

2023 Archived NJ LMSC News

Kick off 2024 right by swimming the 50 x 50's on January 1, 2024 from 10am-12:30. This FREE event, sponsored by the NJ LMSC, is open to NJ LMSC swimmers with 2024 registration. The event will be open to 75 swimmers. The pool will be set up in Short Course Yards. Check in will start at 9:45. After a group photo, the swim will begin at 10:15. Refreshments will be available after the swim. The swim will be held at the Jersey Aquatic Club (formerly Berkeley Aquatic Club) at 629 Central Ave, New Providence, NJ 07974. Online registration is open now by going to [website](#).

Congratulations to the following NJLMSC swimmers who set new short course meters records at the Somerset County YMCA Pentathlon meet at the Bridgewater YMCA on December 16-17, 2023.

Women 18-24: Mary Laurita (24) - 50 Back 32.39, 50 Fly 30.12, 100 IM 1:10.26; **Women 25-29:** Megan Bull (25) - 50 Free - 27.73, 100 Free - 59.03, 200 Free - 2:06.90, 400 Free - 4:28.40, 800 Free 9:23.31, 1500 Free 17:43.83, 100 Breast - 1:15.81; **Women 45-49:** Sanna Greenberg (47) - 100 Breast 1:19.53; **Women 90-94:** Joy Tsuzuki (93) - 50 back 2:56.52; **Men 25-29:** Stephen Husch (27) - 50 Breast 29.01, 100 Breast 1:03.51; **Men 75-79:** Richard Alexander (79) 50 Back 38.51, 100 Back 1:32.58; Jim Dragon (79) - 50 Breast 42.71, 50 Fly 34.77; **Men 80-84:** Bob Hopkins (81) - 100 IM 2:04.81; **Mixed 240-279 200 Free Relay:** David DeSimone (68), Kelly Papa (55), Kristen Guth (52), Ed Tsuzuki (65) - 2:20.65

SAVE THE DATE - Superbowl Sunday, Feb. 11, 2024: NJ LMSC 100 x 100's @ JAC. Online registration will open in early January - check back here.

The new FASTLANE is available [here](#)

Congratulations to Nancy Steadman-Martin, 69 and Jose Faria, 57 for setting new NJLMSC short course meters records at the Dr. Bill Ross Memorial Masters Meet at the Nassau County Aquatic Center on November 19, 2023. Nancy set new standards in the 800 meter free (10:53.01) and the 200 IM (3:06.14), while Jose broke the 200 meter free with a 2:13.39.

Congratulations to the following NJLMSC swimmers who set new short course yards records at the National Senior Games in Pittsburgh, PA on July 14-17, 2023. Women 65-69: Deborah Cipriano (66) - 50 free 29.82. Larry Seidman (75) - 100 fly 1:39.86. Mixed 65+ 200 free relay - Raritan Bay Area YMCA - Meredith Lyndon (66), Margaret Lecarreux (77), Elliott Lehrer (67), Francis Norek (66) 2:23.14

Congratulations to Richard Schubert (71) for setting a new NJLMSC record in the 2023 3000 yard USMS Virtual Championships with a time of 51:32.33.

Reminder: Entries are due for the Colonies Zone SCM Championships, scheduled for December 15 - 17. Join us at WPI's fast competition pool for the Colonies Zone's largest, most competitive, annual short course meters meet. Regular Entry Deadline: Tuesday, December 5, at

11:59 p.m. Late Entry (+\$30) Deadline: Tuesday, December 12, at 11:59 p.m. Distance Swimmers: Friday's 1500m freestyle is capped and may close early, so sign up right away if interested! [Link Here](#)

SAVE THE DATE: 2024 Colonies Zone SCY Championships will be held at the Jeff Rouse Swim & Sport Center, Stafford, VA on April 19-21, 2024. More info to follow.

The 2023 NJ Masters Annual Meeting is planned for Sunday, December 3, 10am @ Jersey Aquatic Center. Nominations for all Board elected offices are now being accepted (Chair, Vice Chair, Secretary, Treasurer, Registrar, Sanctions & Safety Chair, Top Ten/Records Chair, and Newsletter Editor). You can find information and a description of the officer positions on the [NJ LMSC website](#) and also on the [USMS website](#). Please email current Chair, Jerry O'Mara (gerald.omara@gmail.com), to submit your nominations or to RSVP.

Upcoming LMSC events: Sat. & Sun., Dec. 16 - 17, 2023: Somerset County YMCA Masters Pentathlon Swim Festival (and 25s!) at the Somerset Valley YMCA - Bridgewater Pool, 601 Garretson Road Bridgewater NJ. Meet [Registration](#) closes 12/14, 11:59pm.

The **September - October FASTLANE** is [linked here](#). The deadline for the next newsletter is December 1st- please send material to editorfastlane@gmail.com.

The new **FASTLANE** is [linked here](#). Enjoy!

Congratulations to the following NJLMSC swimmers for setting new long course meters records at recent meets! On August 2-6, 2023 at the USMS Summer National Championships in Sarasota, Florida, Alexis Colasurdo (24) set new records in the 18-24 age group 50 and 100 meter breaststroke recording times of 38.58 and 1:26.80 respectively. Nancy Steadman-Martin (69) set new records in the 65-69 age group 800 free (11:10.68), the 50 back (40.97), the 50 breast (51.98), and the 200 breast (3:47.14).

New Record Alert! Congratulations to Sanna Greenberg (47) for setting new records in the 45-49 age group 100 and 200 breast (1:24.06 and 3:04.99) at the Jason Nessel Memorial Invitational meet in Rahway, NJ on August 5, 2023.

Meet Announcement: The 2023 Jason Nessel Memorial Invitational (LCM) meet returns to the Ulrich Pool in Rahway, NJ on Saturday, August 5. Click here to register: [web reg](#). Remember: the 400 IM and 400 Free are limited to the first 12 swimmers in each event, so be sure to register soon if you want these events.

Save The Date: Our Annual Banquet will be held on October 1, 2023 at the Basking Ridge Country Club. More info to follow!

Congratulations to the following NJLMSC swimmers who set new long course meters records at the 2023 Summer Tsunami meet at the Jersey Aquatic Center on June 17, 2023. Nancy Steadman-Martin (69) set new records in the women's 65-69 age group in the 100 free (1:16.67) and the 100 breast (1:48.14). Two new records were set in the men's 65-69 age group

as Kip Gibson (67) swam a 21:02.60 in the 1500 free and Benn Doyle (65) touched the wall in 1:26.94 in the 100 breast.

The new FASTLANE is available! Click [here](#)

Board Minutes from our meeting on May 7th are available [here](#)

Congratulations to the following swimmers for setting new NJ LMSC SCY records at the YMCA Short Course Nationals Championship meet at the newly renovated International Swimming Hall of Fame pool in Ft. Lauderdale, FL on April 20-23, 2023. Women 50-54: Michelle Davidson, 54 - 200 back 2:29.25; Women 65-69: Deborah Cipriano, 66 - 50 free 29.98. Michelle and Deborah both brought home 4 silver medals each, and Michelle added 4 bronze medals as well!

Congratulations to Nancy Steadman-Martin, 68 and Dieter Wunderlich, 85 for setting new NJLMSC short course yards records at the Somerset County YMCA Masters Last Chance Meet on May 21 at the Somerset Hills YMCA. Nancy set a new standard in the 65-69 age group's 400 IM clocking 5:50.84 while Dieter established a new record in the 85-89 age group's 100 IM with a 2:33.28. Both Nancy and Dieter broke their own records!

Congratulations to the following New Jersey LMSC swimmers who set new NJLMSC short course yards records at the USMS Spring Nationals at the Woollett Aquatic Center in Irvine, CA on April 26-30. Women 45-49: Sanna Greenberg (47) - 200 Breast 2:42.93; Women 65-69: Nancy Steadman-Martin (68) - 400 IM 5:52.68; Women 70-74: Heidi Remak-Ziff (71) - 50 Free 33.33, 100 Free 1:15.27, 200 Free 2:43.87, 100 IM 1:28.92; Men 25-29: Karl Sarier (25) - 100 Free 45.92, 200 Free 1:40.60; Men 55-59: Jose Faria (57) - 200 back 2:17.42, 100 IM 1:00.20

Check out the new issue of The Fastlane [here](#)

Congratulations to the following swimmers for setting new NJ LMSC short course yards records at the Colonies Zone Championships at Rutgers University on April 14-16, 2023. **Women 70-74:** Heidi Remak-Ziff, 71 - 100 free 1:15.48; **Men 50-54:** Jeffrey Jotz, 53 - 1000 free 11:30.09; **Men 55-59:** Jose Faria, 56 - 200 fly 2:27.18; **Men 75-79:** Jack Zakim, 77 - 200 free 2:38.47; **Men 65+ Relays:** Red Bank Area YMCA Masters - Michael Lavitt, 65, Mark Weinstein, 67, Elliott Lehrer, 67, Francis Norek, 66 - 400 Free 5:19.78 and 800 free 12:28.99

Please see here for the recent Board Meeting Minutes: [November meeting](#)

Congratulations to Nancy Steadman-Martin, 68 for establishing a new NJLMSC short course yards record in the women's 65-69 100 individual medley with a time of 1:18.44 at the Hawks Masters Spring Splash meet at Monmouth University on March 26, 2023.

Congratulations to the Nancy Steadman-Martin, 68 and Dieter Wunderlich, 85 for establishing new NJ LMSC records for short course yards in their respective events at the Ocean County YMCA's Unofficial Team Championship meet at the Ocean County YMCA in Toms

River, NJ on March 19, 2023. Nancy swam the 200 yard backstroke in 2:43.90 and Dieter swam the 100 IM in 2:59.34.

Congratulations to Robert Freund, 61, for his NJ LMSC SCY record at the March Madness Meet on March 5th at the Nassau County Aquatic Center. Robert swam the 100 IM in 1:04.54!

The first **2023 Edition of the FastLane** is [linked here](#) - take a look at the photos of our 50x50 and 100x100 events inside!

Colonies Zone Meet Returns to NJ! Join us April 14-16 for the [2023 Colonies Zone Short Course Yards Championship](#) at Rutgers' Sonny Werblin Recreation Center in Piscataway, New Jersey. This 2.5-day event is centrally located within the zone and promises to be the northeast and mid-Atlantic states' premier Masters Swimming meet of 2023. All individual and relay SCY events will be offered. The facility is handicap-accessible. Enter early! Entries close Thursday, April 6, at 11:59 p.m. ET or earlier upon reaching 600 swimmers. The popular 1650 & 1000 freestyle events on Friday have entry caps. Meet info: <https://bit.ly/colonies-scychamps23>

Thank you Rutgers' aquatics staff, Meet Director Ellen Mace and John Lister at [BeSmartt Inc.](#), Colonies Zone Vice Chair & PV LMSC Chair Jeremy Gross, NJ LMSC Sanctions Chair Jen Bauman and Top Ten Recorder Ed Tsuzuki, and Anna Lea Matysek at [Club Assistant](#) for bringing this zone championship to fruition!

Are you a coach or looking to become one? The NJ LMSC is pleased to announce its sponsorship of a **USMS Coach Development Weekend (March 25 & 26)** for anyone interested in becoming a certified US Masters Swimming masters coach or in further developing their masters coaching education.

- The NJ LMSC will provide a **one-time scholarship** covering 100% of the registration cost for any current NJ Masters member that registers for the March 25-26 Coach Development weekend and successfully completes any of the course offered
- Additionally, on Sunday March 26th, currently registered USMS swimmers are invited to participate in a **Stroke Development Clinic** (Max of 36 swimmers) taught by Bill Brenner, USMS Sr Director of Club and Coach Development, with help from the coaches enrolled in the Clinic Course for Coaches.
- See this flyer for more information: [Coaching Clinic](#)