

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

Grinnell College

Sunday, Nov. 14, 2004

Warm-Ups 8 a.m.

Meet at 9 a.m.

Contact: Alex Kuhn

641-269-4744

kuhnalex@grinnell.edu

Des Moines

At the **Urbandale** Pool

Sunday, Jan. 16, 2005

Warm-Ups Noon

Meet at 1 p.m.

Contact: Rachael Stauffer

515-277-8852

Newton

Feb. 26, 2004

More info later

Iowa City

U of Iowa Fieldhouse

Sunday, Feb. 27, 2005

Warm-Ups 8 a.m.

Meet at 9 a.m.

Contact: Wayne Huebener

(319) 337-4268

Chairman's Comments:

Thanks to all of you who made Iowa Masters part of your active lifestyle in 2004. We had some 260 registered members this year, a more than decent showing compared to many years. But are we satisfied? No way. Let's all renew that annual pledge to clone ourselves in the pool. If we matched our own registration with one new friend per year, we could have bigger and better workouts and meets across Iowa. Think about it!

Did you know you are all champions, too? We hosted and won the Breadbasket Zone Meet in April, held in conjunction with our own State Short Course Championships. The State Meet crown went to the Quad Cities team in 2004. And special thanks to the Milky Way Masters group in Cedar Rapids for successfully hosting that meet, as they have done for several years.

Just one meet left to round out our autumn season--at Grinnell on Sunday, Nov. 14. We will have a full roster of meets starting in January, including Des Moines (Urbandale) on Sunday, Jan. 16. Let's support these meets. Sign up now... and bring a friend!

Thanks to Ruth Johnson, who recently retired from the executive committee of Iowa Masters. She handled the tedious task of record-keeping through many years of careful and dedicated service. Thanks, also, to Steve Spangler, who has assumed those duties. Contact him at: smspangler@att.net.

Don't let the holiday feasting slow you down in the pool. Add an extra workout to your routine to keep that Speedo from feeling too snug. Have a wonderful holiday season, everyone! See you at the pool ...

Norm Bower

Chairman, Iowa Masters Swimming
norman.bower@palmer.edu

ONE YEAR MEMBERSHIP APPLICATION



2005 Membership Application

RENEWAL-My current USMS No. is _____

NEW REGISTRATION

Make check payable to:

Mail Check to:

USMS Fee
 11/1/04-12/31/05 _ 20.00
LMSC Fee _____ 5.00
USMS Fee
 9/1/05-12/31-05 _____
TOTAL FEE _____ 25.00

Membership expires 12/31/05

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 2005 registration fees.
- I wish to contribute \$1.00 (or \$ _____) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2005 registration fees.

Benefits of Membership include: A Subscription to the USMS National publication 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

USMS Rule Change Updated July 14, 2004

Effective June 5, 2004, USA Swimming amended their rules in order to align them with FINA with respect to the use of equipment that can convey pacing information to a competitor. The change is in response to the availability of individual radio receivers that can transmit information to a swimmer from a coach or other person.

Pursuant to USMS rule 601.4.6B, USMS has adopted this change based upon the action of the Rules Committee that accepted the USA Swimming change. Thus the following change is effective immediately (the addition is underlined):

102.15.9 -- Swimmers are not permitted to wear or use any device or substance to help their speed, pace, or buoyancy. Goggles may be worn and rubdown oil applied if not considered excessive by the referee.

USMS will follow the interpretation of USA Swimming that indicates that pacing devices including tempo training devices and radio transmitters that allow instructions to be passed to the swimmer are forbidden. USA Swimming has also indicated that other pace-conveying devices such as watches are not allowed on the swimmer. In response to questions received, it should be noted that this change does not prohibit one from conveying pace information through hand signals, placement of lap counters and the like. Additionally, this change does NOT affect long distance swimming.

For those officiating USMS meets, it is suggested that enforcement of the rule be approached from an educational perspective. For example, if one sees a swimmer approach the block with a prohibited device, inform them of the rule and allow them to make any necessary changes rather than letting them start and disqualifying them.

Grinnell Alumni Swim Team (GAST) Masters Swim Meet

Sanctioned by Iowa LMSC for USMS, Inc.
Sanction No. 40704

Sunday, November 14, 2004

warm-us: 8 am meet: 9 am

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

Entries: \$8 entry fee if received by November 13. Deck entries allowed, but will be subject to a \$2 surcharge. Entry fee includes a \$.50 contribution for the perpetuation for Masters Swimming in Iowa. Make checks payable to Grinnell College, and mail entries to Alex Kuhn, PEC, Grinnell College, Grinnell, IA 50112.

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

Further Info: Alex Kuhn, 641-269-4744 or Kuhnalex@grinnell.edu

USMS registration forms available at the meet.

Events

Entry limit: 5 individual events plus relays. Please check events and provide time *NT for no time)
There will be a break between events 4 & 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 risk inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of these 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 _____

DES MOINES MASTERS SWIM MEET

At the Urbandale Pool

Sunday, January 16, 2005

Recognized by Iowa LSMC for USMS, Inc. Recognition Number 40105R
Urbandale Pool (next to Urbandale High School) 7201 Aurora Avenue, Urbandale, IA
Warm-up Starts Noon Meet Starts 1:00pm

Entry Fee: \$15.00 if entry received before Friday, January 14, 2005
\$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 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+

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.

Directions: From I-80, take the Merle Hay Road exit and head south. At Aurora Avenue, turn right and proceed to the high school, approximately 7-8 blocks. The pool is next to Urbandale High School. From points in Des

Moines, head north on 86th Street, turn right on Aurora Avenue and proceed to Urbandale High School. If you get lost on the day of the meet, call Rachel's cell phone 515-240-8163.

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: 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. 10th St., Clinton, IA 52732, PH: 319-243-5350

Records and Top Ten STATS: Ruth Johnson, 2626 Middle Rd., Davenport IA 52803-3422, PH:563-323-7316

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

WATERLOO / CF: Mike Savage 319-266-8561

CLINTON: Richard Johnson 319-243-5350

DES MOINES: Roger Jorgensen 515-221-3995

IOWA CITY: Warren Tunwall 319-338-8738
QUAD CI TIES: Norman Bower 563-355-7738

OTTUMWA: Stuart Ashmead 515-684-6074