



THE BLUE LOBSTER

SPRING/SUMMER 2013

Maine Masters Swims to Victory at New England Champs

(March 16th, 22-24th Harvard University in Boston MA) On paper we didn't have the most swims or most people going into the meet but you wouldn't be able to tell that from the score. Our Blue Lobsters clawed their way to the top of a very competitive USMS Club division (non NEM) and yet again are New England Champions. Maine had 46 swimmers compete and all 46 swimmers who swam at least 1 event scored points for the team helping place us 2nd overall with 3841.5 points. It was a blast especially rocking the new Maine Masters t-shirts. A lot of great swims and fun times bonding with fellow Blue Lobsters. First of all congrats to Bob Johnston (8th) and Kristi Panayotoff (9th) who were top individual Maine Masters swimmers.

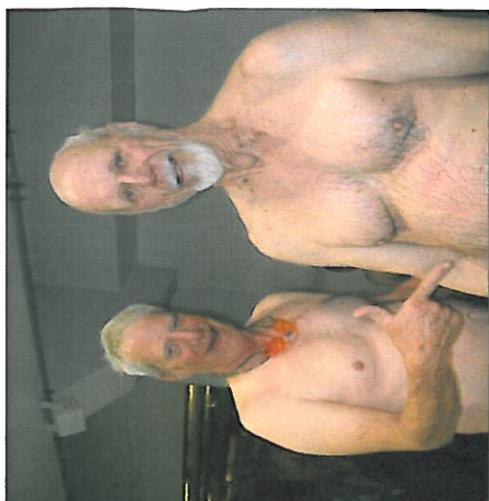
Congrats to our new veterans of Harvard: Allyson Dafoe, Nicole Gagnon, Mark Gartside, Margot Hayes, Shawn Hunt, and Catherine Johnston who not only had fun but spiced up the relays with blistering fast swims. We look forward to seeing them light it up in the pool for many years to come.

Maine fielded an astounding 32 relays all impressive in their own right. A Women's 18+ 400 Medley which beat every relay at Harvard, dominance in the 55+, and 65+ relays all first places. 2 Greely pool relays, 3 top ten in the country 800 Freestyle relays with Beth Fries, Kristi Panayotoff, Reed Lowden, and Dale Syphers breaking the Maine record in the 55+ mixed.

Youngest Awards goes to our swimmers who aged up for the meet. Louis Kronfeld, destroyed the New England 50 Breast record and the Men's 65+ 200 Medley Relay (Bill Rupert, Louis Kronfeld, Bob Nelson, Fred Pierce) knocked seven seconds off Maine's New England record. Mike Schmidt, set the New England record in the 500 Free and swam a very impressive 200 Back. In the 45+ mixed 400 Medley relay the lovely Beth Fries, leveled the field against the much younger 25+ relay of Anne Uecker, Son Nguyen, Margot Hayes, and Zach Gray. Deb Morse saved the day and swam on a 400 free relay with Alex Szafran that helped seal our victory. Robert Dudley had a studly 1000 Free earning a 2nd place finish in his new AG.

Shout out to John Davis who moved to Washington D.C for a new job the week of the meet and took a red eye train from D.C. to make it to Boston to swim for Maine. Also a shout out to Heat 11 of the Men's 400IM and Heat 1 of the Men's 200 Free Relay. Maine went 1-5 in those heats. Everyone that swam was able to help score points for the team and you could too by signing up for SCM Champs in December or SCY Champs at Harvard next March. It is a lot of fun and we hope to see you there as well as at our fun local meets in Maine. <o>





Taking a Break from the Pool *by Mary Holt-Wilson*

The other day I chatted with a friend about burn out. She's been swimming for years in her Masters program. She loves the workouts, the people, the meets. But lately she feels sick and tired of it. Of course, it's never easy to leave a warm bed in the morning, knowing a cold plunge into the pool awaits you. But when we're into swimming we find the discipline to do it. Even though it's hard to get up, we rely on our swimming to bring us daily satisfaction.

But what happens when our daily workouts in the pool just aren't doing it for us anymore? How do we handle it when suddenly we dread getting up to work out—or we realize we'd rather sip coffee and read *The Times* instead of competing in the weekend meet?

The way to get better at swimming is... to swim. We all know this, and if you stop swimming for several months your swimming will, in fact, suffer. However, in my experience the reverse is also true. After a hiatus it will be hard to get back at swimming initially, but taking time off and pursuing other modes of fitness can have a profoundly positive effect on your swimming. Old injuries heal and you get caught up on sleep. After a bit you start to miss the pinching in your chest when you go hypoxic, the smell of chlorine on your skin, and that perfect tiredness you feel after a hard workout. When burned out you start to question whether you'll ever want to swim again. If you allow yourself a break, the answer to that question almost always is yes, you will.

Of course, replacing your lack of swimming with eating pizza and watching the tube isn't wise either. You're used to your daily hit of endorphins, and there are plenty of things you can do if a break from chlorine is in order. The beauty of pursuing another mode of fitness for a bit is that there's little pressure to excel at it. You're a swimmer, after all. No one expects you to win your local 5k.

That stated, here are a few ideas to get you through your days away from the pool:

- Yoga. I'll be honest. I don't love yoga. But it's kind of fun to see the people in class twist themselves into pretzels. Also, being in downward facing dog for like half the class has GOT to be good for developing shoulder strength, right?
- Strength classes at the gym. They all have different names: boot camp, TRX, Pilates—but they all build total body strength, and they can be really fun, too. The strength you gain from these classes may or may not help you once back in the pool, but they definitely get you toned and looking hot. Just saying.
- Cross-country skiing. This requires you have equipment and know how to ski, but if you can do it, skiing is awesome for building aerobic fitness. Combine it with some of those strength classes and you will fast become strong as an ox.
- Sign up for a 5k. Don't give me that line about your knees. You can do it! Build yourself up over a few months and see what happens. Running hurts, sure. But because it's so tough it will toughen you up for your return to the pool. Being a runner won't make you a faster swimmer, but it might make you a mentally tougher swimmer.
- Biking of any kind: spinning classes, mountain biking, road biking, cyclocross riding. Honestly, biking can be a relief after years of swimming because in biking you actually literally go somewhere. It allows you to see things and places the bottom of the pool does not. There's nothing like finding a new trail or a new town or a new lake you didn't know existed.

None of these suggestions are novel. I realize that. But what might be novel is the idea that you are normal to need a break from swimming. Sometimes we need to leave so we can feel the joy of coming back. It really is okay to take a break. I give you permission. <o>

In Photo: Alina Perez-Smith and Mary Holt-Wilson



2013 Lighthouse Masters Meet

April 28th – Don Richards Pool; Cape Elizabeth, Maine

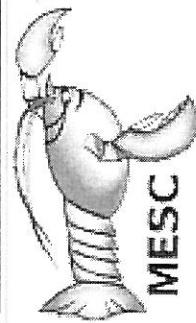
Sunday 4/28 , 8:00 AM Warm up / 9:00 AM Start

Print seed times clearly! Use a colon between minutes and seconds.

Circle the event number you wish to enter and enter a seed time (select up to 5 individual events). Seeding will be from slow to fast regardless of age. ENTRIES WITH NO SEED TIMES WILL BE CONSIDERED INCOMPLETE. Heat sheets will be posted. Separate results by age group will be posted after each event.

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1		200 Medley Relay		1
2		200 Free		2
3		200 IM		3
4		50 Free		4
5		100 Fly		5
6		200 Breast		6
7		200 Back		7
8		100 IM		8
9		50 Fly		9
10		500 Free		10
11		200 Fly		11
12		100 Back		12
13		100 Breast		13
14		100 Free		14
15		400 IM		15
16		50 Back		16
17		50 Breast		17
18		200 Free Relay		18

*Relays will be deck seeded time permitting.



The proceeds of the meet will be donated to ALS-TDI a non-profit dedicated to developing new treatments for ALS/Lou Gehrig's disease.

Maine Masters
MaineMasters.org

www.als.net (For more information on ALS-TDI and ways to donate)

Participant Information

Name _____	Address _____	E-Mail _____	Home Phone _____	USMS# _____	Gender _____	M _____	F _____
Age _____	DOB _____	Emergency Contact (name/phone)					
<input type="checkbox"/> Maine Masters (MESC) <input type="checkbox"/> Non-USMS swimmer <input type="checkbox"/> New England Masters (NEM)							
<input type="checkbox"/> Other Masters Club (please indicate club _____)							
Club members outside the New England LMSC must attach a copy of their current USMS membership card							
Meet Details							
All Maine Masters sponsored meets will be governed by the current USMS rules. All properly timed personal performances by Registered Masters swimmers, at an official meet are eligible for record consideration in Maine, New England, and Nationally.							
This is a recognized meet # pending . Although we encourage meet swimmers to be a member of USMS, all swimmers are welcome and encouraged to experience adult swim competition. To register as a Maine Master contact: Son Nguyen, 6 Libby Street, Scarborough, ME 04074 (207) 615-1289. Or go to www.usms.org/reg/ and pick MESC							
Directions: Take exit 6A Forest Ave off I-295. Turn slight right onto US route 1. Turn left onto State Street/ME 77 South. Continue to follow ME 77. 345 Ocean House Road Cape Elizabeth, ME 04017							
Facility: 6 lanes, 25 yard competition pool with electronic timing							
Awards: Time cards with individual results will be available for participants							
Meet Director: Alina Perez-Smith Contact: aperezsmith@gmail.com							
Fees: The meet fee is \$20 and needs to be postmarked by Wednesday April 24th. Late entries and deck entries will be accepted until 8:30am the day of the meet for an additional \$5 fee until. Make checks payable to Cape Elizabeth Community Services.							
Send Entries To: Alina Perez-Smith 14 Littlejohn Road Cape Elizabeth ME 04107							
Waiver (must be signed by all participants)							
"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 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 AND ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE, ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING THOSE 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".							

Signature of the Participant _____

Date _____



Silicon Cap
black color
\$10.00



**MESC Sticker
3" x 5" Oval
\$3.00 each**



Latex Cap
black/white
\$5.00



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માનુષના જીવન



Digitized by srujanika@gmail.com



This product runs
smoothly and quietly.



Remember The Maine" \$5.00 (white color)



yuen925@yahoo.com

Merchandises can be arranged for pick up at the next masters swim meet.

All proceeds benefit our **Maine Masters Swim Club**. Go Blue Lobsters!!



Dan Horton Invitational Masters Meet

May 11th, 2013 – SCY– Waldo County YMCA, 157 Lincolnville Ave Belfast, ME

Saturday 5/11, 12:30 PM Warm up / 1:30 PM Start

Print seed times clearly! Use a colon between minutes and seconds.

Circle the event number you wish to enter and if you have one, enter a seed time (select up to 5 individual events, see relay note below for relay entries). Seedings will be from slow to fast regardless of age and gender. Entries with no seed times will be placed in the slowest heat. Heat sheets will be posted 15 minutes prior to the start of the meet. Separate results and scoring for men and women by age group will be posted after each event.

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1		Mixed 200 Free		2
3		Mixed 400 IM		4
5		Mixed 50 Free		6
7		Mixed 200 Butterfly		8
9		Mixed 100 Breaststroke		10
11		Mixed 50 Backstroke		12
13		Mixed 200 IM		14
15		Mixed 1000 Free		16
17		Mixed 100 Free		18
19		Mixed 50 Butterfly		20
21		Mixed 200 Backstroke		22
23		Mixed 50 Breaststroke		24
25		Mixed 500 Free		26
27		Mixed 100 Butterfly		28
29		Mixed 100 Backstroke		30
31		Mixed 100 IM		32
33		Mixed 200 Breaststroke		34
35, 37		200 Free Relay		36

Who swims masters swimming?
Anyone 18+

People of all ages and abilities.
Fitness Swimmers, former
competitive swimmers,
beginner swimmers, and
triathletes,

Check us out on
Mainemasters.org

Participant Information

Name _____
Address _____
E-Mail _____
Home Phone _____ USMS# _____
Age _____ DOB _____
Emergency Contact (name/phone) _____
[] Maine Masters (MESC) [] New England Masters (NEM) [] Non-Master Swimmer
[] Other Masters Club (please indicate club _____)

Club members outside the New England LMSC **must attach a copy** of their current USMS membership card

Meet Details

All Maine Masters sponsored meets will be governed by the current USMS rules. All properly timed personal performances by Registered Masters swimmers, at an official meet are eligible for record consideration in Maine, New England, and Nationally. **This is a recognized meet.** Membership to Maine Masters or Master swimming isn't required but is encouraged. The meet is a fundraiser for the Bluefish Swim Team. To register as a Maine Master contact: Son Nguyen, 6 Libby Street, Scarborough, ME 04074 (207) 615-1299 or online at <http://www.usms.org/eq/> Pick **MESC**

Directions: From I-95 North or South: Take Exit 113 to Route 3 for 44.6 miles. At the Reny's Plaza (on your left), turn right to merge onto Route 1 South. At traffic light, turn Right onto Lincolnville Ave (Route 52). YMCA is on the right, 1/4 mile down the road. Facility: 6-lane pool, adjacent lanes for warm-up and cool down and electronic timing will be used.

Awards: Time cards with individual results will be available for participants

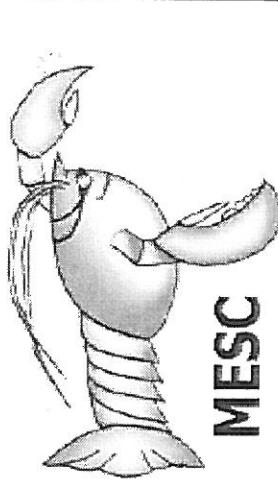
Meet Director: Susan Cooney - cooneyfineart@gmail.com
Contact Person: Erin Mank - aquatics@waldoccountyymca.org 207-338-4598

Fees: Entries postmarked by Tuesday May 7th \$20 for 5 individual events plus relays. Later entries will be accepted until 1:00pm the day of the meet \$25 for 5 events. Make checks payable to Waldo County YMCA

Send Entries To: Erin Mank, Aquatics Director, Waldo County YMCA, 157 Lincolnville Ave Belfast, ME 04915

Waiver (must be signed by all participants)

"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 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 THIS MEET I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING THOSE 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."



WOWSA!!! The World Open Water Swimming Association

Anne Uecker interviewed Pat Gallant-Charette recently and the following is a summary of their talk, an interesting change from discussing pool swimming. For more news about Pat, check out April 2013 Oprah Magazine article "Gutsy and Confident Women."

Pat is an open water swim extraordinaire, a role model to all, young and old alike. Pat is 62 years of age, has three grandchildren, and works full-time as a nurse. She also manages to provide full time care to her grandchildren!! She was recently nominated as the 2012 WOWSA Open Water Swimmer Woman of the Year, and true to form, cast her own vote for a 14 year old Canadian who was able to raise mega dollars while swimming mega distances. This young wonder swimmer, Annaliese Carr, was the eventual winner. Such generosity is not unusual to Pat -- she also began and initiated the "Swim for your Heart" effort, held every February 14th (swimforyourheartfeb14.com). In fact, Pat was inspired to swim by her younger brother who passed away from a heart attack at age 34; he had been a very speedy Westbrook high school swimmer, had a successful college swim career, and won Peaks to Portland two times. "Valentine's Day...Swim for your Heart" brings an awareness of heart disease and its prevention. This event encourages swimmers to have their blood pressure and cholesterol checked.



In talking with Pat, one can learn how truly diverse and developed the sport of open water swimming actually is. For example, who ever heard of Open Water Pedia (openwaterpedia.com), open water swimming's own wiki resource? This site is packed full of information, including an event called Oceans Seven. This is an amazing series of swims that Pat is attempting to accomplish. Pat has already swum the English Channel and the Strait of Gibraltar and recently swam the Tsugaru (pronounced like Subaru with a "g" instead of a "b") Strait in Japan in 19 hours and 36 minutes. The point-to-point crossing of this strait is 12 miles but a swimmer faces extremely strong currents, making it a tougher and longer swim. In comparison, the English Channel is 20.7 miles but it is not unusual for individuals to swim 30 miles or more due to currents. Pat swam the English Channel in 15 hours and 57 minutes.

Pat's mantra is "you can, if you try". This mantra was really put to the test when she swam the Tsugaru Strait -- she experienced over 100 jellyfish stings. She described the physical and visual sensation of being stung as being similar to someone putting out a cigarette or cigar on her skin. She completed the Tsugaru Strait swim in October and described the English Channel as a "swim at the beach" in comparison.

Pat's first swimming event was the 1999 Peaks to Portland, a 2.4-mile swim from Peaks Island to the city of Portland proper. She wasn't sure she could finish but was not pressured because she is not a fast swimmer and was not swimming to win a medal. She was able to swim to enjoy herself. As she described it, "It was beautiful. I fell in love with the sport of open water swimming." She progressed to a single crossing of Lake Sebago, and then a double crossing. Since that time, and particularly in the last three years, her records include being the third fastest woman to swim the Strait of Gibraltar, the oldest American to swim the English Channel, and only the 11th individual to swim the Tsugaru Straight, and the oldest individual at that! Pat also broke the world record swimming the Catalina Channel. Extra perks of this particular swim included being started off by a school of anchovies, and encountering two sea lions, pelicans, flying fish, whales, and even dolphins during the swim! Pat has recently finished a children's book, "Catalina...Oh, my!" that is in the early publications stages. I know my book shelf will soon have a new addition!!

For the record, only one individual, a male, to date has completed the Oceans Seven. (This series of swim is compared to the Seven Summits which includes an ascent of Mount Everest.) Pat herself has three of these swims left. Next on her list is Cook Strait in New Zealand in mid-April and then, the North Channel between Ireland and Scotland at the end of August. Many of these swims have very narrow windows of time in which they

can be completed. Pat's final swim of the Oceans Seven will be Molokai Channel in Hawaii, a swim that can be done almost any time of the year. Read through openwaterpedia.com for some of the substantial challenges Pat will face in her two upcoming swims. Let's just say it's a lot of distance, some very low water temperatures, and high potential for unfriendly marine life. Other, and more real-life barriers, include the fact that Pat is not a professional swimmer. She, like the rest of us, pays for her swimming and travel out of her own pocket.

Pat at this point is unlikely to be the first female to complete the full Ocean's Challenge, as there are several women with fewer swims to complete than Pat at this point. Currently, there are three women ahead of her in the standings, Penny Palfrey (Australia), Anna-Carin Nordin (Sweden), and Michelle Macy (USA). One of these women will be the first to accomplish the Ocean's Seven this summer. Overall, Pat is in seventh position, a position shared with more than 10 other individuals. Pat's swim journey thus far suggests she will accomplish her goal. We are fortunate to have such an accomplished swimmer, a recognized "mover and shaker" in the open water swim community, in our Maine swim community. Swim safely, Pat! <o>

Farewell to Cheryl Kupan *by Anne Uecker*

I've had the pleasure of swimming with Cheryl Kupan since she joined Maine Masters in 2009. Cheryl has been a master's swimmer since the early 1990s. Over the years she has accumulated a large number of top ten swims, continuing in this tradition for the Blue Lobsters. Cheryl was quick to fit in with the Maine crowd -- enthusiastic, super speedy, and excited about all things swimming. Her enthusiasm was contagious. Although she would be the better person to fill everyone in on her recent ups and downs, it is not going to be hard to have memories of Cheryl's ups. Even when Cheryl was sidelined on the bench due to a couple of her several surgeries (these include shoulder and knee), she was a potent cheerleader and supporter. Cheryl has not only demonstrated herself to be a valuable team player, she was a strong individual swimmer. At the 2011 BU meet, Cheryl was having knee issues -- due to running two marathons in the span of about two weeks in the fall (go figure!), but swam in a strong silent manner, placing first in 10 of 11 events, going about her business and winning some more. I think most people did not realize her accomplishment until after the fact. Unfortunately, and at sometime during this span of time, she had a job related move from Connecticut to Florida, although she continued to swim for Maine.

She came back to BU in 2012 and this time placed first in 11 of 11 events. Who, other than Bill Jones, can attest to a similar feat?



Before the recent New England Championship meet in Boston, Cheryl had made the difficult decision to swim for the Florida team with whom she actually physically swims on a daily basis. Although sad feelings were shared by all, Cheryl and her gal relay pals (*in photo: Beth Fries, Anne Uecker, Cheryl Kupan, and Mary Estabrook*) collaborated to send Cheryl out in real gold by purchasing her a brand new gold swimming suit!! The four gals dressed in gold had one of their most fun swim meets yet. We ended the day by swimming the 800 free relay (Kupan was shouting "go for it" the whole way) and followed with lots of hugs and warm goodbyes. I can only hope to be so lucky to swim with Cheryl again as a teammate in the future, although I also am happy to let her go on to accomplish numerous swimming feats with her new teammates, and her old and new friends. Good-bye Cheryl; best of luck; and happy swimming wherever, whenever, and with whomever!! <o>

again as a teammate in the future, although I also am happy to let her go on to accomplish numerous swimming feats with her new teammates, and her old and new friends. Good-bye Cheryl; best of luck; and happy swimming wherever, whenever, and with whomever!! <o>

Ellsworth Black Fly Masters Swim Meet

May 18th 2013 – Down East Family YMCA- Ellsworth, Maine

Saturday 18th, 11:30 AM Warm up / 12:30 PM Start

Print seed times clearly! Use a colon between minutes and seconds.

Circle the event number you wish to enter and enter a seed time (select up to 5 individual events). Seeding will be from slow to fast regardless of age and gender. ENTRIES WITH NO SEED TIMES WILL BE CONSIDERED INCOMPLETE. Heat sheets will be posted. Separate results by age group will be posted after each event.

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1		Mixed 500 Free*		1
2		Mixed 50 Fly		2
3		Mixed 200 Back		3
4		Mixed 100 Breast		4
5		Mixed 50 Free		5
6		Mixed 200 IM		6
7		Mixed 100 Fly		7
8		Mixed 100 Back		8
9		Mixed 50 Breast		9
10		Mixed 100 Free		10
11		Mixed 100 IM		11
12		Mixed 200 Fly		12
13		Mixed 50 Back		13
14		Mixed 200 Breast		14
15		Mixed 200 Free		15
16		Ellsworth Relay #		16

If you register as a New Maine masters USMS member at the meet, the entry fee will be waived.

* Swimmers must provide their own counters.
This Relay is a social event to be determined by the Meet Director. You could win a trophy.

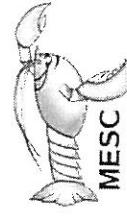
Yes

Great! How do I sign up?

So if I'm joining Maine Masters for the first time my Entry fee for this meet is Free?

You can register online <http://www.usms.org/re> & pick MESC Or right at the Ellsworth meet.

For more Maine masters info check out Mainemasters.org



Participant Information

Name _____	Age _____	DOB _____	Gender _____
Address _____	Emergency Contact (name/phone) _____		
E-Mail _____	<input type="checkbox"/> Maine Masters (MESC) <input type="checkbox"/> New England Masters (NEM) <input type="checkbox"/> Non-USMS swimmer		
Home Phone _____	<input type="checkbox"/> Other Masters Club (please indicate club _____)		
USMS# _____			

Club members outside the New England LMSC must attach a copy of their current USMS membership card

Meet Details

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This is a recognized meet (pending). Although we encourage meet swimmers to be a member of USMS, all swimmers are welcome and encouraged to experience adult swim competition.

Directions: *The pool address is 238 State Street, Ellsworth, Maine – call (207) 667-3086 for directions.*

Facility: 6 lanes, 25 yard competition pool with electronic timing

Awards: Time cards with individual results will be available for participants

Meet Director: Matt Montgomery

Contact: Scott Redmond at SCOTT@acadiasails.com or (207) 288-0212

Fees: The meet fee is \$ 15 for Masters members and \$20 for non-masters members if postmarked by Tuesday May 14th. Add \$5 to the total for deck entries. Deck entries will be accepted until 11:30 AM the day of the meet. If you register as a New Maine masters USMS member at the meet, the entry fee will be waived. Membership is \$50 for the entire year and includes lots of goodies such as USMS swimming magazine, Maine masters newsletters, plenty of swimming opportunities, and being part of a team made up of enjoyable swimmers of all ages and abilities. Make checks payable to Down East Family YMCA.

Send Entries To: Down East Family YMCA, PO Box 25, Ellsworth, ME 04605

Waiver (must be signed by all participants)

"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 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 ANY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM AND ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING THOSE 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."

Signature of the Participant

Date

UPCOMING MASTERS SWIMMING EVENTS:

For More Information, go to www.mainemasters.org

- *April 28th, Lighthouse Masters Swim Meet at Cape Elizabeth HS, Cape Elizabeth ME
- ***May 9-12 USMS (25yd pool) Spring National Championships in Indianapolis, Indiana**
- *May 11th, Dan Horton Invitational Masters Meet at Waldo County YMCA, Belfast ME
- *May 18th, Black Fly Masters Meet at Ellsworth YMCA, Ellsworth ME
- ***June 5-13 Pan-American (50m pool) & Open Water Championships in Sarasota, Florida**
- *July 13th, Peaks to Portland 2.4-mile Ocean Swim at East End Beach, Portland ME
- *July 20th, Nubble Light Challenge 2.4-mile Ocean Swim at York Beach, York ME
- *July 28th, New England (50m pool) Championships at Jenny Thompson Pool, Dover NH
- ***August 7-11 USMS (50m pool) Summer National Championships in Mission Viejo, Cali**
- *August 10th, Sebago Challenge 1k, 2.5k, 5k Swims at Sebago State Park, Naples/Casco ME
- *August 31st, Rockland Breakwater 1.6 or 3.2mile Swims at Rockport ME
- *September 15th, Maine Senior Games at Cape Elizabeth HS, Cape Elizabeth ME

July 27 to Aug 10, 2014 FINA World (50m pool) Masters Championships in Montreal, CAN



SON NGUYEN
6 LIBBY STREET
SCARBOROUGH, ME 04074