

The LMSC Board Minutes for the December 1 2024 Annual Meeting are available [here](#).

Check out our recent Record Breaking swims!

- *Congratulations to the following NJLMSC swimmers who set new short course meters records at the Somerset County YMCA Pentathlon Festival (and 25s!) at the Bridgewater YMCA on December 7-8, 2024: Women 25-29: Megan Bull (26) - 200 Breast 2:49.67, 400 IM 5:12.67; Women 70-74: Nancy Steadman-Martin (70) - 200 Free 2:38.96, 800 Free 11:02.83, 1500 Free 20:55.09, 100 Breast 1:43.59, 200 Breast 3:33.92, 100 Fly 1:31.60; Men 25-29: Michael Culbert (27) - 1500 Free 18:10.30, Men 30-34: Juan Sequera (31) - 200 Free 1:59.73, 200 Breast 2:22.56; Men 80-84: Richard Alexander (80) - 50 Back 39.77, 100 Back 1:34.01, Jim Dragon (80) - 50 Free 32.88, 50 Breast 43.55, 50 Fly 34.27, Robert Gamer (80) - 100 Fly 2:58.69, 200 Fly 7:07.01*
- *Congratulations to Sanna Greenberg (48) and Nancy Steadman-Martin (70) for setting new NJLMSC short course meters records at the Dr. Bill Ross Memorial Swim Meet at the Nassau County Aquatic Center on November 24, 2024. Sanna swam the women's 45-49 200 meter breaststroke in 2:59.89 and Nancy set the following five new records in the 70-74 age group: 50 free - 34.97, 400 free - 5:25.79, 50 breast - 49.16, 50 fly - 42.44, 100 IM - 1:30.02*
- *Congratulations to Michelle Sprietsma, 61 who set a new NJ LMSC SCY record in the women's 60-64 50 yard fly with a time of 35.78 at the 31st Carol Chidester Memorial Swim Series Meet at the Dancell Family YMCA in Ellicott City, MD on October 13, 2024.*

50x50s is Back - Register Today! Start your 2025 on a positive note by swimming the 50 X 50's on Sunday, January 5, 2025 - Check-in at 1:15pm | Photo/Swim start ~1:45pm | Event ends by 4:00pm. This free event is open to all 2025 NJ LMSC registered swimmers (remember, you must have a 2025 registration, so register with USMS today). We will have 10 lanes and will cap it at 60 swimmers. The address is 601 Garretson Road, Bridgewater, NJ 08807. Please register using this link: <https://forms.gle/A2E2vtMREW13sH3AA>

The HUGELY popular Delaware Water Swim virtual event is returning in 2025! Check out the flyer here: [Virtual Swim](#) and you can register [here](#).

SAVE THE DATE: One of our most popular events, the **100x100s**, is returning in 2025. Join in the fun on **Sunday, February 2** at the JAC. Check in is at 7:30am, and we will have the entire 21 lanes for our event! More information to follow.

The Board Minutes for the September 2024 meeting are available [here](#).

The current **FASTLANE** is posted [here](#).

Dec. 8, 2024: 8th Annual Somerset County YMCA SCM Pentathlon (and 25s!), Bridgewater YMCA. Event registration is [here](#) (Closes, Thu., 12/5).

Notice of Annual Meeting: Dec. 1, 2024: NJ LMSC Annual Meeting - 10:00am. Nominations for the elected volunteer positions - Chair, Vice Chair, Registrar, Treasurer, Top Ten/Records Chair, Newsletter Editor, Secretary, and Sanctions & Safety Chair - can be submitted via email to current Chair, Jerry O'Mara at gerald.omara@gmail.com

Congratulations to the following NJLMSC swimmers who set new NJLMSC long course meters records at the USMS Summer National Championships in Mission Viejo, CA on August 22-25, 2024. *Special congratulations to Nancy Steadman-Martin, 70 who swam faster than the USMS National and World Aquatics World record in the 400 IM in the women's 70-74 age group with a 6:38.63!!*

Women 45-49: Sanna Greenberg, 48 - 50 breaststroke 37.31; Women 70-74: Nancy Steadman-Martin, 70 - 400 free 5:37.77, 1500 free 21:34.20, 200 backstroke 3:07.85, 200 butterfly 3:19.77, 200 IM 3:08.52, 400 IM 6:38.63; Men 70-74: James Rawley, 71 - 100 free 1:10.29, 100 butterfly 1:20.21.

Reminder: The Last Chance 5K Swim will be held on Saturday, September 7th from 8:30 am to 11:00am. This is free for all 2024 registered swimmers. With chances for outside swims dwindling, don't miss this opportunity! Check in will be at 8:15 am with the event starting at 8:45. There will be a pre-swim group photo so bring your smiles!

This year the event will be held at the 6-lane long course New Providence Community Pool located at 1378 Springfield Avenue, New Providence, NJ 07974. Five lanes will be for those swimming 50 X 100's and we will have one lane for people who wish to swim 100 X 50's. The swim will be limited to 50 people. We'll swim in rain but not thunder and lightning. There's no storm date. To sign up, click [here](#) and complete the registration form.

Congratulations to Stephen Husch, 28 for setting a new NJLMSC LCM record in the men's 25-29 50 breast with a time of 29.13 which he swam at the "Summer Shorts Sprint Meet" at The St. James Pool House in Springfield, VA on July 21, 2024.

Our new issue of the FASTLANE is linked [here](#).

Congratulations to the following NJ LMSC swimmers who set new LCM records at the Jason Nessel Memorial Invitational Swim Meet at the Rahway River Park Pool on August 10, 2024. Women 90-94: Joy Tsuzuki, 94 - 50 back 2:53.57; Men 70-74: James Rawley, 71 - 100 fly 1:21.95; Men's 200-239: 400 Free Relay - Ed Tsuzuki, 66, Jeff Jotz, 54, Jose Faria, 58, Paulius Mikalainis, 43 - 4:36.82.

WOW! Congratulations to Jim Dragon, 80, who set a USMS National Record in the men's 80-84 50 yard fly with a 32.08 at the Somerset County YMCA Masters "Last Chance" meet on May 19, 2024!

Congratulations to the following NJLMSC swimmers who set new short course yards records at the 2024 U.S. Masters Swimming Spring National Championships at Indiana University on June 20-24, 2024: Women 35-39: Christie Raleigh-Crossley, 37 - 50 free 25.04, 50 fly 26.44; Women 55-59: Lorna Cialdella-Morehead, 59 - 200 breast 2:59.16. Men 25-29: Stephen Husch, 27 - 50 free 20.90, 50 breast 24.92, 100 breast 54.76; Men 60-64: William Segal, 60 - 50 free 23.76, 100 free 52.14, 50 back 27.38, 100 back 1:00.78, 50 fly 25.62, 100 fly 59.21.

The meet entry form for the **Jason Nessel Memorial Invitational on August 10, 2024** is now available [here](#) - Register online today for this great local LCM meet!

Minutes from the June 2, 2024 Board Meeting can be found [here](#)

Our current FASTLANE is linked [here](#)

Even more Record Setters! WOW!

Congratulations to Nancy Steadman Martin, 69 and Deborah Cipriano, 67 for setting new NJLMSC SCY records in the Women's 65-69 age group at the YMCA Masters National Championship Meet at the newly renovated International Swimming Hall of Fame pool in Fort Lauderdale, FL on May 9-12, 2024. Nancy set new standards in the 100 back (1:16.21), 200 back (2:43.53), 100 IM (1:17.74), and the 400 IM (5:47.79). Nancy finished with 11 gold and 2 bronze medals! Deborah established a new record in the 50 breast (43.10). Deborah was awarded 1 gold, 6 silver, and 4 bronze medals. Congratulations also to Paola Morchio, 47 who received 1 gold, and 2 silver medals and Michelle Davidson, 53 with 1 gold, 3 silver, and 2 bronze medals.

SAVE THE DATE!

The NJ LMSC Annual Banquet will be held on Sunday, October 27th from 5:00pm - 8:00pm at the Basking Ridge Country Club. More info will be posted soon.

Look at our latest speedy Record Setters!

Congratulations to the following NJ LMSC swimmers who set new short course yards records at the Somerset County YMCA "Last Chance" meet at the Somerset Hills YMCA on May 19, 2024: **Women 25-29:** Megan Bull, 25 - 50 free 24.46, 100 free 53.25, 200 free 1:52.21, 500 free 5:01.98, 100 breast

1:07.14; **Men 25-29:** Dylan Sali, 29 - 50 back 23.51, 100 back 50.97, **Men 80-84:** Jim Dragon, 80 - 50 free 29.67, 50 breast 38.72, 50 fly 32.08 **Men 65+:** 200 free relay - Somerset County YMCA Masters 2:07.74 - Ed Tsuzuki, 65, Ken Niemi, 69, Tom Burkardt 68, James Ryan, 71.

The latest issue of the FASTLANE can be found [here](#)

Check out our recent Record Setters!

- Congratulations to Mark Weinstein (68), Atsushi Hamanaka (65), Elliott Lehrer (68), and Francis Norek (67) of Raritan Bay Area YMCA Masters who set a new men's 65+ 400 yard medley relay record of 6:41.61 at the Orange Town Pool at the High Plains Community Center in Connecticut on April 6, 2024.
- Congratulations to Nancy Steadman-Martin, 70 for setting new NJ LMSC short course meters records at the 2024 Albatross Open meet at the Kennedy-Shriver Aquatic Center on March 16, 2024. Nancy set new standards in the women 70-74 age group in the 100 back (1:26.01), 200 back (2:59.21), 200 IM (3:04.36), and the 400 IM (6:24.76).
- Congratulations to Stephen Husch, 27 for setting new NJLMSC SCY records in the men's 25-29 50 and 100 breaststroke at the 2024 Delaware Valley LMSC SCY Championships at the Upper Dublin High School in Fort Washington, PA on March 9, 2024. Stephen swam a 26.34 and 56.76 respectively.
- Congratulations to Lyndsay McMeen, 43 and Sanna Greenberg, 48 for setting new NJLMSC SCY records at the New England SCY Championships at Harvard University in Boston, MA on March 15-16, 2024. Lyndsay lowered the women's 40-44 100 breaststroke to 1:12.23 and Sanna set new standards in the women's 45-49 breaststroke events: 50 - :32.33, 100 - 1:10.71, and 200 - 2:38.78.

Minutes from the February 2024 Board Meeting can be found [here](#)

Check out the latest issue of the FASTLANE [here](#).

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC short course meters records at the 2024 Bill Heebner Memorial Winter Freeze Masters Meet in Phoenixville, PA on January 7, 2024. Women 35-39: Christie Raleigh Crossley, 37 - 50 back 31.66; Women 70-74: Nancy Steadman-Martin, 70 - 100 free 1:15.65, 200 free 2:40.28, 400 free 5:27.15, 800 free 11:04.36, 1500 free 20:57.13. 50 back 41.90, 100 fly 1:34.73, 200 fly 3:11.07, 400 IM 6:32.42

Of special note - Nancy's 800 free and 1500 free were both faster than the existing USMS National and World Aquatics World records! Congratulations Nancy!

Registration for the NJ Masters 100 x 100s on Super Bowl Sunday, 2/11/24 @JAC sponsored by the NJ LMSC, is now OPEN to 2024 USMS registered NJ LMSC swimmers.

- [Online registration is open now](#) (limited to 100 swimmers)
- The pool format will be set up Short Course Yards (21 Lanes).
- Swimmers will be grouped by 100 yd interval groups.
- Check in from 7:00am - 7:30am. Group photo at 7:45am. Swimming starts at 8:00am.
- Refreshments will be available during/after the swim.
- Swimmer Safety and Etiquette:
 - Enter the water feet first
 - NO paddles will be allowed
 - Discuss the use of other equipment with your lane mates for awareness and coordination of swimmer order
 - Personal water bottles or fitness drinks are recommended to maintain adequate hydration
- Email Jerry O'Mara (gerald.omara@gmail.com) if you have event questions

It's not too late to join the 2024 USMS 1 Hour Virtual Championship! Event information is linked [HERE](#). See how far you can swim in one hour! The event is open through January 31, 2024. Reminder, you must have a current 2024 USMS registration to participate in this event.

The current FASTLANE is available [here](#).

Open Water Swimmers - click [HERE](#) for information about the USMS National Championship events in 2024.

Looking for some great videos and articles to kick off 2024? Check out the summary page on the USMS Website linked [HERE](#).

Save the Dates!

- **Jan. 28: 2024 SJAC Winter Classic Masters Meet**, NL Aquatic Center, 333 Preston Ave, Voorhees NJ 08043. Event information is [here](#).
- **Feb. 23 - Mar. 3, 2024: World Aquatics Masters Championships**, Doha, Qatar. Event information [here](#).
- **Mar. 9, 15-16, 2024: New England LMSC Short Course Championships**, March 9 for Distance Events: BSI-Wellesley, Wellesley MA; March 15-16: Blodgett Pool, Harvard University, Boston MA. Event information [here](#).
- **May 18-19, 2024: Somerset County YMCA Masters “Last Chance” (SCY) meet** at Somerset Hills YMCA. Check back here for event info.
- **Jun. 20-24, 2024: USMS Spring Nationals**, Indianapolis, IN. Event information [here](#).
- **July 18-24, 2024: PanAm Masters Championships**, Trinidad and Tobago. Event information [here](#).
- **Aug. 21-25, 2024: USMS Summer Nationals**, Mission Viejo, California.

Check the [USMS Calendar of Events](#) for additional events.