

GERMANTOWN MARYLAND MASTERS SWIMMING
April 2017 Newsletter
www.germantownmasters.org

SUMMER WORKOUTS

Summer workouts begin at Quince Orchard Swim and Tennis Club on May 27, 2017, unless you get an email stating an earlier date. The current GISC workouts will end on May 26 and resume in September with a new fall session. The Q.O. workouts will run through Labor Day, September 4th, with a week off in early August. The entire workout schedule can be found at the very bottom of "Team News" on our web page. The cost is \$145 for once a week; \$225 for twice; \$295 for unlimited. As always, there are student and family discounts (for second swimmer, same family) available. You can sign up on the web page on line, or download a registration form and mail it in with a paper check. **You will need to be registered with USMS for 2017 to participate before your first workout.** Insurance provided by USMS does not cover the workout if even one swimmer is not registered with USMS (or USA swimming for those under 18). You can register with USMS on line at our website.

NEW SWIMMERS

We are planning a concerted effort to recruit new swimmers to the team, especially for the Quince Orchard summer session. We have outreach efforts beginning with the Clarksburg 5K, and will be using Facebook to boost and promote posts encouraging people to try USMS swimming. The single biggest thing you can do to help is to like GERM's Facebook page (<https://www.facebook.com/usmsgermantown/>) and to like and especially SHARE posts to other local groups and to your own circle of friends. Thank you in advance for helping with this effort!

HOLIDAY FOOD DRIVE

The Holiday Food Drive that **Mark Young** organized resulted in 200 meals worth of food being donated by GERM swimmers this year. Thank you for your generosity.

TARGET MEETS FOR SUMMER

Our summer target meets will be: the **Jim McDonnell Lake Swim on May 28 in Reston, VA**, and one other meet in July or August, to be determined in May or June. Entry forms for all meets are linked to the Potomac Valley website. Go to: www.pvmasters.org/entry.htm

FINA WORLD TOP TEN 2016

One individual swimmer and two GERM relays finished with world top ten times for 2016.

Individual:

Jeanne Lappin recorded 8 world top tens, including 1 event where she was #1! **Jeanne** was first in the 200m fly (SCM). In addition, her other top times were: in SCM, 100 fly (2nd), 50 fly (8th), and 200 IM (4th). In LCM **Jeanne** was ranked in the 50 fly (10th), 100 fly (5th), 200 IM (9th), and 400 IM (3rd).

Relays:

<i>Women 200-239 400m SC medley</i>		<i>Mixed 160-199 800m LC free</i>	
1. New England Masters	USA	1. Valas SC	HUN
2. PSV	NED	2. Ryogoku Kingyo	JPN
3. Konami Nishinom	JPN	3. Great Britain P	GBR
4. Sarasota Y	USA	4. North Carolina	USA
5. Pregel	RUS	5. Steenwijk 1934	NED
6. Auro Ontario	CAN	6. De Dinkel	NED
7. GERMANTOWN MASTERS	USA	7. TRB-RES	NED
Denise Dombay		8. Erwin Zuijderve	NED
Terri Postma		9. Palm Beach Masters	USA
Jeanne Lappin		10. GERMANTOWN MASTERS	USA
Caren Bancroft		Terri Postma	
8. Tech Ontario	CAN	Jeanne Lappin	
9. SWOL 1894	NED	Farol Tomson	
10. Port MacQuarie	AUS	Jeff Jarczyński	

NATIONAL TOP TEN (2016 SCM)

The national top ten rankings for 2016 SCM show 7 individuals and 19 relays qualified for GERM. **Jeanne Lappin** made individual All American for her #1 time in the W60-64 200m fly, and the relay team of **Evan Murdock, Geo Nikolov, Sid Paruchuru and Kempsey Clark** made Relay All American for their #1 time in the M75-99 800m free relay.

The individuals are:

Johanna Schneider W40-44 200 fly (10th)
Amy Cooley W60-64 50 breast (7th)
Jeanne Lappin W60-64 50 fly (5th), 100 fly (2nd), 200 fly (1st), 200 IM (3rd)
Jeff Jarczyński M35-39 50 breast (3rd), 100 breast (6th)
Carlos J. Asarta Pedraza M35-39 50 breast (7th), 200 breast (5th), 400 IM (5th)
Ken Wall M75-79 50 back (10th)

Richard Durham M75-79 200 breast (10th)

The relays are:

Women 100-119 200 free (8th)

1. New England Masters
2. Walnut Creek Masters
3. PSM
4. Nashville Masters
5. Arizona Masters
6. BCTM
7. GAJA
8. **Germantown Masters**
Andree Renee Charriere,
Elizabeth Cocker,
Mikala Shremshock,
Meredith Tibbetts
9. LOCO

Women 120-159 200 free (6th)

1. Tribe Masters - 1693
2. Palmetto Masters
3. Arizona Masters
4. Palm Beach Masters
5. New England Masters
6. **Germantown Masters**
Ivy Huang
Leah Heil
Dorota Hassett
Caren Bancroft
7. TNAQ
8. Davis Aquatic Masters
9. BCTM
10. INDY

Women 200-239 400 med (3rd)

1. New England Masters
2. Sarasota Y Masters
3. **Germantown Masters**
Denise Dombay, Terri
Postma, Jeanne Lappin
Caren Bancroft
4. LVM
5. Rose Bowl Masters
6. MEMO
7. RHMS
8. Arizona Masters

Women 100-119 200 med (9th)

1. The Olympic Club
2. BCTM
3. New England Masters
4. Walnut Creek Masters
5. COOG
6. Rose Bowl Masters
7. SWM
8. INDY
9. **Germantown Masters**
Tibbets, Cocker
Charriere, Shremshock
10. INDY

Women 160-199 200 med (6th)

1. Sarasota Y Masters
2. SPM
3. SCAQ
4. PSM
5. Palm Beach Masters
6. **Germantown Masters**
Dorota Hassett
Terri Postma
Jenny Carswell
Lisa Chin
7. Walnut Creek Masters
8. New England Masters
9. NUTS
10. Illinois Masters

Men 72-99 200 free (2nd)

1. New England Masters
2. **Germantown Masters**
Robertino Bogart
Kempsey Clark, Evan
Murdock, Geo Nikolov
3. Rose Bowl Masters
4. PSM
5. Palmetto Masters
6. DUCK
7. NAUT
8. NAUT

9. Swim Ft. Lauderdale
10. TCAM

Men 72-99 200 med (3rd)

1. Arizona Masters
2. Palmetto Masters
3. **Germantown Masters**
Erik Mercilliott, Bogart
Murdock, Paruchuru
4. PSM
5. NAUT
6. NAUT

Men 72-99 800 free (1st)

1. **Germantown Masters**
Murdock, Nikolov,
Paruchuru, Clark
2. NAUT

Men 100-119 200 med (8th)

1. GRA
2. GRA
3. FLIP
4. BCTM
5. PSM
6. New England Masters
7. MEMO
8. **Germantown Masters**
Murdock, Dominik Van
Der Veen, Jason George
Stephen Krempasky
9. Atlanta Rainbow Trout
10. D.C. Aquatic Club

Men 100-119 400 med (5th)

1. GRA
2. PSM
3. New England Masters
4. GRA
5. **Germantown Masters**
Murdock, Van Der Veen
George, Krempasky
6. D.C. Aquatic Club

Men 240-279 200 free (10th)

1. Ancient Mariners
2. Sarasota Y Masters
3. Arizona Masters
4. PBM
5. Palmetto Masters
6. CMAM
7. Connecticut Masters
8. Sarasota Y Masters
9. CVMM
10. **Germantown Masters**
John Abbott, Tim
Brockway, Bill
Schectman, Stephen
Wright

Men 240-279 400 med (6th)

1. PSM
2. Sarasota Y Masters
3. WH20
4. Michigan Masters
5. Arizona Masters
6. **Germantown Masters**
Wright, Ron Greger,
Greg Strouse,
Mike Osinski
7. Arizona Masters
8. Arizona Masters
9. YCFM
10. HAFL

Men 240-279 800 free (6th)

1. Sarasota Y Masters
2. CVMM

Men 280-319 200 med (6th)

1. PBM
2. Minnesota Masters

3. San Diego Swim Masters
4. Walnut Creek Masters
5. Rose Bowl Masters
6. **Germantown Masters**
David Robinson, Abbott,
Wright, Jim Hillman
7. O*H*I*O Masters
8. LVM

3. Garden State Masters
4. YCFM
5. New England Masters
6. **Germantown Masters**
Ken Wall, Greger
Robinson, Hillman
7. Arizona Masters
8. LOCO
9. Walnut Creek Masters
10. GAJA

Men 280-319 400 free (5th)

1. Arizona Masters
2. WH20
3. Arizona Masters
4. Minnesota Masters
5. **Germantown Masters**
Robinson, Richard
Durham, Mike Boyle
Roger Golden
6. Sarasota Y Masters

Mixed 100-119 200 free (10th)

1. Rose Bowl Masters
2. Nashville Masters
3. Palmetto Masters
4. KM
5. UCLA Masters
6. TNAQ
7. New England Masters
8. DAS
9. Connecticut Masters
10. **Germantown Masters**
Clark, Lauren Friedland
Litzner, Rachel Terrill
Samuel Portnoff

Mixed 120-159 400 med (9th)

1. LVM
2. St. Petersburg Masters
3. KM
4. CALM
5. New England Masters
6. Arizona
7. WMST
8. YCFM
9. **Germantown Masters**
Leah Heil, Bryan Main,
Farol Tomson, Lauren
Friedlander Litzner
10. Rose Bowl Masters

Mixed 200-239 400 free (4th)

1. CVMM
2. LAPS
3. San Diego Swim Masters
4. **Germantown Masters**
Scott Golden, Jeanne
Lappin, Dorota Hassett,
Greg Strouse
5. Sarasota Y Masters
6. PBM
7. Gold Coast Masters
8. SCAQ
9. San Diego Swim Masters
10. MSCM

Mixed 280-319 200 med (7th)

1. Sarasota Y Masters
2. San Diego Swim Masters
3. O*H*I*O

4. Ancient Mariners
5. LOCO
6. YCFM
7. **Germantown Masters**
 Linda Carter, Ron Greger,
 Amy Cooley, Richard Durham
8. San Diego Swim Masters
9. Rose Bowl Masters
10. Minnesota Masters

MASTERS MEET RESULTS

Albatross Open *Bethesda, MD* *March 2017*
 GERM finished first in the men's, women's, and combined scoring at the Albatross Open. **Denise Dombay** set a meet record in the W50-54 200 IM. New team records were set by **Dorota Hassett** (W40-44 50 and 100m back); **Johanna Schneider** (W40-44 200m fly); **Denise Dombay** (W50-54 100 free, 100 and 200m IM); **Lynne Andrews** (W70-74 50 free, 50 and 200m back); **Evan Murdock** (M18-24 100 free, 50 back); **Kempsey Clark** (M25-29 200 IM); **Jeff Jarczynski** (M40-44 100 free, 50 breast); **Gustavo Sandi** (M45-49 50 and 100m breast); **Karl Wunderlich** (M50-54 200 IM); **Doug Sanford** (M55-59 200 free); **Tim Brockway** (M55-59 100 back); **Dan Thomas** (M60-65 50 free); **Ken Wall** (M75-79 100 back); **Roger Golden** (M75-79 100 fly and 200 IM). The following relays also set new team records: Men 200-239 400 medley: **Farol Tomson, Wunderlich, Sanford, Chad Matthews**; Men 280-319 200 free: **Stephen Wright, Michael Boyle, Richard Durham, Wall**; Mixed 100-119 200 medley: **Dmitrijs Milajevs, Elizabeth Cocker, Ivy Huang, Steven Krempasky**; Mixed 120-159 400 free: **Dominik Van Der Veen, Jenny Carswell, Renee Charriere, Jarczynski**; Mixed 200-239 400 medley: **Dombay, Jarczynski, Scott Golden, Karen Cosgrove**; Mixed 280-319 200 medley: **Andrews, Durham, John Abbott, Arlene Proebsting**; Mixed 280-319 400 medley: **Andrews, Hillman, David Robinson, Proebsting.**

Here is the combined team scoring:

1 Germantown Maryland Masters	905
2 Montgomery Ancient Mariners	674
3 Virginia Masters Swim Team	194
4 Lane 4 Swimming	155
5 Umac-Terrapin Masters	139
6 District Of Columbia Aquatics	136
7 Colonials 1776	116

8	Reston Masters Swim Team	114
9	Health Unlimited Hurricanes	101
10	North Carolina Masters	87
11	Patriot Masters Swim Team	42
12	Maryland Masters	39
13	Fredricksburg American Family	33
14	Garden State Masters	24
15	Alexandria Masters Swimming	20
16	Sport & Health Tsunami Masters	18
16	Santa Barbara Masters	18
16	Gold Coast Masters	18
16	Santa Cruz Masters Aquatics	18
20	Team America	16
20	Swim Fort Lauderdale	16
22	Monocacy Aquatic Club Masters	15
22	Central Maryland YMCA Masters	15
24	Excel Swimming	14
25	Arlington Masters	12
25	AquaCol	12
25	Eagle Swim Team Masters	12
28	O*H*I*O Masters Swim Club	11
29	Freedom Aquatic Club	7
30	Riptide Masters	6
30	New England Masters Swim Club	6
32	DC Masters	1

RUNNING, BIKING, AND MULTISPORT EVENTS

Mark Young finished the Disney Marathon in 4:56. It was his 20th Disney Marathon and 55th marathon overall.