

## Colonies Zone Championship Results

Congratulations to a number of swimmers for besting National and World records at the Colonies Zone SCY Championship held in Boston December 13-15. Great Bay Masters hosted the meet this year at Boston University.

National records included:

Eric Nilsson for 400 Free

Kim Crouch for 200 Breaststroke, 50 Breaststroke and 100 Breaststroke

David Sims in 400 IM

In addition, World records were set by:

Fritz Bedford in 50 Backstroke

New England Masters Swim Club for two relays:

Women's 200 Medley Relay made up of Tracy Grilli, Barbara Hummel, Joel Feldmann and Jacki Hirsty

Men's 800 Freestyle Relay made up of Tobias Work, Michael Emmons, Dan Moran and Eric Nilsson.

## 2013 SCM Zone Championship Awarded

Great Bay Masters will host the Colonies Zone SCM Championship on the weekend of December 15-17. Online entries will be accepted beginning Friday November 1, and will be linked from the zone calendar.

## Annual Zone Meeting Report



We had a great meeting at Convention, with 43 members attending, and our agenda packed our 75 minute slot with discussion. Three topics filled most of the time. Swimmer recognized in a 5K Zone Championship in United States Masters Swimming!

This was a busy year for elections. Due to Chris McGiffin's election to another position, we needed to nominate members for his now-vacant Board of Directors - At Large slot. Of our four nominees, Dave Diehl was selected by the board to serve out Chris's remaining year. We will need additional nominees in 2014. Also, I was re-elected as our Zone Chairman. A big "Thank You" to all who threw their names in the hat.

For our next topic, we discussed how all 10 LMSCs handled their \$1000 Open Water Insurance Surcharge for 2013. No two LMSCs took the same approach, as we all have unique situations, but the discussion was lively. As we approach 2014 with uncertainty surrounding Open Water Insurance, we seem to have either procedures in place or

implementation plans ready to go

Lastly, we chatted about Zone Championships. We have had 2 open water and 2 pool championships for our Zone this year. Three of these events occurred in the state of Virginia (in the PV and VA LMSCs), and we would like to encourage LMSC officers to dig deep and encourage event directors in other areas to submit bids for 2013 SCM and all 2014 events. Our 2014 SCY Championship will return to George Mason for its 10th consecutive year.

## **Zone Open Water Championship Results**

The seas were 5-7ft., and the wind was southwest at 25 mph. The water temperature was 67 degrees F. It was a beautiful day with sunny skies. Swimmers, on a scale of 1-10 for an Open Water Swim and rough conditions, 10 being the hardest, saw our race conditions at a 6!



One person each year will receive this award. Any Masters swimmer in the Colonies Zone may nominate someone from the Zone. Nominators fill out an application form giving details of the nominee's work. A selection committee is appointed by the Zone Chair, with the award made at the USMS convention in September.

This year's award nominations are now being accepted, with an August 15 deadline for submission. Submission instructions are on the form. The forms are linked on the Administration page.

## **Dot Donnelly Award Nominations Accepted**

The purpose of our Dot Donnelly award is to recognize and honor swimmers in the Colonies Zone who exemplify the spirit of Dorothy Donnelly in their love of participation in the sport and their work to further Masters Swimming in their LMSC and the Colonies Zone.

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## Long Course Championship Success In New Pool

The Colonies Zone 2013 Long Course Championship was held in Richmond, VA, on June 22-23. There were 152 swimmers representing 32 clubs and 12 LMSCs.

This was the first sanctioned USMS meet at the GRAP Collegiate School Aquatics Center, which houses the pool used for the 2008 US Olympic Trials. The pool fulfilled its promise, as a whopping 95 new Zone

Championship records were set! These included two new world records, one by Leslie Livingston in the 50 backstroke (clipping 0.02 sec off her own record in the 50-54 age group) and one by the Virginia Masters Swim Team 400 free relay of Marcia Barry, Johnnie Detrick, Laura Walker and Shirley Loftus-Charley. The VMST relay walloped the previous record, knocking more than 21 seconds off the previous mark. There were also four new national records: the previous two swims, plus another by Livingston in the 50 fly and Erika Braun in the 50 back.



Host Virginia Masters Swim Team won the large-club division (11+ entrants), while Reston Masters won medium-club (6-10) and Terrapin Masters took the small-club (1-5) honors.  
--Chris Stevenson