

Southeastern LMSC Newsletter



Rat Race, 2018

12th Annual Chattanooga Rat Race

McCallie School Masters (also known as the "Chattanooga River Rats") hosted their 12th annual Rat Race on June 2, 2018. The 5k course was set up at Chester Frost Park just outside of Chattanooga. Last year the Rats hosted the USMS National Ultramarathon National Championships (9.2 miles) and this year the Rat Race was designated the Dixie Zone Open Water Championship. A total of 72 swimmers completed the course, with ages ranging from 19 to 73. A pair of 19-year-olds, Jason Green and Lara Hernandez-Tome, were overall winners for men and women, respectively. Three of the top four (and five of the top seven) finishers were women, including 51-year-old Victoria Rian who came in 4th overall.

The Rat Race is normally held in the Tennessee River, but this year heavy rains forced a change in venue as 100,000 cubic feet per second of water were flowing over a spillway just upstream from the planned race start. The Rat Race team, led by Stan Corcoran, worked hard to make sure the event ran smoothly. The Chattanooga River Rats have developed a strong partnership with Outdoor Chattanooga, a program of the City of Chattanooga, and the Chattanooga Sports Committee, which helped secure the Chester Frost Park location for the race. The original down river 4.5 mile swim was converted to a 5k reservoir swim around a rectangular course requiring three laps to complete, ending with a final dash to the finish line marked by an enormous rubber ducky.

Each year, entry fees go to the Chattanooga Rat Race scholarship fund which provides swim lessons and lifeguard classes for inner city youth. This year they were able to give scholarships to seven lifeguards to complete their training and provided swim lessons to more than 60 children.

Upcoming Meets and Events

SELMSC Open Water:

- September 16: Swim Hobbs Island. [Information.](#)
- September 30: Bridges to Bluffs 10k. [Information.](#)
- October 13: Swim the Suck. [Information.](#)

SELMSC Pool Meets (SCM):

- November 17: 8th Annual 2018 NAC Masters Sprinting Turkey Classic. [Information.](#)

SELMSC Pool Meets (SCY):

- February 16-17, 2019: Auburn Masters Invitational. See page 3 for more information.

Events:

- September 26-30: USMS Annual Meeting. Jacksonville, FL. [Information.](#)

National List:

<https://www.usms.org/events>

FINANCIAL INCENTIVES FROM SOUTHEASTERN LMSC TO ENCOURAGE POOL AND OPEN WATER RACES

Southeastern LMSC actively supports teams that want to put on a pool meet or open water swim through a financial incentive program. Teams putting on a pool meet are eligible to receive as much as \$450 to help defray costs. Teams putting on an open water event or serving as host for a Dixie Zone or USMS National Championship are eligible to receive even more. Details of the policy are on our LMSC website. The specific link is https://www.clubassistant.com/c/5129A5D/file/Subvention%20guidelines%203_12_17.pdf.

There are a few important requirements, but all are easily met. These include: (1) the event needs to be formally sanctioned by Southeastern LMSC; (2) the sponsoring club needs to be a club in good standing within our LMSC; (3) there must be at least 30 swimmers participating in the event, and at least 15 swimmers need to be from other clubs (or be unattached); and (4) the event needs to be publicized at least 45 days in advance. Please refer to the policy for a full set of requirements, but those listed above are the key ones.

Sanctioning an event is easy and I am happy to work with event directors to make the process as painless as possible. I encourage event directors to contact me before they submit their materials through the USMS website.

Important: plan your event in advance not only for scheduling pool time and organizing volunteers, but more importantly to put out information on your event so that swimmers can put it on their calendars. You may have noticed (if you have a mirror) that Masters swimmers tend to be busy people and need to plan ahead! That is why a minimum 45 day advance notice is part of the requirements of our subvention policy.

Conner Bailey
Auburn Masters
Sanctions Chair, Southeastern LMSC
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Carlos Aro (co-chair), Laura Ladd (co-chair), Chris McPherson, Ensworth Aquatics Masters coach, and Rob Butcher, SAA

Swim Across America at Ensworth Aquatics Masters

Ensworth Aquatics Masters held its second annual Swim Across America (SAA) charity swim to raise money for cancer research and treatment. Ensworth's masters and age group teams joined hands this year in a very special practice that featured some friendly competition, relays, dryland challenges (ugh!), fun, and SAA prizes. The event was held on June 9th at the Ensworth Natatorium at Ensworth High School in Nashville, TN.

Last year's funds went directly toward the funding of a specific and promising grant in cancer research, and this year's event raised nearly \$13,000 in support of SAA. Rob Butcher, SAA CEO, was on hand to lead the event and coach for a day, as well as more than 30 masters' and age group swimmers.

Fundraising efforts will remain open until October, so if you'd like to donate, you can visit the event page at www.swimacrossamerica.org/ensworth.

Auburn Masters Invitational Date Set for 2019!

Auburn Masters will host the 21st annual SCY Invitational the weekend of February 16-17, 2019. As we do most years, we will feature a 1650 Saturday morning with an afternoon session on Saturday. Our Sunday session will start at the reasonably civilized hour of 9:30 (first splash) with the 500 followed by other events. Swimmers are limited to 4 individual races per day. We do this because we want to keep each session to 4 or 4.5 hours length. We've been averaging close to 200 swimmers, so there is generally enough time between races to be ready for your second, third, and fourth swims. The Auburn meet will be sanctioned at some point in the Fall. For further information, please contact Conner Bailey at cbailey@ag.auburn.edu.

To get in touch with your Board:

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Newsletter Submissions & Comments

Please submit items for the next newsletter by Monday, October 1, 2018. E-mail submissions to SEEditor@usms.org

Submissions should be relevant to the entire LMSC.

This newsletter will evolve depending upon submissions, feedback, and editors. Please feel free to help in the evolution process with comments to: SEEditor@usms.org