

Southern Masters Swimming



We don't get old, we just age up

Jan 2014 Lane Lines

SMS SCY CHAMPIONSHIPS in Baton Rouge

The Crawfish Aquatics Team, Coach Nan Fontenot and Meet Director Jeff Maynor invite you to another great Short Course Yard Championship meet of Southern Master's Swimming sanctioned by the USMS on Saturday February 28, and Sunday March 1, 2015 with warm-up at 9:00 a.m. and the meet starting at 10:00 a.m. The pool is located East off I-10 about four blocks West on Blue Bonnet Blvd on the right. Pool parking is on the road behind the Motel. To participate you must be registered with United States Masters Swimming and send a copy of your 2015 USMS card with the completed entry and a check for \$35 for both days or \$20 for one day.

Swimmers may enter a maximum of five individual events per day, plus relays. Online entry is available for this meet until February 25 and can be found at the following link. https://www.clubassistant.com/club/meet_information.cfm?c=1821&smid=6077 All mail-in entries must be received by February 20, 2015. But late entries will be accepted for an additional \$5.00 where room is available.

Entries prior to February 20, 2015, must be on a completed entry form with a copy of your USMS card and a check (payable to Crawfish Aquatics) and mailed to: Jeff Maynor, Crawfish Aquatics SCY Championships, PO Box 85080, Baton Rouge, LA 70884. You can print the entry form available on Southernmastersswimming.com or use the one on page 4. We hope to see you there and bring someone from your workout group. The Annual SMS meeting will be held during lunch on Saturday.

Page 1 of 4

SMS Officers
Chris Frederic,
Chair
Ellen Hall,
Vice Chair
Rob Cambais,
Treas.
Doug Holmes,
Sec.
Doug Kopp,
Registrar
Pat Arnold,
Sanctions
Vicki Buccino,
Top Ten
Chris Frederic,
Meet Officials
Nan Fontenot,
Coaches Chair
& Web Master
Barbara
Aguirre, MS
Board Mem-
ber at Large
Scott Fleming
Distance,
Open Water
Chair
Doug Holmes
& **Edina Pou**

Annual SMS Meeting Notes

For complete minutes of the 2014 Annual SMS Meeting go to southernmastersswimming.com, Administration for past minutes of annual and board meetings. Current officers shown on page one will be up for reelection at the 2015 Annual Meeting to be held Saturday February 28 during lunch and Chris Fredric may appoint additional chairpersons to the SMS Board. Last year Scott Fleming was appointed Distance and Open Water Chair and Edina Pou co-editor of *Lane Lines*. Pat Arnold and Doug Holmes represented SMS at the USMS Convention in Jacksonville as Delegates. Highlights of SMS 2013 Open Water Swim Event and 2013 Swim Clinic conducted by former USMS Coach of the Year Susan Ingraham can be found in past minutes. SMS Board holds three SMS Championships reasonably priced because of good participation and costs supplemented by SMS. We enjoy a healthy financial position thanks to our 725 USMS members. \$11 of each member's USMS annual dues is returned to SMS to run meets, hold clinics and other events. In addition to insurance we all receive the Swim magazine, access to USMS Calendar of meets/events, USMS National meets and distance and open water events, record keeping, coaching and swimming tips.

SMS Masters Swim Meet Calendar

Feb 22/SCY: Greater New Orleans District Senior Olympic Games at UNO Aquatic Center

Feb 28-Mar 1: SMS SCY Championships Baton Rouge

Apr 23/SCY: USMS Spring National Championships San Antonio Tx

May 2/OWS: 2 mile Open Water Swim or Aquathon (1 mile OWS and 10K run) Ocean Springs, Ms

Speedo-USMS 5K/10K Postal National Championships (50 meter pools only) May 15-September 15

June : SMS LCM Championships, Baton rouge

August 6-9/ LCM: USMS Summer National Championships Geneva Ohio

Greater New Orleans District Senior Olympic Games

The New Orleans Senior Games are open to those over 50. Medals are given for three places in each five year age group for some 37 sports events held between February 21 and April 13. The swimming is first up on February at the UNO Aquatics Center. If interested go to www.gnosonet.net or call Ellen Hall 504-737-4262.

Open Water Swim/Aquathon in Ocean Springs

Date: May 2, 2015
Course: Open Water
Location: ocean springs , MS
LMSC: [Southern](#): nonsanctioned and not recognized by USMS
Country: USA

Description: 2mile open water swim or Aquathon (1mile OWS and 10k run) in the Mississippi sound on Front Beach in Ocean Springs, MS. May 2, 2015. Wetsuit permitted. In-water start. Post race meal, party, and age division awards. Register at OSOSPREY.COM

Venue: Osprey Open Water Swim and Aquathon
499 Front Beach Drive, Ocean Springs, Ms 39564

Events: 2 Mile Open Water Swim \$40

10k run \$30

Aquathlon; 1 Mile Open Water Swim and 10K run \$45

Register online at ososprey.com

MS Gulf Coast YMCA, Event Director: Phillip Doiron, pdoiron@mgcymca.org
228-875-5050, 1810 Government St. Ocean Springs, Ms 39564

Swim Events in May 3, 2014 Open Water Swim at Ocean Springs

About 39 individuals took part in the 1 mile (7 women and 7 men) and the 2mile open Water swim (7 women and 18 men). The ages ranged from 13 to 67. All participants were from Mississippi except two from Slidell and two from Alabama. It is not sanctioned or recognized by the USMS or SMS so the USMS insurance and open water records are not available. However, SMS does not have a scheduled open water event for 2015 and some of our distance and open water triathletes may want to take advantage of this close by location within the Southern Masters boundary.

Register online at ososprey.com

****ENTRY FORM****
CRAWFISH AQUATICS
SHORT COURSE YARD CHAMPIONSHIP

Sanctioned by Southern Masters Swimming for USMS Inc.,

Name: _____ Age (as of 2/01/2015): _____ Sex: _____

Address: _____ City/State: _____

E-Mail Address: _____ Zip Code: _____ Phone: _____

USMS #: _____ Team Name: _____ Team Abbr: _____

Circle desired event numbers and list seedtime in yards (NT for no time). Limit of five individual events per day. Relays will be deck entered.

Saturday, February 28, 2015

Warm-up 9:00 a.m. Meet 10:00 a.m.

W	M	Event	Seed Time
1	2	400 IM	
3	4	100 Free	
5	6	200 Breast	
7	8	50 Back	
9	10	100 Fly	
11	12	100 IM	
13	14	200 Back	
15	16	50 BR	
17	18	200 Free Relay xxxxxxxx	
19	20	200 Mixed Medley Relay xxxxxxxx	
21	22	1650 Free	

Sunday, March 1, 2015

Warm-up 9:00 a.m. Meet 10:00 a.m.

W	M	Event	Seed Time
23	24	500 Free	
25	26	100 Back	
27	28	200 IM	
29	30	50 Free	
31	32	200 Fly	
33	34	100 Breast	
35	36	50 Fly	
37	38	200 Free	
39	40	200 Medley Relay xxxxxxxx	
41	42	200 Mixed Free Relay xxxxxxxx	

* There will be a short break between relays and distance swims on Saturday, and at other times on request to the starter and meet director.

LIABILITY RELEASE:

The attached PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY

AGREEMENT must be signed and turned in before participating in the swim meet.

Entries must be received by Fees: Payable to Crawfish Aquatics

Friday, February 20, 2015

Mail entries to:

Jeff Maynor

Crawfish Aquatics SCY Championships

PO Box 85080

Baton Rouge, LA 70884