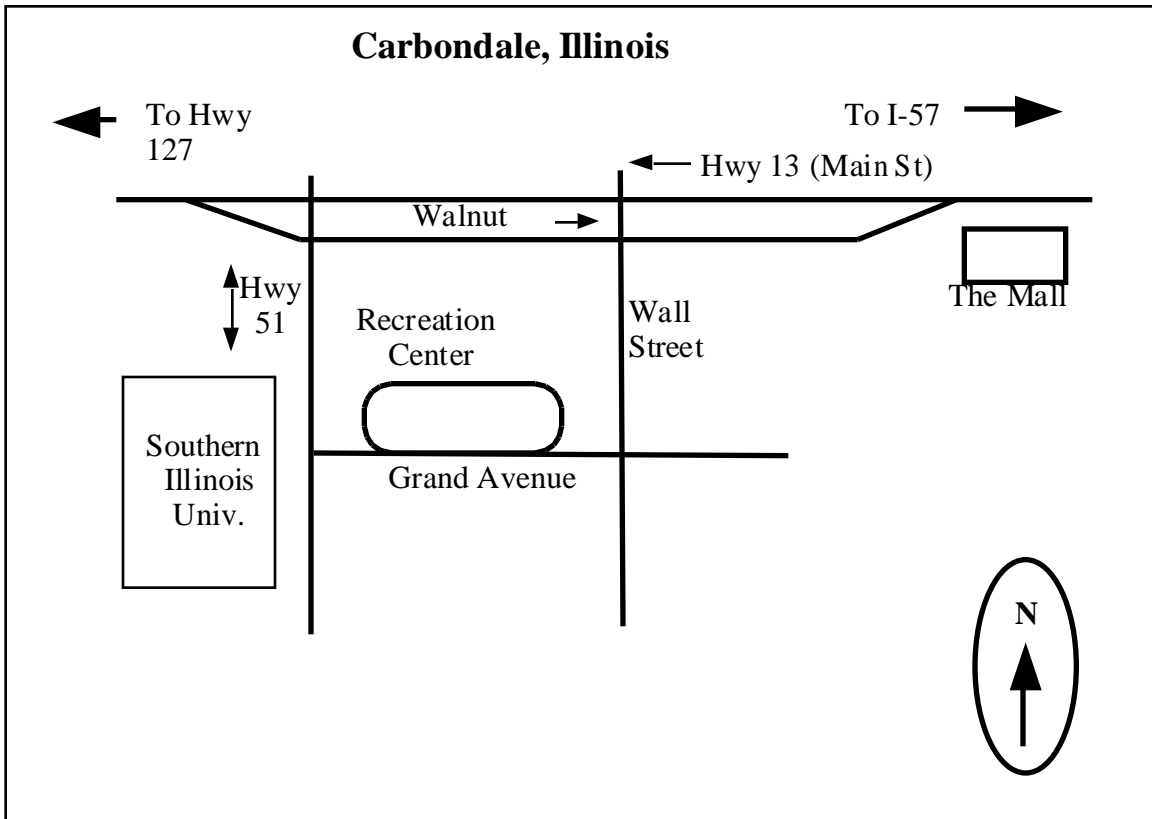
**QUESTIONS:** Clay Kolar at 618/457-4627; E-Mail: [bjkcak@hotmail.com](mailto:bjkcak@hotmail.com)

**TRANSPORTATION:** Carbondale, Illinois is 335 miles south of Chicago, 120 miles southeast of St. Louis, 172 miles south of Springfield, 256 miles southwest of Indianapolis, 221 miles west of Louisville and 210 miles northwest of Nashville. Carbondale is served by Amtrak and the Williamson County Airport - Marion (13 miles east of Carbondale).

MOTELS:	Hampton Inn	Best Inns of America	Super 8	Super 8
	2175 Reed Station Rd	1345 E Main	1180 E Main	128 E Walnut
	Carbondale	Carbondale	Carbondale	Murphysboro
	618-529-6900	618-529-4801	618-457-8822	618-687-2244
		1-800-237-8466	1-800-800-8000	1-800-800-8000
	Knights Inn	Giant City Lodge	Comfort Inn	Apple Tree Inn
	2400 W Main	Giant City State Park	1415 E Main	200 N 2nd
	Carbondale	Makanda, IL	Carbondale	Murphysboro
	618-529-2424	618-457-4921	618-549-4244	618-687-2345
				1-800-626-4356
	Ramada Limited	Days Inn		
	801 N Giant City Rd	801 E Main		
	Carbondale, IL	Carbondale, IL		
	618-351-6611	618-457-3347		
	1-800-2-RAMADA	1-800-DAYS-INN		

Motel accommodations are also available in nearby Marion, 15 miles to the east at Interstate 57.

Camping is available at Giant City State Park, Lake Murphysboro State Park, and Crab Orchard National Wildlife Refuge (Little Grassy Lake, Crab Orchard Lake, Devils Kitchen Lake).



**SALUKI MASTERS SUMMER CHALLENGE SWIM MEET  
SUNDAY, JULY 21, 2002 (USMS/CMSA Sanction #211125)  
SOUTHERN ILL. UNIV. STUDENT RECREATION CENTER, CARBONDALE, IL**

**TIME:** Warm-ups - 12PM; Meet Starts at - 1PM.

**ELIGIBILITY:** Ages 19+. All participants must have current USMS registration. USMS applications available at the meet. Please send copy of USMS card if not registered in CMSA.

**ENTRY FEE:** \$15 regular entry or \$20 challenge entry if received on or before 7/13/02. Entry received after 7/13 and deck entry is \$20 regular or \$30 challenge event. No extra fee for relays.

**ENTRY LIMIT:** Five individual events plus relays. Choice of 800 M or 1500 M - circle one.

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ (on 12/31/02) Birth Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (H) \_\_\_\_\_ Phone (W) \_\_\_\_\_ E-Mail \_\_\_\_\_

USMS # (Required)	Team
<u>Event # Event</u>	<u>Seed Time</u>
1. 200 M Fly	_____
2. 50 M Breast	_____
3. 200/400 M Medley Relay	_____
4. 200/400 M Mixed Free Relay	_____
5. 400 M Free	_____
6. 100 M Breast	_____
7. 200 M Back	_____
8. 50 M Fly	_____
9. 200 M IM	_____
10. 100 M Free	_____
11. 200 M Free	_____

12. 200 M Breast	_____
13. 50 M Back	_____
14. 100 M Fly	_____
15. 200/400 M Free Relay	_____
16. 200/400 M Mixed Medley Relay	_____
17. 100 M IM	_____
18. 400 M IM	_____
19. 100 M Back	_____
20. 50 M Free	_____
21. 800 M Free	_____
22. 1500 M Free	_____

**TO ENTER THE CHALLENGE COMPETITION THE CORRECT ENTRY FEE MUST BE INCLUDED AND ONE OF THE FOLLOWING MUST BE CHECKED:**

**SPRINT NOBRAINER EVENT** \_\_\_\_\_ **IRONSWIMMER GLUTTON EVENT** \_\_\_\_\_

**CHALLENGE EVENT ENTRANTS CIRCLE T-SHIRT SIZE: SM MED LG XLG**

Athlete's Release

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 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).

Signed \_\_\_\_\_ Date \_\_\_\_\_