

newsletter



Pacific Masters Swimmers in Action

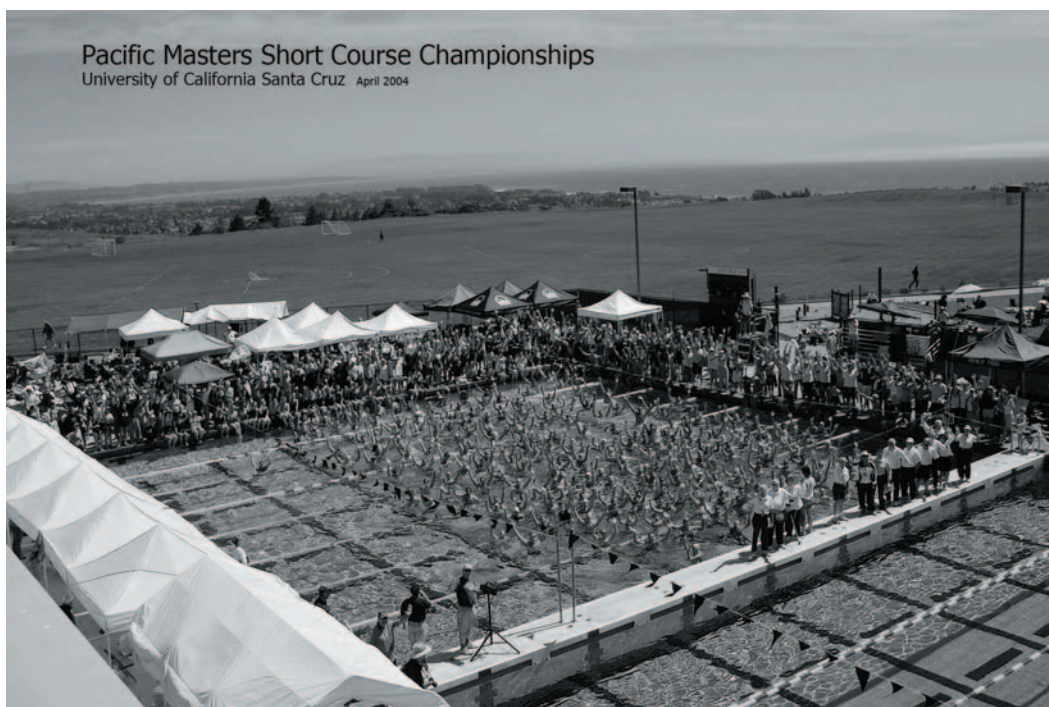


Photo courtesy Dan Wood, UC Santa Cruz

Swimmers of the Year



Ed Cazalet, TAM



Margery Meyer, TOC

photos courtesy Michael Moore

OPEN WATER MEETS

The Olympic Club The 28th Annual Trans Tahoe Invitational Rough Water Relay Swim

Saturday, July 24th, 2004

Sanction #: OW-0410

Location: Approximately 11.5 miles across Lake Tahoe from Sand Harbor, NV to Skylandia Beach, CA. Altitude: 6,200 ft. Expected water temperature: 55-65 degrees.

Course: Special course conditions include wind, choppy water and a rocky beach. Swim Procedure: Six members to a team. Each member swims a 30-minute leg, then a 15-minute leg, and then 10-minute legs until finished. Teams must maintain their swimming order throughout the race. No drafting permitted. **The use of wet suits is not permitted.** Pilot boats must conform to stated safety and emergency procedures.

Check-in: Check-in is required at the Captains' meeting at 8:30 p.m. on July 23rd and again at 7:00 a.m. before the race on July 24th. Teams not signed-in at the Friday evening meeting will not be permitted to check-in or compete on Saturday morning.

Divisions: Combined ages determine team age category. Minimum age 19. Divisions: Women's 114+, 180+, 240+, Men's 114+, 180+, 240+; Mixed (3 men, 3 women) 114+, 180+, 240+; and Open (any team not fitting other categories).

Entries: Teams may enter by submitting a fully completed "Official Entry and Roster Form" to the Olympic Club. **A copy of all team members' 2004 USMS cards must accompany this form.**

Deadline/fees: Pre-race entries are \$275 per team, postmarked by May 12th. Before June 16th the entry fees will be \$300, and Between June 17 and July 9, entry fees will be \$325 and After July 9th (by staff decision) the entry fees are \$425.

Official Entry and Roster Form: go to The Olympic Club website - <http://www.olyclub.com>, click on "Visitor", then click on Trans Tahoe Relay.

Awards: Plaques and coffee mugs. Three deep in each division. Swim caps and t-shirts to all participants.

Race Info: Scott Williams, Race Director, e-mail: swilliams@olyclub.com, phone # 415-345-5215. Laureen Welting Co-Race Director 415-345-5213. **Website:** www.olyclub.com (click on visitor)

Visit our
website www.pacificmasters.org

Santa Cruz Masters and The Santa Cruz Surf Life Saving Association The 31st Annual Roughwater Swim

PMS 2004 Championship

Saturday, July 31, 2004

Sanction #: OW-0418

Location: Lifeguard tower #1, Santa Cruz City Main Beach. Arrive early to secure parking.

Course: One-mile course around the Pier. Expected water temperature: 60°.

Time: Check-in and race-day registration begins at 9:30 a.m. Race begins at 11:00 a.m.

Swim Procedure: Pre-race instructions at 10:45 a.m. Contestants will receive a siren start. Three wave start system will be used. A one-hour cut-off time will be enforced.

Entries: Pre-race entries are \$25.00 per person. Late entries and race-day registration are \$30.00. Mail consolidated card or entry form, a copy of your 2004 USMS registration card, and a check payable to SCSLSA to: Santa Cruz Roughwater Swim, 323 Church St., Santa Cruz, CA 95060.

Deadline is July 19, 2004

Awards: All participants will receive a commemorative item. Awards three deep in each age division.

Race Information: (831) 420-6015

Santa Cruz Masters The CRUZ Cruise

Sunday, August 1, 2004

Sanction #OW-0419

Location: Santa Cruz Pier, Cowell Beach, Lifeguard Tower #1.

Course: Two-mile swim out along the west side of the wharf, swimming right in a clockwise triangle pattern ending back at the wharf, finishing at the original start. Expected water temperature: 59 degrees.

Time: Check-in at 7:00 - 8:00 a.m. Race begins at 8:30 a.m.

Entry Fees: Entries are \$20.00 per person. Entry fee is non-refundable. Late and race-day entries are \$25.00. Mail PMS consolidated entry form, a copy of your 2004 USMS registration card, and a check payable to Santa Cruz Masters Aquatics to: Paul Wrangell, 120 Dufour St., Santa Cruz, CA, 95060.

Deadline: July 21, 2004

Awards: Ribbons to top 3 finishers in each age group and gender division.

Race Information: Scott Patterson, (831) 426-1043 or Paul Wrangell, (831) 429-1217.

Santa Cruz Masters Pier to Pier 10 Kilometer Open Water Swim

Sunday, August 1, 2004

Sanction OW-0411

Location: Capitola to Santa Cruz

Course: The 10 K swim begins on the beach east of the Capitola Wharf and finishes on the beach west of the Santa Cruz Wharf. Expected water temperature 60 degrees. Course marked by anchored boats and by buoys.

Escorts: Each swimmer must provide an experienced open water escort. Escort must check in with swimmer for pre-race instructions. Escorts must use appropriate escort craft. Kayaks recommended. No motorized escorts. Soft foam paddle boards, surf boards or paddle boards less than 10 feet in length are not suitable.

Time: Check-in at 6:45 a.m., pre-race instructions at 7:15 a.m. Race begins at 8:00 a.m. Race start is fog dependent.

Swim Procedure: Escort, escort craft and swimmers must be together on the beach immediately before the start. Swimmers must be swimming with their escort within 5 minutes of the start of the race. There will be marker buoys on the course. All swimmers must wear brightly colored caps. Neoprene caps, ear plugs and body grease allowed.

Entry Fees: Entries are \$55.00 per person and must be received by July 20, 2004. Entries received after July 20 will be returned. Entry fee is non-refundable. There are NO race day entries.

Entries: Swimmers must attach a list of their open water swims (with times) completed in the past year. Mail entry form, list of swims, copy of 2004 USMS registration card, and a check payable to Santa Cruz Masters to: Santa Cruz Masters Aquatics, P.O. Box 8422, Santa Cruz, CA, 95061.

Awards: Ribbons to first 3 finishers in each age group.

Race Director: Must contact Joel Wilson for additional important information. (831)425-5762 or email openwatr@got.net.

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• **Deadline for pool and** •
• open water swims for the •
• **September - October** •
• Newsletter is •
• **July 15, 2004** •
• Please submit creative writing •
• and photos to Newsletter Editor •
• Joanne Berven •
• 4854 Andrea Ct. •
• Livermore, CA 94550 •
• nevreb@comcast.net •
•••••

OPEN WATER MEETS

Sierra Nevada Masters 24th Annual Donner Lake Open Water Swim

Sunday August 8, 2004

Sanction #OW-0415

Location: Donner Lake, Truckee, CA. Located 35 miles west of Reno, NV and 100 miles east of Sacramento, CA. via Interstate 80. The start is at the east-end of the lake by Donner Memorial State Park; the finish is at West End Beach.

Parking: This is a point to point swim with parking available at a designated parking area at the start and at the finish area. A shuttle will operate between these areas from 6:30 am till noon. There is a spectator fee at the West End Beach (\$3.00 adults, \$2.00 children). Animals are not allowed on the beach.

Course: Straight, point to point, 2.7 miles. Expected water temperature 65-68 degrees. Altitude is 5933 ft.

Time: Check-in and race day registration 6:30 – 8:00 a.m. Race begins at 8:30a.m.

Swim procedure: Pre-race instructions at 8:15 a.m. followed by a beach start. A 2 hour 30 minute race time limit will be strictly enforced. **A 2 hour/30 minute time limit will be STRICTLY enforced. If you fail to finish the race prior to the time limit you will be considered a disqualified non-finisher. Should you feel that you will be unable to meet the swim time limit, you must provide a personal escort to accompany you during the swim. Also note, swimmers who fail to complete the first mile in 50 minutes will be removed from the water if they do not have their own escort.** Non-motorized individuals escorts are permitted. Life jackets and "man in water" flags are required on all craft.

Entries: \$25 per person if RECEIVED BY Tuesday, August 3, \$40 per person, if received after August 3 or on race day. Entry fee is non-refundable. Fees include an after race lunch provided by Jack's Barbecue Pit.

Timing for this year's event will be provided by Finish Line Productions utilizing the ChampionChip system. You will be issued a timing chip and ankle strap at check to be worn around the ankle during the swim. As you cross mats placed at the finish line your time will be recorded based on your assigned chip number. You will be unable to exit the finish area until you return your timing device and will be charged \$30.00 if you fail to do so.

Mail Consolidated entry forms or official race entry forms, a copy of your 2004 USMS registration card, a self-addressed stamped envelope (for confirmation of entry) and a check (payable to SNM) to: Sierra Nevada Masters, c/o Brandon Carter, 1780 Saturno Heights Dr, Reno, NV 89523. To receive an official race entry form, mail a SASE to this address.

Awards: Special Awards to the top 19+ and top 40+ male and female finishers. Awards to the top three finishers in each age division. Participants in wet suits are ineligible for awards. Post-race refreshments will be provided.

T-shirts: Short Sleeve and Long Sleeve T-shirts will be sold race day.

Race director: Laura Hanson, laurahanson888@hotmail.com, (775) 843-1477.

Spring Lake Swim



Will they never be done?

photos by Peter Kapetanic

Manatee Aquatic Masters 2x1 Open Water Relay Swim

Sunday, August 15, 2004

Sanction #OW-0412

Location: Quarry Lakes Fremont, CA

New Venue for the Manatee 2x1 Open Water Relay. Due to anticipated low lake level at Del Valle this year, we are trying a new venue. The East Bay Regional Park District runs Quarry Lakes in Fremont and Horseshoe Lake will be the site of this year's event.

Directions: From the North : take Interstate 880 south, exit at Decoto Rd. / CA 84 west, turn left on Decoto Rd., turn right at Paseo Padre Pky, turn left at Isherwood Way. From the South: take Interstate 880 to Thornton Ave. / CA 84 east, turn right at Thornton, turn left at Paseo Padre Pky., turn right at Isherwood Way. From the West: take CA 84 east (Dumbarton Bridge), continue on Decoto Rd., turn right at Paseo Padre Pky, turn left at Isherwood Way. Enter the park at the entrance on the right at 2250 Isherwood Way. There is a park fee of \$4.00/car. Exact change is appreciated, as change is limited. Carpooling is highly recommended. Anticipate a 10-20 minute delay at the gate.

Time: Gates open at 6:00 a.m. Registration begins at 7:00 a.m. and all swimmers must check in by 8:00 a.m. All teams must register together. Mandatory pre-race briefing will be at 8:15 a.m. The race will begin at 8:30 a.m. no late starters will be allowed.

Race Procedure: Caps, identifying the swimmer number one and two on each team will be provided and must be worn during the race. Two-hour cutoff time.

Safety: Water temperature is expected to be approximately 65°-70°. Swimmers who wear wet suits or other non-porous attire are ineligible for awards or place points. No personal escorts permitted. A cut-off time of 2 hours will be strictly enforced.

Entries: \$45.00 per team. Race day entries: \$55.00 per team. Entry fee is non-refundable. All entries will be eligible to win many exciting raffle prizes. The raffle drawing will be held after the swim and before the awards ceremony. A photocopy of your 2004 PMS/USMS registration card must accompany your entry.

Mail entries to: MAM, c/o Larry Taggesell, 781 Central Ave. Apt. C, Alameda, CA 94501 (510) 263-0268

Deadline: Postmarked on or before Friday July 30, 2004.

Age Divisions: 19-24, 25-34, 35-44, etc.; men, women and mixed. No entrants under age 19. Age group is the sum of ages on race day divided by 2 (and rounded down).

Awards: Awards will be given to the first men's team, first women's team, first mixed team, and to the first three places in each age group. Special awards will be given for the first mother/daughter, mother/son, father/daughter, father/son, brother/sister, brother/brother, sister/sister, grandparent/grandchild, and spouse/significant other.

Complimentary beverages, food and snacks will be available to participants.

Race Information: Larry Taggesell, Meet Director at (510) 263-0268.



Where did all those arms and legs come from?

OPEN WATER SWIMS

Tuolumne County Aquatics Pinecrest Lake One and Two Mile Swims

Saturday, August 21, 2004

Sanction # OW-0413, OW-0414

Location: Pinecrest Lake is located in Pinecrest approximately 35 miles east of Sonora.

Directions: From Hwy. 99 at Manteca take Hwy. 120 east through Escalon and Oakdale. Follow signs to Sonora and continue approximately 30 miles past Sonora on Hwy. 108. Take the Pinecrest exit and proceed to the beach at the southeast side of the lake.

Course: The swims will consist of a one and two mile loop course. Anticipated water temperature 65 - 69°. Pinecrest Lake is an alpine lake situated at an altitude of 5616 feet.

Time: Race day registration and check-in opens at 6:30 a.m. All swimmers must check in by 8:00 a.m. for the two-mile swim and by 10:00 a.m. for the one-mile swim. The two-mile swim begins at 8:30 a.m. The one mile swim will begin at 11:00 a.m. **A cutoff time of one hour for the one-mile swim and two hours for the two-mile swim will be strictly enforced.**

Swim Procedure: Deep water wave starts based on age.

Entries: Mail consolidated form, a copy of your 2004 USMS registration card, and a check payable to Tuolumne County Aquatics, c/o John Brunolli, 22636 Cedar Pines Ave., Twain Harte, CA 95383.

Please do not forget to send a copy of your 2004 PMS registration card as you cannot participate in the swims without valid registration

Entry fees: \$25 (\$30 late and race day) for the two or one-mile swim. \$30 (\$35 late and race day) for entering both the two and one-mile swims. T-shirts are included in the entry fee both pre-registration and race-day. A limited amount of additional T-shirts can be purchased race day for \$15.00.

Deadline: Postmarked by Aug. 14, 2004

Awards: Awards given to top three men and women finishers in each age group. Awards also given for top male and female swimmer.

T-shirts: T-shirts are included with your entry fee. Please list T-shirts size on entry form. A limited number of T-shirts will be available on race day for \$15 each.

Race Director: John Brunolli, 209-586-8944; e-mail: brunolli@bonespt.com

Redding Swim Team Whiskeytown Lake Open Water Swims

Sunday, September 12, 2004

Sanction #: OW-0416, OW-0417

Location: Brandy Creek Beach, Whiskeytown Lake. I-5 N to Redding, 299 W approximately 15 mi. Left at Whiskeytown Visitors Center and follow signs to beach.

Note: National Park Service requires a \$5.00 parking permit for all vehicles. It is available at the Brandy Creek turnoff; automated dispenser.

Course: One and two mile triangular courses. Expected water temperature 65 - 70°.

Time: Check-in and race-day registration begins at 8:00 a.m. and ends 45 minutes before the start of each race. (One-mile start: 10:30 a.m. Two-mile start: 11:30 a.m.)

Swim Procedure: Beach start. Some water grasses near start and finish. Cutoff times of one hour (one mile) and two hours (two mile) will be enforced.

Entries: Pre-race entries are \$20.00 per race, \$30 for both. Add \$10 for late and race day entries. Mail consolidated form or official entry form with a copy of your 2004 USMS registration card and a check (payable to Redding Swim Team) to: Redding Swim Team, c/o Terri Misslin, 2193 Cadjew St., Redding, CA 96003.

Deadline: Postmarked by Sept. 1, 2004.

Awards: Whiskeytown mugs will be given for first through third place in the usual groups

Race Information: Terri Misslin (530) 221-5550

Welcome to PMS's 2004 Open Water season!

PMS sponsors a season-long competition with prizes awarded to the top three finishers in each age group. As the Open Water Points Tabulator I keep a database for all of the sanctioned individual swims, relays are not included. The winner is the person with the most points at the end of the season, but only half the total number of swims possible count in determining your final point value.

This year the magic number will be eight. You may swim all 16 if you want (some people do!) but only your best eight will count. If you age up your points go with you. The points are awarded 1st through 10th in the following format: 22-18-16-14-12-10-8-6-4-2. Don't be shy about caring about this. People schedule their summer vacations around the Open Water season and I am bombarded with questions on this competition year-round.

If you have questions please email me at msbenjamin@earthlink.net.

Open Season on Open Water

The California sun is shining bright and warming the lakes for another open water swim season. You can find a race to swim on most summer week-ends. Check out the schedule on the last page of this newsletter or on the website at www.pacificmasters.org.

Pacific Masters sanctions events that meet requirements for safe, effective operation of open water swims. The teams sponsoring these events put a lot of effort into hosting great events – with the goal of allowing all participants to swim their race in the safest conditions possible. But these are not pool events. Changes in tides, temperature or wind conditions can turn a peaceful body of water into a danger zone.

Swims are offered in a variety of locations, each offering a unique experience. Each venue contains potential hazards at each race site. Knowledgeable race personnel set the course to avoid buried logs, strangling seaweed, sharp rocks, or high tides, but unforeseen factors can still arise during the race. The race personnel must be allowed to judge conditions and make decisions on safety before, during, and after the race.

Lifeguards and other escort personnel are looking after your safety during the race. Heeding the advice of the race personnel is not optional – you must exit the water if so advised, for example. Anything less than your full cooperation is not acceptable and will not be tolerated.

So let's all go out and enjoy the open water. Have a fun - and safe - open water season in 2004!

30 Minute Fitness Event

The 30-minute challenge is a fitness postal event designed to motivate you to swim continuously for 30 minutes. It can add to your overall fitness, measure your fitness level and may motivate you to compete in longer distance swims such as the One Hour postal swim.

The 2004 30-Minute Fitness Swim Challenge is sponsored by the USMS Fitness Committee and is presented by O*H*I*O Masters Swim Club. You can take the challenge anytime in 2004 in any pool 20 yards or longer. You can swim this individually, or your whole team can take the challenge. For more information, contact Tom Spence at talltom13@msn.com

POOL MEET

San Mateo Master Marlins Short Course Meters

Sunday, September 26, 2004

Sanction #: 38-04-16

Location: Joinville Swim Center, 2111 Kehoe Ave., San Mateo. From San Francisco, take US 101 South, exit on Third Avenue east. Turn right at Norfolk St., and go 0.5 mile to Kehoe Avenue. Turn left and we're at the second stop sign. From the South Bay, take US 101 north and exit on Kehoe Avenue (just after Hwy 92 interchange). From the East Bay on Hwy 92 (San Mateo Bridge) take US 101 north and the first exit is Kehoe Avenue.

Course: Outdoor heated pool, 25 meters, 6 competition lanes. A separate 4-lane small warm-up pool will be available at all times.

Time: Warm-up from 8:30-9:45 a.m. **Meet starts at 10:00a.m.** Hand paddles will not be allowed in warm-ups.

Rules: USMS rules will govern this meet. A current USMS card is required. All events will be timed finals, and will be seeded slow to fast.

Deadline: Entries must be **POSTMARKED** no later than **MONDAY, September 20, 2004**. Use standard entry cards (pink or blue), accompanied by a consolidated card. *No charge for relay, relay will be deck entered.* Please enter appropriate meter times for seeding purposes.

Entry fees: Enclose a photocopy of your 2004 USMS Registration Card. Entry fees: \$10.00 for one to five individual events if postmarked no later than Sept. 20. Late and deck entries will be charged \$15.00 for one to five individual events.

Payable: Make checks payable to: San Mateo Master Marlins.

Mail to: Cindy Lee, P.O. Box 371245, Montara, CA 94037

Check-In: This meet is deck seeded. All swimmers must **check in by 9:30 a.m.**

Age Groups: 19-24, 25-29, 30-34, etc. Relay Age Groups: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320+, combined age.

Awards: Awards for 1st through 6th places for individuals in each age group swimming **ALL FIVE** events.

Refreshments: Snack Bar Concessions available.

Meet Director: Cindy Lee. For questions, contact Cindy Lee (650) 728-0704 cindyswimlee@earthlink.net

Referee: Michael Moore

Events: Women=odd; Men=even

1-2	100 m	Butterfly
3-4	100 m	Backstroke
5-6	100 m	Breastroke
7-8	100 m	Freestyle
9-10	200 m	Individual Medley
11	4x100 m	IM Relay*

* = Special event

In Memoriam: Alan Liu 1973 - 2004



Jill's recovery can be found on the Mountain View Masters website, <http://www.mvm.org>, and at www.jillmason.com.

At the age of six, Alan Liu began competing in swim meets. He swam in college and was captain of the swimming and water polo teams at MIT. He returned to California and joined Mountain View Masters in the fall of 1995. In 1999, Alan became the sole Head Coach of MVM.

As Head Coach, Alan did much more than just write workouts. He managed the schedule for five assistant coaches; he ran monthly stroke clinics in the summer; he competed, coached, and took photos most weekends at swim meets, triathlons and at team social functions; he caroused with us at monthly team happy hours; he emceed our annual holiday party, put together a slide show of the year's events, and made personalized awards for every member who attended; he started the MVM water polo club; he started and managed the MVM triathlon club; he co-edited our newsletter; he single-handedly maintained MVM's website. He did all these things in addition to his "day job" as an engineer at Applied Materials.

As if this weren't enough to keep him busy, Alan packed even more activity into his life. In the winter, he played in a basketball league and made trips to Lake Tahoe to ski and snowboard. In the summer, he organized weekly volleyball games. In the fall and spring, he helped out as a volunteer coach for a local high school water polo and swim team. On deck, Alan had a quiet, self-assured presence that inspired respect. He knew how to be a leader without being a boss and how to make the people around him feel valued. He endured with calm patience and good humor the endless barrage of questions, complaints, and commentary that Masters swimmers direct at their coaches. And he made time for every one of those questions, complaints, and comments.

In the water, Alan was a fierce competitor. He competed in many local meets and open-water swims, often traveling to Nationals in the spring. A specialist in distance Fly, Breast and Individual Medley events, he holds many MVM team records and won thirty-five individual PMS titles during his career. Never deterred by "off events," Alan won National Titles in 1650 Free in 2000, and in the 200 Back in 2002. In 2003, his first season as a triathlete, he placed 59th overall and 10th in his division in his inaugural race. By season's end, he was ranked as MVM's #2 Male Triathlete. At the 2004 Pacific Masters' SCY Championships in Santa Cruz, Alan managed to squeeze in a two hour run and a bike ride back to Mountain View between swimming the 500, 1000 and 1650 Freestyles, the 400 IM, and 200s of Breast, Back and Fly.

Alan's achievements are impressive, but they cannot capture the other things—the snapshot images, the individual moments—that also defined him. We remember the thermos of coffee sitting on the diving board ladder. We remember how he would amble over to each lane on those cold, dark Masters mornings, wearing his parka and his black knit hat. "Hey, kids," he'd say, crouching down so we could hear him, "Here's the set." We remember his big, open laugh—how he would throw his head back and let that laugh ring out, pure and deep. We remember the various iterations of pre-Nationals hairstyles—the coppery "blond" bleach job, the shag, the Mohawk, the Kojak bald head. We remember shuffling into practice on Monday mornings during NFL season, asking nervously, "How did the Raiders do yesterday?" An avid (some would say rabid) Raiders fan, Alan wrote Monday workouts after the Raiders' games—if the Raiders lost, MVM swimmers paid the price on Monday morning. But we all still showed up—win or lose.

Alan Liu was a dedicated coach, an enthusiastic teammate, and a good friend. He inspired us all to reach great heights, and he climbed right alongside us all the way. We love you, Alan, and we miss you.

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.

----- Cut here -----

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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Rev 9/02

PACIFIC MASTERS SUPPLIES AND SERVICES

VIDEO TAPE LIBRARY How to Borrow Tapes:

No charge to clubs. Charge to PMS members is a \$5.00 mailing fee per order and \$50.00 deposit (payable in two separate checks). Two tape maximum per order for a two week borrowing period from the date of initial mailing to receipt by PMS office. If late, damaged or lost, clubs must pay full replacement cost and individuals must forfeit deposit checks. Temporary suspension of PMS membership for bounced checks or late replacement payments. Please tell PMS office about suggestions for new tapes.

1. Championship Winning Swimming, Richard Quick and Milt Nelms, 10 tapes including 2-a) Freestyle, 2-b) Backstroke, 2-c) Breaststroke, 2-d) Butterfly, 2-e) Walls: Turns for all Strokes, 2-f) Starts, 2-g) Underwater Swimming – The Fifth Competitive Stroke, 2-h)

2. Open Water Swimming, Skills, Techniques, and Tactics, Michael Collins & Gerry Ridrigues – DVD format only

3. 21st Century Swimming, v.2 Backstroke, v.5, IM, v.6 Starts, Turns, Finishes, v.7 Advanced Drills

4. Ultimate Breaststroke, featuring Adrian Moorhouse and Nick Gillingham.

5. Core Stabilization & Shoulder Stabilization (2 tape set with book), Matt Wren MS, PT

6. Basic Training from the Fast Lane - Coach John Tremblay, 1992

7. Core Body Strength with Coach Scott Volkers (Mobility and Flexibility).

8. Australian Swim Coaches Teaching Association with Coach Bill Sweetnam v2. Backstroke, v5. Individual Medley, v6. Starts, Turns, Finishes, v7. Advanced Drills

9. How Swimming Works, New Ideas in Freestyle & Backstroke - Dr. Marty Hull, 1996

10. From the Fast Lane (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique

11. Water: How to Be Safe In It, Have Fun In It, Move Powerfully In It, Swim Fast IN It - Dr. Marty Hull

12. Fluid Swimming: The Importance of Range-Of Motion in Swimming, Stretching Exercises to Improve ROM, Strengthening Exercises to Use It Better - Dr. Marty Hull

13. Swimming Fastest II - John Tremblay

14. Forbes Carlisle Seminar - Taped at the Olympic Club, 1995

15. From the Bottom Up - Mike Bottom (3 tapes) Freestyle, Backstroke, Breaststroke

16. Stretching - Bob Anderson

17. Clinical Sports Massage - Benny Vaughn

18. Weight Training for Adult Swimmers - from Rinconada Masters 50+ Clinic

19. Classic Swimming Series (4 tapes) - Don Gambriel

20. Breaking the Mental Barrier (audio tapes)

21. Residential Pools by SwimEx, Aquatic Therapy, Sports & Conditioning Pools

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2004 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

LC Long Course Mtrs. OW Open Water SC Short Course Yds. SCM Short Course Mtrs.

Wed.-Wed	7/7-14/04		Olympic Trials
Fri.-Sun.	7/9-11/04	CRUZ	PMS LC Championships
Sat.	7/24/04	TOC	Trans Tahoe Relay (OW)
Sat.	7/31/04	CRUZ	Santa Cruz Pier (1 mile) (OW)
Sun.	8/01/04	CRUZ	Pier-to-Pier (10K) (OW)
Sun.	8/01/04	CRUZ	Cruz Cruise (2 mile) (OW)
Sun.	8/08/04	SNM	Donner Lake 2.7 miles (OW)
Thu.-Sun.	8/12-15/04	USMS	USMS Nationals, Savannah, GA
Sun.	8/15/04	MAM	2x1 Relay (OW)
Sat.	8/21/04	TCAM	Pinecrest Lake (1, 2 mile) (OW)
Sun.	9/12/04	RAD	Whiskeytown (1, 2 mile) (OW)
Wed.-Sun.	9/15-19/04	USMS	National Convention, Orlando
Sat.	9/18/04	RAMS	Folsom Lake (1, 2 mile) (OW)
Sun.	9/26/04	SMMM	SCM Pentathlon
Sun.	10/03/04	SAC	31st Annual Pentathlon (SCY)
Sat.-Sun.	10/8-10/04	WCM	PMS SCM Championships
Sat.	10/30/04	TCAM	Sonora Meet (SCY)
Sat.	12/04/04	SNM	Reno Winners Meet Affair (SCY)

Age Group Swimmers of the Year

19 - 24	Andy Nonaka	DAM	19 - 24	Anya Kolbisen	BMW
25 - 29	Robert Mackenzie	BMW	25 - 29	Helen Salcedo	SCAM
30 - 34	Brian Kohlmeier	SCAM	30 - 34	Katrina Radke	UNAT
35 - 39	Roque Santos	WCM	35 - 39	Lauren Welting	TOC
40 - 44	David Boatwright	WCM	40 - 44	Marguerite Meyer	TOC
45 - 49	Philip Arcuni	MELO	45 - 49	Suzanne Heim-Bowen	WCM
50 - 54	Jim Clemmons	MAM	50 - 54	Laura Val	TAM
55 - 59	R. Tod Spieker	TOC	55 - 59	Daniella Barnea	STAN
60 - 64	Ed Cazalet	TAM	60 - 64	Susan Munn	DAM
65 - 69	Dick Peterson	SMMM	65 - 69	Midge Kraetzer	WCM
70 - 74	Norm Stupfel	SMMM	70 - 74	Ann Hirsch	WCM
75 - 79	Ed Kerswell	MVM	75 - 79	Phyllis Crockett	WCM
80 - 84	Tom McCall	SCAM	80 - 84	Margery Meyer	TOC
85 - 89	Aldo daRosa	RINC	85 - 89	Marjorie Sharpe	STAN

2004 Meeting Dates: July 21, August 25, September 29, October 20, November 17. All meetings will be held at the Oak Hill Park Community Center, Danville, CA and begin at 7:30 PM. All are welcome.

Directions: On I 680, take Stone Valley Rd. EAST. Go approximately 2 miles. Oakhill Park is on the right, just before Monte Vista High School. Parking lot is in front of the building.

For a complete copy of the annual Hawaii Sports Calendar which includes pool and ocean swims, send SASE to: The Waikiki Roughwater Swim Committee, 95-230 Waioleka #39, Honolulu HI 96789

PACIFIC MASTERS SWIMMING OFFICERS

Chairman:
Michael Moore
350 Wayland
San Francisco, 94134
chairman@pacificmasters.org

Administrative Vice-Chair:
Barbara Thomas
48 White Pine Lane
Danville, 94506
administration@pacificmasters.org

Operations Vice-Chair:
Barry Fasbender
845 Talisman Dr.
Palo Alto, 94303
operations@pacificmasters.org

Treasurer:
Clarine Anderson
88 Yerba Buena Ave.
Los Altos, 94022
treasurer@pacificmasters.org

Secretary:
Joan Alexander
532 Ridge View Court
Pleasant Hill, 94523
secretary@pacificmasters.org

Member-at-Large:
Bill Grohe
189 Galewood Circle
San Francisco, 94131
At-Large@pacificmasters.org

Registrar and PMS Office
Nancy Ridout
580 Sunset Parkway
Novato, 94947
(415) 892-0771
registrar@pacificmasters.org

Communications Co-Chairs:
Newsletter
Joanne Berven
4854 Andrea Ct.
Livermore, 94550
newsletter@pacificmasters.org

Webmaster
Michael Moore
350 Wayland
San Francisco, 94134
mwmoore@pacificmasters.org

The Pacific Masters Swimming Newsletter is published six times a year as an insert in the bimonthly SWIM Magazine, for swimmers registered with Pacific Masters Swimming.
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