

**GERMANTOWN MARYLAND MASTERS SWIMMING**  
**August 2017 Newsletter**  
[www.germantownmasters.org](http://www.germantownmasters.org)

**FALL WORKOUTS**

Fall workouts begin at Quince Orchard Swim and Tennis Club on September 18th, or as soon as the bubble is up, and run through December 31. Watch your email for notice of a possible earlier first workout. The GISC workouts will resume on September 12th and run through December 21st. Note that we will not swim there the last ten days of December this time. Both workouts may break for a week at Thanksgiving. The entire workout schedule and cost for each pool can be found at the very bottom of "Team News" on our web page (above). As always, **you will need to be registered with USMS to participate in these workouts.** 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 on line at our website.

Payment plans are available at QO only, for those paying by check. You can pay half when you register, and half on October 15. Or propose a payment plan with your first check (or by emailing Mark at waltersmrk@aol.com).

**GERM TO HOST FIFTH ANNUAL SOLSTICE MEET ON DECEMBER 2ND**

We will be hosting the Fourth Annual Solstice SCM meet on Saturday, December 2, 2017, at the Germantown Indoor Swim Center. We hope you will all come out to help with the meet and swim. Emails with more information will go out as we get closer to the meet. Warmups will start at 3:00 p.m., and the competition will run from 4:00-8:30 p.m. (tentative - we may start earlier).

**TARGET MEETS FOR FALL**

Our fall target meets will be: the **GMUP Sprint Classic** in Fairfax, VA on Sunday, October 29th (no relays), and our own **Fifth Annual Solstice meet at GISC** on Saturday afternoon and evening, December 2nd. Watch your email for target meet information. Entries for the Sprint Classic will open soon. Entries for our meet will open in October. Entry forms for all meets are posted on the Potomac Valley website. Go to: [www.pvmasters.org/entry.htm](http://www.pvmasters.org/entry.htm)

### ELECTIONS FOR 2018 OFFICERS

Incumbents, if you are not interested in serving again in 2018, please let us know by October 1st. Anyone else interested in running for team President, Vice President, V.P. for Community Service, and Treasurer should also let us know by October 1st. If elections are necessary, they will be held in November. The incumbents are Mark Walters (Pres.), David Robinson (VP), Mark Young (VP for Community Service), Denise Dombay (Treasurer). Denise has been finishing Cheryl Bleakley's term after Cheryl moved to Colorado.

### NO TEAM DUES - 2018

Once again we will have no team dues thanks to the Solstice meet. Instead of asking for you money, we will again ask for volunteers for any of the jobs needed to run the Solstice meet in December.

### MASTERS MEET RESULTS

*Colonies Zone Meet*

*Fairfax, VA*

*April 2017*

GERM finished 9th out of 58 teams scoring at the Zone meet. New team records in individual events go to **Barbara Mallon** (W50-54) 50 free, 50, 100 and 200y breast; **Terri Postma** (W45-49) 50y fly; **Lynne Andrews** (W65-69) 50 free, 50 back, 200y free; and **David Robinson** (M70-74) 200y free. New relay team records were set in the Women's 200y free (35+): **Johanna Schneider, Andrews, Postma, Caren Bancroft**; Women's 800y free (35+): **Mallon, Schneider, Postma, Bancroft**; Men's 400y medley (25+): **Stephen Wright, Gustavo Sandi, Scott Golden, Dimitrijs Milajevs**; Men's 800y free (55+): **Wright, Mark Walters, Robinson, Michael Boyle**; and Mixed 400y medley (45+): **Andrews, Boyle, Robinson, Bancroft**.

Team scores:

1. Virginia Masters	1344	31. Gold Coast	45
2. Reston Masters	1213	32. Excel Swimming	41
3. Alexandria Masters	902	33. Fins Aquatic	40
4. Club Tribe	890	33. Lakeland HillsY	40
5. Spring Valley YMCA	870	33. Santa Barbara	40
6. Colonials 1776	862	36. Rochester Area	38
7. Lane 4 Swimming	788	37. Sarasota YMCA	34
8. Central Bucks YMCA	380	38. Eagle Swim Team	32
<b>9. GERMANTOWN MASTERS</b>	<b>360</b>	39. Talbot Masters	30.5
10. Patriot Masters	357	40. New England	29
11. Umac-Terrapin Masters	318	40. Crozet Parc	29
12. Binghamton U. Masters	273	42. Fredericksburg	27
13. Arlington Masters	270	43. Life Time NJ	26
14. Merritt Marlins	217	44. Winchester	23
15. Central Maryland YMCA	182	45. Shepherd U Well	22
16. Riptide Masters	179	45. North Carolina	22
17. DC Aquatics Club	176	47. Monocacy Aqua.	19
18. Sport & Health Tsuna.	174	48. Chelsea Piers	18
19. Garden State Masters	140	49. Bearcat Masters	17
20. Asphalt Green Masters	104	50. Warrenton Mstrs	15.5
20. Ancient Mariners	104	51. Blue Wave	13
22. Maryland Masters	89	51. Monterey Bay	13
23. Chester River Blues	88	53. VCU Rec.	12
24. Freedom Aquatic Club	80	54. Dumpster Fish	9
25. Flying Fish Heads	78	54. Ft. Belvoir	9
26. Warrenton Fauquier	72	56. Adirondack	6
27. Columbia Masters	70	57. Team America	5
28. Peluso Open Water	63	58. Sportfit Lab	2
29. Tide Swimming	52		
30. Santa Cruz Masters	47		

*UMAC Last Chance Meet      College Park, MD      May 2017*

**Scott Golden** broke his own M50-54 50y.

*Reston Masters Lake Swim Reston, VA      May 2017*

**David Robinson** set at new team record for the men's 70-74 open water 1 mile swim. **David** took 3rd in his age group. In the 2 mile swim, **Mark Young** finished fourth over all and 1st in the M50-54 age group. **Jon Kaplan** was 18th over all and 6th in M50-54.

*Chesapeake Bay Swim*

*Annapolis, MD*

*June 2017*

A new team record for the Bay Swim was set by **Denise Dombay** (W50-54)(no wetsuit). A new team record in the 1-mile swim was set by **Linda Carter** (W75-79). **Denise** was 5th in her age group, and **Linda** was 1st. Many other GERM swimmers had impressive results in the Bay swim including **Del Brockett** (M55-59) 30th, **Scott Jackson** (M40-44) 29th, **Jon Kaplan** (M50-54) 24th, **Brian Crilly** (M50-54) 13th, **Jason George** (M30-34)(no wetsuit) 12th, **Kempsey Clark** (M25-29) 6th, **Mark Young** (M50-54) 4th, **Dominik Van Der Veen** (M35-39) 4th, **Lisa Chin** (W35-39)(no wetsuit) 4th.

*Maryland Masters*

*College Park, MD*

*June 2017*

**Farol Tomson** set a new team record in the M45-49 800m free at the Maryland Masters 800/1500m Long Course Meet.

*DCRP Long Course Meet*

*Washington, DC*

*July 2017*

New team records set were: **Barbara Mallon** in the W50-54 50m free, back, breast and fly; **Lynne Andrews** in the W70-74 50m free and back, and the 100m free; **Mike Osinski** in the M60-64 50m free.

*Maryland Masters*

*UMBC*

*July 2017*

**Terri Postma** broke her own team record in the W45-49 50m free.

*Long Course Nationals*

*Minneapolis, MN*

*August 2017*

**Terri Postma** finished in the top ten in all six of her events, and single-handedly led GERM to a 109<sup>th</sup> place finish at Nationals, out of 188 participating teams. In the process she set a new team record in the W45-49 50m fly.

## NATIONAL TOP TEN - SHORT COURSE (YARDS) SEASON

One GERM relay made the 2016-17 SCY Top Ten.  
Congratulations, swimmers:

Women 35+ 800 yard Freestyle Relay

1. Walnut Creek Masters
2. Spring Valley Y Masters
3. Minnesota Masters
4. Marcia's Enthusiastic Masters
5. Team Texas Masters
6. **Germantown Maryland Masters**  
**Barbara Mallon, Johanna Schneider, Terri Postma,**  
**Caren Bancroft**
7. MOVY Masters
8. Tampa Bay Aquatic Masters
9. Anne Arundel Amphibians
10. Whitefish Bay Masters

## RUNNING, BIKING, AND MULTISPORT EVENTS

*Clarksburg 5K*

*Clarksburg, MD*

*April 2017*

GERM swimmers proved to be good runners too, at the Clarksburg 5K last weekend. All of our runners finished in the top half of their age groups. **Brian Crilly** was 2nd of 58 among men 40-49. **Valerie Hall** was 7th of 24 in the women's 50-59. **Johanna Schneider** was 18th of 65 in the women's 40-49. **Farol Tomson** was 28th of 58 in the men's 40-49. **Kim Nonato** was 26th of 65 in the women's 40-49. **Johanna** and **Farol** were nursing injuries but still managed top half finishes. GERM swimmer **Mark Young** was the race director.

*New York City Triathlon New York, NY*

*July 2017*

**Jeanne Lappin** finished 4<sup>th</sup> of 29 women in the 60-64 age group, and was 164<sup>th</sup> out of all 915 women to complete the triathlon.