

# Kentucky Waves

Spring/Summer 2004



Photo by Meg Smath

## SKY Takes Indy by Storm!

By Meg Smath

In the first real test of our unified Swim Kentucky Masters club, 64 SKY swimmers competed at the 2004 Short Course Nationals in Indianapolis, April 22–25. The men were classified as a large team, and finished third in that division. The women, competing as a medium team, were third also. Combined, we were fifth in the medium division. This is the best finish at a national championship by any Kentucky club in many years!

And we swam FAST! An incredible 78 LMSC records were broken! The highlight of the record-breaking swims was Lance Asti's leadoff backstroke leg on the 19-24 men's medley relay: Lance covered those 50 yards in 23.41 seconds, which broke the national record in addition to the LMSC record.

Lance had himself quite a Masters debut. He won the 50 free (20.83), 100 free (46.33), 50 back (23.63—an LMSC record for a day until his relay split), 100 back (51.96), and 50 fly (22.97), and was 4th in the 200 free (1:47.26).

Craig Pickering, swimming in the 25-29 age group, came up with one of the most exciting victories of the meet when he out-touched 1992 Olympian Roque Santos in the 400 IM by two one-hundredths of a second! Craig blasted off the blocks in the fly, and after the backstroke leg had a two-bodylength lead. Santos came roaring back in the breaststroke to take about a one-bodylength lead. But Craig ran him down in the freestyle. Actually, both swimmers were winners, since Santos is in the 35-39 age group, but it was a thrilling race nonetheless. Craig also was 4th in the 200 free (1:45.69), 2nd in the 500 free (4:46.63), and 2nd in the 200 IM (1:58.00).

Lance and Craig weren't the only SKY swimmers to earn the distinction of national champion. Christina Sheets won the women's 25-29 50 and 100 breaststroke (30.11 and 1:06.67) and the 200 IM (2:07.73), all in LMSC record time. Jennifer Clifford won the women's 25-29 200 breaststroke (2:28.72). Dorothy Riordan (90-94 age group) won all three of her events in LMSC record time, to thunderous applause from all in the natatorium. She won the 100 free (3:15.90), 50 back (1:40.51), and 100 IM (4:13.74)—that's Dorothy in the photo at left, with teammate Alice Wright Belknap, before her 100 IM. Robbie Allen won the men's 35-39 1650 freestyle in

LMSC record time (17:18.99); his 1000 split also broke the LMSC record (10:26.40). Our men's 19-24 free relay, consisting of Lance Asti, Jerrod Kappler, John Stratman, and David Sheets, was also a national champion; their time of 1:25.10 broke the LMSC record.

Other top ten results: 25-29 women, Christina Sheets (3rd, 100 free, 200 free, 100 IM), Jennifer Clifford (7th, 200 free; 2nd, 50 and 100 breast; 10th, 100 IM), Lauren Minto (8th, 200 free; 6th, 500 free; 9th, 200 back), Jennifer Brey (7th, 500 free; 2nd, 200 back; 5th, 200 IM; 3rd, 400 IM), Leslie Weeter (8th, 500 free; 10th, 200 IM), Katie O'Brien (10th, 500 free), Molly Wilson (6th, 1650 free; 8th, 200 IM); 30-34 women, Alexandra Nieto (5th, 500 free; 7th, 50 back; 10th, 50 fly; 8th, 100 IM; 6th, 200 IM); 35-39 women, Marci Casey (10th, 1650 free); 40-44 women, Valerie Davisson (6th, 1000 free), Caroline Donnelly (10th, 200 back), Cindy Ciampa (7th, 400 IM); 45-49 women, Pam Martin (7th, 50 free; 5th 50 fly; 4th, 200 fly), Mimi Ward (7th, 100 free; 6th, 200 and

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*Lance Asti, Craig Pickering, Christina Sheets, Jen Clifford, Dorothy Riordan, Robbie Allen, Jerrod Kappler, John Stratman, and David Sheets won national championships!*

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### Kentucky Waves

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# Think You Know About Water Safety?

By Mark Rogers

*Mark Rogers, of the Western Kentucky Green Gators, is the safety chair for the Kentucky LMSC. You can reach Mark at rocketrog@aol.com.*

See how well you can do on this quiz.

1. What do you call that big hook-like device that lifeguards use to pull jeopardized swimmers to poolside? (a) harpoon; (b) body hook; (c) guard staff; (d) shepherd's crook.
2. In performing CPR on an adult (after doing the necessary preliminaries such as calling 911, opening the airway, checking for breathing and pulse), you should administer chest compressions and breaths in what sequence? (a) 5 chest compressions, then 1 breath; (b) 10 chest compressions, then 4 breaths; (c) 15 chest compressions, then 2 breaths; (d) 1 chest compression, then 1 breath.
3. A hypothetical aquatic center has an outdoor pool, an indoor pool, shower and locker rooms, an indoor lounge, and an outdoor parking area. When a thunderstorm approaches, which areas should be evacuated as a precaution against lightning injuries? (a) outdoor pool, parking lot, and all cars; (b) both pools and pedestrians in the parking lot, but not the people inside cars; (c) both pools, locker rooms and showers, pedestrians in the parking lot, but not the people inside cars unless the car is a convertible; (d) evacuate everything except the pools on the theory that the safest place to be is under water.
4. What would the effect be on USMS secondary insurance coverage in these situations? Your choices are (a) situation is covered by the insurance; (b) only the offending person loses coverage; (c) everyone present loses coverage. Assume that no swimmers are swimming under the permitted 30-day tryout, and there is no lifeguard present:
  - i. USMS coach, instead of standing on deck, conducts practice from the lane where he or she is also swimming the workout.
  - ii. Unregistered and unaffiliated swimmers share the lanes with USMS swimmers, but they do their own workouts.

- iii. USA swimmers (i.e., registered age-group swimmers) share the lanes and workouts with USMS swimmers.
  - iv. While the USMS practice proceeds in lanes 1-4, nonaffiliated swimmers swim completely segregated in lanes 5 and 6.
5. Think fast! Assume no one at your practice brought a cell phone. Can you picture EXACTLY where to find the emergency telephone in your pool?

Answers:

1. (d). It is usually safer to try to effect a rescue from the side of the pool, if possible, rather than an in-water rescue, especially if the victim is struggling or in a panic.
2. (c). The 15 chest compressions should take about 10 seconds, followed by two breaths in about 5 seconds. After every four such sequences, check for pulse and breathing. Choice (a) would be correct for infants and children.
3. (c). Stay away from water, wet floors, plumbing, and wiring. Hardtop autos are safe, but not ragtops. For more about lightning, see our next issue.
4. Situations i and ii will void coverage for all USMS swimmers present; situations iii and iv will have no adverse effect on coverage. USA swimmers are covered under the same insurance plan as USMS, so they can swim with us.
5. Yes, I hope.

This quiz is presented mainly for fun and to challenge all of us to think more about safety issues. The answers given are the author's non-expert opinions based on limited research and do not represent the advice or recommendations of USMS or of Kentucky Masters Swimming. The question about CPR is not intended to substitute for professional CPR training. 🩹

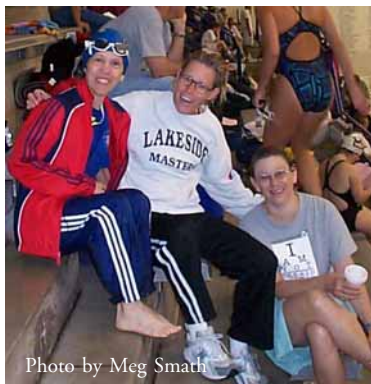


Photo by Meg Smith

Tracy Elton, Pam Martin, and Debbie Utz between events in Indianapolis.



Photo courtesy Mark Rogers

**Congratulations to Lakeside's Bill Tingley,** who won an Associated Press award for spot reporting. Bill is a cameraman for WDRB in Louisville.

**USMS Planners**  
Back by popular demand, the planner is an invaluable resource for keeping track of your swimming activities, as well as a calendar for recording workouts and schedules. The planner is FREE; just send a self-addressed stamped (\$0.60) envelope (5x7), and upon receipt, a planner will be sent to you.

Send to:  
USMS National Office  
P.O. Box 185  
Londonderry, N.H.  
03053-0185

# Long Course Meets, 2004

Swimmers, it's time to set your summer schedule. The KY-LMSC long course schedule begins in June with the SwimLouisville.com meet in Louisville; in July there's a new meet in Erlanger, hosted by Northern Kentucky Masters; and as always in August there's the Lakeside Invitational.


Plan now for your summer meets. For complete meet information and entry forms go to [www.kylmsc.org](http://www.kylmsc.org).

## 4th Annual SwimLouisville.com Masters Long Course Invitational

Mary T. Meagher Aquatic Center, Louisville, Ky., June 19–20, 2004. Sanctioned by Kentucky LMSC, #414-003. Sponsor: Crescent Hill Masters. Meet director: Mike Lemke, 3127 Radiance Rd., Louisville, KY 40220, [mc1@bluegrass.net](mailto:mc1@bluegrass.net). This is an indoor facility with six 50-meter lanes and four 25-yard lanes for warmup and warmdown. Entry deadline: June 14, 2004.

**Northern Kentucky Masters Long Course Meet**  
Silverlake Recreation Center, Erlanger, Ky., July 17, 2004. Sanctioned by Kentucky LMSC, #414-004. Sponsor: Northern Kentucky Masters.  
Meet director: Bill Hofacre, 12 East 29th St., Covington, KY 41015, (859) 291-7764, [NKYMasters@yahoo.com](mailto:NKYMasters@yahoo.com). This is an indoor facility, eight of ten lanes used for competition, with lanes 1 and 10 used as warmup and warmdown. Entry deadline: July 14, 2004.

## 28th Annual Lakeside Masters Long Course Invitational

Lakeside Swim Club, Louisville, Ky. Sanctioned by KY-LMSC, #414-005. Sponsor: Lakeside Masters. Meet director: Bill Tingley. Mail entries to: 2004 Lakeside Masters Invitational, c/o Mary Graves, 2010 Trevilian Way, Louisville, KY 40205. Email [mtgraves@lakesideswim.com](mailto:mtgraves@lakesideswim.com) or [btingley@aye.net](mailto:btingley@aye.net). This is an outdoor facility with ten 50-meter lanes and four 25-yard lanes for warmup and warmdown. Entry deadline: August 2, 2004. 

## SKY T-shirts available

Want a SKY T-shirt, just like the ones worn by our team at Short Course Nationals in Indianapolis? We have more available for you to purchase, at a cost of \$10 each. Shirts are 50-50 cotton/polyester (so they should not shrink) and are available in S-M-L-XL. Shirts are gray, with the SKY logo. Shirts will be for sale at all remaining KY-LMSC sanctioned meets. Contact Meg Smath ([megsmath@bluegrass.net](mailto:megsmath@bluegrass.net)) for more information.

—“Indy,” continued from page 1

500 free; 5th, 1650 free), Janice Gregor (10th, 1650 free), Chris Curl (7th, 50 back; 6th, 200 back and 100 breast; 9th, 200 breast and 100 IM; 2nd, 200 IM), Sandra Marlowe (8th, 50 fly; 9th, 100 fly); *50-54 women*, Tracy Elton (7th, 1000 free), Betsy Whittemore (6th, 1650 free), Alice Wright Belknap (3rd, 50 breast; 4th, 100 breast; 5th, 200 breast), Debbie Utz (7th, 200 fly; 9th, 100 IM; 7th, 400 IM); *55-59 women*, Anne Huntington (5th, 100 breast), Diane Bellafronto (6th, 100

breast); *70-74 women*, Mary Jane Mullins (3rd, 50 and 100 back; 5th, 200 back and 200 IM; 4th, 100 IM); *19-24 men*, Manuel Nieto (4th, 500 free; 8th, 50 back; 10th, 50 fly; 3rd, 200 fly; 5th, 200 IM); *25-29 men*, John Stratman (6th, 50 free; 7th, 100 free; 5th, 50 back; 9th, 50 fly), Jerrod Kappler (8th, 100 free; 5th, 100 IM); *30-34 men*, David Sheets (9th, 50 free; 3rd, 50 back; 4th, 100 back; 2nd, 200 back); *35-39 men*, Dale Mercker (3rd, 500 free; 10th, 100 breast; 5th, 200 IM); *40-44 men*, Robert Holmes (9th, 1000

free), Norm Schippert (10th, 50 back); *45-49 men*, Mark Etter (10th, 200 back), John Voorhees (10th, 100 breast; 9th, 50 fly; 7th, 100 fly), Cork Haberek (10th, 400 IM); *50-54 men*, E. Bell (9th, 500 free), Bill Tingley (10th, 50 and 100 back; 8th, 200 back); *55-59 men*, Jon Shastid (4th, 50 free; 8th, 100 free; 7th, 100 back; 3rd, 50 and 100 fly; 6th, 100 IM), David Bates (9th, 50 breast), Larry Hunt (8th, 200 fly); and *65-69 men*, Bob Adams (8th, 500 and 1000 free; 6th, 50 and 100 back; 5th,

200 back). For relays, *25+ women*, 5th, 200 free (Sheets, O'Brien, Brey, Wilson) and 3rd, 200 medley (Nieto, Sheets, Clifford, Minto); *35+ women*, 10th, 200 free (Casey, Terry Walther, Robin Segnitz, Davisson); *45+ women*, 8th, 200 free (Marlowe, Wright Belknap, Utz, Ward) and 3rd, 200 medley (Curl, Wright Belknap, Martin, Ward); *19+ men*, 3rd, 200 medley (Asti, Kappler, Stratman, Sheets); *45+ men*, 9th, 200 free (Voorhees, Barry Whaley, Tingley, Jim Gleason) and 9th, 200 medley (Tingley,

Whaley, Voorhees, Jim Keller); *55+ men*, 6th, 200 free (Bates, Adams, Lynn Olson, Shastid) and 4th, 200 medley (Shastid, Hunt, Olson, Bates); *19+ mixed*, 3rd, 200 free (Asti, D. Sheets, C. Sheets, A. Nieto) and 9th, 200 medley (Asti, O'Brien, Pickering, Brey); *25+ mixed*, 3rd, 200 medley (D. Sheets, Clifford, Stratman, C. Sheets); *45+ mixed*, 5th, 200 free (Bell, Voorhees, Martin, Ward) and 9th, 200 medley (Tingley, Wright-Belknap, Voorhees, Ward); *55+*

—Continued on page 7

## Heigh ho Pamela, away!

Did you know we have a nationally ranked equestrian in our LMSC? Wildcat's Pam Kimmel won the following awards in 2003, competing in the Mid South Eventing and Dressage Association (sort of akin to competing at the LMSC level):

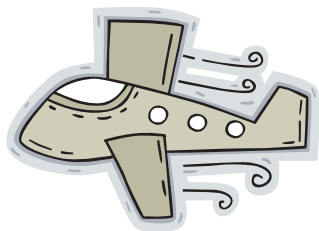
1. High Point Senior Combined Test, Preliminary Level
2. High Point Senior Horse Trial, Preliminary Level
3. Eventing High Point Mare (an award won by Pam's horse, Special Event)
4. High Point Senior Rider, Eventing

The U.S. Eventing Association ranked Pam 5th in the nation for Adult Amateur Rider, Preliminary Level.

For the USEA Area VIII, Pam won the Reserve Champion Open Preliminary Level. This award is based on points won at the competitions that are in Area VIII, which includes Kentucky, Ohio, Indiana, Michigan and part of Pennsylvania.

Pam explains, "In competition they split the level into Preliminary and Open Preliminary. Preliminary is open to anyone who has not competed above the Preliminary level and Open is, as it says open to anyone!"

Way to go Pam!



# SKY Writings

**Lakeside Masters:** Marty O'Toole, assistant coach with Lakeside Masters, became the top U.S. high school coach when his St. Xavier team won its 40th state championship in February. Congratulations to all.

**Our 90-Year-Olds:** Dorothy Riordan, 91, was our oldest SKY entry for the Short Course Nationals in Indy! Gary Weisenthal, 90, and his son Larry Weisenthal, 56, of Golden Gate Swim Club, competed together in the 34th Annual International Swimming Hall of Fame/Waterfront Inns Ocean Mile Swim on January 3, 2004, in Ft. Lauderdale. Gary won the 90-94 age group and Larry placed 2nd in the 55-59 age group. Congratulations to both.

**Wedding:** Jim Luebbe and Pam Haeblerin's marriage date is May 28, 2004!!!! Best

wishes for a happy future.

—Mary Graves

**Crescent Hill Masters:** Tom Mester has been appointed Coaches Chair for the KY-LMSC. Tom also coordinates the Kentucky mini-meet schedule. Contact Tom at [tjmester@bluegrass.net](mailto:tjmester@bluegrass.net).

—Tom Mester

**Wildcat Masters:** We are so proud of our coach, Susan Bradley-Cox, who is ranked #1 in her age group with USATriathlon; she also has USMS All-American status. Way to go Susan!

Wildcat Masters wish UK Aquatics Director Wynn Paul well in his upcoming retirement. Wynn has been a fixture at UK swim meets for 40 years.

Congratulations to Masters coach Tess Larimore on her awesome marathon finish in Chicago!! Tess

qualified for the Boston Marathon—WOW!

**Future Masters?** Amy and Mike Rukavina's daughter, Katherine Anne, was born on October 6. Amy swam at the pool Friday before giving birth on Monday. She swam five days a week during her entire pregnancy.

**Engagement:** Tom McCullough and Karen Lommel are planning their wedding for this spring.

**Special Announcement:** Congratulations to our swimmers Bill and Mary Wallace on the birth of their twins, William Tavish, at 4 lb. 15 oz., 18 in. long, born at 4:27 p.m., and Caitlin Tami, at 4 lb. 10 oz., 18 in. long, born at 4:29 p.m. All are doing well!

**Sad News:** On March 11, George "Hope" Wiedemann died at his home at the age of 86. Coach Susan Bradley-Cox spoke for

the team, saying "Hope always had a kind word or a joke for everyone. He was an inspiration to us all and we will miss him very much."

**Getting Well:** Meg Smath is sleeping well now after surgery in March for repair of a deviated septum and a tonsillectomy. It was worth the time and pain.

—Susan Bradley-Cox & Meg Smath

**New Teams:** Welcome Colonel Aquatic Masters—COLA. Joan Hopkins has formed a group of Masters in Richmond who swim at the Eastern Kentucky University pool. Already they're planning a meet at ECU for fall 2004. Watch for more information on our website, [www.kylmsc.org](http://www.kylmsc.org).

Also, Coach Tom Fraenkel has formed the Paducah Masters Swim Team—PMST. They're swimming at the Paducah Athletic Club. Welcome and we look forward to swimming with you. 🇺🇸



Photo by Meg Smath

Hope Wiedemann with Wildcat teammates Laura Clark and Marci Casey at the 2001 Wildcat Invitational. We miss you, Hope!

Jen Clifford and Clifton Cox, shown here in Indianapolis, are planning a June wedding!



Photo by Meg Smath

# Kentucky Swimmers in Short Course Meters Top Ten, 2003

## Women

25-29	Leslie Weeter	CHMS	1500 free	21:45.88	7
45-49	Pam Martin	LAKE	200 free	2:32.64	8
70-74	M.J. Mullins	LAKE	100 back	2:06.60	9
90-94	Dorothy Riordan	LAKE	50 back	2:02.63	3
			50 free	1:32.12	1*
			100 free	3:28.20	1*
			50 breast	2:24.27	1*

## Men

19-24	Chris Tingley	LAKE	100 back	1:02.55	2
			400 free	5:18.63	6
			1500 free	20:26.89	6
			800 free	10:50.26	5
	P. Falcone-Cardenas	CHMS	100 breast	1:21.23	7
25-29	Craig Pickering	LAKE	400 free	4:22.26	2
			400 IM	4:56.30	2
			200 free	2:05.56	7
			50 fly	27.97	7
			200 IM	2:19.04	8

35-39	Dale Mercker	LAKE	800 free	9:33.16	5
			1500 free	17:35.28	5
50-54	W. Tingley	LAKE	50 back	33.36	10
			100 back	1:10.32	6
55-59	Jon Shastid	CHMS	50 free	27.23	5
			100 fly	1:12.39	5
			50 back	34.67	6
			100 back	1:16.10	6
			100 free	1:01.65	8
			50 fly	30.60	8
	John Graham	CHMS	200 fly	3:06.59	5
	Larry Hunt	CHMS	200 fly	3:18.32	10
65-69	Robert Adams	OMM	100 back	1:31.95	10
			200 back	3:22.90	6

\* All-American status!!

# Kentucky Swimmers in Short Course Yards Top Ten, 2003

## Women

19-24	Kelley Miller	WILD	100 free	55.29	4
			50 back	29.25	8
			100 back	1:10.91	6
			200 back	2:17.76	6
			200 fly	2:23.14	10
25-29	Jennifer Kappler	CHMS	1000 free	11:11.90	7
	Jennifer Clifford	WILD	50 breast	30.78	1*
			100 breast	1:07.12	1*
			200 breast	2:25.0	1*
65-69	S. Bradley-Cox	WILD	50 free	34.26	7
			100 free	1:17.86	9
			200 free	2:45.35	1*
			500 free	7:32.51	6
			1000 free	16:10.27	7
			1650 free	25:49.73	3
			200 IM	3:27.35	5
70-74	M.J. Mullins	LAKE	200 IM	4:19.81	10

## Men

19-24	Manuel Nieto	CHMS	500 free	5:09.07	9
			200 fly	2:04.28	4
25-29	Jerrold Kappler	CHMS	50 free	20.75	4
			100 free	46.24	4
			50 fly	23.18	8
			100 fly	52.19	10
35-39	Dale Mercker	LAKE	1000 free	10:33.09	8
			1650 free	17:30.25	10
55-59	Jon Shastid	CHMS	50 free	24.36	9
			100 free	54.34	7
			50 fly	26.26	6
			100 fly	1:00.77	9
			100 IM	1:03.02	10

\* All-American status!!

## Way to go, Kentucky!!!!

For your patches and certificates contact:

USMS National Office  
P.O. Box 185  
Londonderry, NH 03053-0185

Include with your name and address, the event(s), club, and check for \$5 for each event.



Lance Asti (pictured here with his wife) won five individual national championships and one relay national championship in Indianapolis.

## Registrar Notes

This idea is from the USMS National Office.

*Problem:* "Misplaced" USMS card

*Solution:* Invest in a USMS bag tag from the National Office (\$2.00). When you receive your new registration card, make a photocopy, put the copy in your bag tag, and attach it to your swim bag.

To order, send your check to:  
USMS National Office  
P.O. Box 185  
Londonderry, NH  
03053-0185

## Definitions!

Definition of two Masters terms that sometimes cause confusion for swimmers.

*Registration:* The form to be completed for your membership in United States Masters Swimming, Inc. You pay a fee, each year, to Kentucky Masters Swimming.

*Entry:* The form you complete when entering a swim meet. One fee, each swim meet, payable to the meet host.

**Help Your Registrar:** If you find an error in your name, address, or date of birth on your USMS card, PLEASE notify the registrar immediately. The correction can then be made in the SKY database and the USMS national database.

## Insurance Facts You Should Know

The USMS insurance program, funded by a portion of the registration fee, provides *excess accident insurance* coverage for USMS members. *Liability* coverage is provided for USMS members, member clubs, LMSC officials, and volunteers *acting on behalf of and with the approval of USMS*.

*Coverage:* The excess accident insurance covers the USMS member during USMS sanctioned and recognized meets and supervised practices. *ALL* competitors must hold current USMS registration in sanctioned events. At supervised practices, *ALL* participants must be registered with USMS or USA Swimming—supervision must be by a USMS member or a USA Swimming certified coach. (If a USA swimmer participates in a practice, a USA Swimming coach *MUST* be supervising for that swimmer's insurance to be in effect.)

*General Liability:* This is provided for claims of negligence against the insured(s) by any person, including participants, for bodily injury or property damage arising out of insured activities. Coverage is also included for claims arising from a written contract related to facility use.

*Reports:* All incidents need to be reported as soon as practicable using the "USMS Report of Occurrence" form. Contact the registrar for a copy. Meet directors are responsible for having this form available at meets.

# Let's Talk Rules

By Joanne Tingley

Do you know what the stroke and turn judges are looking at when you come in to make a turn and your finish? Let's review the rules for turns and finishes for the two strokes where many DQ's are called: breaststroke and butterfly! And don't forget, the turn and finish rules also apply to relays: "Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case" (article 101.7.2 in the USMS rule book). Use care and know your turns and finishes so one swimmer does not disqualify the entire relay team.

### *Breaststroke:*

According to article 101.2.4, Turns, the touch must be made with BOTH hands simultaneously at, above,

or below the surface of the water. (Be sure BOTH of your hands touch *simultaneously!!!!!!*) Once the touch has been made, the swimmer may turn in any manner desired AND when leaving the wall shoulders **MUST** be at or past the vertical toward the breast. Then the swimmer may take one arm stroke completely back to the legs and one kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke!! When entering the turn, your head may be submerged **AFTER** the last arm pull prior to the touch, **PROVIDED** the head breaks the surface of the water at some point during any part of the last complete or

incomplete stroke cycle before the turn.


Article 101.2.5 shows the rules are the same for the finish as for turns: simultaneous touch with both hands and head submerged after the last arm pull, provided the head breaks the surface of the water at some point during any part of the last stroke cycle.

*Butterfly:* Article 101.3.4, Turns, states that at each turn the body must be on the breast and the touch must be made with BOTH hands *simultaneously* at, above, or below the surface of the water. Then turn in any manner, with the shoulders at or past the vertical toward the breast when leaving the wall.

For the finish (article 101.3.5), your body is on the breast, and the touch is made

with BOTH hands *simultaneously* at, above, or below the water surface. Again, as in breaststroke, the head may be submerged prior to the finish, provided it breaks the surface of the water at some point during any part of the last complete or incomplete stroke cycle.

**Please note:** In the butterfly, the breaststroke or whip kick may be used exclusively OR interchangeably with the dolphin kick at any time during the race. **HOWEVER**, when the breaststroke or whip kick is used, the arms **MUST** be recovered *over the top of the water with each breaststroke or whip kick*, except after the last kick before the turn or finish. A scissors kick is **NOT** permitted.

You may go to the USMS website ([www.usms.org](http://www.usms.org)) for more details. Follow the link to "Rule Book." 

## SKY Results, 2004 One-Hour Swim National Championships

Twenty-nine SKY swimmers swam a total of 109,740 yards!  
**Women 19-24**  
Beth Atnip, 4285 yds  
Katie Ticknor, 2905 yds  
**Women 24-29**  
Jennifer Clifford, 4675 yds  
Molly Wilson, 4385 yds

**Women 30-34**  
Jennifer Acklen, 3070 yds  
**Women 35-39**  
Robin Segnitz, 4015 yds  
Pamela Mueller, 3075 yds  
**Women 45-49**  
Tricia Calvert, 4270 yds  
Mimi Ward, 4175 yds

Janice Kregor, 3965 yds  
Meg Smath, 3285 yds  
**Women 50-54**  
Tracy Elton, 2780 yds  
**Women 55-59**  
Susan Paris, 2920 yds  
**Women 65-69**  
Susan Bradley-Cox, 3630 yds

**Men 19-24**  
Lance Asti, 4875 yds  
Manuel Nieto, 4695 yds  
George Seidelman, 3065 yds  
Phillip Ingram, 2940 yds

—Continued on page 7

# SKY Relay All-Americans, 2003

To achieve this honor, these swimmers were members of a relay team that posted the fastest time in a relay event/age group in at least one of the three official courses as listed in the USMS Top Ten tabulation.

Congratulations to SKY Relay All-American Swimmers!!

Stanley Bearden	60	LAKE
Jennifer Brey	25	CHMS
Jennifer Clifford	26	WILD
Chris Curl	46	LAKE
Valerie Davisson	41	LAKE
Caroline Donnelly	41	LAKE
Molly Drehs	29	WILD
Pedro Falcone-Cardenas	20	CHMS
Timothy Heine	20	CHMS
Larry Isom	63	LAKE
Jerrold Kappler	25	CHMS
Jennifer Kappler	27	CHMS
Veronica Kelly	24	CHMS
Michelle Keyes	24	CHMS
James Luebbe	35	LAKE
Pam Martin	46	LAKE
Dale Mercker	36	LAKE
Kelley Miller	25	WILD
Manuel Nieto	23	CHMS
Craig Pickering	25	LAKE
Amy Pope	42	LAKE
Brad Schmied	31	CHMS
Robin Segnitz	36	WILD
Abraham Solano	34	LAKE
Chris Tingley	21	LAKE
Debbie Utz	50	LAKE
Joyce Voit	69	LAKE

—*"One-Hour Postal," continued from page 6*

<b>Men 25-29</b>	<b>Men 50-54</b>
Jerrold Kappler, 5155 yds	Bruno Griffin, 2710 yds
<b>Men 30-34</b>	<b>Men 55-59</b>
Clifton Cox, 3720 yds	John Graham, 4215 yds
<b>Men 35-39</b>	<b>Men 60-64</b>
Andre Valk, 3750 yds	David Burgio, 3105 yds
<b>Men 45-49</b>	<b>Men 65-69</b>
David Maehr, 4455 yds	Roger Brockenbrough, 2650 yds
George Van Meter, 4190 yds	<b>3-Swimmer Relays</b>
	<b>Women 19+</b>
	Beth Atnip, Jennifer Clifford, Molly Wilson,

## To Order Relay All-American Patch & Certificate:

**Club Name:** Swim Kentucky (SKY)

### Relay Event (circle)

Men Women Mixed Free Mixed Medley

### Relay Distance (circle)

200 400 800

### Course (circle)

SCY SCM LCM

### Relay Member Names:

\$5.00 each member

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### Send To:

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

### Mail Check To:

USMS

P.O. Box 185

Londonderry, NH 03053-0185

13,345 yds (5th place nationally)

### Women 35+

Marci Casey, Mimi Ward, Tricia Calvert, 12,780 yds (4th place nationally)

### Men 19+

Jerrold Kappler, Manuel Nieto, Lance Asti, 14,725 yds (1st place nationally)

### Men 45+

David Maehr, George Van Meter, John Graham, 12,860 yds (11th place nationally)

Second- through sixth-place relay swimmers will receive medals. The FIRST place relay swimmers will receive medals plus the "Happy Hour" patch.

Congratulations to all SKY participants! 🏆

## Registration Notes

Congratulations to all 326 Kentucky Masters who sent in their 2004 renewals before Christmas—that is over half of the total membership. January registrations brought us up to 386. At this date our membership is 450.

We have 14 registered teams within our club, SKY (Swim Kentucky Masters), with memberships ranging from two members to over 150 on each team.

Team rosters have been sent to the team contacts with new membership cards. Our webmaster, Meg Smath, maintains a membership database, updated monthly, at [www.kylmsc.org](http://www.kylmsc.org). Please use this to verify registered names, USMS numbers, club, and team. Send your questions or comments to your Kentucky registrar at [jgting@bellsouth.net](mailto:jgting@bellsouth.net).

Swim for the health and joy of it!—Joanne

—*"Indy," continued from page 3*

*mixed*, 5th, 200 free (Shastid, Olson, Huntington, Bellafronto).

See complete results at [www.kylmsc.org](http://www.kylmsc.org) 🏆

## Kentucky Waves

Published spring/summer and fall/winter by the Kentucky Local Masters Swimming Committee. William Tingley, chair; Mike Lemke, vice chair; Meg Smath, secretary; Melinda Schmitt, treasurer; Joanne Tingley, registrar.

Submit material for spring/summer issue by May 1; for fall/winter issue by October 1 to:

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# LMSC Annual Meeting

Held March 7, 2004, in Lexington.

### *Treasurer's Report:*

The 2004 budget was presented and accepted. A motion was accepted that swimmers will be invoiced for the bank fee for "bounced" checks. Also, a swimmer's registration can be revoked if payment is not made.

### *Registrar's Report:*

We have 439 registered swimmers on this date.

### *Fitness Report:*

Twenty-eight SKY swimmers participated in the One-Hour Swim for a total of 106,840 yards.

This was the first time SKY entered as a club.

### *Mini-Meet Report:*

Nineteen relays competed in the SCM 800 free relay mini in November. In February, 67 swimmers participated in the SCY mini. Great participation!!!

### *Senior Olympics:*

Qualifying for the 2005 games will be in Pikeville in September. The 2005 games will be in Pittsburgh; Bill, Mike, and Meg will be sent to observe, since the 2007 Games will be in Louisville and the KY-LMSC will be in charge of the swimming events.

Let's all support this effort.

*Records Chair:* Brad Schmied asks that if you swim in an out-of-state meet, you provide him with the meet results for records purposes.

*Zone Chair Report:* Mike Lemke announced that the Zone Committee will award grants to LMSCs that need financial help. If you have a project, please contact Mike.

The next LMSC meeting will be in October 2004, following the USMS convention. ☩



Photo by Ashley Weeter

A few of the SKY women with the banner they won!