

# Dixie Zone Newsletter

## Winter 2008

### DIXIE ZONE SHORT COURSE YARD CHAMPIONSHIPS FEBRUARY 16 - 17, 2008 CLEARWATER, FLORIDA

The 2008 Dixie Zone SCY Championship meet will be hosted by SUN Masters in Clearwater, FL on February 16-17, 2008 in conjunction with their annual Valentine's Meet. The meet will be at the Long Center, an indoor 50 meter by 25 yard pool. Entries must be received by Friday, February 8. Meet entry information, entry form, lodging info, and map can be found at <http://www.dixiezone.org/Meets.htm#2008pool>.

### Registration Update

On November 15, the USMS registrars began using the new online registration system, Club Assistant. Individual swimmers will be able to register online starting January 21, 2008. A link to the registration has been added to the USMS home page. Online registrations can be paid with Visa or MasterCard and the swimmer can print their own card. Registrars will continue to handle registrations as always for those swimmers who don't want to register online.

### World Masters Coaches

The USMS Coaches Committee has named four Masters Coaches to assist USMS swimmers planning to compete at this spring's FINA World Masters Swimming Championships in Perth, Australia April 15-25, 2008. The head coach is Mark Moore, Mission Viejo Masters. The assistant coaches are: Michael Collins, Irvine Novaquatics; Tiffany Forbes, Boulder Aquatic Masters; and **John Grzeszczak, Florida Gold Coast Masters.**

If you are planning to swim in Perth, please contact Coach Mark Moore by e-mail at [coachmark@mastersmvnswim.org](mailto:coachmark@mastersmvnswim.org).

If possible, indicate the events and days that you will swim, so that the coaching staff can plan their daily coverage. The coaching staff is working on Regional Training Camps and USA Masters logo apparel for

swimmers attending the meet. More information and details will be posted on the USMS web site in the near future.

### June Krauser Honored

June Krauser was inducted into the Broward County (FL) Sports Hall of Fame on December 11, 2007. The purpose of the Hall is to honor and recognize Broward County residents that have set the standard of excellence and positively affected the community through sports and athletic involvement. The following is from the program for the induction.

"Masters swimmer June Krauser, otherwise known as "Mother Masters," is a multi-record holder with 65 short course and 71 long course championship titles under her belt. Her glory days were as a senior competitor where she went on to win eleven titles and five masters records. She also competed in four world championships. In 1971, Krauser helped pioneer a Masters Swimming concept and program. She was the first and only rules chairman for United States Masters Swimming, and the founder/editor of their first national newsletter, SWIM MASTER, for 20 years. For her untiring devotion to the sport, she was named the second recipient of the Capt. Ransom J. Arthur Award, and the first USMS rule book was dedicated in her name. June resides in Fort Lauderdale and has two children, Janice and Larry, both sharing her passion for the sport of swimming. A Hall of Fame Dame president, long-time International Congress Member, and College Coaches Swim Forum member, June can still be seen swimming at the Hall of Fame pool."

### Jean Troy

*From the Florida Maverick Masters,  
Margie Hutinger*

Very few 80 year-old women swim 2,500 yards four days a week. They probably don't travel to swim meets either, unless it's to watch their grandchildren. Most likely, they don't break a baker's dozen of world records. Jean Troy is a unique exception.

Her journey in the 80-84 age group began in March, in SCM, in N Bethesda, MD. She dropped 1 second off of Margery Myer's 200 free, with a time of 3:26.52. In the 100 m IM, she lowered Myer's standard by four seconds, with a time of 1:56.65. Lois Nochman's 200

m IM record plummeted by an amazing 15 seconds, with a time of 4:07.66.

At the Sarasota LCM meet in June, Troy clocked a 1:35.64, 3:27.26 and 7:24.53 in the 100, 200 and 400 free to wipe out the 1:37.78, 3:37.14 and 7:30.36 set in 2002. Additionally, she clocked a 4:18.72 in the 200 IM to erase the 4:25.05 set in 2005 and a 9:32.43 in the 400 IM to take down the 9:43.23 set in 2006.

Also in LCM, she crushed the 1500 m free by 31 seconds, with a time of 29:04.81. At the 800 m split, her time of 15:12.94 was nine seconds faster than the previous record. Unfortunately, the meet director did not submit these times in a timely manner, and she lost the world records. They were accepted as National records.

Troy continued her World Record breaking tear during the fall SCM season. At the Sarasota meet November 11, she had two exceptional breaking swims. She started off the day on a winning note by breaking the 400 m IM record, with a time of 9:30.65. It was fast enough to break the four year old record of Lois Kivi Nochman's time of 9:31.73. She also ended the day on a winning note. In the 400 m free, her time of 7:20.96 broke Margery Meyers' five year old record of 7:22.84.

In St Petersburg a week later, Troy once again swam in the first event. This time she set two World Records for the price of only one swim. She crushed Meyer's five year old 1500 m free time of 29:39.08, with a speedy time of 28:55.09. Troy's time in her 800 m free split, 15:12.35, exceeded Meyer's time by almost 20 seconds.

On December 1st Coral Springs, Troy was still in her World Record setting mode. She set a new standard in the 100 m Free, with a time of 1:33.88. She barely missed the 50 m Free record, touching 1/10th of a second too short.

In 2007, Troy, 80, has five World Records and two National records in LCM. In SCM, she added eight more World Records.

Troy comments, "Breaking world records continues to be one of my biggest motivations in swimming. The records don't last very long, so I have to get them while I can. I work my butt off!" Her Florida Maverick coach, Paul Hutinger, set up her training program. He concurs, "Troy is a very hard worker, and all her training and dedication has paid off."

## **FORT LAUDERDALE ROUGH WATER SWIM**

Bruce Wigo had the right idea when he renamed the International Swimming Hall of Fame Ocean Mile Swim

the Fort Lauderdale Rough Water Swim. The ISHOF president and CEO had no idea how prophetic he would be about the 38<sup>th</sup> annual event held Saturday, January 5.

A large group of swimmers of all ages and ability levels including several northern college teams training during winter break, were greeted by rip currents, choppy seas, pesky man-o-war, 3 to 6-foot waves and winds gusting 15 to 20 miles per hour. Rough was an understatement.

"That was one for the books," said Matt Gill, 50, of Fort Lauderdale, who finished the mile swim in 29 minutes and 51 seconds. "That was insane. Those waves were 10 feet."

Even the heartiest and most experienced of souls found the race challenging including former University of Alabama All-American Ricardo Valdivia, 43, of Gold Coast Masters. Valdivia won the overall 5K title in 1 hour, 5 minutes and 15 seconds, more than five minutes ahead of longtime rival Chris Derks.

"I haven't swum in such rough water for a long time, I tried making the best of it," Valdivia said. "It's tough swimming against the waves and visibility is poor when the water is so rough. You're really racing against the elements more than against other people. I was checking the weather the last few days but I didn't imagine it would be like this."

Wigo adapted a few ideas from the LaJolla (Calif.) Rough Water Swim, the nation's oldest open water swim, including a survivor finisher's medal, chip timing and t-shirt with various warnings on the back. Shorter races were added to attract more swimmers. "LaJolla was actually in a cove, nothing like we had here," Wigo said. "This was actually rough water. These were the roughest conditions we have ever had in the 38 years this has been going on. We couldn't even keep the buoys out there. All the buoys broke loose and that's never happened before."

The following Masters swimmers placed in the grueling events.

### **5K RESULTS**

MEN: 35-39: 1. Chris Derks 1:10:28; 40-44: 1. Ricardo Valdivia 1:05:15.

### **ONE MILE RESULTS**

WOMEN: 35-39: 1. Portia Culley 30:41, 2. Laura Thompson 41:49; 40-44: 1. Sarah Bennett 32:52, 50-54: 1. Jo-Ann Berry 32:30.

MEN: 30-34: 2. Mike Schwebel 25:55, 35-39: 2. Michael Stus 24:57, 3. Jason Miller 26:19; 40-44: 2. Andy Fischer 25:03, 45-49: 1. Blaise Oneill 29:03, 3. Thaddeus Gamory 36:17; 50-54: 1. Tim Erickson

24:48, 3. Chris Burt 27:03; 55-59: 3. Robert Morrison 34:08.

For full results go to [www.ishof.org](http://www.ishof.org).

### **Auburn Masters Swimmers Host February Meet**

Auburn Masters Swimmers will host their 10<sup>th</sup> Annual short-course yards meet on the weekend of February 16-17, 2008. The Auburn pool is one of the fastest in the country, and swimmers of all levels of ability often record their personal bests in this pool. The hosts claim "the water is just fast" but something about the extra wide lane lines, the flow-through bulkheads, and the minimum 9-foot depth have something to do with it. Quite often swimmers who have completed their eligibility at Auburn University will compete in this meet, offering an opportunity for visiting swimmers to see world-class swimmers in the pool.

Entry materials are available in .pdf and .html formats on line at <http://www.ag.auburn.edu/~bailelc/masters.html>. The entry deadline is Tuesday, February 5<sup>th</sup>. The meet director is Tom Healey, who can be reached via email at [auswim1@auburn.edu](mailto:auswim1@auburn.edu). He can also be reached by phone at 334.844.1963 in the mornings or at 334.826.0687 in the afternoons and evenings until 9 p.m. Central Standard Time (no calls after 9 p.m., please).

### **FKCC SWIM AROUND KEY WEST KEY WEST, JUNE 21, 2008**

The FKCC Swim Around Key West will be held in the Atlantic Ocean and Gulf of Mexico around the island of Key West, FL. The course will be a 12.5 mile swim clockwise around the island with the start and finish at the Key West Smathers Beach Bertha Street boat ramp. Categories include Solo Swimmer Male, Female; Solo Swimmer with fins; Team - 3 person relay or 6 person relay.

## **GO THE DISTANCE**

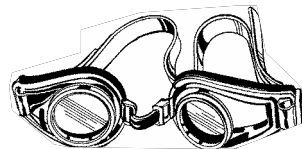
Due to popular demand, the USMS fitness event "Go the Distance" (GTD) is being offered again by the USMS Fitness Committee in 2008!

The objective of this event is for participants to track the distance they swim during the year. For 2008 we have added a few more distance milestones to challenge our participants. When participants achieve the specific distance milestones of 50, 100, 150, 200, 250, 300, 365.25 (average mile a day), 400, 500, 750, 1000, 1250 and 1500 miles – they will be recognized on the USMS website and awards will be available for purchase (for a minimal fee).

There is no cost to enter this event. Participants are requested to email (or use snail mail) to submit the total distance they swim each month. A list of miles per month and cumulative mileage will be tabulated for each swimmer. Once a distance milestone is achieved awards will be available for purchase. They will include swim caps, certificates and patches with the event logo and the distance of the milestone achieved. At the end of the year customized awards will be available. There is also apparel and goodies with the GTD logo on it available to all participants from our online store. The awards order form and information regarding our online store is available on the USMS website.

Each month the results will be updated on the USMS website in the Fitness Section.

The entry form, monthly results, awards order form and a "distance tracking log" is available on the USMS website (fitness section) at <http://www.usms.org/fitness/content/gothedistance>. The log can be used to track one's daily distance swum but is not required.



# DIXIE ZONE CALENDAR

<b>2008</b>		
Jan. 1-31		2008 USMS One Hour Postal Championship
Jan. 26-27	SCY	Charlotte Masters Sunbelt Championship, Charlotte, NC
Feb. 2-3	SCY	South Carolina State Championships, Mount Pleasant, SC
Feb. 10	SCY	Marist Development Meet – Atlanta, GA
Feb. 16-17	SCY	Dixie Zone SCY Championship Meet / SUN Masters Valentine Meet, Clearwater, FL
Feb. 16-17	SCY	Auburn Masters SCY Invitational, Auburn, AL
Feb. 29 – Mar. 2	SCY	Masters Challenge, Ft. Lauderdale, FL
Mar. 1	SCY	Frank Clark Masters Open – Greensboro, NC
Mar. 15-16	SCY	St. Patrick's Day Invitational, Atlanta, GA
Mar. 28-30	SCY	St. Pete Masters Championship – St. Petersburg, FL
Mar. 29	SCY	THAT Devil Spring Splash – Durham, NC
April 5	SCY	John O'Keefe Spring Splash – Miami, FL
April 12	SCY	College Flashback Meet – Hilton Head, SC
April 15-25	LCM	FINA World Masters Championships, Perth, Australia
April 19-20	SCY	North Carolina SCY Championships – Raleigh, NC
April 25-27	SCY	Gary Eaton Memorial Invitational – Marist, GA
May 1-4	SCY	USMS SCY Nationals – University of Texas, Austin
May 15-18	SCY	YMCA Masters Nationals – Fort Lauderdale, FL
June 7	LCM	Classic City Invitational, Athens, GA
June 14	OW	3 <sup>rd</sup> Annual Chattanooga Rat Race – 1.2 or 4.5 mile - TN River
June 14-15	LCM	Bumpy Jones Classic – Sarasota, FL
June 19-22	LCM	IGLA Championships – Washington, DC and College Park, MD
June 21	OW	USMS 2008 6+ Mile OW Champ – Hartwell Lake, Clemson, SC
June 21	OW	FKCC Swim Around Key West
June 27-29	LCM	June Krauser Summer Splash, Ft. Lauderdale, FL
June 28-29	LCM	Dixie Zone LCM Championship/Team Greenville LC Champ.. Greenville, SC
July 12-13	LCM	St Pete Masters LC Championships – St. Petersburg, FL
Aug. 14-17	LCM	USMS LCM Nationals – Mt. Hood, OR
Sept. 24-28		USMS Convention, Atlanta, GA
<b>2009</b>		
May 7-10	SCY	USMS SCY Nationals – Fresno, CA
Aug. 6-10	LCM	USMS LCM Nationals – Indianapolis, IN

For more calendar details, check out [www.usms.org](http://www.usms.org) and [www.dixiezone.org](http://www.dixiezone.org). It is recommended that meet directors post their meet information on the main USMS Calendar as well as on the Dixie Zone Calendar.

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