



## FACT NEWS FOR NOVEMBER/DECEMBER, 2017 – Joannie Campbell

HAPPY NEW YEAR!! I have thawed out a bit this week and felt sorry for our neighbors to the north. Over the past couple of months have been traveling a bit and many of my family congregated for my granddaughter's wedding in Hamilton, New York, where now the temperature struggles to get above 0!! That's why we live in Florida!

The dixiezone.org website is pretty much up to date on the meets this year. The BIG one, as I have stated previously is the Pan American Games. There is an open water competition that will be held on the east coast for those of us that don't appreciate sharing the water with the alligators and 90 degree water. Transportation from Orlando will be provided. This competition will be held August 5<sup>th</sup>. Prior swimming competition will be held at the Orlando pool from July 28<sup>th</sup> through August 4<sup>th</sup>. There will be limits to the number of participants in certain events so be sure to get your entries in. Our team had 32 relays in the last Pan American Games held in the USA in 2013 at Sarasota!! It was such fun!!

Starting off the 2018 year, we always have the 1-Hour Postal Swim. Swim a total of one hour in any venue and compete with thousands through the country. A gender relay is three people and mixed two men and two women. You just tell me if you're swimming the competition and I put together the relays if possible.. The Postal Swim lasts for the months of January and February and your age is entered as the age at the end of the year. Try it – you'll like it. Swim in your own pool and follow the rules set forth on USMS website.

Our registration is running about the same as last year. Several of you haven't quite made the commitment but with the Dixie Zones coming up February 9 – 11<sup>th</sup> at the Long Center in Clearwater I'm sure you'll be taking the "plunge". As I've said before, if you can join a workout group or have the few swimmers you swim with every day form one it gives you an opportunity to swim with them when we have a local WO group meet. You're always welcome to join the existing ones – CLCF and VASF – doesn't cost you a thing. Otherwise you're UNAF – not a problem.

You might want to think of competing on March 10 in the Long Course Good Life Games. They're held at the Long Center and entries just came out. You age up to your year end age group and get a time to think about for the Pan American Games. AND

since this is the first long course meet, you can see your name usually in the Top Ten for 2018 (hahaha) – at least for a week or two!

Attractive shirts are available on the Pan American website Marianne says. In addition to that I've arranged with Ryan Gillman at Metro Sports (603) 623-3644 to quote you on the FACT polo shirts we gave to those who competed in the World Masters Games in Budapest. They were very attractive and I will see that a picture of them is available on his website.

Our All-American (number 1) relays were listed for the 2017 season. Both relays that our women swam in Budapest were All American. Other than these we posted a 320 Men's 400 Free Relay in 2<sup>nd</sup> place, a 280 400 Free Relay Women's in 2<sup>nd</sup> place and two thirds – mixed 200 Medley relay 280 for women and 320 mixed medley.

The SCM relays are still in a preliminary stage, but we know our 360 Mixed 400 free relay set a World Record by over 4 MINUTES. I'll cover those in my next news.

Joannie