

GERMANTOWN MARYLAND MASTERS SWIMMING
May 2010 Newsletter
www.germantownmasters.org

SUMMER WORKOUTS

Summer workouts at Quince Orchard start no later than Sunday, May 26th. There are no summer workouts at GISC; we will return there in the fall.

The summer rates at QO are: Once a week: \$95; Twice a week: \$165; Unlimited: \$235. As always, you will need to be registered with USMS to participate. Insurance provided by USMS does not cover the workout if just one swimmer is not registered with USMS (or USA swimming for those under 18). You can register with USMS (\$37 for 2010) on line at our website. You will also find a paper version of the 2010 USMS registration form at the bottom of the QO workout registration form, which can be downloaded at our website and mailed in if you prefer.

With the availability of credit card payments, we are hoping most QO swimmers will make a single payment for the summer. However, the multiple payment option remains available for QO workouts for those who prefer it and are paying by check and using the paper forms.

TARGET MEETS FOR SUMMER

Watch the website and your email for our summer target meet. It will probably be the last chance meet in August. There are a number of good meets and open water events this summer. Entry forms for all meets are posted on the Potomac Valley website. Go to: www.pvmasters.org/entry.htm

GERM SWIMMERS IN NATIONAL TOP TEN RANKINGS

GERM was well represented in the 2009 short course meters top ten rankings, once again. Note that we had one All American swimmer and one All American relay (fastest time in the nation).

INDIVIDUALS WITH NATIONAL TOP TEN TIMES:

Denise Noznesky: W40-44 200 IM - 5th 400 IM - 4th
Lisa Van Pelt-Diller: W50-54 50 back - 1st - All American 100 back - 2nd
Amy Cooley: W50-54 100 breast - 9th
Karen Cosgrove: W50-54 100 breast - 8th 200 breast - 8th
Chris Elliott: M35-39 100 fly - 7th
David Robinson: M65-69 400 IM - 10th

RELAYS WITH TOP TEN TIMES:

Men's 160-169 400 Free Relay

- 1.Longhorn Aquatics
- 2.Mission Viejo
- 3.New England Masters
- 4.NOVA Masters (Cal.)
- 5.Southern California Aquatics
- 6.Walnut Creek Masters
- 7.Mission Viejo
- 8.Livermore Valley
- 9.Germantown Masters**
Paul Wolf, Karl Wunderlich,
Tim Brockway, Chris Elliott
- 10.New England Masters

Men's 240-279 200 Free Relay

- 1.Gold Coast Masters
- 2.Tulsa Masters
- 3.Montgomery Ancient Mariners
- 4.Sarasota Y Masters
- 5.Georgia Masters
- 6.Dayton Area Sharks
- 7.Germantown Masters**
Rick Farrell, Dan Thomas
Ken Wall, Tim Miller
- 8.Mission Viejo
- 9.Westchester Masters (NY)
- 10.Stanford Masters

Women's 200-239 400 Medley Relay

- 1.Germantown Masters**
Lisa Van Pelt-Diller, Amy Cooley
Jeanne Lappin, Denise Noznesky
- 2.Arizona
- 3.Mission Viejo
- 4.New England Masters
- 5.Atlanta Rainbow Trout

Men's 240-279 400 Medley Relay

- 1.Gold Coast Masters
- 2.San Diego Swim Masters
- 3.Gold Coast Masters
- 4.Germantown Masters**
Rick Farrell, Tim Miller
Mark Walters, Dave Robinson
- 5.Southern California Aquatics
- 6.Mission Viejo
- 7.San Diego Swim Masters

Women's 200-239 200 Medley Relay

- 1.Gold Coast Masters
- 2.Germantown Masters**
Lisa Van Pelt-Diller, Amy Cooley
Jeanne Lappin, Karen Cosgrove
- 3.Mission Viejo
- 4.Arizona
- 5.O*H*I*O
- 6.New England Masters

Mixed 160-199 200 Free Relay

- 1.Colorado Masters
- 2.Walnut Creek Masters
- 3.Santa Clara Masters
- 4.Sarasota Y Masters
- 5.Mission Viejo

6.Germantown Masters

**Denise Noznesky, Paul Wolf
Chris Elliott, Jennifer Halem**

- 7.Mission Viejo
- 8.Maryland Masters
- 9.Walnut Creek Masters
- 10.Georgia Masters

- 7.Florida Aquatic
- 8.Bay Masters (SF)
- 9.Mission Viejo
- 10.Rolling Hills Mud Sharks

Mixed 200-239 400 Free Relay

- 1.Southern California Aquatics
- 2.New England Masters
- 3.The Olympic Club
- 4.Missouri Valley Masters

5.Germantown Masters

**Karen Cosgrove, Dan Thomas
Scott Golden, Dyann Charette**
6.South Bay Swim Team
7.Southwest Washington Masters
8.Mission Viejo
9.Wisconsin Masters
10.NOVA Masters (Cal.)

MASTERS MEET RESULTS

Albatross Open

March 2010 - Bethesda, MD

| | | | |
|------------------------------|-----|----------------------------------|----|
| 1.Germantown Masters | 431 | 14.YWCA Masters of Adams County | 57 |
| 2.Montgom. Ancient Mariners | 337 | 15.DC Dept. Recreation & Parks44 | |
| 3.Reston Masters | 220 | 16.Colonials 1776 | 42 |
| 4.Virginia Masters | 216 | 17.DC Masters | 34 |
| 5.Terrapin Masters | 156 | 18.Central Maryland YMCA | 30 |
| 5.Ward's Swim Club | 156 | 19.Arlington Masters | 29 |
| 7.Health Unlimited Hurricane | 142 | 20.Georgia Masters | 18 |
| 8.Patriot Masters | 88 | 20.Gold Coast Masters | 18 |
| 9.Fairfax County Masters | 82 | 20.Quest Masters Swim Team | 18 |
| 10.Curl-Burke Swim Club | 76 | 23.Garden State Masters | 15 |
| 11.D.C. Aquatics | 70 | 24.North Baltimore Aquatic Club | 12 |
| 12.Maryland Masters | 65 | 25.Leesburg Area Masters | 6 |
| 13.National Capital Y | 65 | 26.Maine Masters Swim Club | 4 |
| | | 27.New Mexico Masters | 4 |

MULTI-SPORT RESULTS

Clarksburg 5K

April 2010 - Clarksburg, MD

GERM swimmers ran very well at Clarksburg's 5K. All six GERM participants finished in the top half. **Andi Carbonell** finished 115th out of 252 women who completed the race. **Amy Cooley** was 41st over all, and 4th of 28 in her age group. **Kim Wong** was 29th over all, and 6th of 53 in her age group. Congratulations to **Shari Yesnick**, who finished 10th over all and won her age group (1st of 53). The men were represented by **Richard Grodsky**, 60th over all out of 178 men, and 3rd of 11 in his age group, and **Tom Greeves**, 45th over all and 12th of 45 in his age group.

Germantown Masters was one of the sponsors of this race, and while the numbers are not yet final, here is what the event raised for charity: • \$6,000 - \$7,000 in support raised for The Dwelling Place; • \$500 donated to earthquake relief in Haiti through Compassion International; • 200 meals collected in canned food for Germantown HELP. Thanks to **Mark Young** for helping to make this happen.

We need more input from GERM swimmers on these results. Runners, bikers, and triathletes can provide results to waltersmrk@aol.com for the newsletter.

FAREWELL

We are very sorry to be losing our Vice President, **Brian Sepanik**, to San Francisco. We tried - unsuccessfully - to get Brian to guarantee GERM swimmers a penthouse suite at his hotel whenever we visit. He will be missed.