

newsletter



Message from the Chair



by Michael Moore, PMS Chair

A New Year

Well, it is a new year and many of you have made New Years resolutions. We all do. To lose a few pounds, to become a better person, to do something to improve the world.

This year, set a couple of swimming goals. 1- Learn to do that flip turn. 2- Swim in the Tam postal. 3- Swim the hour swim. 4- If you have never swum an open water swim,- swim one. 5- If you have never swum in a pool meet, get three of your lane mates and swim a relay.

When you make the goal, write it down. You can hide it in the bottom drawer of your desk, but write it down. We are told that goals that are written down have a better chance of being accomplished. You might be brave and tell your lane mates of your goal (if they buy in to the goal - group goals are more likely to succeed). You might put the goal on the refrigerator so you will see it all the time.

If you break your goal into manageable parts and set milestones, you are more likely to succeed. If you are going to swim the Alcatraz swim, it would be good to swim in cold water to acclimatize your self to swimming in cold water.

So establish your goals, write them down and set milestones. Have a good year!

Call for Service Award Nominations

Every year we recognize those volunteers who have given so generously of their time and energy to make Pacific Masters Swimming an organization that we're all very proud of. One of the ways we recognize these people is through our annual service awards.

Nominations can be made by any Pacific Masters Swimming member. Nominations must be in writing and received by

Michael Moore, email: chairman@pacificmasters.org, or mail: 350 Wayland, San Francisco, CA 94134, no later than February 18, 2004. The awards will be presented at the short course championships in April.

Contributor of the Year: One award which recognizes outstanding contributions to Masters Swimming in support and leadership, recruitment of members, program development, and promotion of Masters Swimming at the club, association, or national level. The recipient must be a member of PMS. The 2002 award recipient was Joan Smith.

Distinguished Service: This award recognizes outstanding and consistent contributions to Pacific Masters Swimming, in leadership, program development, recruitment of members, and promotion of Masters Swimming. PMS may give out any number of awards in this category. The recipient must be currently registered with PMS. Last year's winners were Andrew Eber, Cindy Baxter, San Mateo Master Marlins, Tamalpais Aquatic Masters and Santa Cruz Masters Aquatics.

Personal Achievement: This award is for long term dedication to our program, with a noticeable improvement in a swimmer's skills and times. The recipient must have been a member of PMS during 2001, 2002, and 2003; active in local competitions; and showing improvement in at least one of the following categories: Top Ten rankings, Open Water Points competition, or other significant indications of personal achievement.

Appreciation: The purpose of this award is to express special thanks to individuals or groups who have made significant contributions to PMS. Nominees need not be registered members, but they must have contributed significantly toward the conduct, leadership, or support of PMS. Last year's recipients was Theresa Wistrom.

2004-2006 PMS Executive Board



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Operations



Joan Alexander
Secretary



Clarine Anderson
Treasurer



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Nancy Ridout
Registrar



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POOL MEETS

Don't Waste Your Base TAM's 1650 Postal

January & February 2004

Sanction # 38-04-01

What You Need: A 25 yard pool and someone to time you (who can count to 66)

Distance: 1650 yards

Date: Anytime during the months of January and February, 2004

Eligibility: All swimmers registered with USMS for 2004 are eligible to participate.

Rules: All USMS and PMS rules apply. A split sheet with 50 yard splits must be signed by at least by one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted.

Entry Fees: For individual entries: \$6.00 for U.S. entries, \$10.00 for international entries. For relay entries: \$4.00 for each four (4) person relay entry. Checks should be made payable to Tamalpais Aquatic Masters. Entry fees are not refundable or transferable.

Entry Forms: You may enter using a consolidated entry form and attaching a split sheet with 50 yard splits signed by at least one timer. Enter relays by filling out the relay form and attaching photocopies of the four (4) individual entries. A copy of your current USMS card must accompany all individual entries. Mail entries to TAM 1650, 1000 Fourth Street, Suite 875, San Rafael, CA 94901.

Age Divisions: 19-24, 25-29, 30-34, etc., male and female.

Relays: Four (4) person relay entries will be accepted in the following age groups: 19+, 25+, 35+, etc., male, female and mixed (each person swims the 1650; relay entries are scored on total time for the four (4) 1650s). There is a \$4.00 entry fee for each four (4) person relay entry.

Postmark Deadline: All entries must be postmarked by March 10, 2004.

Awards: Awards will be given for 1-3 place for individual events and first place for relays.

T-shirts: T-shirts are available for \$15 each. XX large are \$16. If you wish to order a T-shirt, please indicate the size you want on your check.

Information: For more information or questions please contact Jon Steiner at (415) 459-2000, Fax: (415) 459-3668, email: lawjls@aol.com

The Olympic Club 1650 Swim Meet

Saturday January 24, 2004

Sanction: # 38-04-03

Location: University of San Francisco, Koret Center, 2130 Fulton Street, San Francisco, CA 94117 (Located at Parker and Turk St).

Directions: From the Bay Bridge take the 9th Street Civic Center exit. Stay right on offramp, and go straight onto Harrison (one way). Go one block west, R on 9th Street. When crossing Market Street, bear L onto Hayes Street. Take Hayes Street 3 blocks to Franklin Street. Turn R on Franklin Street, L on Turk Street. Continue west on Turk Street. Parking lot entrance is on the left immediately after the intersection of Parker Street and Turk Street. **From the South Bay** (101 North): From Hwy 101 North take Mission Street Exit (exit is on the L side). Exit on 9th Street Civic Center. Turn L onto 9th Street. When crossing Market Street, bear L onto Hayes Street. Take Hayes Street 3 blocks to Franklin Street. Turn R on Franklin Street, L on Turk Street. Continue west on Turk Street. Parking lot entrance is on the L immediately after the intersection of Parker Street and Turk Street. **From the GG Bridge**, stay to the right and take 19th Ave. Turn R on Anza, R on 14th Ave., R on Geary to Stanyon, R on Stanyon, L on Turk and enter free parking area on the right. **From 280 North** take 19th Ave. exit. Stay on 19th approx. 3 miles. Turn R on Geary, and follow directions from GG Bridge

Parking: Free Meet parking available in the Koret Lot noted above

Course: Multi-lane, 25-yard heated indoor pool. Eight lanes will be used for competition. Warm-up / cool down lanes will be available throughout the meet. Electronic timing will be used.

Time: Warm-ups from 8:00 a.m. The meet will start promptly at 9:00 a.m.

Eligibility: All USMS swimmers must have a current 2004 USMS registration card and must enter the number on their entry forms. Swimmers who enter as "Pending" or "Applied For" must be prepared to present their card or register before being permitted to check-in, unless the Meet Director determines that they are validly pending. Swimmers may register at the meet.

Check-In: The meet will be pre-seeded and preliminary heat assignments will be made. Application acceptances will be mailed out on Friday, January 16, 2004. Heats 1-8 must check-in by 8:30 a.m.; Heats 9-16 must check in by 11:30 a.m.

Entries: Consolidated Entry Forms must be completely filled out including best short course time for the 1650 freestyle. "No Time" entries will be accepted. Entries must be postmarked by midnight, January 10, 2004. No late entries will be accepted. **No refunds** will be made. Entries will be limited to 100 total swimmers on a first received basis. Entries not accepted will be returned.

Fees: Total entry fee is \$25.00. Make check payable to **The Olympic Club** and send to: The Olympic Club 1650, 524 Post Street, San Francisco, CA 94102, Attn. Scott Williams

Awards: 1st thru 3rd in each division

Snack Bar: A snack bar will be available throughout

FOG City Winter Quadrathlon Meet

Sunday, February 1, 2004

Sanction # 38-04-04

Location: Herbst Natatorium at St. Ignatius College Preparatory School, 2001 37th Avenue, San Francisco. Located off Sunset Blvd. between Quintara and Rivera Sts.

Facility: Indoor, 25-yard x 8-lane competition pool. 5 competition lanes with 2 lanes available for warm-up/down throughout the meet. There will be breaks in the competition (between events) to ensure that swimmers have rest between events. Electronic Timing with touch pads will be used. Bleachers are available.

Time: Warm-up will start at 1:00 p.m., meet starts at 2:00 p.m. Check In: 1:15 p.m. for 500 Freestyle deck entries. 1:30 p.m. for 500 Freestyle pre-entered swimmers. 2:00 p.m. for all other events.

Entries: This is a cardless meet. Send your entry on a consolidated entry form with a copy of your (year 2004) USMS Card.

Entry fees: Flat fee of \$15.00 (for 1 to 4 events) if postmarked by January 18, 2004 or received by January 22, 2004. Late and deck entries (accepted until check in time on the day of the meet) is a flat fee of \$30.00 (for 1 to 4 events). Make checks payable to St. Ignatius College Prep.

Mail to: Diane Davis/Aquatics, 2001 37th Ave., San Francisco, CA 94116.

Awards: Raffle

Meet Director: Diane Davis (415-731-2522).

Referee: Michael Moore.

Events: OddWomen,
Even=Men)

1-2 500 yd. Free

3-4 100 yd. Free

5-6 200 yd. Free

7-8 50 yd. Free

the meet.

Officials:Referee: Michael Moore
Meet Directors: Scott Williams
swilliams@olyclub.com

415-775-3088 x1242;

Laureen Welting

lwelting@olyclub.com

POOL MEETS

USF Masters

2004 SC Valentines Affair

Saturday, February 7, 2004

Sanction #38-04-05

Location: USF Koret Health and Recreation Center. Corner of Turk and Parker Sts., San Francisco.

Directions: From the Bay Bridge take the 9th Street Civic Center exit. Stay right on offramp, and go straight onto Harrison (one way). Go one block west, R on 9th Street. When crossing Market Street, bear L onto Hayes Street. Take Hayes Street 3 blocks to Franklin Street. Turn R on Franklin Street, L on Turk Street. Continue west on Turk Street. Parking lot entrance is on the left immediately after the intersection of Parker Street and Turk Street. **From the South Bay (101 North):** From Hwy 101 North take Mission Street Exit (exit is on the L side). Exit on 9th Street Civic Center. Turn L onto 9th Street. Follow directions above. From the GG Bridge, stay to the right and take 19th Ave. Turn R on Anza, R on 14th Ave., R on Geary to Stanyon, R on Stanyon, L on Turk and enter free parking area on the right. **From 280 North** take 19th Ave. exit. Stay on 19th approx. 3 miles. Turn R on Geary, and follow directions from GG Bridge.

Facility: Indoor 25 yd. x 50 m. pool. Eight competition lanes, 2 warm-up/down lanes available throughout meet. Electronic timing. Snack bar open from 9 a.m.

Time: Warm-up from 8:00-8:45 a.m. Meet begins at 9:00 a.m.

Check In: Pre registered swimmers must check in by 8:30 a.m. for first two events. Deck entries for the first two events accepted no later than 8:15 a.m. Swimmers in later events must check in at least 30 minutes before the estimated start of the event. Check in at Hagen Gym between 7:30 a.m. and 9:00 a.m. Check in on the pool deck after 9:00 a.m.

Entries: All entries must be on a consolidated entry form and accompanied by a copy of the swimmer's 2004 USMS registration card. Relays must be on official yellow relay entry cards.

Entry fees: Pre-entry: \$5.00 surcharge plus \$2.00 per event. Deck/late entry: \$5.00 surcharge plus \$3.50 per event; Relays: \$4.00 per event, deck entry only. Make checks payable to University of San Francisco Masters. Mail to USF Masters, Attn. E. Tosta, PO Box 330017, San Francisco, CA 94133-0017.

Deadline: Entries must be postmarked by Wednesday, January 28, 2004 or hand delivered to the Koret Center at USF by Friday, January 30, 2004. For hand delivery, please put entries in an envelope addressed to Cathy Huang.

Awards: Participation goodies will be distributed to all swimmers. This will include an accomplishment sheet to affix your individual results stickers.

Meet Directors: Barbara Byrnes, (415) 824-7489, bgbyrnes@pacbell.net; or Bryan Andrews, (415) 647-3537, andrews_bryan@yahoo.com.

Referee: Bud Meyer

Information: Cathy Huang (415) 422-6247 or Elmer Tosta (415) 422-2384.

Events: (Odd=Women, Even=Men)

All events will be swum slow to fast

- | | |
|-------|------------------------------|
| 1-2 | 200 yd. Freestyle |
| 3-4 | 50 yd. Butterfly |
| 5-6 | 200 yd. Breaststroke |
| 7-8 | 50 yd. Backstroke |
| 9-10 | 200 yd. Butterfly |
| 11 | 200 yd. Mixed Medley Relay |
| 12 | 200 yd. Mixed Special Relay* |
| 13-14 | 50 yd. Breaststroke |
| 15-16 | 200 yd. Backstroke |
| 17-18 | 50 yd. Freestyle |
| 19-20 | 200 yd. IM |

* Special Event

San Mateo Masters Marlins

19th Annual PMS Indoor Relays

Sunday, February 22, 2004

Sanction #38-04-06

Location: Oceana High School, 401 Paloma Ave., Pacifica.

Directions: From I-280, take Hwy 1 South. Exit on Paloma Ave. The high school is located on the east side of Hwy 1.

Facility: 25 yds., indoor pool. Eight competition lanes, 2 lanes available for warm up throughout the meet. Snack bar available.

Time: Warm-up 8:00 a.m. - 8:45 a.m. Meet starts at 9:00 a.m.

Entries: DECK ENTRIES ONLY. The following items are required by 8:30 a.m.:

(1) An official "Team List" with release signatures; a copy of this release form has been sent to all teams.

(2) A photocopy of each swimmers 2004 USMS card;

(3) A PMS yellow relay card for each relay (first two events, all other events by 10:00 a.m.); and

(4) A \$15 per swimmer surcharge.

Entry Fees: \$15 surcharge per swimmer which allows you to swim in any/all relays. No other fees apply. Make checks payable to San Mateo Master Marlins.

Awards: Team awards to top three clubs.

Meet Director: Toni DiCapua (510) 581-0943;

tdicapua@ix.netcom.com

Referee: TBD

Events: (Odd=Women, Even=Men)

All events will be swum slow to fast

- | | | |
|----------|-------------------------|---------|
| 1 - 3* | 800 yd. Ind/Mixed Free | (4x200) |
| 5 - 6 | 200 yd. Medley | (4x50) |
| 7 - 8 | 400 yd. Freestyle | (4x100) |
| 9 -10 | 100 yd. Freestyle | (4x25) |
| 11 | 400 yd. Mixed Medley | (4x100) |
| 13 | 200 yd. Mixed Freestyle | (4x50) |
| 15-16-17 | 400 yd. Pace Line ** | |

* All individual and mixed will be seeded together by time; each swimmer may only swim once.

** Denotes Special Events

NOTE: PACE LINE RELAY All 4 swimmers begin in the water, and when the race starts, they swim in-trail. After 50yds, the LEAD swimmer pauses at the wall, allowing the 2nd swimmer to become lead, while he becomes 4th in line. This continues until all swimmers have swum as lead twice. Final time is when the 4th swimmer finishes after 400yds.



You Are Invited to participate on the 2004 USMS National Championship One Hour Postal Swim, hosted this year by the Tamalpais Aquatic Masters - TAM. You can obtain an entry form and information in the Nov/Dec issue of SWIM Magazine, on the Long Distance Calendar at www.usms.org <<http://www.usms.org/>>, or by emailing NancyRidout@mindspring.com. This event is challenging and you can do it anytime during the month of January in your own pool. Have a Happy Hour!

Due to space requirements, the listing of video tapes and supplies offered by the PMS Office cannot be included in this newsletter. Please consult a former newsletter for the listing. You will find an archive of PMS newsletters at www.pacificmasters.org <<http://www.pacificmasters.org/>> under Newsletters. An updated list, including new tapes, will return in the next issue.

POOL MEETS

Walnut Creek Masters 17th Annual Intensive Training Camp

March 5, 6, & 7, 2004

Sanction #38-04-07

Location: Clarke Swim Center, Heather Farm Park, Walnut Creek.

Directions: From I-680 N take Ygnacio Valley Rd. East 2 mi. to N. San Carlos. Turn L. and follow signs to the park. From I-680 S take Geary exit. Turn L. on N. Main, L. on Treat, R. on Bancroft, R. on Ygnacio Valley Rd., R. on N. San Carlos and follow signs.

Description: This Training Camp is 2 1/2 days dedicated to enhancing your competitive swimming performance through strenuous conditioning, stroke and distance specificity, and stroke technique instruction, all in an atmosphere conducive to serious swim training. The Camp will consist of two in-water workouts per day. The morning practice will be a general conditioning session, with the afternoon sessions being divided up by Distance, Mid-Distance, and Sprint Specialties. Here the Coaching Staff will strive to meet the specific needs of training for your best events. Each morning session will conclude with a hearty breakfast. Optional Stroke Schools will be conducted Friday evening and Sunday morning free to those interested. The Camp is not the place to begin your training, but to continue it. By registering, you are confirming the fact that you are in good physical health, have been 'competitive swim training' for at least 8 weeks, and are capable of swimming two workouts a day (approximately 6,000-8,000 yards). We ask that, if possible, you bring your own pulling gear

Coaching Staff: The 2004 Camp Staff includes: Kerry O'Brien, Mike Heaney, and Debbie Santos, coaching staff of the 2003 National Champion Walnut Creek Masters; Brian Stack, Veteran Instructor at Terry Laughlin's Total Immersion Swim Camps, and the 1997 Pacific Masters Swimming Coach of the Year; Scott Williams, Head Coach of The Olympic Club and 2003 Pacific Masters Coach of the Year

Check It Out! - TRAC VIDEO has been contracted to provide our underwater videotaping. All swimmers will again get to keep their tape. Other highlights include: Dryland Training Demonstration, Massages and Team Dinner (both at a nominal cost) and more.

Entries: The Camp is open to all 2004 USMS Registered Swimmers with registration being taken on a "First Come Basis". Space will be limited to 50 swimmers. \$170.00 registration fee. *A \$35.00 fee will be charged for any cancellations after February 8th.* \$20.00 for the camp dinner. All swimmers who register for the camp **prior to February 7th** will receive a commemorative T-shirt. Once your entry is accepted, you will receive updated information by mail.

For further information, call Kerry O'Brien (925) 943-5856.

Rinconada Masters Spring Meet

Saturday, March 6, 2004

Sanction #38-04-08

Location: Menlo Atherton High School Pool. (Corner of Middlefield and Ringwood in Menlo Park).

Directions: HWY 101 exit Willow west to Middlefield. Turn north (right) on Middlefield to Ringwood. Turn right on Ringwood and park in the High School lot near the pool. From 280, exit Woodside Road east. Turn south (right) on Middlefield, east (left) on Ringwood Rd.

Facility: 10 lane x 25 yd pool with bulk head (10 competition, 4 warm-up / down). Snack Bar available.

Time: Warm-up 7:30-8:45 a.m. Meet starts 9:00 a.m.

Check In: Swimmers in events #1-2 must check in before 8:30 a.m. All other swimmers must check in at least 30 minutes before the estimated start of the event.

Entries: This will be a cardless meet. Swimmers may swim up to 5 individual events. You must use the consolidated entry form in this newsletter or request an entry form by sending a SASE to Nan Blackledge at the address below.

Entry Fees: \$2.00 per event (\$3.00 late or deck entries) plus \$6.00 surcharge per swimmer. **No refunds.** Maximum 5 events per person. **Mail entry, check payable** to Rinconada Masters and a copy of your 2003 USMS registration card to Rinconada Spring Meet, Nan Blackledge, 501 Portola Rd., P.O. Box 8005, Portola Valley, CA 94028, (650) 424-4376.

Deadline: Entries must be Postmarked by Friday, February 20, 2004 or received by Wednesday February 25, 2004. **NO DECK ENTRIES** for 1000 Free.

Awards: Ribbons 1st through 6th in each age group. Special Memorial award for Women's 70-74 Sylvia Bailey Award (400 IM). Please return award Plaques each year.

Meet Director: Paul Walker

Referee: TBA

Starter: TBA; timing equip: Larry Rice

Events: (Odd=Women, Even=Men)

All events will be swum slow to fast

1 - 2	1000 yd.	Free
Event #3 will not start before 12 noon.		
3 - 4	200 yd.	Breast
5 - 6	50 yd.	Free
7 - 8	100 yd.	Fly
9 - 10	50 yd.	Free Novice *
11 - 12	100 yd.	Back
13 - 14	200 yd.	Free
15 - 16	50 yd.	Back Novice.
17 - 18	200 yd.	IM
19 - 20	100 yd.	Breast
21 - 22	50 yd.	Fly
23 - 24	400 yd.	IM
25 - 26	100 yd.	Free
A - B	1650 yd.	Fly **

* Novice: no prior competitive masters experience.

** Special Event - This is a noteworthy event. Records are kept. Entry is free. Must be completed in 45 minutes.

Strawberry Canyon Masters Invitational Meet

Saturday, March 20, 2004

Sanction # 38-04-09

Location: Spieker Aquatics Complex, UC Berkeley, Bancroft Way at Dana Street. Limited \$5 indoor parking available at Bancroft Way @ Ellsworth.

Directions: From I-80 East or West, take University Ave. exit and head east. Continue on University Ave. until you reach Oxford Street. Take a right on Oxford, go past Bancroft Way (one way street), and take the next left onto Durant Avenue. Take another left on Ellsworth, cross Bancroft Way, and drive directly into the covered parking facility. Metered parking and free weekend permit parking available on neighboring streets.

Course: Outdoor, 25-yard, 20-lane pool. Eight lanes will be used for competition and ten lanes for warm-ups. NOTE: During the 500 free only, 16 lanes will be used for competition and four for warm-ups.

Time: Warm-ups begin at 7:30 A.M. First event begins at 9:00 A.M.

Check in: The 500 free is pre-seeded; no deck entries for the 500. All other events will be deck seeded. All swimmers in the 500 freestyle must check in by 8:30 a.m. All others must check in at least 30 minutes prior to the expected starting time of each event. Swimmers who do not check in will not be allowed to swim. The meet will be seeded slowest to fastest.

Entries: Swimmers are limited to five (5) events, excluding the relay. This is a cardless meet.

Fees: \$5.00 surcharge per swimmer. \$2.00 per event if pre-entered, \$3.00 per event if deck entered. Relays are \$4.00 per team. Make checks payable to SCAM.

Mail: Consolidated Entry Form, a photocopy of your 2004 USMS registration card, and your entry fee to Eric Deam, 19 Orchard Lane, Berkeley, CA, 94704.

No refunds.

Deadline: Entries must be postmarked no later than March 5 (or received by March 10). Please do not send mail requiring a signature for receipt.

Awards: All participants will receive a goodie bag. Prize drawings will be held for every event throughout the meet. The more events you enter, the more chances you have of winning.

Snack bar: Will be open during the meet.

Meet director: Eric Deam 510-841-4825

Assistant Meet Director: Serena Kwan

Referee: TBD

Events: (Odd=Women; Even=Men)

1 - 2	500 yd	Freestyle
3 - 4	200 yd	I.M.
5 - 6	100 yd	Butterfly
7 - 8	100 yd	Backstroke
9 - 10	200 yd	Freestyle Relay
11 - 12	200 yd	Freestyle
13 - 14	100 yd	Breaststroke
15 - 16	100 yd	Freestyle
17 - 18	100 yd	I.M.

POOL MEETS

Santa Cruz Masters Aquatics and The University Of California-Santa Cruz

2004 Pacific Masters Short Course Championships

April 2, 3, 4, 2004

Sanction # 38-04-10

Pool: One of Northern California's finest and fastest. Great locker and shower facilities. Spectacular view. Beautiful beaches, Boardwalk, Redwood parks. Seven lanes for competition and one lane for warm-up throughout the meet for each of the two swim courses. Additional warm-up breaks during the meet.

Location: East Field House, UCSC Campus. Take Hiway 1 (Mission St.) north from Hiway 17/Hiway 1 interchange to Bay St. Turn right (away from ocean) and follow Bay up the hill straight through Campus entry. Turn left at Hagar Drive and go up the hill. Drop off your passengers and gear at East Field House/Pool and return down Hagar to the big parking lot. Park and lock your car, stroll back up the hill along the path to the pool, about a 400 yard walk. **DO NOT PARK AT THE POOL ON FRIDAY** unless you buy a parking permit at the entrance to campus or bring lots of quarters. Meters are closely monitored and non-meter zones are **VIGOROUSLY TICKETED** (\$25.00).

Time: Friday check-in and warm-up begin at 8:30 A.M. Women's 1650 starts at 10:00 A.M on both courses. Men's 1650 will start after the conclusion of the women's heats.

Saturday and Sunday Check-in and warm-up at 7:30 a.m. Meet starts at 9 a.m., with the women's heats on both courses.

PLEASE NOTE: You must check-in anew each day, and have checked in 45 minutes prior to the estimated start of your event or you will be scratched! However, the check-in deadline for the first event each day is 30 minutes before the scheduled start of the meet.

Rules: 2004 USMS rules will govern this meet. **YOU MUST BE 2004 USMS REGISTERED!**

Entries: This is a cardless meet. Use a consolidated entry form and follow all directions. Enclose copy of your 2004 registration card! Maximum of 5 events per day, 7 events for three day meet, excluding relays.

Fees: \$10.00 for 1 event; \$25 for 2-4 events; \$30 for 5-7 events. Excluding relays. No surcharges. Fee for relays is \$4 per relay. All fees payable to "U.C. REGENTS".

Deadline: Entries **MUST** be postmarked no later than Saturday, March 20, and/or received no later than Wednesday, March 24. Meet Director is forbidden to accept late entries by PMS. **PLAN AHEAD! ENTER NOW!!**

Mail check, consolidated race entry, and USMS registration photocopy to: PMS CHAMPIONSHIPS, c/o Santa Cruz Masters, P.O. Box 8422, Santa Cruz, CA 95061

Snack bar: Will be available all three days. Concessionaires will have quality comestibles for your eating pleasure. Commemorative T-shirts or hats will be offered for sale.

Age groups: Individual events: 19-24, 25-29, 30-34, etc. Relay events: 19+, 25+, 35+, etc. in ten year increments, age of the youngest swimmer determines age for the team. Age is determined by age on April 4, 2004.

Relays: Will be deck entered on yellow relay entry cards. Swimmers may swim only once in each relay event. Cards must show correct first and last names, correct age, and, for mixed relays, the gender of each relay swimmer. The name of the lead-off swimmer must be clearly designated.

Seeding: individual events will be seeded from SLOWEST TO FASTEST. It's our intention to swim ALL events one to a lane. However, if overwhelmed with entries, we will go two-to-a-lane for the 500, 1000, and 1650 freestyle. Anyone who wishes to swim only one per lane can do so after all two-to-a-lane heats have been swum.

Scoring: Individual events: 9-7-6-5-4-3-2-1 (eight places). Relays: 18-14-12-10-8-6-4-2 for each age group (eight places). *NOTE: only two relay teams per swim club may score per age group of a relay.

Awards: Ribbons for first through eighth place. High point awards for each sex and age group. Team trophies will be awarded to the top teams in each PMS team size division.

Program: Available for \$5 donation to UCSC Men's and Women's Swimming.

Timing plan: CRUZ Masters will provide one timer per lane throughout meet. Additional timers for all three days will be requested from those present. We suggest that each team bring a "designated timer", a non-competitor, to assist. We are confident that each swimmer competing in the meet will feel a responsibility to share in the timing duties during the course of the meet. In other words, lets all be good sports and plan on doing our part.

The announcer will call for "volunteers" by name if help is not forthcoming. We sincerely hope that this approach will be satisfactory to everyone. Should it be necessary to swim any races two-to-a-lane, those races will be hand timed. Split times on the way for Top-Ten or Records are not allowed in two-to-a-lane events by USMS, which is part of why we hope to only go one-to-a-lane.

Meet director: Joel Wilson (831.425.5762)

Referee: Leonard "Bud" Myer

Schedule of events

Odd numbered events: women

Even numbered events: men

FRIDAY, APRIL 2, 2004

1 --2	1650 yd. freestyle
3 --4	800 yd. free relay.
5 --6	400 yd. I.M.
7 --8	200 yd. freestyle

SATURDAY, APRIL 3, 2004

9 --10	1000 yd. freestyle
11 --12	100 yd. butterfly
13 --14	50 yd. breaststroke
15	400 yd. Mixed free relay
17 --18	50 yd. freestyle
19 --20	200 yd. backstroke
21 --22	50 yd. butterfly
23 --24	200 yd. breaststroke
25 --26	100 yd. I.M.
27	200 yd. Mixed medley relay-

SUNDAY, APRIL 4, 2004

29 --30	500 yd. freestyle
31 --32	100 yd. breaststroke
33 --34	200 yd. butterfly
35 --36	100 yd. backstroke
37 --38	200 yd. free relay.
39 --40	100 yd. freestyle
41 --42	200 yd. I.M.
43 --44	50 yd. backstroke
45 --46	400 yd. medley relay

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Congratulations to our **2003 Open Water Points winners!** All PMS swimmers who placed tenth or better in any of the sanctioned 2003 open water swims were entered in the Points Competition. Total points from each swimmer's eight best placings determine the winners. Awards go to the top three swimmers in each age group. Awards will be distributed at the January 2004 PMS meeting. If your name is here, you are encouraged to come and pick up your award. Questions? Call Marcia Benjamin at (510) 357-7753 or email msbenjamin@earthlink.net.

PLACENAME	TEAM	PTS	PLACE	NAME	TEAM	PTS	PLACE	NAME	TEAM	PTS	
19-24			25-39(cont)			55-59(cont)					
1	Nicole Omphroy	TOC	58	1	David Utley	STAN	172	1	Jim Merchant	STAN	172
2	Sallie Oto	UNAT	44	2	Brad Eagleton	MRCD	98	2	James Burror	AAM	142
3	Laura MacColl	CRUZ	30	3	Bruckner Chase	UNAT	52	3T	David Harmer	TCAM	120
4	Emilie Sims	RAMS	28	4	Scot Shoemaker	UNAT	50	3T	Richard Trivett	RAMS	120
5T	Margaret Cronholm	UNAT	22	5	Nigel Killeen	BMW	48	5	Bill Dick	TOC	110
5T	Jennifer McCoy	UNAT	22	6	James McDonald	MVM	48	6	Chuck Kight	RAMS	76
5T	Jennifer Jones	UNAT	22	40-44			60-64				
5T	Nichole Longeway	TCAM	22	1	Cindy Clements	TAM	164	1	Susan Garfin	SCAM	176
5T	Jessica Scalise	SRM	22	2	Ann Peters	UNAT	154	2	Susan Munn	DAM	166
5T	Verena Wang	DAM	22	3	Heike Mansoor	UNAT	130	3	Susan White	TCAM	148
1T	Matt Davie	UNAT	44	4	Elizabeth Tiedemann	UNAT	114	4	Susan Anson	SCAM	64
1T	Andy Nonaka	WCM	44	5	Kristine Buckley	TAM	86	5	Leslie Westergaard	DAM	30
3	Nathaniel Leachman	FOG	42	6	Denise Berro	SAC	62	6	Sherril Futrell	UNAT	24
4	Matt Judd	DAM	32	45-49			65-69				
5T	Eamonn Tucker	TOC	26	1	James Silk	TVM	126	1	Alan Cartwright	LNM	176
5T	Greg Tunzi	UNAT	26	2	Dan Tilly	VAM	70	2	Ralph Brott	BMW	160
25-29			45-49			65-69					
1	Helen Salcedo	SCAM	92	3	Bob Dugan	SCSC	62	3	John Fleming	UNAT	140
2T	Michela Van Noord	TCAM	72	4	Darryl Johnson	SAC	60	4	Peter Orth	SFBS	114
2T	Alice Wong	SCAM	72	5	Bob Stenz	MVM	58	5	Lloyd Kearns	UNAT	98
4	Sarah Kerlin	CRUZ	62	6T	Robert Galbraith	ACM	44	6	Ross Shoemaker	SMMM	70
5	Lena Mughannam	SMMM	50	6T	Paul Sims	SRM	44	65-69			
6T	Heather Bakker	USAB	36	45-49			65-69				
6T	Jenna Clarke	SCSC	36	1	Barbara Nielsen	VAM	132	1	Donna Monroe	WCM	176
6T	Michelle Kondo-Murray	SMMM	36	2	Suzanne Heim-Bowen	WCM	110	2	Dot Myers	SAC	116
6T	Jennifer Pechacek	RATZ	36	3	Phyllis Quinn	TOC	88	3	Janet Olsen	RAMS	96
6T	Christina Smith	MELO	36	4	Linda Curtis	TVM	80	4	Jutta Lingys	SMMM	86
1	Ian Kearns	UNAT	84	5	Elisa Newman	RATZ	70	5T	Patricia Durham	SMMM	76
2	Joshua Cazadd	RAMS	44	6T	Karen Chequer-Pfeiffer	ACM	66	5T	Joyce Haworth	WCM	76
3T	David Levy	UNAT	38	6T	Laura Bea White	TAM	66	1	Kent Price	STAN	176
3T	Staffen Westerberg	SCAM	38	45-49			65-69				
5	Craig Stiff	TVM	34	1	Sandy Mac Donald	SAC	176	2	A. Emory Haworth	WCM	148
6	Rob Harrison	SCAM	27	2	Brian Skuse	BMW	130	3	Robert Fewster	USF	102
30-34			45-49			65-69					
1	Rachel Witover	RAMS	76	3	Ron Emhoff	TVM	126	4	Dick Peterson	SMMM	94
2	Michelle Deasy	TOC	62	4	Tom Arnold	UNAT	114	5	David Gilmer	DAM	58
3	Jill Baker	RAMS	58	5	Joel Swartz	SMMM	78	6T	William Grohe	USF	48
4	Debbie Gonsalves	TVM	48	6	William Schroeder	SMMM	58	6T	James Miller	SERC	48
5T	Sandie Easton	TOC	44	50-54			70-74				
5T	Katherine Gilman	UNAT	44	1	Marianne Brems	MELO	176	1	Ann Lambertson	SMMM	106
5T	Jessica Moll	BAM	44	2	Diane Davis	DAM	128	2	Barbara Callison	RINC	44
1	Brian Kohlmeier	SCAM	168	3T	Sheila Monaghan	TCAM	124	3	Marilyn Mutzner	TCAM	18
2	Robert Childs	TOC	98	3T	Jane Lee	RAMS	124	4	Betty Usher	WEST	18
3	Rick Borry	SCAM	96	5	Linda Locklin	CRUZ	62	1	Roger Campbell	SMMM	154
4	Greg Larson	TOC	58	6	Alena Soldatova	UNAT	60	2	Edward Friel	TCAM	22
5	Matthew McKay	TOC	50	50-54			70-74				
6	Todd Walsh	MVM	40	1	Marianne Brems	MELO	176	3	Barry Galvin	USF	18
35-39			55-59			75-79					
1	Lisa Hazen	STAN	128	1	Joel Wilson	CRUZ	166	1	Bunny Dawson	RINC	66
2	Laura Colette	CSPF	126	2	Leslie Harder	RAMS	128	1	Luman Sutton	SAC	66
3	Laureen Welting	TOC	120	3	Stephen Small	LNM	126	2	Robert Cunningham	SMMM	58
4	Juliet Cox	MAM	90	4	Michael Horwath	RATZ	112	3	Stan Aldrich	SAC	40
5	Karen Simontacchi	TAM	62	5	Noel Laverty	SAC	88	4	Ed Kerswill	MVM	38
6	Karen Challburg	VAM	60	6	Scott Harris	DAM	78	5	Don Stupfel	SMMM	32
35-39			55-59			75-79					
1	Lisa Hazen	STAN	128	1	Linda Shoenberger	SNM	150	6	Norm Petersen	SERC	18
2	Laura Colette	CSPF	126	2	Carol Riddell	SCAM	120	80-84			
3	Laureen Welting	TOC	120	3	Rosemary McNally	SMMM	68	1	Fred Rogers	USF	172
4	Juliet Cox	MAM	90	4	Arline Thomas	UNAT	66	2	Richard Smith	WCM	44
5	Karen Simontacchi	TAM	62	5	Mary Cantini-Norkin	DC	56	3	Tom McCall	SCAM	44
6	Karen Challburg	VAM	60	6	Daniela Barnea	STAN	50	85-89			
35-39			55-59			85-89					
1	Lisa Hazen	STAN	128	1	Linda Shoenberger	SNM	150	1	William Johnson	WCM	84

COMPETITION ENTRY INSTRUCTIONS

Pacific Masters Swimming Competitions

HOW TO ENTER

Please read the following instructions before entering USMS/PMS sanctioned events. For further information on specific upcoming competitions, see elsewhere in this newsletter. Current USMS and PMS rules govern each swim event.

AGE GROUPS

Entrants must be at least 19 years old.

Individual Events: 19-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

Short Course (yards) Relays: 19+, 25+ and subsequent ten year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group.

Short Course (meters) and Long Course Relays: 76-99, 100-119, 120-159, 160-199 and 40 year increments as high as necessary. The aggregate age of the four members shall determine the age group.

POOL COMPETITIONS

Entry Procedures: Thoroughly read the Entry procedures for each competition. For all meets, individuals must send a copy of the Consolidated Entry Form below with a photocopy of their USMS registration card. Failure to provide a copy of this card will result in a \$3.00 look-up fee. Individual event information must be completed in the designated area only if the meet is designated as a **cardless meet**. All other meets require event information on official PMS pink (for women) and blue (for men) cards. At all

meets, including cardless, relays must be entered on official yellow PMS relay entry cards.

Entry cards and PMS registration forms are available through Nancy Ridout, PMS Registrar, 580 Sunset Parkway, Novato, CA 94947 (415) 892-0771.

Check In Requirements: Swimmers must check in at all meets. Read specific check in requirements designated by the meet host.

Strictly Forbidden: Entering more than five individual events per day • Using hand paddles in warmup areas.

• Diving in warmups unless in designated sprint lanes (entering the warmup pool must be done with feet first with one hand in contact with the pool deck). • Smoking in any area where swimmers may be present.

OPEN WATER COMPETITIONS

Entry Procedures: Individuals must send a copy of the Consolidated Entry Form below or an entry form provided by the event host. It must be accompanied by a copy of the swimmers **current** USMS registration card. Failure to provide a copy of this card will result in a \$3.00 look-up fee.

Event Requirements: Swimmers using non-porous neoprene swim suits, wetsuits or other non-porous attire will be ineligible for awards or place points. Swimmers are not permitted to use fins, pull buoys or other swimming devices with the possible exception of soft hand paddles or fins as a prosthesis. Approval of prosthesis use is the responsibility of the event director. Wearing fluorescent day-glow caps is mandatory. Each course is patrolled by safety craft. Unless specifically stated, individual escorts are not allowed. A cut-off time will be enforced.

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Consolidated Entry Form • Pacific Masters Swimming

Name (as it appears on registration card)		Sex M <input type="checkbox"/>	1. Place USMS card in this space. 2. Photocopy with this consolidated entry form. 3. Send in photocopy with each entry. *Age for LCM & SCM meets is age as of Dec. 31st of current year. Age for SCY meets is age of last day of meet.
Street		F <input type="checkbox"/>	
no. of events entered:			
City	State	Zip	
Phone	* Age	Birthday	
Club	Club Abbr.	Entry Fee	

For a Cardless Meet, enter your times in the table below

T-Shirt size:

Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-Stroke
Email (Optional)					

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. For Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Name of Meet/Event	Date of Meet/Event	Signature
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