



Dave Holland Receives Dot Donnelly Award

During the annual zone meeting in Dallas, Virginia LMSC's Dave Holland was awarded the Colonies Zone Dot Donnelly Award for his volunteer service. Dave's promotion of open water swimming, acting as meet director of the Chris Greene Lake Swim for five years, and recently adding age group open water swim to the annual event, was recognized. He promoted US Masters Swimming to runners at local races, and recently organized a coach/swimmer swim clinic in Richmond. Congratulations for his volunteer efforts are in order.



Colonies Zone One Mile Open Water Championship

The 2nd annual Tom Wear Memorial Swim served as the 2010 Colonies Zone 1 Mile Championship. On Sunday, September 12, over 100 swimmers entered the water between the USMS, Open ~~water~~, Wetsuit, and .25 divisions. Close to \$7000 was raised for the Jefferson Township Animal

Shelter, which will continue to fund expansions.

The course is a well marked 1 mile loop with many orange buoys and a yellow duck to identify the finish line. In the unusually cold water and rain, the event started with the USMS division, and was followed by the other divisions. Pre and post race refreshments were served, including hot coffee, teas and hot chocolate along with muffins, pastry, oranges and water.

In the USMS Division the top men finishers were Jeffery Jotz, Jeff Stuart, and Dillard Kirby. Top women finishers were Lisa Groves, Bridgette Hobart, and Lynn Ascione. Custom medals were presented to all USMS overall first to third place age group winners by Jefferson mayor Russ Felter. For additional information and pictures, visit the race website at www.swimlakehopatcong.com.

-Bridgette Hobart Janeczko



Lynn Hazlewood Receives Ransom Arthur Award

Lynn Hazlewood from Colonies Zone and Reston Masters received the 2010 Ransom Arthur Award pin for her service, dedication, leadership and passion to the mission of US Masters Swimming.

In our national organization, Lynn is chairman of the

Open Water Committee. She has also served as chair of the Editorial Committee, Zone Committee, Open Water Task Force, and Branding Task Force, and served on the Communications Committee, Long Distance Committee, Publication Management Committee, and the Records and Tabulations Committee. Lynn also chaired the Transition Team for USMS to take editorial ownership of our magazine. She is now appropriately honored for her service. Congratulations.

Short Course Zone Championship Awarded

The Patriot Masters at George Mason University in Fairfax Virginia will once again host the Colonies Zone SCY Championship in 2011. This was the only bid received for the annual meet, and was approved by representatives at the annual USMS convention zone meeting in Dallas, TX. The meet entry will be posted later as it becomes available. No bids were received for the SCM and LCM championship meets.



Long Course Zone Championship

188 swimmers entered nearly 750 events and 35 relays at the University of Maryland on the weekend of August 21-22 at the Colonies Zone Championship Meet. The 1500 freestyle was offered up for the first time in the meet, so everyone entering set a zone meet record. Peter Galan, Jerry Frentsos, Chris Stevenson, and a

Virginia Masters relay also broke or established records.

One swimmer swam exactly his seed time - Luis Sanchez Torrente (NCYM) 50 free 27.03. Two other swimmers who were just .01 off - Todd Goins WARR 100 breast 1:10.50/.49 and Alexandra Wessel (UNAT) 100 back 1:15.00/.01; plus, Hannah Caldas (NCMS) was our most accurate seeder, coming within a tenth of her seed time on 3 of 5 swims.

The overall combined high point winners were won by the following teams:

- Large Team Division Winners: Virginia Masters Swim Team (17+ swimmers)
- Medium Team Division Winners: Colonials 1776 (6-16 swimmers)
- Small Team Division Winners: Pennypack Aquatic and Fitness Club (5 or fewer swimmers)

Upcoming Zone Championships

The Zone Championship meets are decided upon at the USMS convention's zone meeting in Dallas, September 15-18. If your group is interested in bidding as a host for one of the championship meets or open water swims, complete the [bid form](#) found from the Administration page, and submit before the convention.

Nominations For Colonies Zone Services Award

Each year the Colonies Zone presents a Dorothy Donnelly Award for service to Masters swimming. We would like to receive at least one nomination from each of the LMSCs within the Zone. We are sure that there are plenty of folks in each of the LMSCs who are deserving of such an award, so please consider a nomination submission of someone from your LMSC. Nominations are due by August 15.

Nomination Form



Colonies Zone SCY Championship Recap

The 2010 SCY Zone Championships held April 23-25 at George Mason University in Fairfax, Virginia, saw 548 swimmers entered, representing 66 teams. This was the largest turnout in the 8 years Patriot Masters has hosted the meet at George Mason.

The youngest competitors were 18 year olds Marck Jaeger, Sam Neuhaus and Casey Worrall. The oldest (all in their 80's) were Calvin Barnes, Richard Briesemeister and Nickolas Demas. Hans Reichelt came from the farthest away, and almost didn't make it as the volcanic ash over Europe barely cleared in time for his flight from Germany the day before the meet. In all, swimmers from Virginia, Maryland, New York, New Jersey, Connecticut, Pennsylvania, Maine, Vermont, Ohio, Delaware, Georgia, Hawaii, North Carolina, South Carolina, Minnesota, Tennessee, Massachusetts, California, Florida and Illinois participated in this three-day meet.

The following individuals set potential new USMS national records at the meet:

- Kristin Gary of Red Tide - 2:04.43 in the 200 backstroke
- Jim Dragon of Garden State Masters - 25.93 in the 50 fly
- Kristin Gary, Susan Wager, David Lippin and Nicholas Werner of Red Tide - 3:24.32 in the Mixed 400 Free Relay
- Kristin Gary, Nicholas Werner, Tal Shpaizer and David Lippin of Red Tide - 3:45.13 in the Mixed 400 Medley Relay

The overall mens & womens high point trophies were won by the following teams:

- VIRGINIA MASTERS SWIM TEAM - Large Team Division
- DISTRICT OF COLUMBIA AQUATICS CLUB - Medium Team Division
- GARDEN STATE MASTERS - Small Team Division

The Patriot Masters want to thank all of their officials for providing another well-run meet. And special thanks go to the George Mason University Men's and Women's swimming & diving teams for cheerfully helping with timing, registration and awards. CONGRATULATIONS to everyone!

-Cheryl Ward, Meet

Masters Swimming in the World Transplant Games

The World Transplant Games were held this year on the Gold Coast of Australia, August 22-29. This is an international sporting competition akin to the Olympics, except that all athletes have received a life-saving organ transplant. A recipient of two kidney transplants and a bone



marrow transplant, and a Masters swimmer at YMCA North Shore in Boston, Jen Searl competed in three swimming and five track events, and served as a swim captain for Team USA.

Jen was originally going to swim three individual events: 50m breaststroke, 100m backstroke, and 50m butterfly, in addition to breaststroke in a relay. The fly was later dropped to make room for an additional track event. Her preparation included training for about a year under coach John Strom, purchase of a tech suit for the first time, and learning how to wear her swim cap correctly. She had been wearing her cap sideways in past competitions.

Swimming against a world record holder in her two individual events, she finished with a medal in both events, despite a shaky beginning in the breast. But her highlight came in her final race, the 200 medley relay. Jen was named swim captain of the American team, and with her coach, put together the relays teams. Prior to the year's World Games, the U.S. women's relay team had never medaled in a relay. The Americans were definitely the underdogs, with Australia and Great Britain expected to battle for the gold. Results exceeded expectations. The U.S ended up breaking the world record, however, so did the Australian team - by 0.4 seconds better than the U.S. An unbelievable silver medal performance surprised everyone else.

"I ended up adding two silvers and two bronzes from my track events, giving me a total of four bronze and three silver medals. However, as proud as I am of the medals, it's the people I met and bonded with that make the experience so memorable," reports Jen. She cites swimmers like Kim, Jim, and Paul - all kidney recipients- smashing world records. Brian, a total immersion instructor and heart transplant recipient, took four medals. Holly, a liver recipient, earning a bronze in the fly and being crucial to our freestyle relay team.

"All of these amazing athletes not only wouldn't be swimming or competing, but would not be alive if it wasn't for organ donation. Please visit www.neob.org and register to be an organ donor. And if you know someone who needs a kidney, get tested. You'll be lighter - maybe you'll swim faster."

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