

2022 NJ Masters Archived News Stories **Shown in reverse chronological order (December 2022 - January 2022)**

It's time for one of our most popular events - the annual 100x100s.... Get your swim in before the Super Bowl! **Reminder: All swimmers must be current 2023 NJ LMSC registered USMS members to be eligible to participate in the Annual 100 x 100s event. Register for the event here: [here](#)** Event Information is linked [here](#)

Congratulations to the following swimmers for setting new short course meters records at the 2022 Somerset County YMCA Pentathlon Festival at the Bridgewater Pool on December 10-11!

Women 65-69: Nancy Steadman-Martin, 68 - 100 Breast 1:42.80; **Women 70-74:** Heidi Remak-Ziff, 70 - 50 Free 38.35, 100 Free 1:25.66, 200 Free 3:08.26. 100 IM 1:45.75; **Women 75-79:** Sue Lecarreux, 77 - 50 Free 43.78, 50 Fly 57.21, 100 IM 1:50.14; **Men 75-79:** Jim Dragon, 78 - 50 Breast 42.82; **Women's 160-199:** SCYM 200 Medley Relay 2:29.07 - Anne Laurita, 30, Paola Morchio, 46, Lorna Cialdella-Morehead, 58, Kathryn Cummings, 26; **Men's 240-279:** SCYM 200 Medley Relay 2:25.06 - Ken Niemi, 67, Bill Sjoval, 67. Eugene Sharp, 63, Ed Tsuzuki, 64.

The new Fastlane is available - check it out here: [November-December](#)

Congratulations to Sanna Greenberg, 46 and Jack Zakim, 77 for setting new short course meters NJLMSC records at the Dr. Bill Ross Memorial meet at the Nassau Aquatic Center (NY) on November 20, 2022. Sanna broke the women's 45-49 record in the 200 meter breast with a 3:06.25 and Jack touched the wall in 42.52 in the 50 meter backstroke.

The 50 x 50s are back!!!!

2020 was the last time we held the 50 x 50s but the event is finally back in 2023! Start the new year right by swimming the 50 x 50s on **January 1, 2023** from 10:00am - 12:30pm. This FREE event, sponsored by the NJ LMSC, is open to NJ LMSC swimmers with 2023 registration. The event will be open to 75 swimmers. Check in will start at 9:45am. After a group photo, the swim will begin at 10:15am. Refreshments will be available after the swim. The swim will be held at the Jersey Aquatic Club (formerly Berkeley Aquatic Club) at 629 Central Avenue, New Providence, NJ 07974. Online registration is open now - [Click Here](#)

Entries are now open for the [2023 USMS 1-Hour Virtual Championship](#) and [2023 Swim.com USMS Winter Fitness Challenge](#), which will both be held Jan. 1-31. The choice is yours: a 60-minute competition against fellow Masters swimmers nationwide, a 30-minute fitness challenge completed however you'd like, or both. No matter what, you'll earn that post-swim donut. We encourage you to register early to receive your free cap(s) sooner and beat the Dec. 15 price increase. You can [renew your USMS membership now](#) to be ready to start the new year off right with these fun events!

Congratulations to Jim Ryan, 70, for recording the fastest time in the nation in the USMS 5k National Championship postal event which closed on September 15, 2022. His first place time in the 70-74 age group also established a new NJ LMSC record time of 1:18:14.02.

It's time to register for 2023 - where has 2022 gone? [Click Here](#) for details.

All NJ LMSC Masters Swimming members are invited to attend the upcoming NJ LMSC Annual Board meeting, which includes the 2023 Officer Elections, to be held on **Sunday, November 20 from 10:00am - noon** at the [Jersey Aquatic Center](#), 629 Central Avenue, New Providence, NJ (formerly the Berkeley Aquatic Club facility). After you enter the front door of the Jersey Aquatic Center, go up the stairs just ahead and to the left. The meeting will be in the conference room straight ahead at the top of the stairs.

As we continue to grow our NJ LMSC volunteer group, please consider getting involved and sharing your passion for your sport. Nominations are currently being accepted through Tuesday, November 15, 2022 for the positions of Chair, Vice Chair, Secretary, Treasurer, Registrar, Sanctions & Safety Chair, Top Ten/Records Chair, and Newsletter Editor. More information and a description of the officer positions can be found on the [NJ LMSC website](#) and also on the [USMS website](#). Please submit your nominations to Jerry

Omara Gerald.Omara@atlanticehealth.org .Please also let Jerry know if you plan on attending the meeting or if you have any questions. Thank you!

The new Fastlane is available! Check it out here: [September-October Issue](#)

It's here! **The Somerset County YMCA Masters Pentathlon Swim Festival (December 10&11)** entry is now available! New Jersey's only USMS sanctioned short course meters meet includes 4 pentathlon categories, 25s of all strokes, free relays, and a USMS microfibre towel to the first 150 entrants! How can you resist? [Link Here](#)

Looking for another "local-ish" Short Course Meters (SCM) meet before the end of the year? Dr Bill Ross Memorial Meet - Nov 2022 (Nassau Aquatic Center, November 20th, Metropolitan LMSC)

The Colonies Zone Short Course Meters (SCM) Championship meet registration is open for the December 9-11, 2022 event at Worcester Polytechnic Institute (WPI) Sports and Recreation Center in MA. Click [Here](#) for Event Website

Save the following 2023 dates on your calendar:

- **March Madness Mini-Meet:** March 5, 2023 (Nassau Aquatic Center)(Link [Here](#) for event registration)

Congratulations to Jose Faria, 56 who set new NJ LMSC short course meters records at the Rowdy Gaines Masters Classic meet at the Rosen Aquatic Center in Orlando, FL on October 14-16, 2022. Jose set new standards in the 200 meter fly (2:45.32) and the 400 IM (5:30.64) in the men's 55-59 age group.

Looking for information about our Board's activities? We've updated our Board Archives [here](#)

Go loong this fall with the 2022 USMS 3000/6000-yard Virtual Championship!

Formerly known as the USMS 3000/6000-yard ePostal National Championship, this event is being revamped in a big way for 2022. This event is held from September 15th to November 15th, 2022. Click [here](#) for full event information on the USMS Website.

No tricks here, only treats for the 2022 Fall Fitness Challenge!

It is a 1-mile swim that takes place between October 1-31, and is the third event in the [Swim.com USMS Fitness Series](#). Whether you're just getting into swimming, starting back into it after a COVID forced break from the pool, pushing to see how fast you can go, or just wanting to donate to [USMS Adult Learn-to-Swim grants](#) supported by the USA Swimming Foundation (prior to January 4, 2021, donations benefitted the [USMS COVID-19 Relief Program for clubs](#)), the Fall Fitness Challenge is the perfect event for you to finish the year strong. The Fall Fitness Challenge can be done in any manner desired: straight through, as a member of a relay, or even with fins (woo hoo!). Click the link here for more information on the USMS website: <https://www.usms.org/events/fitness-events/fitness-series/fall-fitness-challenge>

Congratulations to all our 2019, 2020 and 2021 NJ Masters Swimming Continuous Membership Recognition Award Recipients! Click here to see award winners (pages 4, 5 & 6): [Member Awards](#)

Kudos to the participants in the 3rd Annual Virtual Shore Swim! Combined they swam 2,655.19 miles! That's a lot of virtual swims from the Sandy Hook beach and to Cape May (129 miles). Mary Breslin 127.02, Robert Gatto 211.79, Mark Haftkowycz 191.10, John Hunt 184.34, Susan Kirk 123.5, Mike Lavitt 89.41, Miren Libano 261.21, Zahava Lipton 174.12, Beth Maloney 134.93, Francesca Mancuso 38.38, Curtis Miller 157.16, Bill Reichle 149.94, James Ryan 546.12, Marie Vellucci 132.5, and Mark Weinstein 133.64.

Congratulations... to the following NJLMSC swimmers who set new NJLMSC long course meters records at the USMS Summer Nationals at SwimRVA in Richmond, Virginia on August 4-7, 2022:

Nancy Steadman-Martin (68) - 100 back 1:27.16, 200 back 3:06.05, 50 fly 40.73,

Jose Faria (56) - 200 back 2:41.67, 200 fly 2:57.92, 400 IM 5:43.04

James Ryan (70) - 1500 free 22:38.98

RBAY Master swimmer Naomi Hillel swam in the Maccabiah Games in Israel in July. She won 1 silver medal in 50m back and 3 bronze medals in 200m free, 200m back and 100m back in the 55-59 age group. Way to go Naomi!

Congratulations to the Somerset County YMCA Masters men's 65+ free relay of Ken Niemi (67), Tom Burkardt (66), Dave DeSimone (66), and James Ryan (69) who broke the New Jersey LMSC record (set in 1998) with a swift 2:13.09 at the Somerset County YMCA Masters Welcome Back meet on May 29, 2022 at the Somerset Hills YMCA.

Swimming the events for the first time ever, **Michael Fey** broke the records in the 70-74 age group for both the 200-yard Breaststroke and 200-yard Backstroke at the SJAC Spring Splash Masters Meet held at the NL Aquatic Center in Voorhees, NJ in May. At his final meet at the Senior Olympics in Ft. Lauderdale, FL, Michael won two silver medals in the 50-yard Freestyle and Backstroke, and two bronze medals in the 50-yard breaststroke and butterfly, and broke 9 all-time NJ State records this past year!

Congratulations to Nancy Steadman-Martin, 67 for setting the following new Women's 65-69 NJ LMSC SCY records at the 2022 Delaware Valley LMSC SCY Championship Meet at the Upper Dublin High School in Fort Washington, PA on March 6, 2022: 50 yard free 30.82, 50 back 35.93, 200 back 2:46.25, 100 fly 1:21.22

Congratulations to the following NJ LMSC swimmers for setting new NJ LMSC SCY records at the 2033 Unofficial Team Championship meet at the Ocean County YMCA on March 20, 2022. Women 18-25: Alexis Colasurdo, 22 - 200 breast 2:35.94; Women 65-69: Nancy Steadman-Martin, 67 - 50 free 30.68, 200 back - 2:44.40; Women 75-79: Sue Lecarreux, 76 - 500 free 8:21.55, 100 breast 1:52.46, 100 IM 1:37.76 Men 70-74: Michael Fey, 71 - 50 back 34.25, 100 back 1:15.44, 100 breast 1:22.34

Congratulations to Michelle Davidson, 52, for setting the following new Women's 50-54 NJ LMSC SCM records at the 2022 Bill Heebner Memorial Winter Freeze Masters Meet at the Phoenixville Area YMCA on January 9, 2022: 100 back 1:17.67, 200 breast 3:32.25