

Colonies Zone News

Winter 1998

USMS Colonies Zone Newsletter

Vol. 1 No. 1

Long Distance Calendar & Bid Packets Mailed

In early February, I mailed out solicitations for information for the Long Distance Calendar and bids for the 2000 Long Distance Championships. The mailing went to all race directors for whom I had an address, LMSC Chairs, and Zone Reps. If anyone is interested in bidding for a Long Distance Championship and did not receive a packet, let me know and I will mail one to you. This year the >1 and ≤3 Mile event is in zone for the East Area. This is the most popular distance, so make sure you get your bid in by the September 1 deadline and be certain that it is complete.

You may note that this year three of the eight Long Distance Championships are in the Colonies Zone. DC Masters from Potomac Valley ran the 1-Hour Swim in January. On July 4, the 1-Mile Open Water Championship will be held in Greenwich Pt., CT (Connecticut LMSC). The 3000 & 6000 Yard Postal Championship is being run by Adirondack District Masters Swimming

In 1999, Colonies teams will host two championships. The 1-Hour Postal Championship will be run by Empire State Masters Swim Club in the Metropolitan LMSC while the 2-Mile Cable Championship will return to Virginia Masters Swim Team (Virginia LMSC) on July 10.

see LONG DISTANCE pg 3 col 2

Colonies Zone SCY Championship

March 27–29, 1998

Sponsored by
Rutgers College Recreation

Entry Form
Included in This Newsletter

Colonies Zone Rep Seeks Volunteers For Zone Projects

by Lynn Hazlewood
Colonies Zone Representative

Greetings from the Northern Virginia part of the Washington, DC metropolitan area—the poison ivy, tick, hay fever, and political scandal capital of the western hemisphere. I'm Lynn Hazlewood, your new Zone Rep elected at the September convention. Sorry this newsletter is so long in coming, but I find I have gone from famine to feast in my masters responsibilities. Those old-timers who were at the Minneapolis convention probably remember me whining about the fact that I had nothing to do and was wondering why I bothered to come to convention at all!

Nat'l Records Fall at SCM Champs

Two-hundred-eighty swimmers came to the Sonny Werblin Recreation Center at Rutgers University last November to participate in the Colonies Zone SCY Championships. The meet, which was held November 1–2, produced seven National Records. We'll know soon if they hold up.

Individual record setting swimmers were: Katherine Branch, Maryland Masters, F40-44, 1500 M Free, 18:59.45; Louise Appleton, Rutgers/Berkeley Aquatics, F19-24, 200 M Fly, 2:28.91; Jack Geoghegan, Connecticut Masters, M55-59, 100 M Free, 59.49; Jack Geoghegan, 400 M Free, 4:51.11; and Jack Geoghegan, 1500 M Free, 19:18.99.

Rutgers/Berkeley Aquatics also set records in two relay events. They swam the Mixed 800 M Free Relay in 8:41.15. Team members in the X100-119 age group were Scott Yeomans, Bridget Coll, Louise Appleton, and R. Toothill. R. Toothill, Benn Doyle, Curtis Sawin, and Scott Yeomans

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Well, I got my wish. I am now on four committees and am editing the USMS Calendar of Events. It's not too bad since volunteer work is what I do for a living, so I have plenty of time (although there is real life outside Masters swimming—isn't there?). The whole point of this peroration is not more whining, but to offer those who are wondering why they bother an opportunity to get more involved on the Zone level. The jobs mentioned below do not necessarily have to be done by the already busy people on the list at the end of the newsletter. You may know someone in your LMSC or on your team who is capable and willing to take on the responsibility.

This year I would like to continue the good work of my predecessors and move ahead in a few areas. Some of the things I would like to improve on are discussed below.

Zone Championships

One goal to work on is enhancing Zone Championship opportunities for swimmers as well as hosts. Tracy Grilli is already working on a LCM Postal Championship (see article on page 3) and we have our SCY Championship set for this year. At convention we never settled the issue of a SCM Championship for 1998 and I haven't heard from any interested parties. I would not like to see us drop this championship after having it for two years now. I am also interested in starting a Colonies Zone Open Water Championship. There are many existing open water swims in our zone which could be designated as a Zone Championship.

Any team or LMSC interested in hosting the SCM championship or an open water championship should contact me. If I get a multitude of requests, then we can worry about how to decide who wins. If we do succeed in getting all these zone

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LMSC News From Around The Zone

This column will be reserved for LMSC news each issue. For this newsletter, I only received information from Connecticut Masters and Potomac Valley. For the next newsletter, if you would like to publish some news which would be of interest to the Zone, send it to me by April 15.

Connecticut Masters News by Dorothy Donnelly

Scheduling swim meets during December and January is risky when you live and swim in the great Northeast. Even getting to regular workouts can often be a challenge. This year it's been even more of an adventure, with snowfalls and a memorable ice storm sandwiched between. Luckily our Christmas Party/SCM meet on December 17 was well attended and thoroughly enjoyed. We hope the sun shines for Mike Laux' Ground Hog Meet at Westport Y on February 1st (*I wonder if it did?—Ed.*).

Conn Masters are looking forward to meets in March and April, starting with the traditional St. Paddy's meet at Waterbury Y on March 16, followed by a SCM meet at Staples High in Westport on March 21st, then Colonies Zone Championships at Rutgers.

Our 26th Annual April Fools Meet will be held April 4th within the hallowed halls of Yale University in the Exhibition

Pool. Swimming at Yale always has nostalgic significance, this year more particularly. With Yale's mammoth new aquatic center, complete with 50 meter pool plus diving facilities getting underway, our dearly beloved Yale "Ex Pool" will be just a fond memory. The Wilton Y will host a meet on April 19th, before many Conn Masters head south for the Y Nationals at ISHOF in Ft. Lauderdale.

Although attendance at meets in 1997 was down somewhat, that didn't deter some of our speedsters who were listed prominently in national top tens and in national and world records.

Everyone is welcome to Conn Masters competitions. For more info, contact Newsletter Editor Jerianne Donnelly (*see Officials List on page 7 for address—Ed.*).

Potomac Valley News

At the PVMSC meeting last October, the committee presented a special award to Joann Leilich, a swimmer who has given many years to masters swimming on both the local and national level. We purchased a tile on the Wall of Champions at the International Swimming Hall of Fame in Ft. Lauderdale where her contributions will be forever enshrined.

Joann has many times been a National Champion, set Na-

see LMSC pg 3 col 1

Apply for USMS Mentor Coach and Swimmer Clinic in Your LMSC by June 1

Recently I received a packet from Scott Rabalais concerning the eight USMS Mentor Coach and Swimmer Clinics that the Coaches Committee sponsors each year. For those who aren't familiar with the clinics, the press release explains that they "consist of a minimum two-hour coaches clinic and four-hour swimmers clinic. Both clinics are run by a mentor coach, approved by the Coaches Committee.

"All mentor coaches are proven, suc-

cessful Masters coaches who have built outstanding major Masters programs, and many are USMS Coach of the Year award recipients."

The committee is currently soliciting bids for LMSCs to host the 1998 clinics. They prefer to award one clinic per Zone throughout the year. However, if applications are not received from each zone, more than one clinic may be held in a particular zone. The deadline for receiving and approving clinic applications from each zone is June 1, 1998. After that, the remaining clinics will be awarded to interested zones who may already have a clinic assigned.

I have copies of the clinic application for any interested LMSCs. You can also get more information on hosting a clinic from Scott Rabalais, Coaches Committee Chair. Call him at 504-766-5937 or e-mail scottrabalais@compuserve.com. You may also contact Lorie Gibson-Rick, USMS Clinic Subcommittee Chair (a member of Niagara Masters), 716-338-3209, coachlorie@aol.com.

USMS National Office New Address

(effective immediately)

P.O. Box 185
Londonderry, NH
03053-0185

Phone: 603-537-0203
Fax: 603-537-0204
USMS@usms.org

RUBA & MARY Win Team Champs at Zone SCM Champs at Rutgers Univ

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combined to set a record in the Men's 400 M Medley Relay in 4:06.10. in the M120-159 age group.

Rutgers/Berkeley Aquatics won the large (31 swimmers or more) team championship with 2,289 points. Other teams in this category were Colonials 1776 (1,851 points), Jersey Masters Swim Team (1,392 points), and Empire State Masters (857 points).

Maryland Masters won the small (29 swimmers or less) team championship with 813 points. Other teams in this category were Connecticut Masters (583 points), White Plains Masters (499 points), New England Masters (239 points), Montgomery Ancient Mariners (143 Points), Ashburn Village Masters (75 points), Peddie Aquatic Association (47 points), Stockport Metro, England (38 points), Terrapin Masters (38 points), Master Nuoto Jonio (29 points), Germantown MD Masters (9 points), and Adirondack Masters (6 points).

News From the LMSCs

LMSC from pg 2 col 2

tional and World records, and resided at the top of the Top Ten lists for her age group. In addition, she was the Potomac Valley Registrar for uncounted years and served two terms as the Chairman of the USMS Registration Committee. She is currently the Top Ten Chairman for Potomac Valley.

Potomac Valley & Virginia Masters News

It's not too early to begin thinking about open water season. In Virginia, we have three races that are combined to form the Virginia Championship Series. Swimmers who finish all three races receive a special award after the last event. The series kicks off in Potomac Valley with the Reston 2-

LCM Postal Championship Plans Progress

At the Zone meeting at convention last September, the delegates voted to have a postal LCM Championship next summer. Tracy Grilli, New England Masters, has headed up the effort to organize the meet. She has had input from Deb Morrin, Lee Bettis, and Jeff Roddin—Potomac Valley, Kevin Fisher—New England, Ed Nessel—New Jersey, Dot Donnelly—Connecticut, Ann McNeil—Adirondack, Jim Matysek and Lorie Gibson-Rick—Niagara, Betsy Durrant—Virginia, and Bob Kolonkowski—Metropolitan.

The plan is to have each of the possible LCM events be considered a separate championship with teams competing for each event in all age groups. There will be a women's, men's, and combined champion in three divisions depending upon size. By configuring the championship like this, a particular meet doesn't have to offer all the events to participate.

Details of which meets will be part of the championship and other logistics have yet to be worked out. Tracy will be organizing all the ideas she has been given and send them to the LMSCs and others working on the project. If you have any other ideas on how to run the meet, let Tracy know.

Mile Lake Swim on May 31. This year the race will be on a half-mile course instead of a quarter-mile course with the usual complement of good food and freebies. Contact Phyllis Sickenberger at 703-845-SWIM or PBBerger@aol.com.

We then move down the road to Virginia Masters with the Virginia Beach 1-Mile Ocean swim on June 21. This is a great swim in clean ocean water with a sometimes challenging surf. You can relax while strolling through the art festival on the boardwalk the night before the race. Contact Betsy Durrant for race information.

The final event is a 2-Mile Cable Swim in Charlottesville on July 11. This race is quite frequently the 2-Mile Cable National Championship and will be again in 1999. You can use this non-championship year to tune up for next year. Contact Joyce Mullins for race information. See Officials List on page 7 for addresses.

Posting Reg & Entry Forms On the Internet

George Simon from North Carolina is working on a consolidated entry form and a generic USMS registration form for LMSCs and teams to post on the web. They are in html table format and the entry form is similar to one Pacific Masters is using.

Other webmasters are welcome to use them and he would appreciate any comments. E-mail NCWebmaster@usms.org. The entry form can be viewed at "<http://www.rtpnet.org/~swiminnc/consolid.html>" and the registration form at "<http://www.rtpnet.org/~swiminnc/applicat.html>."

Send Events for Long Distance Calendar

LONG DISTANCE from pg 1 col 1

If you have an event for the Long Distance Calendar, mail or e-mail it to me. The calendar is updated continuously during the year. A special mailing is made to all LMSCs in April which includes entry forms for the Long Distance Championships. To get your event in the April mailing, send the information to me by March 15.

Expansion of Zone Championships Sought

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championships set up, we will need a Zone Championship Chair to coordinate the efforts.

Zone Web Site

Well, everyone else is doing it, why don't we? I have to admit, this was suggested to me at the convention (I can't remember who). I have mixed feelings. Before we put more "stuff" on the internet, we should make sure we have something to say. I have a few ideas of how this site could be set up, but since I won't have time to do it, I will leave the design work to the volunteer who wants to do the job.

Newsletter Contributions

The Colonies Zone Newsletter has traditionally (at least back to Betsy Durrant's term) been the province of the Zone Rep. I don't mind doing the job, but I feel somewhat limited in the knowledge I have of doings around the zone. You may have noticed that this newsletter leans toward my areas of expertise (Potomac Valley activities, Long Distance and the USMS Calendar). I do get quite a few newsletters, but much of the information is abbreviated and requires special local knowledge to appreciate. If all the LMSCs contributed, we could use the newsletter as a forum to disseminate information out of our local committees.

Some of the areas I would like to get information about are: 1) LMSC activities; 2) Featured meets or races in an LMSC, particularly those which are fund-raising events; 3) Tips on coaching and swimming; 4) Favorite workouts; 5) Crosstraining information; etc. For now, I will leave this a voluntary effort to see what happens. Any LMSC or individual wishing to contribute should send me their information by April 15 for the next newsletter.

Coach Mentor Clinics

At convention last fall we discussed the possibility of the zone running coach mentor clinics along the same lines as the clinics held by the USMS Coaches Committee. There seemed to be some real interest in the concept. If anyone is interested in pursuing this project, let me know.

COLONIES ZONE CALENDAR OF EVENTS THROUGH 5/31/98

- 1/1/98-12/31/98; Check Off Challenge; PST; Tracy & David Grilli, 281 High Range Rd., Londonderry, NH 03053; 603-437-1375; E-mail: tracyswims@usms.org; Swim as many of the 18 pool events as possible during 1998. Get a t-shirt to check off each event as you swim it.; Located in NE LMSC
- 1/1/98-12/31/98; Premier Stroke Clinic - Rockville, MD; CLN; Clay Britt; 301-231-9740
- 1/1/98-12/31/98; The Potomac Marlins Stroke Workshop - Potomac, MD; CLN; Barry & Bill Marlin; 703-549-8820
- 2/21-22/98; Total Immersion Freestyle Workshop - McLean, VA; CLN; Alice Laughlin; 800-609-SWIM; E-mail: totalswimm@aol.com
- 2/28/98-3/1/98; SC Meet - Catonsville, MD; SCY; Barbara Protzman, 7919 Main Falls Circle, Catonsville, MD 21228; 410-788-2964; E-mail: swimbarb@erols.com; Located in MD LMSC
- 3/1/98; SC Meet & Commissioner's Trophy Relay - New York, NY; SCY; John H. Hutchins, City of NY Parks & Rec, Aquatics Division, Passerelle Building / Flushing Meadows Park, Corona, NY 11368; 718-699-4219; Sanctioned by MR LMSC # 068-02-98
- 3/1/98; SC Meet - Lower Bucks County YMCA; SCY; Neal Conrad; 610-495-6332; Web Site: www.bee.net/dcastell/PennsburyMeetForm.htm; Sanctioned by DV LMSC
- 3/8/98; SCY Districts - Rochester, NY; SCY; Kay Turner, 433 Tara Ln., Rochester, NY 14580; 716-671-7717; E-mail: NiagRecords@usms.org; Sanctioned by NI LMSC # ND97/98 165 SCY
- 3/13-15/98; Masters Invitational - New York, NY; SCY; Lorraine Martinelli, Asphalt Green, 555 East 90th St., New York, NY 10128; 212-369-8890; Sanctioned by MR LMSC # 068-03-98
- 3/15/98; Westend Masters Meet - Allentown, PA; SCM; Steve Kelly, c/o Westend Racquet Club, 4636 Crackersport Rd., Allentown, PA 18104; 610-395-3337; E-mail: stevekelly@usms.org; Sanctioned by DV LMSC
- 3/27-29/98; Colonies SCY Champs - Rutgers Univ, Piscataway, NJ; SCY; Cathy Copeland, 246 Berger St., Somerset, NJ 08873; 732-828-4679; E-mail: cope@webspan.net; Web Site: www.demia.com/ruba/meet.html; Sanctioned by NJ LMSC
- 3/27-29/98; NEM Champs - Providence, RI; SCY; Bob Seltzer, 19 Maverick Ln., Marblehead, MA 01945; 888-SWIM-NEM, 617-661-2008(fax); E-mail: seltzer@metasoft.com; Sanctioned by NE LMSC
- 4/4/98; VA Masters SC Champs - Newport News, VA; SCY; Mary Rebarchak; 757-878-1090; Charles Cockrell; E-mail: cockrell@usms.org; Web Site: www.vabch.com/cockrell/swim.html; Sanctioned by VA LMSC # 128-0005
- 4/4/98; April Fools Meet - Yale University; SCY; Dorothy Donnelly, Connecticut Sanctions; 508-886-6631; E-mail: 75677.2433@compuserve.com; Located in CT LMSC
- 4/4/98; Albatross Open - Montgomery Co., MD; SCM; Steve Jolles; 301-926-7306; Dave Harmon; 301-972-1417; Sanctioned by PV LMSC
- 4/4-5/98; Total Immersion Swim Camps - Boston, MA; CLN; Total Immersion, 5 Jennifer Ct., New Paltz, NY 12561; 800-609-SWIM; E-mail: totalswimm@aol.com; Web Site: www.totalimmersion.swim.com
- 4/6/98; 1000/1650 Meet - Catonsville, MD; SCY; Barbara Protzman, 7919 Main Falls Circle, Catonsville, MD 21228; 410-788-2964; E-mail: swimbarb@erols.com; Located in MD LMSC
- 4/11/98; SC Meet - Roanoke, VA; SCY; Howard Butts; 540-992-1736; Bill Pharis; 540-890-2867; E-mail: Swimmer_Bill@msn.com; Sanctioned by VA LMSC # 128-0004
- 4/17-19/98; SCY State Champs - Syracuse, NY; SCY; Steve Schaefer; 315-474-2231; John Allen; 315-449-4445; E-mail: brummallen@aol.com; Empire State Games qualifier; Sanctioned by NI LMSC # ND 97/98 SCY 102
- 4/18/98; Bowdoin College Meet - Brunswick, ME; UNK; George Erswell; 207-833-6260
- 4/18/98; Terrapin Masters Swim Clinic Series - U of MD; CLN; Cheryl Wagner, 3103 Hawthorne Dr., NE, Washington, DC 20017-1040; 202-387-2361; E-mail: cwagner@the-hermes.net; Butterfly Clinic; Located in PV LMSC
- 4/19/98; Lox & Bagel Meet - Fairfax, VA; SCM; Matthew Alvin, Jewish Community Center of No. VA, 8900 Little River Turnpike, Fairfax, VA 22031; Sanctioned by PV LMSC # 108-006
- 4/19/98; Mike Clark Swim Clinic - Arlington, VA; CLN; Mike Clark; 703-284-3832; Located in PV LMSC
- 4/19/98; Swimmers Clinic - Berwyn, PA; CLN; Bill LaBarr, 2545 Ashford St., Philadelphia, PA 19153-1408; 215-365-5987; Bob Krotee; 610-660-1717; Web Site: www.bee.net/dcastell/SwimmersClinic.htm
- 4/24-26/98; SC Meet - Bronx, NY; SCY; Steve Shtab, 86-22 248th St., Bellerose Manor, NY 11426; Sanctioned by MR LMSC
- 4/25/98; Terrapin Masters Swim Clinic Series - U of MD; CLN; Cheryl Wagner, 3103 Hawthorne Dr., NE, Washington, DC 20017-1040; 202-387-2361; E-mail: cwagner@the-hermes.net; Backstroke Clinic; Located in PV LMSC
- 5/2/98; Terrapin Masters Swim Clinic Series - U of MD; CLN; Cheryl Wagner, 3103 Hawthorne Dr., NE, Washington, DC 20017-1040; 202-387-2361; E-mail: cwagner@the-hermes.net; Breaststroke Clinic; Located in PV LMSC
- 5/3/98; Steve Tarpinian Swim Clinic - Arlington, VA; CLN; Steve Tarpinian; 516-674-4477, 516-775-5164(fax); E-mail: TTtalk@aol.com; Cheryl Wagner; 202-387-2361; Web Site: www.hermesnet.net/~cwagner/Steve.html; Located in PV LMSC
- 5/9/98; Terrapin Masters Swim Clinic Series - U of MD; CLN; Cheryl Wagner, 3103 Hawthorne Dr., NE, Washington, DC 20017-1040; 202-387-2361; E-mail: cwagner@the-hermes.net; Freestyle Clinic; Located in PV LMSC
- 5/30/98; 7.5-Mi Potomac River - Swim for Environment; OPN; Joe Stewart, 3212 Avon Ave., Baltimore, MD 21218; 410-243-4418; Accompanied swim with limited entries. Pledged swim to benefit the environment.
- 5/31/98; Reston 2-Mi Swim - Lk. Audubon, Reston, VA; OPN; Phyllis Sickenberger, 1807 Post Oak Tr., Reston, VA 20191; 703-845-SWIM; E-mail: PBBerger@aol.com; Sanctioned by PV LMSC # 108-005

PLACE SCY CHAMPS ENTRY FORM

PLACE SCY CHAMPS ENTRY FORM

COLONIES ZONE OFFICIALS

Please send any corrections to the following list of Colonies Zone Officials to Lynn Hazlewood (Potomac Valley). People who are on this list are LMSC Officials, USMS National Officers, USMS National Committee Members, and Convention Delegates.

ADIRONDACK

- Holly Ahern (EDT) 206 Stage Rd, Ballston Lake, NY 12019
- Paula Blizniak (LD) 23 Sunset Ct., Cohoes, NY 12047
- Verna Engstrom-Heg (SANC) Box 58 HC64, Oneonta, NY 13820; 607-829-8785, 607-436-3650
- Ralph Hoyle (SAF) 10 Meadow Rd., Rexford, NY 12148-1108; 518-399-0001
- Michael Koran (TT) 11 Birch Knoll Dr, Scotia, NY 12302; 518-372-9495, 518-885-3079
- Ann McNeil (CHR, OFF) 36 Bellevue St, Selkirk, NY 12158; 518-439-3372(h), 518-457-1865(w)
- Jim Newton (EDT) 6 Hillcrest Ln, Saratoga Springs, NY 12866
- Dan O'Connell (REG) 371 Partridge St, Albany, NY 12208; 518-438-7633
- Betsy Owens (TRE, FIT) 194 Lenox Ave, Albany, NY 12208-1406; 518-426-4055, 518-482-4278; owensb@crisny.org
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- Ann Svanson (VCHR) PO Box 425, Greenfield Center, NY 12833; 518-893-1967; asvanson@skidmore.edu

CONNECTICUT

- Marian Brenner (TRE) 248 Corbin Ave, New Britain, CT 06052-1910; 860-224-9412, 860-229-4240
- Peter Crumbine (LD) 3 Copper Beech Rd, Greenwich, CT 06830-4033; 203-629-1687(h), 212-291-1326(w); peterjayc@aol.com
- Dorothy Donnelly (CHR) 2 Peter Ave, Rutland, MA 01543-2159; 508-886-6631; 75677.2433@compuserve.com
- Jerianne Donnelly (EDT) 2 Peter Ave, Rutland, MA 01543-2159; 508-886-2364; 75677.2433@compuserve.com
- Jack Geoghegan (USMVP) 155 Osborn Rd, Rye, NY 10580-1328; 914-967-8167, 914-967-6200; vicepresident@usms.org
- Gail Greenwood (TT) 6 Tyler Pl, Quaker Hill, CT 06375-1530; 203-440-0606
- Mike Laux (SAF) PO Box 5, Westport, CT 06881-0005; 203-226-3392, 203-226-3392
- Ruth Billard Morrill (FIT) 950 Benham St, Hamden, CT 06514-1903; 203-288-4251
- Nancy Phillips (REG) 62 Horseshoe Rd, Guilford, CT 06437-2918; 203-458-0394
- Janit Romayko (OFF) 340 Forbes St, East Hartford, CT 06118-1308; 203-569-1978, 203-429-3317

DELAWARE VALLEY

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- Barney Hungerford (LD) 4 Knox Ct, Chesterbrook, Wayne, PA 19087; 610-640-4948
- Maureen Kilgariff (CHR) 1 Lawrence Rd, #H2A, Broomall, PA 19008; 610-353-1999, 610-964-4368; mkilgari@chilton.net
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- Larry Liddle (OFF) 417 Linville Rd, Media, PA 19063-5429; 610-565-2190
- Dr. Art Mayer (REG) 1024 Elkton Rd, Newark, DE 19711-3507; 302-368-5176; amayer@bellatlantic.net
- Pat Timmins (CCHR) 622 Garfield Ave, Ardsley, PA 19038; 215-884-7017
- Jack Townsend (TRE) 723 Nottingham Rd, Newark, DE 19711; 302-368-3240

MARYLAND

- Nancy Brown (EDT, SANC) 424 Riverside Dr, Pasadena, MD 21122; 410-255-0699
- Jeanne Crouse (CNSL) 600 Marcia Ln, Rockville, MD 20851; 301-762-8250(h), 202-307-1365(w); jmcrouse@aol.com
- Patty Devanny (TRE) 419 Nottingham Rd, Baltimore, MD 21229; 410-947-4669
- Gladney McKay (FIT) 304 Marlinspike Dr, Severna Park, MD 21146; 410-647-8268
- Barbara Protzman (CHR, REG) 7919 Main Falls Cir, Catonsville, MD 21228; 410-788-2964; swimbarb@erols.com

METROPOLITAN

- Allan Benjamine (EDT) 525 East 86th St #20A, New York, NY 10028; 212-249-0933; texorama@aol.com
- Matt Clark (FIT) 30 West 60th St, New York, NY 10023; 212-399-1928
- Michael DeFina (REG) PO Box 277, Hicksville, NY 11802-0277; 516-822-5842(h), 516-844-7930(w); mika@defina.com
- Colleen Driscoll (USMINS) 100 South Village Ave, #1C, Rockville Centre, NY 11570; 516-764-8058, 212-553-8816(o)

- Karen Einsidler (SANC) 10 Waterside Plaza #6D, New York, NY 10010-2610; 212-684-2979(h), 212-598-8792(w)
- Abigail Falk (SEC) 43 West 95 St #2A, New York, NY 10024; 212-580-4803
- Paul Fortuol (OFF) 1370 St Nicholas Ave #20S, New York, NY 10033-6232; 212-568-7533
- Tim Foxen (LD) 2025 Broadway #18K, New York, NY 10023; 212-875-9136(h), 212-450-7346(w)
- Conrad Johnson (TRE) YMCA, 610 Lexington Ave, New York, NY 10022; 212-864-3210(h), 212-735-9812(w)
- Bob Kolonkowski (CHR) 15 Dartmouth St, Rockville Centre, NY 11570; 516-766-1264(h), 718-282-7804(x63011); RPK248@mindspring.com
- Spencer Neyland (LD) 88 Wyckoff St #2D, Brooklyn, NY 11201; 718-260-9522(h), 516-678-6141(w)
- Robert Ripp (SAF, VCHR) 61 Jane St #9H, New York, NY 10014; 212-924-5808(h), 212-552-7235(w); rippnyc@aol.com
- Tim Whiteside (TT) 140 8th Ave, #6R, Brooklyn, NY 11215-1728; 718-230-0590(h), 212-995-6093(w); twhiteside@cabrininy.org

NEW ENGLAND

- D. Barr Clayson 60 Hidden Rd, Weston, MA 02193-2456; 617-891-0075, 617-457-7355
- Clive Dyson (TRE) 78 Woodbine St, Auburle, MA 02166-1806; 617-969-3846
- Kevin Fisher (CHR) 75 Clarendon St, #601, Boston, MA 02116; 617-292-0579; kfisher@dartmouth-research.com
- Ed Gendreau 432 Lilac Dr., Dover, NH 03820-5474; 603-742-7850(h), 603-337-1823(o); gendreau@nh.ultranet.com
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NOTE: As of April 1, David & Tracy Grilli will have a new address - 9 Wiley Hill Rd, Londonderry, NH 03053 (same phone numbers).
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JOB ABBREVIATIONS

- CAL - USMS Calendar Editor
- CCHR - LMSC Co-Chairman
- CHR - LMSC Chairman
- CNSL - USMS Legal Counsel
- EDT - LMSC News or Web Editor
- FIT - LMSC Fitness
- LD - LMSC Long Distance
- OFF - LMSC Officials
- REG - LMSC Registrar
- SAF - LMSC Safety
- SANC - LMSC Sanctions
- SEC - LMSC Secretary
- TRE - LMSC Treasurer
- TT - LMSC Top Ten
- USMINS - Chair USMS Insurance
- USMOL - Chair USMS Computer On-Line
- USMPLN - Chair USMS Planning
- USMSEC - USMS Secretary
- USMSPM - Chair USMS Sports Medicine
- USMVP - USMS Vice President
- VCHR - LMSC Vice Chair
- XSEC - USMS Executive Secretary
- ZREP - Colonies Zone Rep

Calendar

March

- 13th Colonies Zone SCY Championships entry deadline.
- 15th Long Distance Calendar deadline for April publication.
- 26th SC Nationals postmark entry deadline.
- 27-29th Colonies Zone SCY Championships.
- 30th Initial deadline for submission of convention delegates names.

April

- 1st National Office moves to 9 Wiley Hill Rd, Londonderry, NH 03053. Phone & fax numbers remain the same.
- 2nd SC Nationals entry deadline.
- 15th Long Distance Calendar & Championship entry forms mailing.
Deadline for articles for Colonies Zone News.
- 23-26th YMCA Nationals.
- 30th LMSC minutes of 1997 annual meetings and copy of 1997 financial statements due to National Office for all LMSCs with year-end of December 31.
- Delegates receive convention packets.

May

- 7-10th USMS SCY Nationals.
- 15th Start of 5 & 10K Long Distance Postal Championships (closing date 9/30).

WINTER 1998

Colonies Zone News

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