

Colonies Zone News

Fall 1999

USMS Colonies Zone Newsletter—Convention Issue

Vol. 2 No. 3

SCY Championships Attract 514 Swimmers to New U of MD Natatorium

by Dave Diehl
Meet Director

The first ever Colonies Zone SCY Championship held in Potomac Valley was hosted by the Terrapin Masters on April 30th, May 1st and 2nd, at the new University of Maryland College Park Pool.

With 514 entries from as far away as Michigan, Alabama, Illinois, and even Russia and the Ukraine, the competition was intense and exciting.

The largest team was from the Colonials 1776 club with the Maryland Masters close behind. In addition, we had strong contingents from Virginia Masters, DC Masters, Garden State Masters, Empire Masters and the Ancient Mariners.

Two simultaneous short course yard pools were used with odd heats in one and even heats in the other. This arrangement had been successfully used at the Indianapolis Natatorium as well as the Hall of fame pool in Fort Lauderdale.

The meet drew great reviews not only for the facility but also for the running of the meet itself. The pool proved to be very fast with over 100 zone meet records broken as well as six national records over the three days.

The Colonials 1776 club won the high

see SCY ZONES pg 5 col 3

Colonies Zone SCM Championship

November 6–7, 1999
Rutgers University

Sponsored by
Rutgers Masters

[gmswim.org/
scmzonemeetform.htm](http://gmswim.org/scmzonemeetform.htm)

Finances Top the Agenda at Colonies Convention Meeting

Other Important Topics Include Web Site and OW Championships

Following the zone rep's report on the state of the zone, we will entertain bids for zone championships. All the events listed on the bid form on page 9 are open for bids. At a minimum, we need to make sure we have the full complement of championships assigned for 2000.

After the bids, we will break up into work groups for more intense discussions. The work groups will report to the floor and any resolutions will be voted on. With the remaining time, we will take business from the floor, discuss convention hot topics, and finish up with the zone rep election.

Zone Meeting Agenda

- 1) Introductions
- 2) Zone Rep's Report
 - a) Verify LMSC election processes, LMSC Officer List, Zone Mailing List, Zone Email List
 - b) Zone Finance Report
 - c) CZOG
 - d) State of the Zone
- 3) Zone Championships Bids
- 4) Work Groups
 - a) Championships
 - b) Publications
 - c) Finance
- 5) Work Group Reports
 - a) Reports & Recommendations
 - b) Discussion
 - c) Assignment of Personnel
- 6) Business from the floor
- 7) Next zone meeting
- 8) "Hot" convention topics
- 9) Zone Rep election

Finance Work Group

In the past year, the zone has identified or implemented several projects that will need funding. The Finance Work Group needs to come up with some ideas for raising revenues for the zone or we won't be able to proceed. In addition, we need to determine if the new fund raising would replace or augment our present method of collecting \$50 per LMSC.

Currently, the only funding the zone does is \$500 for convention expenses for the zone rep. The other projects that may need funding are: 1) T-shirts for on-deck coaches; 2) Open water championships awards; and 3) Web site costs. The work groups responsible for these projects will need to determine whether they want to go forward with the projects and how much money they will need.

T-shirts for on-deck coaches are \$12 per shirt. We used five shirts for the SCY Zones last spring and have three remaining for future meets. If we limit the shirts needed to 5 per meet, we may have to buy 5–10 per year, depending on how many coaches return and have their own shirts.

Last spring we voted to sponsor open water championships (see resolution on page 3) and produce championship medals as well as awards for overall champions. If this plan goes forward as specified, we will need seed money to pay for the initial order of medals as well as money for the champions awards. Each meet will probably need 50–60 awards for individuals and teams, depending on their entries.

The web site is currently housed on the Virginia Masters web site. If we choose to have our own web site, there will be expenses of \$25–\$50 per month plus set-up fees, depending on the plan chosen. In addition, use of our own domain name, if we choose, would require set-up costs.

see AGENDA pg 5 col 1

Jim Miller Wins Ransom Arthur & Kelley Lemmon Inducted at ISHOF

As most of you know, two more Colonies members have been decorated this year. Jim Miller, from Virginia Masters, has been named the winner of the 1999 Ransom Arthur Award—the highest honor in masters swimming. Kelley Lemmon, 87, from DC Masters was one of two masters swimmers inducted into the International Swimming Hall of Fame in Fort Lauderdale.

Jim Miller is the chair of the USMS Sports Medicine Committee, coach of the Virginia Masters Swim Team, and served as USMS Vice President from 1993–1997. He is also a Fellow of the American Academy of Family Physicians with a subspecialty in Sports Medicine. Jim has been certified as one of eight team physicians for USA Swimming's international team for the next Quadrennium.

Kelley Lemmon learned to swim early and was on the swim team at the U.S. Military Academy, graduating in 1937. After a distinguished military career, he retired in the early 1970s. In 1979, he began lifting weights and returned to swimming as a masters swimmer. He has held 128 world records, 49 national records, and 65 USMS National Championships. Some of his records still stand. While shoulder problems ended his competitive career, he still swims recreationally and has not ruled out a comeback.

"The Shootout II" Bumped by USMS 2000 SCY Nationals

I regret to announce that "The Shootout II" with the Dixie Zone scheduled for April 21–23, 2000 may have to be postponed. Phoenix Swim Club has officially pulled out of the 2000 Short Course Nationals and the meet has been rescheduled for April 27–30, 2000 at the IUPUI Natatorium. It is not feasible to expect swimmers to travel to Fort Lauderdale for a meet four days before nationals.

Two alternatives have been mentioned. One would be to move our meet to March, which would not be desirable and may conflict with local meets. Betsy Durrant has suggested we consider May. In a recent email, Stu Marvin, meet director, explained the difficulties with having the meet in May.

He said he had chosen the April dates "because all of the support equipment for the meet would be in place following the

YMCA National Championships the previous week. I refer to tents, officials dock (needed for two courses), pool set up (most of the time the pool in question is long course—blocks and all), concession tents, hospitality room, etc. In short, everything was ready to go, I just needed swimmers!" If he has to move the meet to May, he would have to reposition or install all of the equipment and that "would seriously damage the economics of the meet."

Stu will bring information on the meet to convention so we can consider whether we want to keep it in 2000 or move it to 2001. Bidders who are interested in hosting SCY Championships should come to convention prepared to bid for either year. From what Stu says, moving the meet to 2001 and having the 2000 meet in Zone would seem the most practical solution.

P O T P O U R R I Email Communications

This past year I have used email communications very effectively to discuss issues and make decisions in the Zone. I would like to continue to do this. For this newsletter, I will be sending a PDF version of the newsletter by email as well as mailing it to all zone leaders. Subsequent newsletters will not be printed and mailed to those who can receive it by email, except by request.

If you received this newsletter by "snail

mail" only, it is because I do not have your email address. Please let me know if you are connected. The newsletter will also appear on the zone web site and can currently be found on my personal web site at www.mindspring.com/~lynhzlwd/convention99news.htm.

Colonies SCM Champs

The Colonies Zone 1999 SCM Championship will be held at Rutgers University, on November 6 and 7. All individual events plus all relay distances will be offered. The entry form is available on the Garden State Masters web site at gmswim.org/scmzonemeetform.htm. The relay entry form is available at gmswim.org/scmzonerelayform.htm. For more information, contact Cathy Copeland, 732-828-4679, cope@webspan.net.

Zone Rep Elections

This is an election year for Zone Representatives. I plan to run again for a second (and last) 2-year term. However, this is an open election process. Anyone who would like to run should notify me so I can get you on the agenda for our zone meeting.

Working Calendar

Sept

- 1 Begin 3000/6000 Yard Postal Championships
\$50 per LMSC to Zone Rep for convention expenses
- 15–19 USMS National Convention in San Diego, CA
- 18 Colonies Zone Convention Meeting 9:30–11:50 AM
- 30 End 5K/10K Postal Championships

Oct

- 10 Entry deadline for 5K/10K Postal Championships
- 15 Listings for Jan/Feb Swim Magazine due to Zone Rep
- 29 SCM Zone Championships entry deadline
- 31 End 3000/6000 Yard Postal Championships

Nov

- 6–7 Colonies Zone SCM Championships at Rutgers University, Piscataway, NJ
- 10 Entry deadline for 3000/6000 Yard Postal Championships

Zone Meeting Endorses OW Championships

Colonies Zone Meeting May 1, 1999 U of MD College Park

The meeting was called to order by Zone Rep Lynn Hazlewood at 2:30 PM. Present were Marcia Cleveland (CT), Dorothy Donnelly (CT), Pat Timmins (DV), Chris Colburn (DV), Barb Protzman (MD), Bob Kolonowski (MR), Cathy Copeland (NJ), Jim Matysek (NI), Lynn Hazlewood (PV), Debbie Morrin (PV), Margot Pettijohn (PV), Jim Miller (VA), Nancy Miller (VA), Charlotte Boxley (VA), Terry Sue Gault (VA), Laura Walker (VA), Betsy Durrant (VA), Harry DeLong (VA), and Jeanne Crouse (VA). LMSCs absent were New England and Adirondack.

The first topic of discussion was the recently concluded zone championship. The zone rep thanked Terrapin Masters and the University of Maryland College Park for

running a great meet. There were two issues discussed. It was the consensus of the meeting that slow swimmers in distance events be seeded in lane 1 and allowed to continue swimming while the next heat is run.

During the meet, the meet organizers announced a limit of 4 relays per swimmer. Since this had not been announced before the meet, the limit was rescinded. The meeting determined that any restrictions on entries must be announced on the entry form. It was also suggested that meet directors might put a limit on splashes per day rather than limiting relays. The decision as to which events to swim would then be up to the swimmers and coaches.

Zone finances were discussed next. At the beginning of the year, there was \$266.95. \$96 was spent to purchase 8 t-shirts for the on-deck coaches. Five shirts were used leaving three available for fu-

ture use. Current cash available as of May 1 is \$170.95. The total for convention expenses will be \$670.95 after the LMSC's pay their \$50 fee.

Harry DeLong, webmaster, gave a status report on the zone web site. The web site is currently being housed on the Virginia LMSC site at www.vaswim.org. Currently there are links to all Colonies LMSC web sites and a list of events around the zone. Soon the zone meet records will be added.

Chris Colburn of Delaware Valley LMSC organized on-deck coaching for the SCY championships just concluded. The program was run like on-deck coaching at nationals. It was moved, seconded, and approved that we continue to have on-deck coaching at Colonies Zone championships. There should be an announcement in the meet entry forms to notify the swimmers. The first few years there should be an explanation in the entry form of on-deck coaching and how to use it.

Rutgers University said they may be able to host the 1999 SCM Zone Championships, possibly November 13-14. It was moved, seconded, and approved to have the 1999 SCM Zones at Rutgers if possible.

A request was made for a volunteer to take over the job of zone records keeper from George McVey.

A discussion of Swim Magazine listings was held. The Zone Rep explained how to get events listed and what kind of lead time is required. A schedule for the next three issues was distributed so meet directors can submit their meet listings on time.

The meeting moved, seconded, and ap-

see MEETING pg 4 col 1

Resolution on Open Water Champs

At the Zone Meeting last May, members present voted to implement a series of open water swims to begin in summer 2000.

Colonies Zone shall conduct Open Water Zone Championships each year as follows:

- 1) There shall be a series of three (3) Open Water Zone Championships awarded.
- 2) For the purposes of awarding championships, the Zone will be divided into three (3) areas. Each area shall host one (1) championship per year. The areas shall be made up as follows: a) Area 1—New England, Connecticut, Niagara, and Adirondack; b) Area 2—Metropolitan, Delaware Valley, and New Jersey; and c) Area 3—Maryland, Potomac Valley, and Virginia.
- 3) Distances for the swims will be at the discretion of the meet host, but shall be a minimum of 1 mile.
- 4) The Zone will design and produce championship medals or alternative awards to be used by the meet hosts.
- 5) At the end of the series, zone champions for each age group will be named. Placing will be determined by accumulated points earned in individual championships. To be eligible for zone champion, a swimmer must have participated in and completed a minimum of two (2) zone championships.
- 6) A to-be-named committee will search for a sponsor for the championship series.
- 7) Only USMS sanctioned events shall be eligible for Zone Championship status.
- 8) Bids shall be awarded at the annual meeting held approximately 2 years prior to the championship being awarded. Any championship slots not filled may be awarded by the Zone Rep during the year or at the convention meeting the next year.

Colonies Zone Web Site
www.vaswim.org/ColoniesZone.htm
SCY 99 Champs Results
www.crosslink.net/~cherylw/zoner.htm
SCM 99 Entry Form
gmswim.org/scmzonemeetform.htm
Zone Meet Records
www.gmswim.org/zonemeet.htm
Zone Newsletter
www.mindspring.com/~lynhzlwd/convention99news.pdf

DCAC Wins Fourth Consecutive IGLA Championship

by Joe Kaufman
 Captain/Assistant Coach DCAC

The District of Columbia Aquatics Club competed in the Tenth International Gay and Lesbian Aquatics Championships in Atlanta, Georgia, held June 18 to 20.

The competition took place at the Georgia Tech Aquatics Center, site of the 1996 Olympic Games. 716 swimmers competed and there were 31 teams from 8 countries. DCAC brought 102 swimmers, three swimmers more than the host team, Atlanta's Rainbow Trout.

When the last race was over, DCAC had scored 2598.5 points, while second place Atlanta had scored 1088.5. The victory secured DCAC a place in the record books: an unprecedented fourth consecutive IGLA championship.

DCAC swimmers broke one world and five U.S. National masters records. There were three DCAC swimmers who won eight out of a possible eight gold medals (five individual and three relay). There were many meet records broken and most importantly, a great number of individual bests.

DCAC would like to congratulate the Atlanta Rainbow Trout organization for running an amazing meet. Finally, we would like to thank our incredible coach, Jerry Frentsos, for his guidance and inspiration over the last year. On to Paris for IGLA 2000!

Colonies Zone Spring Meeting Approves Open Water Swim Series

MEETING from pg 3 col 3

proved a resolution to implement a series of open water zone championships beginning in 2000. There will be 3 championships held around the zone with an ultimate champion in each age group determined by results in the separate events. [Ed.—The text of the resolution is printed on page 3 of the newsletter].

The meeting was adjourned at 4:00 PM.

P O T P O U R R I

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National Committee Chairs

Congratulations to Dave Diehl of Potomac Valley and David Grilli from New England on being named national committee chairs. Dave Diehl will be chair of the Officials Committee and David Grilli will head the Fitness Committee.

USMS Endowment Donations

Potomac Valley MSC donated \$1,000 to the USMS Endowment Fund. A check was presented by Debbie Morrin, Potomac Valley Chair, to Betsy Durrant, USMS Secretary, at the SCY Zone Championship on May 1. Also participating in the presentation were Tracy Grilli, USMS Executive Secretary and Lynn Hazlewood, Colonies Zone Rep.

The YWCA of New York City raffled off a prize during the swim team's annual awards dinner. The money was donated to the USMS Endowment Fund. The award was donated by Barbara Frank and Diane Hamilton, owners of the Starting Block Swim Shop in Brooklyn.

\$50 Per LMSC Due for Zone Rep's Convention Expenses

Just a reminder that \$50 per LMSC is due to defray convention expenses for the Zone Rep. So far, Virginia LMSC has sent in their payment.

Zone Champs On-Deck Coaching Coordinator Sought

Colonies Zone implemented on-deck coaching for the SCY Championships at the University of Maryland. At the zone meeting on May 1, we decided to continue the practice for all zone championships. Chris Colburn from Delaware Valley organized the coaches this year. Chris has now moved out of the zone and we are looking for a coordinator for the next year. Anyone who is interested in being the On-Deck Coaching Coordinator please let me know.

Zone Championship Bid Form In This Issue

The new bid form for the Colonies Zone championships is on page 9 of this newsletter. If you intend to bid for a zone championship, please fill out this form and bring it with you to the zone meeting at convention on September 18. We will be bidding for all the events listed on the form.

Dover Solo

Marcia Cleveland from the Connecticut LMSC recently wrote a book about her English Channel swim in 1994. Marcia says "It was fun to write and helped me to create a memoir for what happened. I told it

see POTPOURRI pg 5 col 1

Zone Financial Report

	Budget '99	Actual '99
Income		
\$50 per LMSC*	500.00	50.00
Total Income	500.00	50.00
Expenses		
On-Deck Coaches T-shirts	96.00	96.00
Zone Rep Plane Ticket	500.00	492.50
Zone Rep Hotel	200.00	0.00
Total Expenses	796.00	588.50
Net Income (Loss)	(29.05)	(538.50)
Beginning Cash	266.95	266.95
Ending Cash	(29.05)	(271.55)

* \$50 received from Virginia LMSC

Finance Group to Consider Funding Needs

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Possible sources of revenue are: 1) Sponsors and fundraising activities; 2) Charge \$1.00 per swimmer entered in zone championships; and 3) Charge 25¢ per swimmer registered in the zone.

Seeking sponsors and running fundraisers is an insecure method of raising money. In addition, we would need a committee in place made up of people who know how to do this effectively and are willing to volunteer.

A conservative estimate of entries per zone championship would be 400 for SCY, 300 for SCM, and 350 for open water. This

would raise approximately \$1050. However, we are having difficulty setting up a SCM championship each year and there is a wide variety of entries in open water swims. We can count on this method for raising some funds each year, but we wouldn't know from year to year, how much that would be.

In 1998 we had 7,112 swimmers registered in Colonies Zone. At 25¢ per registered swimmer, this would give us income of \$1,778. This is the most secure method of raising money, since we will have a pretty good idea of how much we will have each year. In addition, our smallest LMSC, Adirondack with 223 registered in 1998,

would pay \$55.75, only \$5.75 over what they now pay. At the high end is Potomac Valley, which would owe \$384 based on a registration of 1,536. Before we discuss this in the meeting, each LMSC needs to determine how they would feel about this method of raising money, since it will impact their own finances.

Championships Work Group

The main job of the championships work group is to discuss championship awards for the open water championships. The work group needs to determine what kinds of awards to purchase, which vendor to use, how to produce a design, and the quantities needed.

We need to determine if we want to proceed with providing awards for the individual championships. The purpose of this part of the resolution was so the awards would indicate that the race was a zone championship. Because so few awards are given out at open water swims, a meet host could not benefit from economy of scale when purchasing awards (as pool meets can).

In addition, there is the subject of the awards for overall champions in each age group to consider. These awards will be totally funded by the zone whereas the awards for each championship will ultimately be purchased by meet hosts allowing us to recoup that investment.

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P O T P O U R R I

POTPOURRI from pg 4 col 3

like it happened and didn't sugarcoat the experience. It was hard work and I laid out what I did with my training for 3 years, just in case someone reading this book is considering a Channel swim."

The cost is \$20 plus \$4 for shipping/handling. Please send inquiries to her at 31 Terrace Ave., Riverside, CT 06878 or email at doversolo@aol.com.

Zone Officials

As we add more functions to our zone, we will need to expand the number of people who have responsibility. If you would like to volunteer, let me know. Below is a list of the current zone officials plus the positions that are open.

Zone Rep - Lynn Hazlewood, PV
Webmaster - Harry DeLong, VA
Zone Records - Ed Tsuzuki, NJ
Top Ten - Dan Allen, DV
On-Deck Coaching Coordinator - Open
Treasurer - Open
Zone Champs Chair - Open

Swim Magazine Listings

Thanks to all who sent me listings for Swim magazine. The following events will be listed in the Nov/Dec issue: 1) 11/21 SCY Fall Classic - Berwyn, PA; 2) 12/11—12/12 NEM SCM Champs; and 3) 1/8/2000 SC Meet - New Haven, CT. With these listings, all LMSCs have had at least one event

listed in Swim. The next list of events will be due October 15.

Help for Small LMSCs

One of the topics that will be discussed at the Zone Committee meeting at convention will deal with encouraging small LMSCs to attend convention. A small LMSC is defined as one with less than 250 swimmers. Even though Adirondack fits that profile, they usually have at least one convention delegate.

There are 18 LMSCs with less than 250 swimmers and seven of them have 100 or fewer. Not only do they have difficulty financing convention delegates, but they have problems recruiting volunteers and are generally not represented at convention. One zone in particular, Breadbasket, has seven of the small LMSCs including four with 100 or fewer swimmers. Breadbasket always has difficulty filling committee slots.

One of the ideas is to provide financial aid for the small LMSCs so they can have representation at convention. Northwest Zone, which has five small LMSCs has taken the lead and raises funds to help their small LMSCs come to convention.

If anyone in Colonies Zone has some ideas about what can be done to help, please let me know before the Zone Committee meeting which is on Friday at 9:00 AM.

Colonials 1776 Takes Top Team Honors At SCY Zone Championships

SCY ZONES from pg 1 col 1

point award with the Maryland Masters team (host of next year's Long Course Nationals at University of Maryland Baltimore County) second. DC Masters was in third place.

The University of Maryland College Park pool will be the site of the World Cup Meet in November of this year as well as many other big meets in the coming months. The Terrapin Masters and Potomac Valley hope to host a USMS National Championship in the not too distant future.

Publications Work Group Tackles Web Site Enhancements

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Time permitting, the group may want to address the issue of our difficulties finding a bidder for the SCM Zones. Were it not for Rutgers Masters, we wouldn't have these championships each year. We need more bidders to step forward to run this meet.

Publications Work Group

The zone web site is up on the internet, but still needs to be more fully defined and expanded. Harry DeLong will be leading

this discussion. Some of the included the topics will be: 1) Where to house the zone web site; 2) design of the pages; 3) contents of the web site; 4) access to the site for updating purposes; 5) web site contributors; and 6) cost to the zone.

The topic of where the web site will be housed is important for the finance committee discussions. We must determine if we are going to be part of Virginia's site or have our own site. With our own site, we could allow multiple contributors to add pages much as we can do on the USMS site. In addition to the colonies zone site located in Virginia Masters site, zone information is on my personal site, Garden State Masters site, and a member of Terrapin Masters personal site. Each time a team runs a championship, the entry form and

results are put on their own sites.

While I appreciate the generosity of people and organizations who provide web space for the zone, this is becoming a confusing mess that will only get worse as time goes on. I believe that anything that pertains to the zone, such as zone championships results, zone meet records, zone newsletters, etc., should be housed on an integrated site. This will allow us to maintain the zone archives in a central location and make sure information doesn't get deleted unless we want to do so.

Awards & Recognitions

This work group will not be meeting this year because of time constraints and pressing needs of other issues. We can make this the main topic at our spring zone meeting.

Colonies Zone Calendar of Events

- 1/1/99 - 12/31/99; Check-Off Challenge; PST; Tracy Grilli, 9 Wiley Hill Rd, Londonderry, NH 03053, 603-437-1375, 603-537-0203(w), tracyswims@usms.org; Swim as many of the 18 pool events as possible. Get a t-shirt to check off each event as you swim it. Event may be swum in yards or meters.; Sanctioned by NE LMSC #028-030-SSCY
- 8/28/99; 1 Mi Jantzen Swim for Boston Harbor - M Street Beach, South Boston, MA; OW; Jodee Weatherell, 59 Temple Place, Boston, MA 02111, 617-451-2860, shsb@savetheharbor.org; To benefit for Save the Harbor/Save the Bay
- 8/28/99; 1 Mi Inlet Swim - Atlantic City, NJ; OW; Francis Bennett, Atlantic City Beach Patrol, City Hall - Mail Room, Atlantic City, NJ 08401, 609-343-3794, 609-347-5211(fax)
- 8/29/99; 2.5 Mi Bay Swim - Ocean City to Somerspoint, NJ; OW; Polly Caffery, PO Box 850, Pomona, NJ 08240, 609-404-1591
- 9/3/99 - 9/5/99; USMS Mentor Coach & Swimmer Clinic - Richmond, VA; CLN; Terry Sue Gault, 3202 St Stephens Way, Midlothian, VA 23113, 804-379-9099, tsgvms@aol.com; www.vaswim.org/mentor.htm; Sanctioned by VA LMSC
- 9/5/99; 1.5 Mi Pageant Ocean Swim - Atlantic City, NJ; OW; Bill Brooks, Atlantic City Beach Patrol, 3716 Boulevard Ave, Atlantic City, NJ 08041, 609-344-0809, hompie217@aol.com
- 9/5/99; 1 Mi John Daly Sr Ocean Race - Long Beach, NY; OW; Tom Daly, USLA Long Beach Patrol, 50 Armour St, Long Beach, NY 11561, 516-431-0749, 516-431-5865(fax), tomrodaly@juno.com
- 9/11/99; 1.4 Mi Swim for Life - Provincetown Harbor, MA; OW; Jay Critchley, Swim for Life, PO Box 819, Provincetown, MA 02657, 508-487-3684, 508-487-3684 *51(fax), reroot@tiac.net; AIDS benefit with minimum of \$100 in pledges required.; www.ptownlib.com/swim.html; Recognized by NE LMSC
- 9/11/99; Swims Like Rock 1 Mi - Willy's Pond, Barnstead, NH; OW; David Grilli, 9 Wiley Hill Rd, Londonderry, NH 03053, 603-437-1375, Mushield@aol.com; Sanctioned by NE LMSC
- 9/18/99; 7.8 Mi Little Red Lighthouse Swim - New York, NY; OW; Manhattan Island Foundation, PO Box 959 Ansonia Station, New York, NY 10023, 888-NYC-SWIM, 212-873-8311, nycswim@aol.com; Entry limitations and entry fees which increase as deadline approaches. Send 4 self addressed mailing labels plus \$5 to receive application by mail; nycswim.org/LRL.htm; Entry deadline 9/10/99
- 9/18/99; 1 & 2 Mi Swims - Lake Montclair, Montclair, VA; OW; Dave Tonnesen, Brian Hobbs, 703-670-4349, tonnesen@erols.com; Sanctioned by VA LMSC #129-008; Entry deadline 8/31/99
- 9/26/99; 1K, 3K, & 5K Sunfest Open Water Swims - Ocean City, MD; OW; Ken Zuiderhof, 6520 Valley Rd, La Plata, MD 20646, 301-934-3675, kzuiderhof@mail.ccboe.com; Entry fees go from \$30 to \$35 after September 15; Sanctioned by MD LMSC
- 10/9/99; Columbus Meet - Washington, DC; SCY; Mike Pletke, 202-667-2732, MRPletke@aol.com; Sanctioned by PV LMSC
- 10/9/99; Clara Walker Invitational - Providence, RI; SCM; John O'Neill, Athletic Dept, Providence College, Providence, RI 02918, 401-865-2268, 401-865-1168(fax), joneill@providence.edu; Sanctioned by NE LMSC
- 10/10/99; G.O.S.T. Splash - Oneonta, NY; SCY; Verna Engstrom-Heg, H.C. 64 Box 58, Oneonta, NY 13820-9110, 607-829-8785; Sanctioned by AD LMSC #039-003; Pre-entry & Deck-entry - deadline 10/4/99
- 10/17/99; Pittsfield YMCA Meet - Pittsfield, MA; SCM; Jim Harrington, 292 North St, Pittsfield, MA 01201, 413-499-7650; Sanctioned by NE LMSC
- 10/31/99; SCM Meet - Wheaton College, Norton, MA; SCM; Ed Gendreau, 432 Lilac Ln, Dover, NH 03820-5474, 603-337-1823(w), 603-742-7850(h), gendreau@nh.ultranet.com; Bella Marlow, lmarlow@wheatonma.edu; Sanctioned by NE LMSC
- 10/31/99; Halloween Meet - Deer Park, NY; SCY; Chris Zimmet, 61 Valentine Ave, Huntington, NY 11743, 516-266-2909, CZJZBZ@aol.com
- 11/6/99 - 11/7/99; Colonies Zone SCM Champs - Rutgers Univ, Piscataway, NJ; SCM; Cathy Copeland, 246 Berger St, Somerset, NJ 08873, 732-828-4679, cope@webspan.net; gmswim.org/scmzonemeetform.htm; Sanctioned by NJ LMSC #079-04; Entry deadline 10/29/99
- 11/7/99; SC Meet - Yale University, New Haven, CT; SCY; David Lamberti, 106 Wildcat Rd, Madison, CT 06443, 203-562-5814(w), 203-245-8964(h); Dorothy Donnelly, 508-886-6631, 508-886-6265(fax), donnellydj@worldnet.att.net; Sanctioned by CT LMSC
- 11/13/99; VMST Fall Meet - Norfolk, VA; SCY; Betsy Durrant, 211 66th St, Virginia Beach, VA 23451, 757-422-6811, durrantb@aol.com; Sanctioned by VA LMSC; Pre-entry & Deck-entry - deadline 11/6/99
- 11/14/99; SCM Meet - Portsmouth, NH; SCM; Ed Gendreau, 432 Lilac Ln, Dover, NH 03820-5474, 603-337-1823(w), 603-742-7850(h), gendreau@nh.ultranet.com; www.nh.ultranet.com/~gendreau/gbmprogram.html; Sanctioned by NE LMSC
- 11/21/99; SC Fall Classic - Upper Main Line Y, Berwyn, PA; SCY; Dave Craven, Upper Main Line YMCA, 1416 Berwyn-Paoli Rd., Berwyn, PA 19312, 610-695-9550; Sanctioned by DV LMSC
- 12/5/99; 1000/1650 Meet - Univ of MD, College Park, MD; SCY; Dave Diehl, 12511 Littleton St, Silver Spring, MD 20906-4253, 301-946-0649 (h), 301-314-5372 (w), 301-314-9094(fax), DD119@umail.umd.edu;

Colonies Zone Operating Guidelines

The CZOG listed below is a compilation of decisions that have been made in zone meetings in past years. It also recognizes defacto decisions that are implied by general practice. Any zone member who disagrees or wants to change any of the guidelines, please let me know.

Section 1: Administration

- 1.1 Any swimmer registered in Colonies Zone shall be eligible to vote on zone business at all times.
- 1.2 Issues unresolved during zone meetings will be completed by email, phone, snail-mail, etc.
- 1.3 Zone Policies
 - 1.3.1 A list of zone policies shall be developed and maintained by the Zone Rep.
 - 1.3.2 These policies shall include, but not be limited to, decisions made in zone meetings and generally accepted practice over the years.

Section 2: Championships

- 2.1. The zone shall sponsor five (5) championships each year: 1) SCY in the spring; 2) SCM in the fall; and 3) a series of three (3) open water championships.
- 2.2 Bids shall be awarded at the annual meeting held approximately two (2) years prior to the championship being awarded. Any championship slots not filled may be awarded by the Zone Rep during the year or at the convention meeting the next year. Bid forms shall be distributed through the zone newsletter and on the zone web site.
- 2.3 Only USMS sanctioned events shall be eligible for zone championship status.
- 2.4 Pool Meets
 - 2.4.1 The SCY meet in the spring should not conflict with USMS Nationals, Y Nationals, or religious holidays. It should be no more than 3–4 weeks before USMS Nationals.
 - 2.4.2 It would be preferable to emphasize the SCM meet in the fall as it will not conflict with SCY Nationals.
 - 2.4.3 Zone meets will be 2–3 day meets and should include all individual events and, if possible, all relay events.
 - 2.4.4 Slow swimmers in distance events should be seeded in Lane 1 and allowed to complete their swim (under hand timing) while the following heats proceed.
 - 2.4.5 Any restrictions on entries shall be posted on the entry form. Meet directors should consider limiting entrants to a specific number of splashes per day rather than specifying limits on relay entries.
 - 2.4.6 The zone will sponsor on-deck coaching at zone championships. There should be an announcement on the entry form to notify swimmers. The first few years, on-deck coaching concepts will be explained. USMS On-Deck Coaching t-shirts will be purchased for the coaches to wear for identification.
 - 2.4.7 Zone meet records shall be maintained for SCY and SCM championships and shall be part of the scoring for the championship.
- 2.5 Open Water Championships
 - 2.5.1 For the purposes of awarding championships, the Zone will be divided into three (3) areas. Each area shall host one (1) championship per year. The areas shall be made up as follows: 1) Area 1—New England, Connecticut, Niagara, and Adirondack; 2) Area 2—Metropolitan, Delaware Valley, and New Jersey; and 3) Area 3—Maryland, Potomac Valley, and Virginia.
 - 2.5.2 Distances for the swims will be at the discretion of the meet host, but shall be a minimum of one (1) mile.

Colonies Zone Operating Guidelines

CZOG from pg 7 col 1

- 2.5.3 The Zone will design and produce championship medals or alternative awards to be used by the meet hosts.
- 2.5.4 At the end of the series, zone champions for each age group will be named. Placing will be determined by accumulated points earned in individual championships. To be eligible for zone champion, a swimmer must have participated in and completed a minimum of two (2) zone championships.
- 2.5.5 A to-be-named committee will search for a sponsor for the championship series.

Section 3: Publications

- 3.1 Newsletter—The Zone Rep shall publish a newsletter several times per year and use it as a method of communicating with leaders of the zone. The newsletter may be distributed by email and posted on the web site. Leaders without email, or those who so desire, shall have their copy printed and mailed.
- 3.2 Web Site—A zone web site will be developed and be ready before the 1999 convention.
- 3.3 Big Meet Guide—The Big Meet Guide will be updated and distributed to all LMSC's in the zone.
- 3.4 Swim Magazine Listings—The Zone Rep shall collect 2–3 event listings to be published under Colonies Zone in Swim magazine. The criteria for selection shall be published in the zone newsletter and on the web site. In addition, the Zone Rep will notify all LMSC's by email when it is time to submit listings.

Section 4: Finance

- 4.1 Each LMSC shall contribute \$50 to fund convention expenses for the Zone Rep.
- 4.2 Financing strategies shall be developed to fund other zone projects.
- 4.3 Any zone fund raising shall not conflict with or interfere with LMSC fund raising efforts.

Section 5: Awards and Recognitions

- 5.1 If zone awards are developed, they should recognize all workers, not just the zone leaders.

Section 6: Archives

- 6.1 The Zone Rep shall be responsible for maintaining archives of the zone history.
- 6.2 Archives may be on hard copy or electronic.
- 6.3 Archives may be physically maintained by the Zone Rep or by delegated zone officials.
- 6.4 Archives should include but not be limited to: 1) Meeting minutes; 2) newsletters; 3) zone championship results; 4) zone meet records; 5) LMSC bylaws; and 6) newspaper articles.

Colonies Zone Calendar of Events

CALENDAR from pg 6 col 2

- Sanctioned by PV LMSC
- 12/11/99 - 12/12/99; New England Masters SCM Champs - Bentley College, Waltham, MA; SCM; Ed Gendreau, 432 Lilac Ln, Dover, NH 03820-5474, 603-337-1823(w), 603-742-7850(h), gendreau@nh.ultranet.com; www.nh.ultranet.com/~gendreau/99scmchamp.html; Sanctioned by NE LMSC
- 1/8/2000; SC Meet - So CT State Univ, New Haven, CT; SCY; Eric Burns, 19 St John St, Norwalk, CT 06855, 800-825-3164(x219), 203-299-0117(n), ecb.esq@juno.com; Dorothy Donnelly, 508-886-6631, 508-886-6265(fax), donnellydj@worldnet.att.net; Sanctioned by CT LMSC
- 6/24/2000; 2000 USMS 3-Mile Open Water Championship - Mashpee (Cape Cod), MA; OW; Gus Frederick, Mashpee Leisure Services, 16 Great Neck Rd, N, Mashpee, MA 02649, 508-539-1447, 508-539-1400(x519), leisure@cape.com; Sanctioned by NE LMSC
- 7/8/2000; 2000 USMS 2-Mile Cable Championship - Charlottesville, VA; OW; Joyce Mullins, 3104 Waterton Dr, Midlothian, VA 23113, 804-323-0483, 804-323-9020(fax), mullpost@ix.netcom.com; Sanctioned by VA LMSC
- 8/17/2000 - 8/20/2000; 2000 USMS LC Nationals - Baltimore, MD; LCM; Barbara Protzman, 7919 Main Falls Circle, Catonsville, MD 21228, 410-788-2964, 410-992-3760, 410-992-3772, swimbarb@hotmail.com; Sanctioned by MD LMSC

Colonies Zone 2000 & 2001 Championship Bid Form

Championship Event

On behalf of _____ (team/organization), we herewith submit a bid to host and conduct the Colonies Zone Championship(s) as indicated below:

_____ 2000 SCY _____ 2001 SCY

_____ 2000 SCM _____ 2001 SCM

_____ 2000 Open Water ___ Area 1 ___ Area 2 ___ Area 3 Event Length _____

_____ 2001 Open Water ___ Area 1 ___ Area 2 ___ Area 3 Event Length _____

(Area 1 = NE, CT, NI, AD / Area 2 = MR, DV, NJ / Area 3 = MD, PV, VA)

Specific Meet Information:

Sanctioning LMSC _____

Event Location _____ (closest city/town & state)

Body of Water / Pool _____

Event Name _____

Event Date(s) _____ through _____

Anticipated #Entrants _____

Submitted by: _____

Meet Director: _____

Phone _____

Phone _____

Email _____

Email _____

Attachments:

Please attach the following items to this bid:

- 1) Currently used entry form for this event or a draft of the proposed entry form.
- 2) Events to be offered for pool meets.
- 3) Description of the safety plan (open water swims only).
- 4) Diagram of course (open water swims only).
- 5) Plans for housing out-of-town swimmers.
- 6) Description of the facility
- 7) Any special rules (Ex. Use of bathing caps for open water swims, event entry limitations, etc.)

To Submit Your Bid:

Please bring your bid to the Colonies Zone Meeting at the USMS Convention in San Diego or mail to: Lynn Hazlewood, Colonies Zone Rep, 11714 Decade Ct., Reston, VA 20191-2942, 703-860-5304, lynhziwd@usms.org.

Colonies Zone Convention Delegates & Attendees

Jack Geoghegan—USMS Vice President
Betsy Durrant—USMS Secretary
Tracy Grilli—USMS Executive Secretary
Jeanne Crouse—USMS Legal Counsel
Lynn Hazlewood—Colonies Zone Rep
Jim Matysek—USMS Computer On Line Chair
David Grilli—USMS Fitness Chair
Colleen Driscoll—USMS Insurance Chair
David Diehl—USMS Officials Chair
Nancy Miller—USMS Planning Chair
Jim Miller—USMS Sports Medicine Chair
Ted Haartz—USMS Past President
Mike Laux—USMS Past President
Andy Prial—Adirondack
Marcia Cleveland, Dorothy Donnelly—Connecticut
Art Mayer, Pat Timmins—Delaware Valley
Barb Protzman, Jill Springer—Maryland
Richard Barkan, Jim Johnsen, Bob Kolonkowski—Metropolitan
Wendy Burge, Ed Gendreau, Tom Lyndon—New England
Ed Nessel, Ed Tsuzuki—New Jersey
George McVey, John Pilger—Niagara
Cinco Calfee, CJ Lockman-Hall, Debbie Morrin, Jeff Roddin—Potomac Valley
Craig Campesi, Harry DeLong—Virginia
Rob Copeland, Jerianne Donnelly—Legislation Committee
Peter Crumbine—Long Distance Committee
Leslie Cooper—Rules Committee
Terry Sue Gault, Rob Berry, Linda McCowan, Stu Marvin—Delegate-At-Large

CONVENTION ISSUE 1999

Colonies Zone News

Lynn Hazlewood
Colonies Zone Rep
11714 Decade Ct.
Reston, VA 20191-2942
lynhzw@usms.org

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