

GERMANTOWN MARYLAND MASTERS SWIMMING
April-May 2008 Newsletter
www.germantownmasters.org

SUMMER WORKOUTS

Summer workouts at Quince Orchard will begin as soon as the bubble comes down, in mid-to-late May, and run through Labor Day, with a week off in August to give our coaches a break. Watch the website and your email for the precise start date. There will be no GISC workouts this summer. The rates for the summer are \$85 (once a week); \$135 (twice); and \$185 (unlimited). Add \$37 if you are not already registered for 2008 with USMS (required for insurance purposes). Make your check out to Germantown Masters and return as instructed on the website form (or the emailed copy of it) before your first workout.

TARGET MEETS FOR SUMMER

Our target meets for the summer season will be the **Colonies Zone Long Course Championships** (August 23 and 24) and the **Terrapin Cup** (date not yet set). Check the Potomac Valley website in mid-May for details and entry forms: www.pvmasters.org/entry.htm

MASTERS MEET RESULTS

March 2008: Albatross Open, Bethesda, MD. Congratulations GERM swimmers on winning the Albatross Open, setting at least 12 new meet records, and one world record. **Lisa Van Pelt-Diller** smashed the **world record** in the women's 50-54 200m backstroke with a time of 2:34.69. New **meet records** were set by **Denise Noznesky** (400m free), **Karen Cosgrove** (200m free), **Lisa** (all three backstroke events), **Jeanne Lappin** (50, 100m fly), **Adam Spector** (400m free), **Doug Saar** (200m breast), and **Ed Reed** (50m breast, 100 and 200m IM).

Team records set in individual events:

Heather Driscoll (W40-44): 50, 100m free and 50m fly

David Robinson (M65-69): 100m free and 50m fly

Denise Noznesky (W40-44) 200, 400m free and 200m IM

Karen Cosgrove (W50-54) 200m free and IM

Adam Spector (M45-49) 200, 400m free

Jennifer Halem (W35-39) 50, 100m back

Lisa Van Pelt-Diller (W50-54) 50, 100, 200m back

Paul Wolf (M40-44) 50m back

Ed Reed (M65-69) 50m back and breast, 100 and 200m IM

Doug Saar (M50-54) 50, 200m breast

Jeanne Lappin (W50-54) 50, 100m fly

John Elliott (M35-39) 50, 100m fly

Team records set in relay events:

Men 240-279 200m free: **Reed, Richard Durham, Ken Wall, Robinson**

Women 200-239 200m medley: **Van Pelt-Diller, Amy Cooley, Lappin, Cosgrove**

Mixed 160-199 200m medley: **Van Pelt-Diller, Cooley, Wolf, Spector**

Women 160-199 400m free: **Noznesky, Cosgrove, Lappin, Driscoll**

Men 240-279 400m free: **Robinson, Durham, Wall, Reed**

Men 160-199 400m free: **Dan Blitz, Karl Wunderlich, Elliott, Spector**

Also contributing to our winning point total with strong swims: **Jennifer McVeigh, Monte Lewis, Dermot Murray, Tim Brockway, Scott Golden, Keir Knight, Jon Kaplan, Stephen Miskiel, Deena Miskiel, Bryan Main, Brian Sepanik, Del Brockett, and Andy Joseph.**

Team Scores:

1.Germantown Masters	1977	15.Riptide Masters	145
2.Montgomery Ancient Mariners	1559	16.National Capital Y	141
3.Reston Masters	1043	17.Colonials 1776	140

4. Health Unlimited Hurricanes	891	18. Los Gatos Swim and Racquet	121
5. Terrapin Masters	822	19. Arlington Ageless	117
6. Virginia Masters	721	20. Maryland Masters	111
7. Fairfax County Masters	501	21. Alexandria Masters	60
8. D.C. Aquatics Club	463	21. Allegheny Mountain Masters	60
9. Patriot Masters	307	23. Sarasota YMCA Sharks	57
10. North Baltimore Aquatic	215	23. Pennypack Aquatic & Fitness	57
11. D.C. Triathlon Club	190	25. SwimQuest Masters	45
12. North Carolina Masters	177	26. Sea Devil Masters	43
13. D.C. Masters	168	27. Warrenton Masters	41
14. Curl-Burke Swim Club	151	28. Maine Masters	37

March 2008: Maryland Masters Winter Meet, UMBC, Catonsville, MD

Monte Lewis, John Abbott, Ken Wall and David Robinson all scored points for GERM at this two-day meet. New team records were set by **Abbott** (M55-59 50y fly, 100y back), **Robinson** (M60-64 1650y free, and **Wall** (M65-69 100y free and 100y IM).

March 2008: Auburn Invitational, Auburn University, AL

Ed Reed set five new team records in the M60-64 100 and 500y free, 100, 200 and 400y I.M.

Colonies Zone results from April 2008 will be in the August newsletter.

NATIONAL TOP TEN RANKINGS

GERM was well-represented in the 2007 Short Course Meters national top ten rankings. **Margaret Conze** becomes our second individual All American, having the fastest time in the 50m freestyle in the U.S. in the women's 35-39 age group. Here are the other individual and relay top ten times.

INDIVIDUAL SWIMMERS

Brian Hahs	M25-29	8th	200m back
Margaret Conze	W35-39	1st	50m free; 2nd 50m fly; 4th 100m free
Jennifer Halem	W35-39	10th	200m back
Denise Noznesky	W40-44	6th	200m IM
Lisa Van Pelt-Diller	W45-49	3rd	50m back; 3rd 100m back
Amy Cooley	W50-54	3rd	100m breast; 4th 50m breast
Jeanne Lappin	W50-54	8th	100m fly
Ken Wall	M65-69	10th	200m IM

GERM RELAYS

Women 200-239 200m medley

1. Walnut Creek
2. **Germantown Masters (Van Pelt-Diller, Cooley, Lappin, Cosgrove)**
3. Florida Aquatic Combined Team
4. Gold Coast
5. St. Louis Area Masters
6. Sun Devil Masters
7. Georgia Masters
8. New England Masters
9. Long Beach Grunions
10. NOVA (Orange County)

Women 200-239 400m free

1. Gold Coast
2. Florida Aquatic Combined Team
3. **Germantown Masters (Cooley, Cosgrove Van Pelt-Diller, Lappin)**
4. Walnut Creek
5. Ancient Mariners
6. New England Masters
7. Long Beach Grunions
8. Tuolomne County Aquatic Masters
9. Ft. Lauderdale Aquatic
10. Gold Coast

Men 200-239 400m medley

- 1.Sarasota Y Sharks
- 2.San Diego Swim Masters
- 3.NOVA (Orange County)
- 4.Metropolitan Masters
- 5.Pennypack Masters
- 6.St. Petersburg Masters
- 7.Heartland Swim Association
- 8.West Hollywood Masters
- 9.Garden State Masters
- 10. Germantown Masters (Reed, Abbott,Walters, Farrell)**

Men 240-279 400m medley

- 1.Sarasota Y Sharks Masters
- 2.San Diego Swim Masters
- 3.San Diego Swim Masters
- 4.Germantown Masters (Thomas, Durham, Robinson, Norvell)**
- 5.NOVA Masters

Mixed 120-159 400m free

- 1.New England Masters
- 2.NOVA
- 3.Manatee Aquatic Masters
- 4.San Diego Swim Masters
- 5.New England Masters
- 6.New England Masters
- 7.Long Beach Grunions
- 8.Germantown Masters (Main, Halem, Sepanik, Windmiller)**
- 9.New England Masters
- 10.New England Masters

Mixed 200-239 200m free

- 1.George Mason U. Patriots
- 2.Walnut Creek Masters
- 3.Colonials 1776
- 4.Arizona Masters
- 5.Germantown Masters (Walters,**

Men 240-279 200m medley

- 1.Gold Coast
- 2.Walnut Creek
- 3.New England Masters
- 4.Gold Coast
- 5.Florida Aquatic Combined Team
- 6.Germantown Masters (Farrell, Abbott, Robinson, Reed)**
- 7.New England Masters
- 8.Ft. Lauderdale Aquatic
- 9.St. Louis Area Masters
- 10.San Diego Swim Masters

Mixed 120-159 200m free

- 1.Missouri Valley
- 2.La Jolla Swim Masters
- 3.NOVA Masters
- 4.Manatee Aquatic Masters (Calif)
- 5.Walnut Creek Masters
- 6.Germantown Masters (Hahs, Horvath, Conze Halem)**
- 7.Alaska Masters
- 8.New England Masters
- 9.STFF (Gulf Coast)
10. UCLA Masters

Mixed 160-199 400m free

- 1.Gold Coast Masters
- 2.Germantown Masters (Wunderlich, Conze Brockway, Noznesky)**
- 3.Manatee Aquatic Masters
- 4.New England Masters
- 5.New England Masters
- 6.Alaska Masters
- 7.Dutchess County Masters
- 8.St. Petersburg Masters
- 9.New England Masters
- 10.Sarasota Y Sharks Masters

Mixed 200-239 400m medley

- 1.Santa Rosa Masters
- 2.Colonials 1776
- 3.St. Petersburg Masters
- 4.Connecticut Masters
- 5.Bay Masters (S. Fran.)

Wilks, Portney, Thomas)

6.Mission Viejo

7.Sarasota Y Sharks Masters

8.St. Petersburg Masters

9.Dutchess County Masters

10.Sun Coast Masters

6.NOVA

7.Rolling Hills Mudshark Masters

**8.Germantown Masters (Wall, Knight,
Charette, Wilks)**

9.Bay Masters (S. Fran.)

10.Great Bay Masters (N.H.)

RUNNING AND MULTI-SPORT EVENTS

April 2008: Clarksburg 5K, Clarksburg, MD

Amy Cooley finished second in her age group in the this 5K. GERM was a sponsor for the first time.