

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,

Send your e-mail to Marion Johnson,

marjoh@clinton.net

Swim Meets

Des Moines

Sunday, Jan. 18, 2004

Warm-Ups 1:00 PM

Meet at 2:00 PM

Contact: Rachel Stauffer
(515) 277-8852

Iowa City

U of Iowa Fieldhouse

Sunday, Feb. 22, 2004

Warm-Ups 8:00 AM

Meet 9:00

Contact: Wayne Huebener
(319) 337-4268

Cedar Falls at UNI

UNI Wellness & Rec. Cntr.

Saturday March 6, 2004

Warm-Ups 10:00,

Meet at 11:00

Contact: Chris Denison
319-273-7263

Kevin Kelly Memorial Meet

Ankeny Date: TBA

State Meet/Breadbasket Zone

COE College, Cedar Rapids

March 27 - 28, 2004

Chairman's Comments:

Let's get ready! The nationals are in Indianapolis April 22-25. That's not much distance away and not much time, either. We should get a dozen relays together and make a dent in the small-team competition. Those folks from California and Connecticut will never know what hit 'em. Let's get organized. Make some phone calls. Circle some dates on the calendar. Make some commitments. Save up a few bucks. You can do it. I can do it. WE should do it. Let's talk.

We have a nice buffet of swim events across the state this winter and spring. Let's take advantage of these opportunities. Lots of hard work goes into the planning and administration of a meet. It is very satisfying to have a good turn-out, and not so satisfying to host a meet for eight people. Hope to see you at the meets real soon.

The holiday dietary horrors are over for another year. "Eat, drink and be slower in the pool," is not such a good motto. Hope you had a fun December while still remembering to work out. I was lucky enough to be in Florida for a week, training outside and even walking along a beach for a day or two. I am ready for the summer already, but I guess I will learn to savor the indoor workouts in Davenport for a few more months.

-- Norm Bower, chairman,
Iowa Masters Swimming
norman.bower@palmer.edu

DES MOINES MASTERS SWIM MEET

HOSTED BY IOWA SENIOR OLYMPICS & CIA MASTERS

Sunday, January 18, 2004

Recognized by Iowa LSMC for USMS, Inc. Recognition Number 40104R
YWCA Of Greater Des Moines 717 Grand Avenue Des Moines, IA
Warm-up Starts 1:00pm Meet Starts 2:00pm

Entry Fee: \$15.00 if entry received before Friday, January 16, 2004
\$20.00 fee for late entries. Deck entries will be accepted until just before the start of the meet. Late entries will be placed in slower heats.
(Entry fee plus a 50¢ "splash fee" for the perpetuation of Iowa Masters.)

Mail Entries To: Rachel Stauffer, 424 51st Street, Des Moines, IA 50312
Make checks payable to: **Rachel Stauffer**
For further information contact Rachel 515-277-8852.

Age Groups: (circle one) 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
(First place ribbons/medals awarded in each age group.)

Circle up to five individual events and add a time or NT (no time):

- | | |
|---------------------------------|--------------------------------|
| 1. 200 Freestyle _____ | 9. 50 Freestyle _____ |
| 2. 100 Backstroke _____ | 10. 100 Fly _____ |
| 3. 100 Breastroke _____ | 11. 200 Mixed Free Relay _____ |
| 4. 200 I.M. _____ | 12. 50 Breastroke _____ |
| 5. 200 Mixed Medley Relay _____ | 13. 100 Freestyle _____ |
| 6. 50 Butterfly _____ | 14. 400 I.M. _____ |
| 7. 50 Backstroke _____ | 15. 1000/1650 Freestyle _____ |
| 8. 100 I.M. _____ | (Choose one distance) |

Name: _____ Phone: _____

Address: _____ Birthdate: _____

City, State, Zip: _____ Age: _____ Gender: Male ___ Female ___

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 eligible for National or Top Ten USMS records as the pool length is not certified. Times will be eligible for Iowa Masters State Records.

The University of Iowa Masters Swim Club

MASTERS SWIM MEET

Sanctioned by Iowa LSMC for USMS, Inc. - Sanction Number: 40204

University of Iowa Field House Pool- Melrose Ave/Grand Ave. Iowa City

Sunday- February 22, 2004 Warm-Ups: 8 A.M. Meet: 9 A.M.

Entry Deadline: Entries **MUST** be received by Friday, February 20, 2004. "Deck" or "late" entries will be accepted up to 8:45 A.M. on Sunday morning but may be placed in slower heats.

Entry Fee: \$9.50 + 50 cent "splash fee"(\$10.00 total) or \$12.00 total for "late" entries.

Mail Entries To: Wayne Huebener, 24 Koser Ave, Iowa City, IA 52246-1916

USMS REGISTRATION FORMS WILL BE AVAILABLE AT THE MEET

Further Info: Call Wayne at 319-337-4268 or Marc Long at 319-335-9261

Age Groups:(circle one) 19-24, 25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,75-79,etc..

Age Group for relays: 19+, 25+,35+,45+, 55+, 65+, 75+

-
- | | |
|---------------------------------|--------------------------------|
| 1. 200 Medley Relay M/F _____ | 10. 50 backstroke _____ |
| 2. 200 Freestyle _____ | 11. 100 Butterfly _____ |
| 3. 200 I.M. _____ | 12. 500 Freestyle _____ |
| 4. 50 Freestyle _____ | 13. 200 Mixed Free Relay _____ |
| 5. 100 Backstroke _____ | 14. 50 Breastroke _____ |
| 6. 100 Breastroke _____ | 15. 100 Freestyle _____ |
| 7. 2X 50 Mixed Free Relay _____ | 16. 200 Backstroke _____ |
| 8. 50 Butterfly _____ | 17. 100 I.M. _____ |
| 9. 200 Breastroke _____ | 18. 1650 Freestyle _____ |

(5 event limit plus relays)

Name _____ Phone _____

Address _____ Birth Date _____

City, State,Zip _____ Age _____ Gender: M/F

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Signature _____ Date _____

USMS Number _____

ONE YEAR MEMBERSHIP APPLICATION



2004 Membership Application

RENEWAL-My current USMS No. is _____

NEW REGISTRATION

Make check payable to:

Mail Check to:

| | |
|------------------|-------------------|
| USMS Fee | |
| 11/1/03-8/31/04 | <u>20.00</u> |
| LMSC Fee | <u>5.00</u> |
| USMS Fee | |
| 9/1/04-12/31-04 | <u> </u> |
| TOTAL FEE | <u>25.00</u> |

Membership expires 12/31/04

Register with same name you will use for competition. Print clearly.

| | | | | | | |
|--------------------|-----|------------|----------------|--------------|----------------|----|
| Last Name | | First Name | | Init | For Office Use | |
| Street | | | | Apt | | |
| City | | State | Zip | Phone No. | | |
| Date of Birth | | Age | Sex | Today's Date | | |
| Mo. | Day | Yr | | Mo | Day | Yr |
| Club or Unattached | | | E-mail Address | | | |

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 _____

If you coach Masters Swimmers, please check here

- I wish to contribute \$1.00 (or \$ _____) to the United States Masters Swimming Foundation. I have added this amount to my 2004 registration fees.
- I wish to contribute \$1.00 (or \$ _____) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2004 registration fees.

Benefits of Membership include: A Subscription to SWIM Magazine during the length of the membership year (\$8.00 of the annual dues is designated for a Swim Magazine subscription), and periodic mailings from the Local Masters Swimming Committee.

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.

Make check payable to: IOWA MASTERS Mail to: R.A. Johnson, 403 N. 10th St., Clinton, IA 52732

Missouri Valley Masters

The Lawrence Masters will be hosting a meet on Sunday, January 25th, 2004. The entry form can be downloaded from the MOVY web site:
<http://community.lawrence.com/movy/events.html>

Or, go to the main page, <http://community.lawrence.com/movy/>, and click on "Upcoming Events".) The meet director is Dulcy Sellon.

Brief details:

Date: Sunday, January 25, 2004

Location: Carl Knox Natatorium at Lawrence High School, 1901 Louisiana Street (parking off 19th Street), Lawrence, KS

Meet Director: Dulcy Sellon, 785-841-0999 (work), 785-842-0771 (home)

Check In: 8:00 am to 8:30

Warm-up: 8:30 am start and continuously in diving well. Meet starts at 9:15 am

Registration: USMS registration is required. Registration forms will be available at the pool. (Forms are also available here:

<http://community.lawrence.com/movy/register.html>)

Fees: \$10 for registered USMS swimmers in advance. Entries must be received by January 21, 2004. \$15 for deck entries the day of the meet

Postal Swim

The Clemson Aquatic Team is hosting the third annual Clemson Goes Postal meet, The event is for age-group and Masters swimmers
For more information and entry form contact: CATPostalMeet@aol.com

Clemson Tiger's Holiday Postal Meet Information

Host: Clemson Aquatic Team, PO Box 411, Clemson, SC 29633-0411

Sanction: Held under sanction of USA Swimming and USMS.

Meet Director: Riley Stevens e-mail: CATPostalMeet@aol.com

Rules: This Age Group meet will be conducted according to USA Swimming Rules and Regulations, SCLSC Procedures and this meet information. Swimmers must swim *continuously*, without touching the bottom, in any regulation 25-yard or meter pool. Individual Medley strokes may be judged by any coach. A disqualified swimmer must swim the event again in order to enter.

Fees: Only \$10.00 for one event, which includes travel fee, entry fee and awards. Swim the second event for just \$5 more. All participants receive a special CAT Designs swim cap recognizing their achievement. The commemorative T-shirt is available for just \$15 + \$3 shipping (note- *teams get free shipping*).

Format: Swimmers participate at their convenience between Christmas Day (December 25, 2004) and Valentine's Day (February 14, 2004). Swimmers need one timer/starter to count laps and record their times on the form below. Teams may use the team entry form or a disk (Hy-Tek format). Times will be sorted on March 15th, 2004. Awards will be mailed to each winner, and results will be posted at WWW.SCSwimming.com (paper copy available by request).

Events: Swim one or both of these, whichever you choose:

Age 8 & Under..... 800 yards Freestyle and/or 400 yd I.M. (may be 4x100 continuous IM)
Age 10 & Under ... 1000 yards Freestyle and/or 400 yd I.M. (may be 2x200 continuous IM)
Age 11 & 12 2000 yards Freestyle and/or 800 yd I.M. (may be 4x200 continuous IM)
Age 13 & 14 3000 yards Freestyle and/or 1200 yd I.M. (may be 6x200 continuous IM)
Age 15 + 5000 yards Freestyle and/or 1600 yd I.M. (may be 8x200 continuous IM)
Masters 5000 yards Freestyle and/or 1600 yd I.M. (may be 8x200 continuous IM)

Eligibility: All USA Swimming and USMS athletes nationwide are invited to participate. Your reward is our goal.

Timing: We believe in the integrity of USA Swimming athletes. Timers must count laps and record the final time to the nearest hundredth of a second. *Record metric times as swum*; we will make conversions.

Awards: Each of the top 8 swimmers in the age group events will receive a custom award. The winner in each event will receive an embroidered commemorative towel. The 25th, 50th, 75th (and so on) finisher in each event also will receive a towel, so everyone has a chance to win. (Ties will be randomly selected by my kid). The top 5 swimmers in each masters event will receive a custom award, The individual winner in each event will receive an embroidered towel as well. The 25th, 50th, 75th (and so on) finisher in each event will also receive a towel. South Carolina teams are automatically scored within the LSC as well as nationally.

Deadlines: Send your results to *Clemson Goes Postal*, PO Box 411, Clemson, SC 29633-0411. Entries must be postmarked no later than **February 14, 2004**.

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

~Waterlines~

Iowa Masters Executive Committee

Chairman: Norm Bower, 3946 Fernwood Ave., Davenport, IA 52807, PH: 319-355-7738,
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. 10th St., Clinton, IA 52732, PH: 319-243-5350
Records and Top Ten STATS: Ruth Johnson, 2626 Middle Rd., Davenport IA 52803-3422, PH:319-323-7316
Sanctions and Safety: Rachel Windsor, 424 51st St., DesMoines, 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

WATERLOO / CF: Mike Savage 319-266-8561

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 319-355-7738

CLINTON: Richard Johnson 319-243-5350
DES MOINES: Roger Jorgensen 515-221-3995
OTTUMWA: Stuart Ashmead 515-684-6074