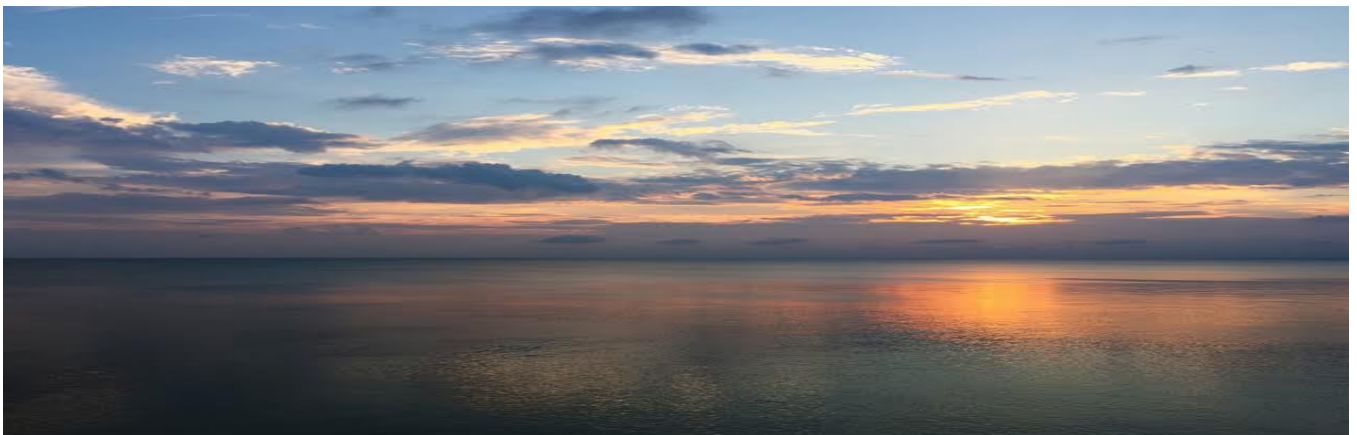




THE NEWSLETTER OF THE LAKE ERIE LMSC OCTOBER 2018



LAKE ERIE'S EDGE Jay DeFinis

Lake Erie was blessed with great summer weather this year, and great swimming at the lake front (Edgewater Park & Columbia Beach) and our outdoor pools (Thornton, Foster, & Avon). O*H* Masters sponsored two Long Course meets at CSU in June and Avon in August.

The Brogan Open Water Classic took place with nearly perfect weather conditions under the direction of Chuck Beatty.

There was something everyone could enjoy this summer!

Good news: Our LMSC has been chosen to host and the Brogan Open Water Classic at Edgewater Park will be the venue for the United States Middle Distance (2 mile) Open Water National Championship in July 2020!

Adding to the excitement is the fact that 2020 will be the 50th anniversary of USMS Swimming. Please be sure to save the date. This will be a great event to support by participating or volunteering. Stay tuned for more details in the coming months. Lake Erie rocks!

In September, I had the honor of representing the Lake Erie LMSC along with Dan Cox, Judi Norton, Ann Marshfield and Ashley Braniecki at the USMS National Convention in Jacksonville Florida.

One of the highlights for us was the presentation of the Dorothy Donnelly Service Award to our own Judi Norton! This was a well-deserved honor so be sure to congratulate Judi when you see her.

Also, Dan Cox was reelected to another two-year term on the National Board of Directors as the Great Lakes Zone member at-large.

I will have the honor of continuing as the Chair of the Swimming Saves Lives Board of Directors in 2019.

Our LMSC now has eight certified Adult Learn to Swim Instructors (ALTS)!

We hope to be able to begin to offer USMS sponsored adult swim lessons this year. Please keep in mind if you are interested in becoming a certified ALTS instructor the LMSC will pay 50 percent of your class registration fee.

As we move into fall and winter, please consider entering or volunteering to help with the O*H* Masters Pentathlon Meet in November and the Short Course Meters meet in Hudson in December.

Also, be sure to mark your calendars for the Annual LE LMSC Meeting to be held after the Sunday session of the Hudson Meet on December 9th.

Your support is greatly appreciated! If you are interested in serving on our LMSC Board of Directors, please contact me at jay.definis@nm.com.

I will pass it along to our nominating committee.

Finally, I would like to thank all the LEMSC Board members, volunteers, officials, and coaches that make swimming so enjoyable in our region! This is why living and swimming in and near Lake Erie we truly *have the edge*.

Congratulations Judi

This past weekend, United States Masters Swimming honored Judi Norton with the 2018 Dorothy Donnelly Service Award. Judi was one of fourteen volunteers from around the country selected for this award. The award is presented to individuals whose service has “contributed to the growth, improvement, or success of U.S. Masters Swimming locally, regionally, and/or nationally.” And Judi has done just that. If you see Judi around the pool deck, make sure you congratulate her - and thank her for her service to O*H*I*O Masters, the Lake Erie LMSC, and United States Masters Swimming - we’re lucky to have her!



From the Registrar:

The window for online registration for 2019 opens on November 1.

It's easiest to register online. Just go to usms.org and click on join/renew.

As always we would like to welcome the following new members.

New Members to the Lake Erie LMSC

Medina Masters Swim Club (MEDM)

Meredith Erwin

Ohio Masters Swim Club (O*H*)

Christine Bittner Lauryssa Rieger Cameron Stewart Megan Morsie

Lu Dong Sadiq Shifa Leah Rachocki Michael Bowen Eleanor Reagan

Marie Banks Sarah Naska Roy Miller Ehren & Kristen Eschmann

Jon Kowalski Nathan Mellion Christine & Anthony DiGiacobbe

David Hart Jacob Rehfus Brian Cullison Audrey Roth

Bill Flaherty Letizia Barbi

Hubbard (HSC)

Jeremy Lanaburg

Unattached (UC 18)

Phillip Brittain Amanda Bates George Badziong Brian Denton

Ben Hartenburg

One For the Record Books

The 2018 End of Summer Spectacular LCM Swim Meet proved to be spectacular at the Avon Aquatics center in August. Sunny skies greeted the 80 swimmers eager for a challenge. Several swimmers came with hopes of setting new records and two swimmers prevailed. Robert Doud from Michigan swam the 200 M Butterfly in **World Record** setting time of 11:47.68 in the 95-99 age group! Keenan Richardson set a Canadian record of 25.26 in the 50 M Free in the 18-24 age group! Congratulations to both of these gentlemen for their outstanding swims!

O*H*I*O Masters Swim club encourages swimmers of all abilities to participate in swim meets. We like to give a shout out to those who are swimming their first US Masters Swim meet by presenting a First Timer tee shirt and swim cap. We had 4 such individuals: Elena Negomedzyanova, Eleanor Reagan, Eleanor Rimmerman and Keenan Richardson. We extend our congratulations not only to our First Timers but also to everyone who came out and supported this Summer Spectacular LCM swim meet.



Swimmer Spotlight - Sarah Ondrejka, Shaker Sharks Masters



After taking a "swimming sabbatical", Sarah joined Shaker Sharks Masters a little over a year ago, inspired by her young daughter, who was swimming with the Junior Sharks. "I knew that the logistics (practice times/locations) would align perfectly with my schedule," says Sarah, a pathologist. "I tried it out a little over a year ago, and quickly left half-hearted solo lap swimming behind for good." Sarah credits her coaches (Eric and EJ) and lane mates for creating a challenging and positive environment. Of her teammates, Sarah says, "They are indefatigable (they might say the same about me)."

Sarah's first Masters event was the Brogan Open Water Classic this past summer, where she swam the 1-mile race. Her parents were cheering her on, just like when she was young! And she's already planning on attending the Brogan Open Water Classic in 2019 - and may even challenge herself with the 2 mile. When asked what advice she could give those who are toying with the idea about getting back to the pool, Sarah said, "The swimming community is the Best, don't fret about anything. I underestimated how much I would love it when I started."

Know the Rules

The purpose of this segment is to remind everyone of the rules that govern our swimming competitions. Each issue of this newsletter will address two or three rules that many Masters swimmers have questions or maybe haven't thought about.

There were no major rule changes for 2019.

If there is a rule you have a question about please don't hesitate to ask an official or bring it to my attention by return email.

Top Ten Recognition

Each year USMS compiles a listing of every age group and swimming event for Long Course Meters (LCM), Short Course Meters (SCM), and Short Course Yards (SCY). At the end of each respective season the Top 10 in each event are published. The following is a list of Lake Erie LMSC swimmers who achieved Top 10 Rankings in events swum in a 25-yard pool between June 1, 2017 and May 31, 2018. Congratulations to each of them!

2018 USMS Top 10 SCY for Lake Erie LMSC

Women 45-49

Place	Event	Name	Age	Club	Time
10	200 Back	Kristen Bergmann	45	O*H*	2:29.90

Women 60-64

10	100 Fly	Judith H Norton	60	O*H*	1:18.79
10	200 IM	Judith H Norton	60	O*H*	2:51.41
6	400 IM	Judith H Norton	60	O*H*	6:11.90

Women 65-69

8	100 Free	Diane F Spence	65	O*H*	1:07.03
5	200 Free	Diane F Spence	65	O*H*	2:27.85
1	500 Free	Diane F Spence	65	O*H*	6:35.85
1	1000 Free	Diane F Spence	65	O*H*	13:30.84
2	1650 Free	Diane F Spence	65	O*H*	22:27.75
7	200 Fly	Melinda J Smith	65	O*H*	3:41.90
6	200 IM	Diane F Spence	65	O*H*	2:56.64
10	400 IM	Marilyn Douglass	68	O*H*	7:05.69

Place	Event	Name	Age	Club	Time
Women 75-79					
10	1000 Free	Luisse E Easton	79	O*H*	20:42.05
5	1650 Free	Luisse E Easton	79	O*H*	34:34.33
10	100 Breast	Luisse E Easton	78	O*H*	2:06.87
9	200 Breast	Luisse E Easton	79	O*H*	5:05.90
Women 80-84					
10	200 Free	Anitra Lilly	81	MEDM	4:04.14
7	100 Back	Anitra Lilly	81	MEDM	2:05.30
Men 25-29					
7	1000 Free	Andrew McCollister	25	O*H*	10:02.09
5	1650 Free	Matthew J Jaroszewicz	28	O*H*	18:45.67
9	200 Breast	Andrew McCollister	25	O*H*	2:12.34
6	400 IM	Andrew McCollister	25	O*H*	4:12.26
Men 70-74					
8	50 Free	Lawrence A Terkel	70	O*H*	27.17
6	50 Breast	Levente G Batizy	70	O*H*	35.73
9	50 Breast	Lawrence A Terkel	70	O*H*	36.36
6	100 Breast	Levente G Batizy	70	O*H*	1:20.26
8	100 IM	Levente G Batizy	70	O*H*	1:12.93

Place	Event	Name	Age	Club	Time
Men 75-79					
9	200 Fly	Robert B Williams	78	O*H*	4:41.74
8	400 IM	William R Learmonth	77	O*H*	8:33.27
Men 80-84					
7	50 Free	Yoshi Oyakawa	84	O*H*	32.70
9	50 Free	Sid Hall	82	O*H*	34.08
7	100 Free	Sid Hall	82	O*H*	1:19.68
5	200 Free	Sid Hall	82	O*H*	3:01.05
5	500 Free	Sid Hall	82	O*H*	8:14.61
4	50 Back	Yoshi Oyakawa	84	O*H*	37.24
5	100 Back	Yoshi Oyakawa	84	O*H*	1:28.60
Men 90-94					
4	50 Free	John R Daily	90	O*H*	56.57
5	100 Free	John R Daily	90	O*H*	2:07.91
3	50 Back	John R Daily	90	O*H*	1:13.04
2	100 Back	John R Daily	90	O*H*	2:35.34
3	200 Back	John R Daily	90	O*H*	5:34.37
3	50 Breast	John R Daily	90	O*H*	1:19.77
3	100 Breast	John R Daily	90	O*H*	3:08.25

2018 USMS Top 10 SCY [Relays](#) for Lake Erie LMSC

Men 75+ SCY (2018)

Place	Event	Club	LMSC	Swimmers (age)	Time
8	200 Free Relay	O*H*	Lake Erie	Sid Hall (82) Bill Learmonth (78) Bob Williams (79) John R Daily (90)	2:53.07
8	200 Medley Relay	O*H*	Lake Erie	Sid Hall (82) Bill Learmonth (78) Bob Williams (79) John R Daily (90)	3:28.29

Women 18+ SCY (2018)

Place	Event	Club	LMSC	Swimmers (age)	Time
10	200 Free Relay	O*H*	Lake Erie	Ashley L Braniecki (32) Elizabeth J Morris (34) Chandler M Ashbaugh (23) Cara Colker-Eybel (26)	1:45.70
9	200 Medley Relay	O*H*	Lake Erie	Chandler M Ashbaugh (23) Elizabeth J Morris (34) Ashley L Braniecki (32) Cara Colker-Eybel (26)	1:57.75
9	400 Free Relay	O*H*	Lake Erie	Chandler M Ashbaugh (23) India R Munday (24) Cara Colker-Eybel (25) Michaela Munday (28)	4:15.26

Women 65+ SCY (2018)

Place	Event	Club	LMSC	Swimmers (age)	Time
3	200 Medley Relay	O*H*	Lake Erie	Marilyn Douglass (68) Diane F Spence (65) Melinda J Smith (65) Luise E Easton (79)	2:47.84

Mixed 65+ SCY (2018)

Place	Event	Club	LMSC	Swimmers (age)	Time
6	200 Free Relay	O*H*	Lake Erie	Diane F Spence (65) Marilyn Douglass (68) Nick Douglass (68) Lawrence A Terkel (70)	2:04.60
9	200 Medley Relay	O*H*	Lake Erie	Marilyn Douglass (68) Nick Douglass (68) Lawrence A Terkel (70) Diane F Spence (65)	2:21.95
4	800 Free Relay	O*H*	Lake Erie	Nick Douglass (68) Lawrence A Terkel (70) Marilyn Douglass (68) Melinda J Smith (65)	11:59.23

LE LMSC Masters Meet Schedule – 2018

Date/City	Meet /Course	Place	More Info
Sun. Nov. 4 Stow, OH	SCY Pentathlon Meet	EMH Health Center	Swim and entire short or long pentathlon of all 4 strokes and the IM, or one consisting of 5 events – all FREESTYLE, or enter any 5 events of your choice.
Dec. 8-9 Hudson, OH	SCM Hudson Meet	East Woods School	Full event list spread over two days. SCM is a great chance to try for USMS Top 10 times!

2018 Pan American Championships

Five O*H*I*O Masters headed to Orlando this past summer for 2018 Pan American Masters Championships, which were held between July 22 and August 10. The Games brought together aquatic enthusiasts from around the world to compete in multiple aquatic sports (swimming, open water, diving, water polo, and synchronized swimming). Representing O*H*I*O Masters and the Lake Erie LMSC were Ashley Braniecki, Yoshi Oyakawa, Melinda Smith, Diane Spence, and Tom Spence. All swimmers swam well and earned points for the team. Yoshi placed 1st (85-89) in all of his events (50m free, 100m free, 50m back, 100m back) and also broke a championship record in the 50m back (40.50)! Also of note, Diane placed 2nd (65-69) in the 200m free and 400m IM, Ashley placed 3rd (30-34) in the 100m fly, Mel placed 5th (65-69) in the 200m breast, and Tom placed 9th in the 100m free and 800m free. Yoshi, Mel, Diane, and Tom also teamed up to swim the mixed medley and mixed free relay, where they placed 9th and 11th, respectively, in the 280+ age group - a total team effort! "It was great to see the swimmers sharing a common goal despite the multiple languages spoken," writes Mel Smith. "Very tough competition in a great venue."

Below left: UANA PAN AMS venue, YMCA Aquatic Center, Orlando, Florida.
Below right: Diane, Yoshi, Mel, and Tom relax and enjoy "healthy" refreshments at the beach after a grueling week in Orlando.



Are you a fitness swimmer? Competition isn't your thing? How about a personal challenge? Try the

Fall Fitness Challenge!

The fall challenge to you is a **one-mile pool swim**. It is designed for anyone who wants to get in shape entering the holiday season or doesn't want to put off his or her fitness goals until the New Year. Whether you're just getting into swimming or back into the sport after a long time away from the pool, swimming 1 mile is an excellent fitness goal.

Don't panic! *You can swim this in any manner desired: straight through, or as a member of a relay, or even with fins or other equipment.*

Swimmers will receive exclusive discounts from USMS partners, sample packs from SmartyPants Vitamins, and even a cool event swim cap! You'll also burn off some of that Thanksgiving meal, and earn bragging rights, but you have to enter first!

O*H*I*O Masters is hosting the 1 Mile Fall Fitness Challenge on Sunday, Nov. 25, at 11:15 am at Lakewood



Event dates: Nov. 15 - 30

Entries open: Sept. 1

Entries close: Nov. 30

Click on the Fitness tab, then scroll down to USMS Fitness Challenges. Enter by Oct. 31 and save a few bucks!

Gay Games X Paris, France

Eleven teammates of CAQT (Cleveland Aquatic Team) swam in Gay Games X in Paris, France in early August. There were over 1000 swimmers from countries all over the globe competing in the magnificent open-air pool. George Valéry Piscine has a retractable roof. It is the same pool that hosted the 1924 Olympics. It is a 50-meter pool but it was split to allow for warm up lanes so the competition was in 25-meter laps. The roof was open most days and the 98-degree heat made waiting for your event to be called brutally hot, until the meet director switched the line up to the shady side of the pool. The open roof gave back stroke swimmers a glaring sun and no ceiling lines from which to orient oneself. Swimmers had to wait in the stands until right before his or her races were called.

CAQT tied its US Masters banner to the stands with shoelaces. The Columbus Ohio Team, Ohio Splash, sat right next to us. There was also a Cleveland athlete's social event on a boat on the Seine River, which runners, volleyball players, ice skaters, weightlifters, bowlers, and cheerleaders joined in to support and encourage each other at the beginning of the week. Many swimmers who swam in Gay Games 9 in Cleveland complimented our meet director, Dan Cox, on how smooth the swim meet in Cleveland ran. They also commented on how friendly our city was and how impressed they were with Cleveland.

The women on our team earned 17 medals, the men 5. The men's medals were in a 400-Mixed Medley Relay. Dee Shedlow was our team captain and she was excellent in being sure we all knew what, when and where to be. The day of my 800 Free swim at 8:00 AM she was there for the coaches meeting to assert the swimmers right to have a counter to assist in counting to 32. Honestly, who can count that high when oxygen deprived? After several invectives and boisterous remarks were hurled at the meet director, Dee very calmly and softly said to Jeremy (the meet director) IGLA rule blah blah blah says "each swimmer shall be allowed to have a counter". Jeremy then agreed and said the issue was that they did not have enough volunteers to count for each swimmer. Each team volunteered to recruit counters and swimmers volunteered to count for other swimmers and viola', there were more than enough counters for every heat. Oh, and Dee won 5 medals; 3 gold, 2 silver.

CAQT was able to offer 3 scholarships to help members of our team realize a dream of competing on a world stage. We are very thankful to all the team members and sponsors who allowed us to better and more fully represent Cleveland and our US Masters Swim Team at Gay Games X.

Lake Erie Local Masters Swimming Committee

Chair	Jay DeFinis
Secretary	Ann Marshfield
Treasurer	Mark Marshfield
Registrar	Marilyn Douglass
Sanctions	Diane Spence
Top Ten	Melinda Smith
Coaches	Robert Babiak
Officials	Thomas Gorman
Newsletter	Nick Douglass
Webmaster	Jennifer Norton
Fitness	Ann Marshfield
Open Water	Chuck Beatty
Safety	Harry Greenfield

Board Members

Ashley Braniecki

David Douglass

Paul Berman

Judi Norton

Gay Games X Paris 2018



