

NEWS FROM SLAM - May 10, 2009

Congrats to Cathy Kohn – new National record at USMS Nationals

Congrats to our own Cathy Kohn, SLAM President, for breaking the 55-59 age group women's 200 yard breaststroke SCY *National* Record at the USMS Nationals in Clovis, California. Her time of 2:40.19 broke the previous record by more than 7 seconds. Kohn won three events and set new Ozark records in four. Awesome performance!!!

OPEN WATER SWIM (1 and 2 mile)

The EIGHTH ANNUAL TEAM ST. LOUIS/ ST. LOUIS AREA MASTERS ONE-MILE AND TWO-MILE OPEN WATER SWIM at Sunnen Lake (YMCA of the Ozarks), Potosi, Missouri, is scheduled for Sunday, June 14, 2009. Information and entry forms are now available at www.ozarklmsc.org

Thinking about LC Nationals in Indianapolis August 6-10, 2009?

Entry information for the 2009 LC Nationals is in the latest USMS Swimmer magazine and online at <http://www.usms.org/comp/lcnats09/>

Don't think you can take that much time to go to this event? You can swim three individual events in one day (total of six for the meet if you have qualifying times for at least three). Keep in mind that you can swim three events at USMS Nationals without having achieved qualifying times. Consider going for the Saturday relays and staying Friday or Sunday to swim three individual events. You must submit seed times for each individual event, but no proof of time is required. Seed times should be times you have swum within the past two years. If you have not had the opportunity to swim long course events, you can convert your short course times by adding 10%, plus at least one second per turn that you will not have in the long course events. This will still probably be a faster than realistic time, so add a few more seconds for the fatigue factor that comes with long course.

If you are interested in swimming relays, you must be a USMS registered member of that relay club (SLAM, CSPM or LOVE). Unattached cannot swim on relays. Your USMS membership must be correct before you register for the competition. You can swim up to four relays on Saturday, August 8th. Be sure to let your SLAM president Cathy Kohn ckkohn@ckkpc.com know that you are interested in relays.

The deadline for entries to be received for Nationals is July 3rd, but there are still some opportunities to swim a long course meet before then. Here are some options:

Athens, GA – June 6 (indoor LCM <http://www.dixiezone.org/Meets/0906athens.pdf>)

Louisville, KY –June 13 (indoor LCM at Mary T Meagher natatorium) Meet entry is now posted at <http://www.kylmsc.org/meetinfo.html>

The following events are after the deadline for Nationals, but would still be good tune-up competitions:

Indianapolis, IN – July 5 (indoor LCM at IUPUI – this meet has been canceled several years in a row due to insufficient entries) Meet entry not yet posted but will be available at <http://www.grinswim.org/meets.html>

Carbondale, IL – July 12 (indoor LCM at SIUC) entry form available at www.ozarklmsc.org

Lakeside Invitational (July 25-26 outdoor LCM in Louisville, KY) Meet entry not yet posted but will be available at <http://www.kylmsc.org/meetinfo.html>

We have another Ozark sanctioned meet that will take place after Nationals. **Clayton Shaw Park, St Louis, MO – August 16 (outdoor LCM)** entry form available at www.ozarklmsc.org
We will have our Ozark General Membership meeting following this event.

Good luck with your summer swimming.

Mary Pohlmann, SLAM Webmaster