

# WATERLINES

Send us your e-mail address so you can receive a notice to check the latest **WATERLINES** on the web at [www.iowamasters.org](http://www.iowamasters.org). Send your e-mail to Marion Johnson, [marjoh@clinton.net](mailto:marjoh@clinton.net)

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## Upcoming Swim Meets

### State Meet – Iowa City

U of Iowa Wellness and Recreation Center  
March 26, 2011  
Warm-Ups at noon  
Meet starts at 1 p.m.

### Indianola

Simpson Storm Masters Meet  
Simpson College Cowles Ctr.  
Indianola, Iowa  
Saturday, May 7, 2011  
Warm-Ups 10 a.m.  
Meet starts at 11 a.m.

### West Des Moines

Iowa Senior Olympics  
Valley High School Pool  
3650 Woodland Ave.  
West Des Moines, IA  
Saturday, June 18, 2011  
Competition at noon.

USMS Registration Form  
Available on-line at  
[www.iowamasters.org](http://www.iowamasters.org)

USMS Masters on the Web  
[www.usms.org](http://www.usms.org)

## Chairman's Comments:

### To Iowa City ... and Beyond!

No, Buzz Lightyear will not be at the state meet, but I hope you will be! The Iowa Short Course Championships will be held Saturday, March 26 at the new Campus Recreation and Wellness Center at the University of Iowa in Iowa City. It's a great new venue for our meet and we hope to make it a destination for masters swimmers every year. In addition, this will be the USMS Breadbasket Zone meet, so we hope to welcome many of our friends from Colorado, the Dakotas, Minnesota, Missouri, Wyoming and Nebraska. We will host our Iowa Masters annual meeting at 10 a.m. at the Wellness Center's wet classroom on March 26.

Let's get people registered for the 2011 state meet in advance. See you there! And don't forget the Simpson College Meet in Indianola on Saturday, May 7. (In 2012, the state meet will be hosted by Grinnell College, where they also have a new pool.)

The 2011 Iowa Games Masters Meet is tentatively scheduled for July 16 and 17 at the Ames High School Pool. Mark your calendar now for this great competition. A parade of athletes from around the state will take place at the ISU football stadium on Friday, July 15.

The USMS summer nationals will be at Auburn University in Alabama Aug. 3-6.

In July 2012, the Olympic Swim Trials return to Omaha, June 25 to July 2. world-class swimmers compete. The USMS Summer Nationals competition will be held at the same venue, the Qwest Center, July 5-9, 2012. We should put together a big squad from Iowa for that one.

Thanks so much to the many volunteers who help organize and host meets throughout the year, and to the Iowa Masters exec committee members, who keep things going for the rest of us! – Norm Bower, chair

# 2011 Iowa Masters Short Course State Championship Swimming Meet

U.S. Masters Swimming Sanction Number: 4011001

Hosted By : Iowa Flyers Swim Club and The University of Iowa Recreational Services Department

Location: University of Iowa Campus Recreation & Wellness Center (309 S. Madison Street)  
Iowa City, Iowa

Date: Saturday, March 26 , 2011. Warm-ups at Noon, Meet begins at 1 PM.

Sanction: Sanctioned by U.S.M.S. Inc, and Local Masters Swimming Committee, Iowa Masters Swimming

Pool: Eight lanes, 25 yards, with non-turbulent lane markers, backstroke flags, electronic timing system with Touch- pads and back-up system with spectator seating. There is also an 8 lane X 25yard attached Pool, which will be available for warm-up/warm down throughout the meet.

Awards: Team traveling trophy

Team Scoring: Individual events:7-5-4-3-2-1, relays:14-10-8-6-4-2. Your team is the club wear you live. See team definition below.

Rules: 2011 USMS rules prevail. Individual competition is in age groups: 18-24, 25-29, 30-34, 35-39, etc... Relay age groups are: 18+, 25+, 35+, 45+, etc... the youngest member of the relay determines your age group.

Event Limit: Swimmers may enter a maximum of five individual events A swimmer may enter each relay once.

Swimmers may enter either the 1650 or the 1000 but not both.

Cost: \$17.50 entry fee + \$0.50 splash fee = \$18.00. Late entry fee is \$23.00 for entries received after March 19. Make check payable to Iowa Flyers Swim Club.

Entry Deadline: March 19,2011. Deck entries will be accepted until 12:15 PM. Entry cards for relay events may be filled out at the meet, and must be complete by 12:45 PM.

USMS Registration: It is strongly recommended that you complete your 2011 USMS registration prior to the date of the meet.

Scratches: Swimmers not reporting for their events will be scratched. Please let us know if you are scratching a Distance event(500, 1000, 1650).

Meet Director: Mail entries with checks to: Wayne Huebener, 24 Koser Avenue, Iowa City, IA 52246. Entries will not be processed unless they are accompanied by a check.

Team Definitions: All USMS swimmers registered in the state of Iowa are officially members of the same "Iowa Masters" club. For the purposes of this meet only, in order to have a sporting competition for A State Championship Team Trophy, a "team" is defined as follows:

1. A team must have a designated City or Town which is a single city or town in Iowa.
2. Every team member must reside in the designated City or Town, or swim regularly (at least 20 times per year) at a pool within 25 miles of the designated City or Town.
3. Relays, to score team points must consist of the members from a single team.
4. Entrants residing outside of Iowa and who have an "Iowa Masters" USMS card may swim for an Iowa team if rule 2 is satisfied.
5. Teams outside the state of Iowa may score points, but are not eligible for the team trophy.

OFFICIAL ENTRY FORM 2011 IOWA MASTERS SHORT COURSE STATE CHAMPIONSHIP SWIM MEET

University of Iowa Campus Recreation & Wellness Center (309 S. Madison Street) Iowa City

Saturday, March 26, 2011

Sanctioned by: USMS, Inc. & Local Masters Swimming Committee & Iowa Masters Swimming # \_\_\_\_\_

NAME \_\_\_\_\_ SEX \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Phone# \_\_\_\_\_

E-mail address \_\_\_\_\_ USMS # \_\_\_\_\_ Team \_\_\_\_\_

Make check for \$18.00 to Iowa Flyers Swim Club. Male entry to: Wayne Huebener  
24 Koser Avenue  
Iowa City, IA 52246

- € EVENTS(please circle event # and enter seed time or N/A) limit of 5 individual events.
- € 1. Womens 400 Free Relay \_\_\_\_\_ 15 minute break
- € 2. Men's 400 Free Relay \_\_\_\_\_ 24. Women's 500 Free \_\_\_\_\_
- € 3. Women's 200 Backstroke \_\_\_\_\_ 25. Men's 500 Free \_\_\_\_\_
- € 4. Men's 200 Back \_\_\_\_\_ 26. Women's 50 Fly \_\_\_\_\_
- € 5. Women's 200 Medley Relay \_\_\_\_\_ 27. Men's 50 Fly \_\_\_\_\_
- € 6. Men's 200 Medley Relay \_\_\_\_\_ 28. Women's 100 Breast \_\_\_\_\_
- € 7. Women's 100 Fly \_\_\_\_\_ 29. Men's 100 Breast \_\_\_\_\_
- € 8. Men's 100 Fly \_\_\_\_\_ 30. 200 Mixed Medley Relay \_\_\_\_\_
- € 9. Women's 200 Breast \_\_\_\_\_ 31. Women's 100 Free \_\_\_\_\_
- € 10. Men's 200 Breast \_\_\_\_\_ 32. Men's 100 Free \_\_\_\_\_
- € 11. Women's 50 Free \_\_\_\_\_ 33. Women's 50 Back \_\_\_\_\_
- € 12. Men's 50 Free \_\_\_\_\_ 34. Men's 50 Back \_\_\_\_\_
- € 13. 200 Mixed Free Relay \_\_\_\_\_ 35. Women's 200 Fly \_\_\_\_\_
- € 14. Women's 200 I.M. \_\_\_\_\_ 36. Men's 200 Fly \_\_\_\_\_
- € 15. Men's 200 I.M. \_\_\_\_\_ 37. Women's 100 I.M. \_\_\_\_\_
- € 16. Women's 200 Free \_\_\_\_\_ 38. Men's 100 I.M. \_\_\_\_\_
- € 17. Men's 200 Free \_\_\_\_\_ 39. Women's 200 Free Relay \_\_\_\_\_
- € 18. Women's 100 Back \_\_\_\_\_ 40. Men's 200 Free Relay \_\_\_\_\_
- € 19. Men's 100 Back \_\_\_\_\_ 41. Women's 1000 Free \_\_\_\_\_
- € 20. Women's 50 Breast \_\_\_\_\_ 42. Men's 1000 Free \_\_\_\_\_
- € 21. Men's 50 Breast \_\_\_\_\_ 43. Women's 1650 Free \_\_\_\_\_
- € 22. Women's 400 I.M. \_\_\_\_\_ 44. Men's 1650 Free \_\_\_\_\_
- € 23. Men's 400 I.M. \_\_\_\_\_

ATHLETES RELEASE(MUST BE SIGNED)

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, UNIVERSITY OF IOWA AND ALL THOSE ASSOCIATED WITH THE UNIVERSITY AND THE MEET ITSELF, 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 \_\_\_\_\_

# SIMPSON STORM MASTERS (SC-25-METERS) SWIM MEET

At Simpson College, Indianola, IA

Saturday, May 7, 2011

Recognized by Iowa LSMC for USMS, Inc.  
Simpson College Pool (Cowles Center)

Recognition Number: 4011003R  
701 North D Street, Indianola 50125

Warm-up starts at **10:00 a.m.**

Meet starts at **11:00 a.m.**

Entry Fee: \$15.00 if entry received before Thursday, May 5, 2011.  
\$20.00 fee for late entries. Deck entries will be accepted until the start of the meet.  
Late entries will be placed in slower heats.  
(Entry fee includes a \$1.00 "splash fee" for the perpetuation of Iowa Masters.)

Mail Entries To: Allen Anderson, 1309 Meadow Drive, Norwalk, IA 50211  
Make checks payable to: **Simpson College Swimming**  
For further information contact Allen at (515) 981-5568. E-Mail: freestyleal@msn.com

Age Groups: (circle one) 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+  
\*\*\*The eligibility for a particular age group shall be determined by the age as of May 7, 2011.

Circle up to five individual events (women odd # / men even #) and add event seed time or NT (no time):

1/2	200 IM _____	17/18	50 Back _____
3/4	200 Free _____	19/20	200 Mixed Free Relay _____
5/6	100 Back _____	21/22	100 IM _____
7/8	200 Mixed Medley Relay _____	23/24	50 Free _____
9/10	50 Breast _____	25/26	100 Fly _____
11/12	50 Fly _____	27/28	200 Back _____
13/14	100 Free _____	29/30	1,000 Free _____
15/16	100 Breast _____		

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_  
E-Mail: \_\_\_\_\_

**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 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: \_\_\_\_\_ Date: \_\_\_\_\_

**NOTE:** Times swum at this meet will not be submitted for USMS Top Ten or Iowa Record consideration, as the pool length 25-meters is not certified.

**Directions:** Simpson College is located 17 miles South of Des Moines, off Highways 65/69. Coming from East or West, take the Highway 5 By-Pass to Highways 65/69. Turn South on #65/69 to Indianola. Turn right on Iowa Ave. Proceed to N. D Street, turn left. Cowles Center is 2 blocks on your left. Parking lots off C and D Streets, across from Football Stadium. Or, on the streets. Pool entrance South side of Cowles. If you get lost on the day of the meet, call Allen's cell phone (515)-710-8891.



# 2011 Membership Application

All memberships expire on December 31, 2011

Renewal – my last USMS number was \_\_\_\_\_  
 New registration



**Register with the same name you will use for competition. Please print clearly.**

Last Name		First Name		MI
Street Address				
City/State/Zip			Phone	
Date of Birth (mm/dd/yy)	Age	Sex (circle) M F	E-mail address	
Club or Unattached			Today's Date (required)	

### RELATED MEMBERSHIPS & CERTIFICATIONS

I am a:  Masters Coach  
 Certified Official

I am a member of:  YMCA  
 USA Triathlon  
 USA Swimming

	FULL-YEAR FEES (if joining between Nov. 1, 2010, and Aug. 31, 2011):	END-OF-YEAR FEES (if joining between Sep. 1, 2011, and Oct. 31, 2011):
US Masters Swimming full-year fee (\$29) or end-of-year fee (\$24) plus LMSC (local governing body) fee (\$xx):	<b>\$37</b>	<b>\$29</b>
I wish to contribute this amount to the International Swimming Hall of Fame Foundation:		
I wish to contribute this amount to the USMS "Swimming Saves Lives" Fund:		
I wish to contribute this amount to my LMSC:		
<b>Total:</b>		

Benefits of Membership include a subscription to USMS's magazine, *SWIMMER*, during the length of the membership year (\$8.00 of the annual dues is designated for the magazine subscription).

USMS Registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.

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** \_\_\_\_\_

**Please make check for total fee plus any donation amounts payable to: IOWA MASTERS**

Mail check and completed form to: R.A. Johnson  
 403 N. 10<sup>th</sup> St.  
 Clinton, IA 52732

Waterlines – March 2011  
c/o Warren Tunwall  
100 Koser Ave.  
Iowa City, Iowa 52246-1918

**Iowa Masters Exec Council  
and members meeting  
Saturday, March 26, at 10 a.m.  
U of Iowa Campus Recreation  
and Wellness Center,  
Wet Classroom  
north of main pool.**

# ~Waterlines~

## ***Iowa Masters Executive Committee***

Chairman: Norm Bower, 3946 Fernwood Ave., Davenport, IA 52807, PH: 563-355-7738  
Treasurer: Jack Fritts, 405 Cobblestone Dr. NW, Cedar Rapids, IA 52405  
Newsletter Editor: Warren Tunwall, 100 Koser Ave., Iowa City, IA 52246, PH: 319-338-8738  
Registrar: Marion Johnson, 403 N. 10<sup>th</sup> St., Clinton, IA 52732, PH: 319-243-5350  
Records and Top Ten STATS: Richard Noeth, 3029 Westberry Drive NE, Iowa City, IA 52240, PH: 319-337-3371  
Sanctions and Safety: Rachel Stauffer, 424 51<sup>st</sup> St., Des Moines, IA 50312, PH: 515-277-8852  
U.S. Masters Swimming Inc: 2 Peter Ave., Rutland, MA 01543, PH: 508-886-6631; FAX: 508-886-6265

## **Statewide Iowa Masters Representatives**

AMES: Andrea Dorn 515-382-5604  
CEDAR RAPIDS: Nick Gearhart 319-364-6567  
COUNCIL BLUFF: Tom Kealy 712-322-4998  
IOWA CITY: Warren Tunwall 319-338-8738  
QUAD CI TIES: Norman Bower 563-355-7738

WATERLOO / CEDAR FALLS: Mike Savage 319-266-8561  
CLINTON: Richard Johnson 319-243-5350  
DES MOINES: Roger Jorgensen 515-221-3995  
OTTUMWA: Stuart Ashmead 515-684-6074