

## Kentucky Master Helps Rebuild after Tsunami

By Dale Mercker

It is early in the morning. The sun is peeking over the horizon, rising on another beautiful day. The men are already in their boats hopeful for a bountiful catch. Women and children are just rising in anticipation for what the new day holds. The wind is gently blowing through the trees. You can hear the waves lapping at the beach.

Sounds wonderful, doesn't it? Hard to imagine that in a few hours over 70 people would be dead and 161 families without homes! That is exactly what happened on December 26, 2004: a tsunami. This story is one of many told around India, Sri Lanka, Indonesia and Malaysia. A peaceful morning turns into a horrible nightmare. Only this one doesn't go away when you awake.

In November of 2005 I was privileged to be part of a group of 10 Kentuckians who went to India to help build homes for a small fishing village in Southeast India. The village was Muzhukuthurai. You can't pronounce the name so we used the closest village, Killai. We spent 10 days laying brick and mortar, installing windows and doors, or painting. If you have ever done work like this, you know how tiring and laborious it is. Yet each morning everyone in our group bounded out the door to the bus, anxious to get the new day started.

Unlike Habitat builds in the states, houses aren't completed in a matter of weeks. We counted our success in layers of brick. "Patience and Flexibility" was our motto. We worked on 11 houses that were in different phases of construction over our two weeks. We laid brick. We knocked brick out for windows and doors. We did whatever job we could do based on the materials at hand.

The first week we worked in perfectly sunny conditions. At the end of each day we spent almost an hour playing with the children of the village—the beautiful children who wanted to hold our hand as we walked anywhere in the village. They would come out from their homes to shake our hands. We were the fourth group, so they had no fear of us. They would walk or



*Dale on the job in India. Notice he's rehydrating!*

run with us to the work site in the morning and then wait anxiously for us to play at night. The last week we worked in the midst of a cyclone. It rained so hard at times that the rain was horizontal.

It all culminated on Thanksgiving. We had a celebration with the village to dedicate the first house. Each person in our group donated money to the cause. In addition to feeding the whole village, we also raised enough to give each of the 161 families a bucket and scoop with enough rice to last ten days. I can't remember a better Thanksgiving! I don't think I will ever have a more meaningful Thanksgiving as long as I live.

In the days that followed the house dedication, the area we were working in had a 100-year flood from the cyclone. Our stay was involuntarily extended four days. The village we were working in was under 6 feet of water. In the true spirit of Thanksgiving, the villagers shared the food we gave them with the surrounding villages. How wonderful to hear goodwill and thanksgiving was shared with others.

To those of you who had me and my group in your thoughts and prayers, I say thank you. Once you

—Continued on page 3

### Kentucky LMSC

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John Hochstrasser, NKYM

Janice Kregor, WILD  
Nancy McElwain, BEST

Tom Mester, SLM  
Paul Murphy, PAMS  
Gail O'Malley, WILD

Mark Rogers, WKGG  
Meg Smath, WILD

Joanne Tingley, LAKE  
Michelle Ward, SLM

*Kentucky Waves*

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**Dates for your summer '06 calendar!**

- May 20, Louisville Senior Games, Mary T. Meagher Natatorium, Louisville. Contact William Tingley, btingley@insightbb.com
- June 17–18, LCM meet hosted by SwimLouisville Masters at Mary T. Meagher Natatorium, Louisville. Contact Mike Lemke, mcl@bluegrass.net
- July 9, LCM mini-meet (Kentucky Masters only), Lakeside Swim Club, Louisville. Contact Tom Messter, coachtom@insightbb.com
- August 3–17, XI FINA World Masters Championships, Stanford, Calif. Contact Michael Moore, michael@2006finamasters.org
- August 12–13, LCM meet hosted by Lakeside Masters at Lakeside Swim Club, Louisville. Contact Joanne Tingley, jgting@bellsouth.net
- September 13–17, USMS National Convention, Dearborn, Mich. Contact Meg Smath, secretary@usms.org
- September 24, Kentucky Senior Games Qualifying Meet at Lancaster Aquatic Center, Lexington. Contact William Tingley, btingley@insightbb.com

# Planning for Pool Safety

By Mark Rogers, KY-LMSC Safety Chair

Here's a little quiz for you:

1. If an emergency occurred during your 7 a.m. workout on Sunday morning, would the responding EMT's find the doors to the building and pool unlocked?
2. Who on your club or team has current first aid and CPR certification?
3. When was the last time someone restocked the first-aid kit in your pool?
4. In your pool, where are the USMS "Incident Report" forms kept?
5. If a tornado threatens, where is the safest place to go in your pool facility?

If these questions give you some trouble, maybe your club or team needs to spend some time on a safety action plan. We all occasionally think about the obvious safety risks of our sport, such as drownings or heart problems. But the very rarity of these occurrences usually means that our worry is only fleeting, and we never even consider some of the lesser dangers.

A safety action plan tries to address systematically many of the potential emergencies that might occur in or around the pool. Once a plan is formulated, swimmers will need to study and review it often enough to keep it fresh. Some of the types of events (and responses) your plan might include are:

1. Facility emergencies, such as plumbing, electrical or chemical malfunctions
2. Fire

3. Weather incidents—thunderstorms, tornado or flood warnings, etc.
4. Major medical emergencies, such as heart attacks, strokes, drownings, and head and spinal injuries
5. Lesser medical incidents, such as cuts, slips and falls, bumps and burns
6. Readiness issues, such as restocking, maintaining and repairing safety equipment and providing safety training.

For each type of incident, a planned response might anticipate these kinds of questions so that there is less confusion on the scene: Who will take charge of the immediate response, assessing the risk and directing the actions of the other swimmers? Should the pool be cleared, and if so, where is the safest place for swimmers to go? Who will call 911, if needed, and where is the phone? How will EMT's/police/firefighters gain access to the building and at which door? Who needs to be notified about the incident? What information needs to be collected and recorded?

The actual plan your club adopts will depend on your local pool arrangements and the specific skills and needs of your swimmers. And to make it easily remembered, an effective plan needs to be simple and concise. So, though it may require a lot of thought, it needn't require a lot of time to write. Typical examples can be found on the USA Swimming website, [www.usaswimming.org](http://www.usaswimming.org).

## 2005 Short Course Meters and Long Course Meters All-Americans

Alice Wright Belknap	55-59	LCM 50 Breast	41.85	Craig Pickering	25-29	SCM 200 Free	1:57.37
Jerrold Kappler	25-29	SCM 1500 Free	17:52.29			SCM 400 Free	4:10.24
		LCM 50 Free	23.60			SCM 800 Free	8:39.94
		LCM 100 Free	53.87			SCM 200 Fly	2:09.35
		LCM 1500 Free	18:29.92			SCM 400 IM	4:41.31
		LCM 800 Free	8:39.49	Gary Weisenthal	90-94	LCM 800 Free	24:43.31

## 2005 Relay All-Americans

(Participated in at least one relay with the fastest time in short course yards, short course meters or long course meters)

Sarah Beltrame	26	Emily Heuser	19	Lauren Minto	29	<b>Congratulations, Kentucky Masters!</b> Contact the USMS National Office to purchase commemorative patches.
Rachel Bruening	20	Beth Hagle	33	Jose Manuel Nieto	25	
Scott Dick	34	Jennifer Kappler	30	Katie O'Brien	26	
Laura Guetig	19	Jerrold Kappler	28	Leslie Weeter	27	
Lindsey Gutmann	21	Dale Mercker	38			

# Interested in Becoming an Official?

By Pam Luebbe, KY-LMSC Officials Chair

So you got a DQ? No, I'm not talking about your favorite frozen treat from Dairy Queen. I'm talking about a disqualification.

There are all levels of swimmers involved with Masters swimming. From the beginning swimmer to the elite All-American, we must all follow a set of rules for competitions and each stroke. If a swimmer commits an infraction, a disqualification (DQ) will result. This means that the swimmer will not receive an official time and will not be eligible for an award for that event.

Our sport relies heavily on volunteers to work in the capacity of officials. It is the official's responsibility to observe the swimmers during an event and ensure the compliance of the rules. Are you interested in becoming a swimming official?

In order to work as a Masters official, you must be certified by one of the following organizations: USA Swimming, NCAA Swimming, YMCA Swimming or NFHS Swimming. The procedure to become certified may involve the following: paying a fee (usually a small amount), attending a clinic, taking a test (after reading the rule book), and doing an apprenticeship.

The contacts for these organizations are:

1. USA Swimming  
www.usaswimming.org  
KYLSC.org (Communications, Board of Directors, Officials Chair) George Hubbard, Officials Chair, Hm: 502-244-0224 or GDHubbard@aol.com

2. NCAA Swimming  
College Swimming Coaches Association of America  
www.cscaa.org  
College Swimming Officials Association  
P.O. Box 63285, Colorado Springs, CO 80962  
Bob Boettner 719-266-0064
3. YMCA Swimming  
YMCASwimminganddiving.org
4. NFHS Swimming (National Federation of State High School Associations)  
nfhs.org  
khsaa.org  
Kentucky High School Athletics Association  
2280 Executive Dr., Lexington, KY 40505  
859-299-5472

If you have children who swim, or you just want to learn more about swimming, or if you cannot compete for some reason, becoming an official and working the meets is a perfect way to stay involved with the sport!

Please remember that a disqualification should be treated as a learning experience. It alerts the swimmer and coach to what needs to be worked on at practices for the next competition. 🏊

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—"Tsunami," continued from page 1

experience something like this you realize that you left a piece of yourself there. You also realize that that piece of you was replaced with something you can't put into words or place value on: an incredible experience of human love and compassion for one another.

There is so much more work that needs to be done for those villagers and villages all over. But you come to realize that the biggest thing you give those people is

hope. Hope that a better day is coming. Hope in people. Hope because a group of people from the other side of the world have come to build homes for them.

Hopefully, someday I will return. The people of India are kind and friendly. I never felt unwelcome or in danger. Those beautiful children who learned how to play Vaatu, Vaatu, berier Vaatu (duck, duck, bigger duck) from a group of 10 Kentuckians. 🏊



Some of the children in the village where Dale was working.

## Registration Reminders

**Meet Entries:** To help your registrar, Top 10 chair, meet directors and meet clerk of course, remember to sign all meet entries with the exact same name that is on your USMS card—if your card says *Michael* do NOT sign *Mike!*

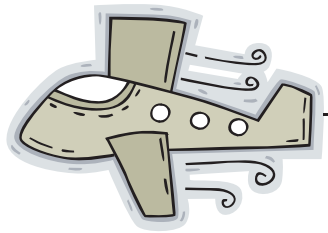
**Meet Identification:** This is vital for the USMS registration administrator and Records and Tabulation chair, along with our Kentucky registrar, Top 10 chair and meet directors. On each meet entry identify yourself as SKY/team. First because you are a member of Swim Kentucky (SKY), the club registered with U.S. Masters Swimming, and second because you are a member of a Kentucky team/workout group registered with Kentucky Masters Swimming. Swimmers not affiliated with a team/workout group are SKY/INDE (Independent).

**USMS Card:** If you happen to misplace (lose) your card, please contact the registrar immediately. Also, there is a \$1 charge to replace the card and mail it to you. *Good idea:* Make copies of your USMS card!

**Change of Address:** Please send promptly to the registrar in order that the Kentucky and national database will be updated so the USMS magazine and renewal forms will be sent to your new address.

**30-Day Tryout Form:** This form allows the swimmer to participate in a structured workout program only. To compete in a sanctioned meet you must be a registered member of USMS by completing the registration form and paying the appropriate dues.





# SKY Writings



*Bob Adams is a familiar sight on pool decks as an official. Thanks for all your hard work, Bob! (photo by Michelle Ward)*

**SwimLouisville Masters.** As one of its last “events” as Crescent Hill Masters, our team designated one Sunday in December as a collection point for the World Swim for Malaria. This effort was organized by our own Diana Church. We did nothing fancy, just asking every swimmer that practiced that day to bring an extra \$10 with them. We collected \$680 in total. And I assure you that we did not have 68 swimmers at that practice! Even staff at Mary T donated! Doctor “E” Bell gave an enlightening talk about what malaria is, what it does and how prevalent it is in the world. The money goes for efforts to prevent malaria as simple as purchasing mosquito nets. All in all, a great way to close out Crescent

Hill Masters and start up SwimLouisville Masters.

The University of Louisville offers Masters workout times. In association with SwimLouisville Masters (SLM), coached workouts will be offered at the new U of L pool at the corner of Floyd and Warnock Streets—the Ralph Wright Natatorium. Times are Monday, Wednesday, Friday, 12 noon–1:00 pm; Monday and Wednesday, 6:00 –7:00 pm. Cost is \$40 per month for adults, \$20 per month for students, or \$60 will buy a 10-visit punch card. Contact Mark Gill at mark.gill@louisville.edu or 480/784-7112. Thanks to Mark and the University, here is another opportunity for local and visiting Masters

to maintain their workout routine.

—Tom Mester

**Lakeside Masters.** We began 2006 with these baby announcements:

Kate Kolb gave birth to Henry James “Hank” on January 26. 8 lb 9 oz and 21 inches.

Carroll Mackin’s wife had their third son, Henry Carroll III, February 15. 8 lb 15 oz, 21 inches.

Jennifer and Jerrod Kappler announced the birth of their son, Jackson Elijah, March 14. 8 lb, 6½ oz, 21½ inches.

Congratulations to all parents and welcome new swimmers!

*The Tiger*, the alumni magazine of St. Xavier

High School in Louisville, had as the “cover boy” our own Glenn Hubbuch, Masters swimmer and architect. Glenn designed the spectacular new additions to St. X. It is a fine article spotlighting Glenn’s talents and pride in his high school.

The spring issue of *USMS Swimmer* highlighted the story of the Tingley family building the Masters program in Kentucky. The three generations (mom Joanne, daughter Mary, son Bill, and his son, Chris) have been leaders in developing Kentucky Masters Swimming since its formation in 1981.

—Mary Graves

**Wildcat Masters.** Lee Ellis and Karen McCullough are both due to give birth any day now. Lowell Ellis and Tom McCullough are the proud fathers.

Congratulations to Pam Mueller, who was married to Neil McFarland on March 25. Of course this meant she had to miss the Wildcat meet that weekend, but that was a pretty good excuse!

Finally, congratulations to Saori Hanaki, who completed the Boston Marathon on April 17. in a time of 4:01:53.

—Meg Smath



*Lakeside’s Dale Mercker was welcomed by villagers in India. Dale was helping rebuild after the December 2004 tsunami.*

**8th Annual  
SwimLouisville.com Masters Invitational  
Mary T. Meagher Aquatic Center, Louisville, Ky. June 17-18, 2006  
Sanctioned by: Kentucky Local Masters Swimming Committee for  
United States Masters Swimming, sanction number 416-004**

**Location:** Mary T. Meagher Aquatic Center, 201 Reservoir Avenue, Louisville, Kentucky

**Sponsored by:** SwimLouisville Masters (formerly Crescent Hill Masters Swimming)

**Facility:** 50 meter, six lane (8 feet wide each) indoor pool, depth 12 feet, 6 inches in starting end and 3 feet, 8 inches in turning end; non-turbulent lane dividers; four short course lanes open for continuous warm-up; automatic and semi-automatic (for 50 meter events) timing and starting system; deck seating for about 300. Facility may be expanded to eight lanes, depending on number of entries and pool availability. Aquatic Center telephone (502) 897-9949.

**Meet director (direct all questions to):**

Mike Lemke

3127 Radiance Road

Louisville, KY 40220

Phone (502) 387-7396 (after 6:00 p.m. and before 11:00 p.m. EDT)

E-mail (preferred) to: [mcl@bluegrass.net](mailto:mcl@bluegrass.net)

**Schedule:** Saturday, June 17, 2006: warmups at 8:00 a.m.; meet starts at 9:00 a.m. (EDT).

Sunday, June 18, 2006: warmups at 8:00 a.m.; meet starts at 9:00 a.m. (EDT).

**Entry information:** Fee: \$25 per person (\$30 for late or deck entry). Deck entries will be accepted only for events for which open lanes are still available. Heats may, but will not necessarily, be reseeded. Checks preferred.

**Make checks payable to:** SwimLouisville Masters

**Deadline:** Monday, June 12, 2006. Fax entries not accepted.

**Eligibility:** All swimmers must be registered with United States Masters Swimming Inc. All swimmers are responsible for their USMS cards and may be required to show them upon request by officials in order to compete in the meet. All meet entry forms must be accompanied by a copy of the swimmer's current USMS registration card.

**Deck entries:** Deck entries will be accepted until 9:00 a.m. Saturday. You may deck enter Sunday events on Saturday as well as on Sunday. No deck entries for the 800 meter freestyle. Deck entries will be placed only in an open lane. If an event has no open lane, that event may not be deck entered.

**800 meter freestyle:** There will be no deck entries for the 800 meter freestyle. This event shall each be limited to the first 36 entries (men and women combined), with the men's event being the first event on Saturday and the women's event being the first event on Sunday. All swimmers shall swim one to a lane.

**Entry forms:** Swimmers on USMS-registered clubs, note the name of your club and, where applicable, your team on your entry form. Unattached swimmers note "UNAT" on your entry form and seed cards. Team entries may be made electronically with prior permission from the meet director. All entrants must sign the USMS waiver (attached) prior to entering the pool, even for warm up. Kentucky LMSC swimmers: This is not a SKY meet. You must enter either unattached or as part of your Kentucky LMSC team (or SKY-Independent).

**Directions to the Mary T. Meagher Aquatic Center:**

From Interstate 64, take the Cannons Lane exit and proceed north, toward Lexington Road. Pass Lexington Road and proceed to Frankfort Avenue, which will be the next traffic light after Lexington Road. Turn left on Frankfort Avenue and proceed to Reservoir Avenue (about 2/3 mile; Reservoir Avenue runs in between two prominent Louisville Water Company reservoirs). Turn right on Reservoir Avenue and proceed directly into the aquatic center parking lot.

From Interstate 71, take the Zorn Avenue exit and proceed south, toward Brownsboro Road (about 1 mile, to the top of a hill). At Brownsboro Road, turn left and proceed to Reservoir Avenue (about 50 yards). Reservoir Avenue is marked by a Louisville/Jefferson County Parks Department sign and by the entrance to Crescent Hill Golf Course. Turn right on Reservoir Avenue and proceed to the aquatic center. Turn left into the parking lot.

**Other information may be found at [www.swimlouisville.com](http://www.swimlouisville.com)**

8<sup>th</sup> Annual

# SwimLouisville.com Invitational

Mary T. Meagher Aquatic Center, Louisville, Ky., June 17-18, 2006. Mail entry to Mike Lemke, 3127 Radiane Road, Louisville, KY 40220

<b>Name</b>	<b>Club/Team</b>	
<b>Age</b>	<b>Birthdate</b>	<b>Gender</b>
<b>Address</b>	<b>E-mail</b>	
<b>City</b>	<b>State</b>	<b>Zip</b>
<b>Home Phone</b>	<b>Work Phone</b>	
<b>USMS No.:</b>	<b>Attach Copy of USMS Card Here:</b>	

**Entry deadline 6/12/2006 Fee: \$25; deck entry: \$30. Checks payable to SwimLouisville Masters.**

**RELEASE TO BE SIGNED:** 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 of 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.

**T-SHIRT SIZE: (CIRCLE ONE; included with registration if received by entry deadline) SM MED LG X-LG**

<b>Date:</b>		<b>Athlete's Signature:</b>	
<b>Saturday, June 17, 2006 (8:00 a.m. warm-up, 9:00 a.m. start)</b>			
<b>Women's Seed Times</b>		<b>Men's Seed Times</b>	
1		Women's 800 M freestyle	XXXX
2		50 M breaststroke	3
4		200 M freestyle	5
6		200 M backstroke	7
8		100 M breaststroke	9
10		200 M butterfly	11
12		50 M freestyle	13
14	deck enter	400 M freestyle relay	deck enter 15
<b>Sunday, June 18, 2006 (8:00 a.m. warm-up, 9:00 a.m. start)</b>			
	XXXX	Men's 800 M freestyle	16
17	deck enter	400 M medley relay	deck enter 18
19		200 M individual medley	20
21		50 M butterfly	22
23		100 M backstroke	24
25		200 M breaststroke	26
27		100 M freestyle	28
29		100 M butterfly	30
31		50 M backstroke	32



***The 30th Annual  
Lakeside Masters Summer Long Course Invitational  
August 12-13, 2006***

Sanctioned by the Kentucky LMSC for United States Masters Swimming Inc. Sanction Number 416-0006

**SPONSORED BY:** Lakeside Masters Swim Team  
**LOCATION:** Lakeside Swim Club, 2010 Trevilian Way  
Louisville, KY 40205-2142, (502) 454-4585  
**POOL:** 10 lane, 50 meters, non-turbulent dividers, automatic timing, four lane 25 yd warm-up plus ample warm up space

**ORDER OF EVENTS:**  
All Events Are Timed Finals

**Saturday, August 12, 2006**

Session One 9:00 am - Warm up 8:30 am

1500 M Freestyle

800 M Freestyle

Session Two 1:30 pm – Warm-up 12:30 pm

3-4 200 M Medley Relay

**10 Minute Break**

5-6 200 M Individual Medley

7-8 100 M Freestyle

9-10 200 M Breaststroke

11-12 100 M Backstroke

13-14 50 M Butterfly

15-16 400 M Individual Medley

17-18 50 M Backstroke

19-20 100 M Butterfly

21-22 200 M Freestyle

23-24 50 M Breaststroke

**10 Minute Break**

25 200 M Mixed Free Relay

**Sunday, August 13, 2006**

Session Three 9:00 am , Warm-up 8:00 am

26-27 400 M Freestyle

**30-Minute Warm-up**

28 200 M Mixed Medley Relay

**10 Minute Break**

29-30 200 M Butterfly

31-32 50 M Freestyle

33-34 200 M Backstroke

35-36 100 M Breaststroke

37-38 200 M Freestyle Relay

**ELIGIBILITY:** Each swimmer is eligible to swim **A MAXIMUM OF 6 INDIVIDUAL EVENTS FOR THE MEET (limit 5 per day), plus relays.**

**ENTRY DEADLINE:** Entries must be received by Friday, August 4, 2006. All swimmer entries received by Friday, August 4th, will receive a Meet Shirt and packet.

**ENTRY FEES:** An entry fee of **\$30** will be charged for entries received by the **entry deadline or late entries** accepted before the first day of the meet. (6 individual event limit, plus relays)  
A deck entry fee of **\$40** will be charged for **entries taken on either day of the meet** (deck entries are limited to 6 individual events, plus relays). Checks are preferred.

**LATE &  
DECK ENTRY**

**This meet will be deck-seeded.** Late and deck entries will be seeded into the meet following the deck entry deadline. Heat sheets will then be posted around the competitive course following the closing of deck entries.

Deck Entry Deadline: Saturday Events, 12:15 pm EDT and Sunday Events, 8:15 am EDT

**NO DECK ENTRIES FOR THE 1500 & 800 FREESTYLES. CHECK-IN IS REQUIRED FOR 800 & 1500 FREESTYLES.**

Meet information is available online at [www.lakesideswim.org](http://www.lakesideswim.org)  
or, if requesting by email, to [mtgraves@lakesideswim.com](mailto:mtgraves@lakesideswim.com) or writing to

2006 Lakeside Masters Invitational  
c/o Mary Graves  
2010 Trevilian Way  
Louisville, KY 40205-4125

**THE 30TH ANNUAL LAKESIDE MASTERS INVITATIONAL**  
**August 12-13, 2006**

**Please Print**

Name \_\_\_\_\_ Team \_\_\_\_\_ Gender \_\_\_\_\_

Date Of Birth \_\_\_\_\_ **Attach Copy of USMS Card with this Form**

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

**Saturday, August 12, 2006**

	Women's Seed Time	Event	Men's Seed Time
1		1500 M Freestyle*	
2	<b>*Swimmers may enter either the 1500 or 800 freestyle, but not both. Check-in required.</b>		
		800 M Freestyle*	
3		200 M Medley Relay	4
5		200 M Ind. Medley	6
7		100 M Freestyle	8
9		200 M Breaststroke	10
11		100 M Backstroke	12
13		50 M Butterfly	14
15		400 M Ind. Medley	16
17		50 M Backstroke	18
19		100 M Butterfly	20
21		200 M Freestyle	22
23		50 M Breaststroke	24
25		200 M Mixed Free Relay	

**Sunday, August 13, 2006**

26		400 M Freestyle	27
28		200 M Mixed Medley Relay	
29		200 M Butterfly	30
31		50 M Freestyle	32
33		200 M Backstroke	34
35		100 M Breaststroke	36
37		200 M Free Relay	38

**Fees: \$30 for all events entered (entries received on the day of the meet are \$40)**

All entries received by Friday, August 4th, 2006, will receive meet shirts.

Entry Fee Enclosed **\$30**

Please circle size (All meet shirts are adult sizes)      **XXL XL L M S**

Extra T-Shirts may be purchased for \$12 if ordered by August 4th, 2006

Extra T-Shirts \_\_\_\_\_

**LIABILITY WAIVER - Read and sign.**

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 of 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.

Date \_\_\_\_\_ Athlete's Signature \_\_\_\_\_



# Kentucky SCM Records Set in 2005

## Women

Alexandra Nieto	30-34	200 free	2:18.62
		100 back	1:14.76
		200 back	2:46.93
		100 fly	1:14.09
Marci Casey	40-44	50 back	38.78
Caroline Donnelly	40-44	200 back	2:59.17
		200 breast	3:16.59
Pamela Luebbe	40-44	100 fly	1:30.37
Theresa Walther	45-49	50 back	44.71
Wendy Medley	50-54	200 IM	3:25.34
Alice Wright Belknap	55-59	50 breast	42.98
		100 breast	1:41.19
		200 breast	3:37.40
Mary Jane Mullins	70-74	50 back	56.97
		100 back	2:02.49
		200 back	4:22.32
Joyce Voit	70-74	100 breast	2:36.89
Dorothy Riordan	90-94	100 back	4:07.64
200 medley relay	240+		4:02.20
(D Riordan, A Wright Belknap, W Medley, M Schmitt)			
200 free relay	280+		4:08.50
(D Riordan, A Wright Belknap, J Rowatt, M Mullins)			
<b>Men</b>			
Chris Tingley	19-24	200 back	2:22.65
Jerrold Kappler	25-29	50 free	23.72
		1500 free	17:52.29
Abraham Solano	35-39	50 breast	32.66
		100 breast	1:09.21
		400 IM	5:08.47
Robert Holmes	40-44	200 free	2:10.69
Keith Shepherd	45-49	100 breast	1:16.32
John Voorhees	45-49	50 fly	29.55
		100 IM	1:09.72

Mark Kraemer	50-54	100 breast	1:23.33
Bill Tingley	55-59	50 back	32.77
		100 back	1:11.50
		200 back	2:38.93
John Graham	60-64	200 fly	3:06.08
Steve Hellmann	60-64	400 IM	7:13.89
Ralph Johanson	65-69	50 free	40.56
		50 breast	42.17
		100 breast	1:40.56
		200 breast	3:41.13
Larry Speaker	70-74	50 free	45.53
		100 free	1:50.94
		200 free	4:02.19
		50 back	1:10.05
		50 breast	56.07
		100 breast	2:09.82
		200 breast	4:33.48
		50 fly	59.21
		100 fly	2:22.46
		100 IM	2:06.51
Matt Flanagan	75-79	50 free	44.96
200 medley relay	240+		2:53.66
(R Johanson, G Reed, J Graham, L Speaker)			
200 free relay	100+		1:45.90
(P Widman, A Terry, C Proctor, K Adams)			
200 free relay	160+		1:49.78
(C Jaworski, J Shastid, R Holmes, R Stecher)			
200 free relay	240+		2:36.73
(T Brown, L Hunt, J Graham)			
<b>Mixed</b>			
200 free relay	200+		2:17.97
(J Graham, T Walther, H Glish, J Shastid)			

## Want to break some records?

All Kentucky LMSC records are available online. Get primed for the upcoming LCM season by checking out the LCM records at [www.kylmsc.org](http://www.kylmsc.org). Just click on the "records" button on the left side of the page.



## "Iron Mike" Invitational Is Big Success

By Meg Smath

This year's Wildcat Masters Invitational was renamed the "Iron Mike" Invitational in honor of University of Kentucky Diving Coach Mike Lyden, who is courageously battling lung cancer. Swimmers were given the opportunity to buy "Iron Mike" wristbands, with proceeds going toward

Mike's medical expenses. Thanks to the swimmers' generosity, we raised \$512. Thanks to all who contributed!

Quite a few meet records were broken. The record-breakers included Alexandra Nieto, Cindy Ciampa, Wendy Medley, Dorothy Riordan, Dave Kuendig, Todd Radel, Dale Mercker, Norm

Schippert, Clay Gilbert, E. Bell, Wilco West, Larry Kress, Bill Tingley and Steve Hellmann.

Wildcat Masters, not competing for any team trophies, was in first overall with 1764 points. First in the large team category was Swim-Louisville, with 1187 points. Colonel Aquatics, from Richmond,

Ky., won the medium division with 347 points, and Southwest Ohio won the small division with 308. 🏆

*Swimmers met up after the "Iron Mike" meet to refuel. Photos by Michelle Ward.*

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# Kentucky SCY Records Set in 2006

## Women

Alexandra Nieto	30-34	100 back	1:05.50
		200 back	2:23.07
Cindy Ciampa	45-49	1000 free	12:13.51
		1650 free	20:23.80
		400 IM	5:22.58
Dorothy Riordan	90-94	200 free	8:06.40
		50 fly	3:14.63

## Men

Norm Schippert	40-44	50 fly	24.51
Clay Gilbert	45-49	500 free	5:31.10
		1000 free	11:36.71
		1650 free	19:13.96
E. Bell	50-54	100 free	51.73
		200 free	1:57.61
		200 IM	2:20.44
Bill Tingley	55-59	50 back	29.30
		100 back	1:03.19
		200 back	2:21.99
George Dodge	60-64	100 breast	1:18.94
		200 breast	2:59.90
John Graham	60-64	200 fly	2:50.50
Ralph Johanson	65-69	100 breast	1:26.89
		100 IM	1:28.55