

The Rime

Volume 3 Number 3

November, 1997

FUN IN THE SUN

by Carole Kammel

Now that the fall season has arrived, we want to remember the warm-water swims of this past summer. A small but formidable group of Ancient Mariners swam at the Longcourse Nationals in August in Orlando, Florida. Results include:

Christy Johnson (19-24) won five events. "Way to go, Christy!"

50 Back.....33.64
100 Back.....1:11.21
200 Back.....2:39.31
200 IM.....2:39.83
50 Fly.....32.80

Carole Kammel (25-29). Tremendous!

100 Free.....1:97.85 [9th place]
400 Free.....5:25.64 [8th place]
50 Breast.....40.50 [6th place]
100 Breast.....1:28.08 [5th place]

John Feinstein (40-44). John turned in a fantastic 100 Fly!!

800 Free.....11:05.67 [15th place]
50 Back.....34.21 [14th place]
50 Fly.....29.54 [11th place]
100 Fly.....1:08.20 [6th place]

Nick Olmos-Lau (50-54). Great swim!

1500 Free.....22:40.94 [3rd place]

Congratulations to all!

FROM THE EDITOR

The look of the *The Rime* will be changing with the addition of new features and graphics — your feedback is welcome. Thanks to all who contributed to this issue — my first as editor!

ANCIENT MARINERS PARTICIPATE IN FUN MEET

by Tom Denes

Nearly 50 Montgomery Ancient Mariners participated in the annual Fun Meet November 15 at the Holton-Arms School in Bethesda. The Ancient Mariners competed against the Fairfax County Masters and the Germantown Masters. In a close contest, the Ancient Mariners scored 176 points to edge out the Fairfax County team which had accumulated 132 points. The Germantown Masters brought a small team and racked up 20 points.



Winning individual events for the Ancient Mariners in the handicap format meet were Kathy Kirmayer, Margot Pettijohn, C.J. Lockman Hall, Clay Britt, Jason Krucoff, Geoff Schaefer, and Tom Denes. Placing individually or in relays were Kristine Pierce, Jennifer Arch, Jill Roethke, Barbara Clifford, Noortje Dekkers, Terri Kominski, Julie Andrews, Lisa Berger, Ed Adelman, Bill Rimm, Jason Crist, Dave Harmon, Mickey Hall, John Feinstein, John Blasic, Mike Bartlett, Barry Bluefeld, and Lou Kozloff. Strong performances were also turned in by Nadine Clayton, Pat Liegey, Atossa Shaffa, Dottie Buchhagen (in her first meet ever!), Kara Permisohn, Lara Hammerick, Kathy Levintow, Warren Friedland, Dan Rudolph, Matt Ellenburg, Steve Schrier (his first meet, too!), Rob Iba, Peter Krucoff, Roger Emch, Warren Friedland, Steve Roethke, Steve Jolles, and Pat Hwu. Fast swims were turned in by newcomer Kathy Kirmayer who won all three times she entered the water. She swam 26.13, 56.12, and 5:29.02 in the 50, 100, and 500 freestyles respectively.

In relay action, the Super Medley Relay of Geoff Schaefer, Terri Kominski, Jason Crist, and Noortje Dekkers tied the Fairfax County A-Team. The Super Freestyle Relay of Jeff Roddin, Kathy Kirmayer, Noortje Dekkers, and Clay Britt beat the Fairfax County A-Team in a close finish as Clay out-touched Michael Fell for the win. The Super 45+ medley and freestyle relays finished a strong third in both races, beating Germantown Masters A-Team both times. The relay teams consisted of Barry Bluefeld, Margot Pettijohn, Dave Harmon, Lisa Berger, and Lou Kozloff.

The format for next year's meet may change to decrease or eliminate the tallying of points and increase novice races and fun relays. Please e-mail comments about the meet format and suggestions about "fun" events to Tom Denes at "wastad@dames.com".

15TH ANNUAL TURKEY CHASE

by Joyce Gearhart

Perhaps you all are thinking "What am I going to do for a workout on Thanksgiving? MAC is closed, RMSC is closed, Wilson is closed ... hmmm,.... while the Bethesda YMCA pool is closed ... the Y is OPEN! In fact, about 4,500 people will be there at 8:45 a.m. (continued on p.2)

MONTGOMERY ANCIENT MARINERS

Tom Denes, President
Jeff Roddin, Co-Vice President
Jill Roethke, Co-Vice President
C.J. Lockman Hall, Treasurer
Lisa Berger, Secretary
Dottie Buchhagen, Editor
Jeff Roddin, Recordkeeper
Jennifer Arch, Registrar

Coaches:

Clay Britt
Jeff Kostoff
Stan Tinkham

TURKEY (cont'd)

Why don't you exercise "on land" Thanksgiving morning by participating in the 15th Annual Turkey Chase (either a



10K or 2 mile run)? Nearly 4,500 runners, swimmers (without their water), bikers (without their bikes), joggers (without their treadmills), pseudo-runners (without their couches), and walkers (with their shoes) are expected this year so even if you don't run on a regular basis, and you get tired during the race, the huge crowd will carry you along to the finish line.

It's a very fun and festive atmosphere (probably because everyone knows there is a great meal awaiting them) and is in the same vein as your Fun Meet, — not very serious but just everyone getting out and working out so they can have a guilt-free second of that pumpkin pie.

Registration before the 26th is \$23 for the 10K and \$16 for the 2 mile run (includes 100% cotton long-sleeved tee shirt). Race day registration is from 7:00 A.M. to 8:00 A.M.; the fees are \$26 for the 10K run and \$21 for the 2 mile. Call the YMCA at 301-530-3725 for more information.

Special Notice:

This year's race is in tribute to Judy Flannery, a world-class triathlete and longtime member of the Bethesda YMCA. She was killed in a tragic biking accident April 2, 1997. The family of Judy Flannery will be there, so a big turnout will help to boost their spirits.

THE FUN MEET— OH, WHAT AN EVENT IT WAS

by CJ Lockman Hall, M.A.

November 15 marked this year's Montgomery Ancient Mariners' Fun Meet at the Holton-Arms school in Bethesda. The fun meet was a great way to start the

season. Season??! I go to practice for exercise and social activity, you say, and to relax. I don't intend to compete!

The word "competition" strikes fear in some hearts: visions of standing on a starting block [where you may have never set foot before], racing against others whom you swear look like professional swimmers, making your body feel way beyond comfortable, and clocking a time that becomes public knowledge.

However, meets can provide the planting grounds for many wonderful seeds!

Humans become very motivated when deadlines loom: cleaning the house in an efficient whirlwind before guests arrive, writing the speech a few days before presentation time, buckling down to studies the nights before the test, buying gifts just prior to a celebration.

Committing to swim in a meet can be a short-term goal with all of the benefits that go into planning and achieving any goal, while providing a tremendous amount of motivation. You might find yourself going to a practice you normally would have ditched in favor of the couch and a sit-com. You might start trying flip-turns in practice, or striving to legalize your breaststroke once and for all. You might decide to investigate the components of fast, legal turns and touches.

You might step up a place or two in your lane, and swim a little faster a little more often. Instead of merely "making" a set, maybe you will aim to establish a good breathing pattern or maintain a certain time or amount of effort. Maybe you'll finish that set instead of easing off under the pretext that it really doesn't matter. You might even find yourself interested in how to swim more efficiently.

The rewards of taking on athletic challenges carry over positively into everyday life: the momentum from the wave of achievement helps us tackle new challenges, increased confidence keeps us self-assured when asking for that raise or presenting our ideas, and the discipline developed from focused training and performing benefits many areas of life. We discover power when we surge past

perceived limitations and realize that we can do it again, whenever we choose.

So join in and give it a chance — experience is an incredible teacher. You will succeed in testing yourself and will conquer a challenge that might stand strong before you. Enjoy the whole experience regardless of your time or place. Achieving first place or last place is a mighty triumph — it means that you placed ahead of all of those who chose not to try.

Congratulations! Jeff Rouse, a gold-medal winner in the 100 backstroke in the 1996 Olympics, says it took him a long time to learn that rather than chasing a specific time or place, he performs best and achieves the most satisfaction when striving to capture the wonderful "feeling" of efficient, fluid swimming. The awards and accolades he receives are nice bonuses, but experiencing that feeling is his sweetest reward.

Even if you opt to spectate, meets are marvelous occasions to cheer your teammates, learn to be a timer, gather inspiration, and learn a lot from veteran swimmers. The post-meet social is a pleasant venue for meeting swimmers from your team and other local teams — and you finally get to see your teammates wearing clothes! See you there.

If you would like to receive a complimentary issue of the *Positive Performer*, a quarterly newsletter filled with info on developing your mental game in school, work, sports, and personal life, contact CJ by phone at Positive Performance 301-309-3688 or by e-mail at micandej@erols.com



Editor's note: The above article was to have been published in *The Rime* prior to the Fun Meet. Due to my inexperience in creating newsletters, the publication date is later than anticipated. However, since the content of the article can be applied to all forms of competition, and to everyday living, I have opted to publish it in a slightly revised version in this post-meet issue. It definitely inspired me!

A WET WEEKEND AT STOUTD'S BREWERY

by Julie Nichols



On the afternoon of August 16, approximately fifteen Ancient Mariners and several Fairfax team members gathered at Jeff and Mary Ellen Roddin's house to begin our camping weekend at Stoutd's Brewery in Adamstown, Pennsylvania. The trip took about three hours (three and a half for those of us who had Clay in our car — he was supposed to be giving the driver directions but kept talking and not paying attention!).

We arrived at the campground at about 4:30 P.M., quickly set up our tents, headed out to the Brewery, a mile away. Admission prices were determined by the number of beers you wanted to sample; for example, \$12.00 got us three large ones and a keepsake Stoutd's mug.

The Brewery has two large rooms, one with picnic tables for drinking and eating, and a second one, with a bandstand, for dancing ... which we did energetically for the next six hours. We polkaed and two-stepped — some of us even did the chicken dance and the "macerana."

One of the highlights of the evening was the "Beer Mug Holding Contest." This contest was for females only and the purpose was to see who could hold the greatest number of full beer mugs in her hands for thirty seconds (try it yourself — it is not easy). With Clay in his usual role as coach, our own Jeri Ramsbottom made it to thirteen full beers. Although she did not try for fourteen (claiming sore wrists) and did not win the contest, she still made us proud!

Starting at 9:00 P.M. and lasting through the night, there was an unrelenting thunderstorm. Several of us made trips to the campground to check our tents, and reported that the situation was grim. Marty and Ellen (from the Fairfax team) called every hotel in

town, only to find that they were all completely booked.

The Brewery closed and the band quit playing at 11:00 P.M. Although everyone else had gone home by this time, the employees took pity on us and let us stay. Not only did they let us stay, but they continued to serve us drinks and let us have the run of the place for the next three hours! They even let us play the musician's instruments! With Clay on the drums and Geoff Schaefer belting out tunes (with taped polka music in the background), we continued to dance, sing, and drink. It was the best thunderstorm we ever experienced!

We finally went back to the campground at 1:30 A.M. A few of us got lucky and had dry tents and spent the night in them, while others (like Tom Denes) had four inches of water inside. Some of the saner, and more sober, participants (including myself) sat in our cars for awhile out of fear of getting hit by lightning or smashed by a tree. We finally gave up and left the campground and drove through the rain to reach home at daybreak.

Everyone agreed that it will be hard to top this experience, but we will try again next year. However, we are going to make hotel reservations — just in case!



DO SOME OF YOUR TEAMMATES LOOK STRANGE?

The latest addition to the Kamiakin [Washington] High School girls swim team has webbed feet and takes to water like, well, a duck. Despite those competitive advantages, Sam the Duck is strictly a volunteer mascot. For nearly two weeks, Sam has flown nightly to an outdoor pool at Keewaydin Park, settled into the water and paddled along as the team swims laps. The team's season ends in a couple of weeks, but the black duck

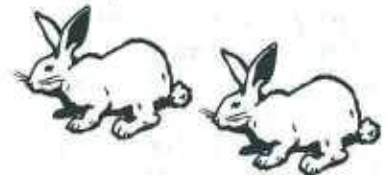
shows no signs of wanting to leave.

It all started when the Kamiakin swimmers found the duck one day in the park and fed him a bagel, thinking he was injured. "The first night he just stood in the grass and watched," Coach Don Schneitter said. The second night, Sam got bold, landing in the middle of the pool filled with splashing swimmers.

"He'd just go from lane to lane doing his own thing," Schneitter said. "They'd swim right by him."

Thanks to Jeff Roddin for pointing out this article which was published in the *Washington Post*, November 1, 1997.

RABBITS, ANYONE?



Marsha Iyomasa has two rabbits for sale. They are a brother and sister Palomino/English Spot mix. They are neutered, house-broken, can perform simple household tasks, and speak several languages. The brother, Peter, starred in *Watership Down* and has had several cameo appearances in recent movies including *Fatal Attraction*. The sister, Sophie, worked for several years as a short-order cook before a bad marriage forced her to move back in with her brother. Some say Sophie and Peter are the model for John Updike's Rabbit series. O.K., so I'm exaggerating a little — they are neutered and housebroken anyway. These high-potential rabbits can be yours for \$50 or best offer. Call Marsha at 301-770-3553 or 202-482-1811 or e-mail her at:

marsha_iyomasa@ita.doc.gov

MINUTES OF THE MAM ANNUAL MEETING

by Lisa Berger, Secretary

The MAM board and about fifteen team members met at Tom Denes' house Sunday morning, October 12, 1997, after swim practice.

(continued on p.4)

MINUTES (cont'd)

Our first item of business was nominating officers and recruiting someone to fill the vacant Newsletter Editor spot. All the current officers were re-elected and Dottie Buchhagen was elected Newsletter Editor.

We next turned to the Treasurer's Report, presented by the methodical C.J. Lockman-Hall. As a general summary, she reported that last year we made about \$400 and that we now have about \$5,020 in the bank. We discussed various income and expense categories, noting that we make a small amount from team caps, t-shirts, etc., and should let swimmers at Olney know that these items are available for purchase.

The budget for the coming year, based on last year's performance, was presented. Here are the highlights:

Income - dues and interest:	\$ 1,390
Income - Albatross Open:	5,310
Gross Income:	<u>6,700</u>
Major expenses:	
Newsletter:	413
Record Book:	214
Team-National Meet:	190
Miscellaneous*:	680
Fun Meet:	250
Albatross Open:	4,319
Total Expenses:	<u>6,066</u>

Net Surplus: \$ 634
*fees, videos, copying, software, etc.

The budget discussion included a motion from Jason Lee that team members who do not swim in the Albatross Open and work as volunteers at the meet be allowed into the social without charge. There was no second for the motion and it died.

The Fun Meet at Holton-Arms High School (November 15) was announced and a flyer passed out.

Discussion of the Albatross Open centered on recruiting a meet director or co-directors and volunteers to run other aspects of it. We do not yet have a pool or a date. There seemed to be a general preference for it to be at the Olney pool on March 28th. Tom is looking into dates and pools. (It has since been

scheduled for April 4, 1998 at the Montgomery Aquatic Center.) Jennifer Arch agreed to process entries and Clay Britt and Lisa Berger volunteered to orchestrate the social. By the end of the meeting, we had a meet committee consisting of Jennifer Arch, Margot Pettijohn, Clay Britt, and Dave Harmon; Steve Jolles considered being meet director. (After the meeting, Jolles stepped up to the plate and is the 1998 Albatross Open Meet Director. 'Way to go, Steve!')

New Business consisted of a report from Jeff Roddin on what USM is doing to promote itself and master's swimming, noting that Pfizer Pharmaceuticals paid the organization \$5,000 to use the name in a television commercial. In other new business, Dottie Buchhagen solicited ideas for an Ancient Mariners web page.

We adjourned around 1:00 p.m., tried to polish off the mountain of food we had assembled, and left.

WAYS THAT YOU CAN (PAINLESSLY) SUPPORT USMS

by Dottie Buchhagen

At the October 12th MAM Annual Meeting, Jeff Roddin mentioned several ways that swimmers can support USMS while spending money, something we will be doing a lot of during the next several weeks.



The first way is through subscribing to the national Internet Service Provider (ISP) Mindspring Enterprises, Inc. which has points of presence (local dial-in points) in over 200 cities in the United States. Through an agreement with Mindspring, USMS members can receive a discount on setup fees when they open new dial-up accounts, which come in a variety of monthly service plans. All accounts include free, unlimited connection time for the first 30 days. The discounted setup fee for USMS members is \$10 (normally \$25). The relationship of Mindspring with

USMS is through the founder Charles Brewwer, a US Masters swimmer. Further details and the discounted setup fee form are on the USMS web page at <http://www.usms.org>.

Jeff also has prepaid phone cards (which he carries around with him at all times). You put a dollar amount on them using your credit card. The rate is \$.30 per minute (\$0.05 per minute goes to USMS and \$0.05 goes to Ancient Mariners).

Speaking of credit cards, I discovered that you can get a USMS MasterCard. For each account opened and for each time the card is used to make a retail purchase, MBNA, the card's issuer, will make a contribution to USMS equal to a fixed percentage of the total purchase. I attempted to get the percentage but MBNA says that they cannot give out that information since they are under contract to USMS. USMS then sends a percentage of that to your local swim club — at no additional cost to you (or so says the ad). You can even get your local swim club's name embossed on your card. To apply for the USMS MasterCard, call 1-800-847-7378 and mention priority code FBGA.

Other useful bits of information are available at the USMS web site.

A COOL TIDBIT I LEARNED AT SWIM CLINIC

by Tom Denes

I attended a swim clinic given by Kerry O'Brien from out in California. Kerry coaches and is a rather accomplished swimmer. Kerry swims a 2:19 200 meter (long course) fly and a 53+100 yard fly at the age of 40. (I had the misfortune of having to race him in the 200 fly at Maui, but that will be another story—it wasn't much of a race....)

I picked up a cool tidbit at the clinic about race planning. Kerry calls it "Scripting Your 100 Freestyle." It works something like this:

Kerry says that races should be divided into four parts:

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A COOL TIDBIT (cont'd)

1) Easy Speed — this is where you are fresh and the adrenaline is going. You are going to go fast in this phase no matter what you do.

2) Build Up - this is where you start building up your speed. This should be about a half pool length [12.5 yards].

3) Speed - this is where you are swimming at top speed.

4) Body Position - this is where you try to hold your body position and stroke as you begin to slow. This should be your last half length [12.5 yard].

Kerry says that you should plan your races by working backwards from the finish. He suggest that the winner of the race will be the swimmer who is slowing down the least. If a swimmer is still speeding up or swimming at top speed near the end, he has saved up too much energy. During the final half-length the swimmer should have finished his all out sprint and just be "hanging on." He should do this by thinking about good body positioning and stroke mechanics and just try not to slow down too much.

So — stay with me on this — you've got to do the following exercise in the pool. Swim an Easy Speed and Build Up 25 for one pool length. When you hit the wall, swim as hard as you can. When you feel yourself start to slow, stop and note your position in the pool.

Let's assume that you can sprint at top speed for 45 yards before slowing. You would then "script" your 100 yard race as follows:

- 1) Easy Speed: 30 yards.
- 2) Build-Up: Begin at yard 30 and hold for 12.5 yards to yard 42.5.
- 3) Speed: Begin at yard 42.5 and hold for 45 yards to yard 87.5.
- 4) Body Position: Begin at yard 87.5 and hold for 12.5 yards all the way to the wall!

If you're totally confused about how this

was computed, work backwards. 100 - 12.5 - 45 - 12.5 - 30 - 0. If you're still confused — and actually care about this — corner me at practice.

Kerry says that by scripting your race you will swim a smarter, more effective race. I plan to try it.

AQUATIC FACILITIES PLANNED FOR MONTGOMERY COUNTY

by Tom Denes

The Montgomery County Aquatics staff has put together an ambitious program to expand and improve the aquatics facilities in Montgomery County. In various forms of submission to the County Council are the following projects:

1) **Glenmont Outdoor Pool** An outdoor 50 meter training pool will be constructed next to the existing 50 meter pool. Following construction, the existing pool will be converted to a recreation pool. I believe this project has been fully approved.

2) **Bethesda Outdoor Pool** This 50 meter pool would be renovated beginning perhaps in the summer of 1999. The bottom would be repaired and the old filter replaced [thank goodness!]. In addition, there is a possibility that a 6-lane 25 meter lap pool would be added to the facility!

3) **Martin Luther King Swim Center** An outdoor 50 meter pool would be constructed next to the existing facility beginning perhaps in the summer of 1999.

There are two other projects also being pursued by the Aquatics staff. However, they are farther out in the approval process. These include the construction of indoor pools in Germantown and Damascus.

Waterproof Coach

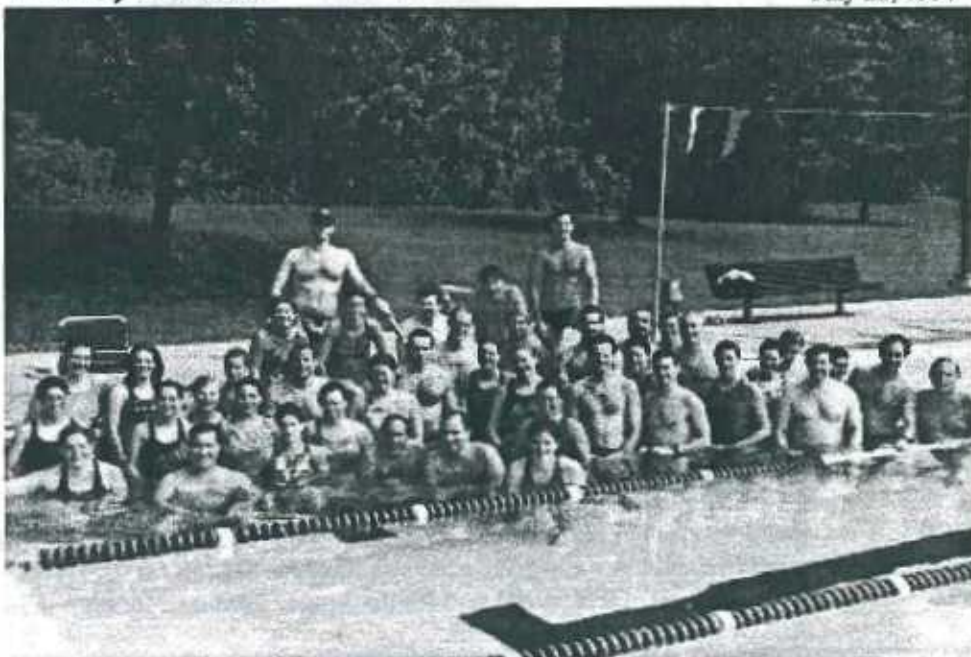
Tom Denes is offering an Ancient Mariner discount for purchases of the *Waterproof Coach*. If you are a registered Ancient Mariner, you can purchase the book for \$24.95 rather than \$29.95. Contact Tom at wastad@dames.com

TIME TO REGISTER FOR THE 1998 SEASON!

Yes, it's that time of year — it's time to register for the 1998 season! Jennifer Arch, our faithful registrar, will be doggedly pursuing you to make sure you sign up. Remember, if all of us in practice are not registered with USMS, that practice is not covered by USMS insurance. Contact Jennifer at 301-907-6639 or stop her on deck.

YEAH, TEAM!!

July 28, 1997



THE BULLETIN BOARD

KUDOS

by Tom Denes

● Dan Rudolph tied the knot with his sweetie, Jennifer, in August. Now, we'll see if Jennifer shows up to any more meets!

● On a clear October 4th evening, Jill Roddin wed fellow Ancient Mariner, Steve Roethke, in an outdoor wedding. Steve proposed to Jill on the Italian Riviera last year. Jill and Steve spent their honeymoon in Grenada training for the Fun Meet.

● We inadvertently left Remi Coulon off our listing of Ancient Mariners participating in the 4.4 mile Chesapeake Bay swim last June. Congratulations to Remi for successfully braving the icy water!

● Congratulations to the new arrivals: Jason and Shelly Crist celebrated the birth of their daughter Helena Patricia on June 8th. Ed and Tina West welcomed little Amanda Rome on November 6th. Congratulations to all!

● The Montgomery Ancient Mariners are the largest swim team in the Potomac Valley! We had over 160 swimmers this past year. All this in six years!

● Congratulations to Ancient Mariners appearing in the 1996-97 USMS Short Course Yards Top Ten rankings. Appearing were Jeri Ramsbottom, Margot Pettijohn, Jeff Roddin, Wally Dicks, Clay Britt,

Jason Crist, and Marshall Greer. Clay made top ten in six different events including four No. 1 rankings. Clay and Wally are All-Americans by virtue of their first place rankings.

● We wish a quick recovery to Jeri Ramsbottom who underwent shoulder surgery on October 31.

HAPPY BIRTHDAY TO YOU....

Lindsey Stevenson — November 1
Susan Wingo — November 1
Hal Dower — November 7
Evan Parker — November 10
Robert Fry — November 12
Peter Krucoff — November 15
Nick Olmos-Lau — November 16
Michael Bartlett — November 22
Wayne Mosle — November 23
Casey Scace — November 23
Stan Tinkham — November 24
Marc Grande — November 25
Lori Beardsley — November 26
Daniel Pereles — November 26
John Heiges — November 27

Brett Bagshaw — December 4
William Partlett — December 4
Mary Renn — December 8
Michelle Calamba — December 9
Alan Pollin — December 13
Marci McCalley — December 14
Wayne Considine — December 16
Jeri Ramsbottom — December 17
Anthony Van Lierop — December 17



Jonathan Schuman — December 20
Sarah Nark — December 28

Barbara Glancy — January 1
Clay Britt — January 3
Renate Fishetti — January 10
Michael MacDonald — January 10
Daniel Dean — January 11
Noortje Dekkers — January 12
Steven Roethke — January 12
Sharon Groves — January 15
Wally Dicks — January 16
Margaret Pooler — January 16
Jeffrey Richards — January 18
John Marquardt — January 20
David Slikker — January 20
Barry Bluefeld — January 22
Kathy Kirmayer — January 23

Tracey Diss — February 1
Julie Andrews — February 3
Jennifer Arch — February 3
Nancy Ragsdale — February 5
Bill Adkins — February 6
Edward Cheeseman — February 6
Jason Crist — February 6
Daniel Deffinbaugh — February 6
Teresa Coffman — February 9
Barry Gruessner — February 11
Andy Fraser — February 12
David Wasser — February 22
Nadine Clayton — February 23
Stacy Anne Stets — February 23
Steven Butts — February 27

SCHEDULE OF EVENTS

- | | |
|----------------|---|
| December 31 | Swim in the New Year (98 x 25, 50, 75, 100), University of Maryland, College Park, 11AM-6PM. Call Cheryl Wagner at 202-387-2361 |
| December 31 | <i>Liar, Liar</i> — Liar's Party 97 at Tom Denes' Party Palace, 4522 Everett Street, Kensington, MD. 301-564-4234. |
| January 11 | 1000/1650 Meet, University of Maryland. Call Dave Diehl at 301-946-0649. |
| January 17-18 | Meet at Wilson High School, Washington, D.C. |
| February 14-15 | Winter Festival Meet, Richmond, VA. Call Nancy Miller at 804-320-2143. |
| March 7-8 | Winter Meet, UMBC, Catonsville, MD. Call Barbara Protzman at 410-788-2964. |
| March 27-29 | Colonies Zone Meet at Rutgers University, Piscataway, NJ. Cathy Copeland at 732-828-4679. |
| April 4 | Albatross Open!! Montgomery Aquatic Center. Call Steve Jolles at 301-926-7306. |
| May 30 | 7.5-Mile Potomac River - Swim for Environment. OPN. Call Joe Stewart 410-243-4418. |
| June 20 | Swim for Life to benefit people with AIDS. OPN. Gun Powder River, MD. 1.1 nautical miles or 2.2 nautical miles (for children - 100 yd and 200 yd). Call Joe Stewart 410-243-4418. |
| June 27 | Wildwood, NJ. OPN. 6 PM start for the 3 mile; 7PM start for the 1 mile. Contact Viki Altomonte at ALTOMVI@wpmail.onc.jhu.edu |