

WATERLINES

Swim Meets

Grinnell College

Sunday, Nov. 24, 2002

Warm-Ups 8:00 AM

Meet at 9:00 AM

Contact: Tim Pulkrabek

(641) 269-4744

pulkrabe@grinnell.edu

Quad Cities Masters North Family YMCA

Davenport, Iowa

Sunday, Dec. 15, 2002

Warm-Ups 8:00 AM

Meet 9:00

Contact: Paul Eure

(563) 391-7771

The 2002 United States Masters Swimming Code of Regulations and Rules of Competition rule book

is now available on-line.

Go to:

<http://www.usms.org/rules/>

Iowa Masters on the Web:

www.iowamasters.org

USMS Masters on the Web

www.usms.org

Chairman's Comments:

Send us your e-address

We are converting our communications to more of an electronic system. Now that the Iowa Masters Web site is up (www.iowamasters.org), we can send out an e-mail notice to members with e-mail addresses to check out the updated Waterlines on the Web. At this point we are gathering the e-mail addresses, so please send yours right away to our registrar, Marion Johnson. Her e-mail address is: marjoh@clinton.net

We are not forgetting our friends and members who don't have e-mail; we will still mail the newsletter to them. We just want to make it handier and cheaper for reaching all our members. Sending out fewer printed and stamped newsletters will save costs and allow us to do more and different programs with those funds.

For example, we want to increase the visibility of Iowa Masters by distributing vinyl signs with our logo to as many pools around the state as possible. The banners cost almost \$50, so we need local swim clubs to pitch in for most of this cost. Statewide group will help with some seed money for each one... around \$20. We are hoping to create about a dozen of the signs in the first printing, so please start talking amongst yourselves about ordering a sign for your pool.

Also, we want to hear from you with ideas for more Web site news. Send your facts and/or funny stories or items of interest to Norm Bower norman.bower@palmer.edu

We will have a long list of swim meets after the first of the year, which will be posted on the Web site and in upcoming issues of Waterlines. A couple meets this fall, the upcoming Grinnell meet on Nov. 24, and the North Davenport Family YMCA meet on Dec. 15. See you there!

Norman Bower

norman.bower@palmer.edu

- Chairman of Iowa Masters Swimming

Iowa Games Announces 2002 Athletes of the Year

AMES, Iowa – Houshang Bozorgzadeh (Buh-zorg-ZAHD-ay), 66, of Independence and **Marijane Torjesen**, 84, of Des Moines were selected as the 2002 Iowa Games Athletes of the Year, Executive Director Jim Hallihan announced.

Bozorgzadeh has competed in the Iowa Games table tennis competition for the past seven years, while Torjesen has participated in 10 Iowa Games swim meets.

Bozorgzadeh claimed three gold medals in this year's Iowa Games, and has achieved nearly every table tennis accomplishment imaginable. A three-time national champion of Iran and world-ranked as high as No. 6 in the late 1950s, he was named to the USA Table Tennis Hall of Fame in 1987. He coached five Iowans to national junior championships and one to Olympic status, and served as team manager for the men's and women's U.S. Olympic teams at the Seoul, Korea, Olympics in 1988 – the inaugural year of table tennis in the Olympic Games. He has claimed multiple USA senior national championship titles, and USA table tennis historian Tim Boggan has referred to him as "easily one of the 20 most significant figures in the history of USA table tennis." He performed a table tennis exhibition on The Ed Sullivan Show in the early 1960s with U.S. national champion Marty Reisman.

Torjesen has medaled in every Iowa Games event in which she has swum, including winning six gold medals in this year's Games. That's no small feat, considering she has just one lung. She began swimming in 1981 when a paralyzed diaphragm forced one of her lungs to quit. Since then, she has won nearly 350 medals and ribbons in competitive swimming. Torjesen has earned a total of 64 medals in the Iowa Games, including 60 gold medals. For 10 years, she has claimed the gold medal in the 200 freestyle, and for eight years she has won the gold medal in both the 50 and 100 backstrokes. She also annually represents Iowa at the National Masters Swimming Championship.

Bozorgzadeh and Torjesen have been nominated for National Athlete of the Year awards from the National Congress of State Games.

The 2002 Iowa Games wrapped up Aug. 4 with 16,026 total participants from 98 of Iowa's 99 counties. Games Executive Director Jim Hallihan was pleased with the turnout and praised volunteers and officials for all of their hard work. "We definitely could not have the Iowa Games without the help of all of our tremendous volunteers who work tirelessly all weekend," Hallihan said. "We had another terrific turnout to go along with the wonderful weather, and the Games were a great success."

- By Sandra Gordon, a featured writer for Vitality magazine.

Marijane Torjesen currently holds 15 Iowa Masters Swimming records for women

- One is in the 70 – 74 age group (200 back)
- Six are in the 75 – 79 age group (200 / 500 / 1000 / 1650 Free, 100 / 200 Back)
- Eight are in the 80 – 84 age group (50 / 100 / 200 / 500 / 1000 Free, 50 / 100 / 200 Back)

USMS Registration ID number information:

USMS has started using a permanent ID to identify you. This will help USMS keep track of its members as it collects its history as well as maintaining accurate statistics about itself. In order for this to work, you will need to receive only one ID ever.

The registration number consists of a part that will change and a part that will not. Everything in front of the hyphen can change and the characters after the hyphen are your permanent ID. The registration number looks like:

LLYX-DDDDD

LL is your LMSC number (same as before)

Y is the registration year (same as before)

X is a character that changes from year to year or if you transfer and is calculated from the rest of the reg. no. (new)

When you re-register, either next year or 10 years from now, or transfer, please inform the registrar of this number so you won't receive a duplicate number. If you lose your number, make sure you tell the registrar that you were once a member. If you receive a duplicate, USMS will likely catch it and then have to reissue a card with the correct ID

Grinnell Alumni Swim Team

Masters Swim Meet

Sanctioned by Iowa LMSC for USMS, Inc., Sanction No. 40602

Sunday, November 24, 2002

warm-ups: 8 am meet: 9 am

Ray Obermiller Pool, PEC, Grinnell College, 1118 10th Ave., Grinnell, IA

Entries: \$8.00 entry fee if received by November 24. Deck entries will be allowed, but will be subject to a \$2.00 surcharge. Entry fee includes a \$.50 contribution for the perpetuation of Masters Swimming in Iowa. **Make checks payable to Grinnell College, and mail entries to Tim Pulkrabek, 1118 10th Ave., Grinnell College, Grinnell, IA 50112-1690.**

Facility: 6 lane, 25 yard pool with non-turbulent lane markers; warm-up/warm-down wells; Colorado timing system with touchpads.

Further Info: Tim Pulkrabek, 641-269-4744 or pulkrabe@grinnell.edu

USMS registration forms will be available at the meet

Events

Entry limit: 5 individual plus relays please check events and provide time (NT for no time)

there will be a break between events 4 and 5

- | | |
|--------------------------|------------------------------|
| 1. 200 Medley Relay_____ | 6. 100 Butterfly_____ |
| 2. 200 Freestyle_____ | 7. 500 Freestyle_____ |
| 3. 200 I.M._____ | 8. 100 Backstroke_____ |
| 4. 50 Freestyle_____ | 9. 100 Breaststroke_____ |
| 5. 100 Freestyle_____ | 10. 200 Freestyle Relay_____ |

Name_____ Phone_____

Address_____ Date of Birth_____

City, State, Zip_____ Age_____ Gender: M___ F___

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. (Rule Book Article 203.1)

Signature_____

Date_____

USMS Number_____

What is Masters Swimming, anyway?? Ever been asked, “What’s Masters swimming?” and then struggled to answer in less time than it takes you to swim a 500? Here are some simple, easy to remember key points about what Masters Swimming is all about.

United States Masters Swimming (USMS) is a national organization that provides organized workouts, competitions, clinics and workshops for adults aged 18 and over. Programs are open to all adult swimmers (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming.

Founded in 1970, the non-profit corporation is organized with 500 clubs in 53 regions throughout the United States. Membership numbers more than 42,000, with members ranging in age from 18 to over 100.

Within the clubs, structured workouts, often with a coach, offer well-thought-out training assistance. Pool and open-water races provide opportunities to compete and measure individual progress at the local, state, national and international levels. USMS programs also offer stroke and technique clinics, workshops, and instruction, as well as social functions.

All USMS programs are designed to help swimmers improve fitness and/or train for specific goals, and offer active support for a healthy lifestyle through friendship and camaraderie.

5th Annual Quad Cities Masters Swim Meet
 Sunday December 15, 2002
 North Davenport Family YMCA
 624 W 53rd St, Davenport, Iowa

- Facility** Brand new facility, eight lane, 25yd pool, automatic timing, non turbulent lane ropes, handicap accessible, locker rooms will be available, please bring your own locks and towels.
- Timetable** Warm-up/on deck registration begins at 8:00 AM, meet starts at 9:00 AM. Breaks will be provided as needed. Please indicate on your registration where you feel a break should be taken to accommodate your choice of events.
- Rules** USMS rules will be enforced. Recognition No. 40702R
 Age groups for competition will be as follows:
 Individual events: 19-24, 25-29, 30-34, ... (five year increments)
- Registration** Complete the entry form below. Cost is \$10 received by December 12, \$15 day of the meet. YMCA members and tri/master participants can deduct \$3 from their fee. Make checks payable to the North Family YMCA. Five event Limit. Please estimate seed times so that people of similar speed will be swimming together. Use practice times if you have to.
- Questions** Call Paul Eure, Aquatic Director for the North Family YMCA, Office (563)391-7771, Home(563)326-4112.

Order of events:

- | | | |
|---------------------|----------------------|-------------------------|
| 1. 100 Freestyle | 7. 100 Butterfly | 13. 200 Freestyle |
| 2. 200 Butterfly | 8. 200 Backstroke | 14. 100 Backstroke |
| 3. 50 Backstroke | 9. 50 Freestyle | 15. 50 Breaststroke |
| 4. 100 Breaststroke | 10. 200 Breaststroke | 16. 200 IM |
| 5. 500 Freestyle | 11. 400 IM | 17. 1000/1650 Freestyle |
| 6. 100 IM | 12. 50 Butterfly | |

Name: _____ Birth: _____ Age: _____

Address: _____ Sex: M F

City: _____ State: _____ Zip: _____

Phone: _____ Business: _____

Email: _____

Event #	Event	Seed Time
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

After Which events would you like to see a break?

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
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

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