

# Pacific Masters Swimming

# newsletter



## Renew Now And Be All Set For 2007!

Your membership expires on December 31<sup>st</sup>. By renewing now, your membership will continue through 2007 with no gaps in benefits and you will avoid last minute hassles in rejoining later. Up to date USMS registration is mandatory for club and event liability insurance coverage. You may change your club affiliation upon renewal with no transfer forms, fees, or waiting period. When you receive your 2007 membership card, make several copies of it for event entry purposes and as a backup in case yours is lost. You can get a duplicate card from the PMS Office for a \$2 fee.

The good news is the 2007 membership fees remain the same as in 2006 - \$35. Your total fee is made up of a national (USMS) portion and a local (PMS) portion. The not so good news is that USMS anticipates raising their portion of the dues in 2008, probably in the neighborhood of \$5. The 2007 total fee is \$35. \$20 of this fee goes to USMS which earmarks \$8 for the magazine, and \$15 stays here in PMS). *Swimmers who have reached the age of 90 pay no membership fee.*

*Renew - continued on next page*

|   |  |             |   |   |
|---|--|-------------|---|---|
| <b>United States Masters Swimming, Inc.</b><br><br><b>Pacific Masters Swimming, Inc.</b><br><br><b>2007 Membership Application</b><br><br><input type="checkbox"/> Renewal<br>2006 number if known: _____<br><br><input type="checkbox"/> New Registration<br><br><b>YOU MUST PAY FEE OF \$35</b><br>(Fee includes: USMS = \$20, PMS = \$15)  | <b>PLEASE PRINT CLEARLY.</b><br><b>Your name on this form and on meet entry forms must be identical.</b> |             |   |   |
|   | Last Name _____  |             | First Name _____  |   |
| Mailing Address _____   |  |             | Home Phone No. _____<br>( ) _____   |   |
| City _____  |  | State _____ | Zip _____   | Work Phone No. _____<br>( ) _____                     |
| Date of Birth _____<br>Month _____ Day _____ Year 19__  |  | Age _____   | Sex _____   | e-mail address _____                                  |
| CLUB (Indicate Club affiliation or Unattached) _____  |  |             |   | Today's Date _____<br>Month _____ Day _____ Year 20__ |
| "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." |  |             |   |   |
| Signature _____<br>I wish to contribute to the following foundations <i>and have added the additional amount</i> to my 2007 registration fees.  |  |             | I am a Masters Coach <input type="checkbox"/><br>I am a Certified Official <input type="checkbox"/> |   |
| <input type="checkbox"/> \$1 or ( ) The US Masters Swimming Foundation.<br><input type="checkbox"/> \$1 or ( ) Pacific Masters Swimming.<br><input type="checkbox"/> \$1 or ( ) The International Swimming Hall of Fame.  |  |             |   |   |
| Mail to: Nancy Ridout<br>580 Sunset Parkway<br>Novato, CA 94947<br>(415) 892-0771<br>registrar@pacificmasters.org<br>Registration Expires 12/31/07  |  |             |   | revised 9/24/06                                       |

*Renew - from previous page*

## Message from the Chair

*by Michael Moore, PMS Chair*

### **Services and Benefits of Membership include:**

- The opportunity to meet and train with some of the most experienced coaches in the area.
- The benefit of coaching and training with USMS member clubs throughout the country while traveling or vacationing.
- A subscription to USMS Swimmer, a bi-monthly national swimming publication which runs concurrently with your membership.
- The PMS Newsletter (inserted within USMS Swimmer) featuring up-to-date information on events occurring in our area.
- Web sites [www.PacificMasters.org](http://www.PacificMasters.org) and [www.usms.org](http://www.usms.org) which provide up-to-date and archived information on swimming, training, discussion forums, Web-based publications, membership, event calendars, links to other swimming sites, and places to swim.
- The privilege of participating in any PMS and USMS sanctioned postal, pool, open water event, or clinic.
- Liability insurance for your club and event sponsors and personal secondary accident insurance.
- Borrowing privileges from the PMS video library.
- A central PMS Office to answer any of your swimming questions (register [rar@pacificmasters.org](mailto:rar@pacificmasters.org) or 415-892-0771).
- Member based (optional) email service with updates and current swimming information.
- Toll-free access to the USMS National Office (1-800-550-SWIM and [usms@usms.org](mailto:usms@usms.org))

At the bottom of this form you will find an opportunity to contribute to three tax-deductible groups, the USMS Endowment Fund, Pacific Masters Swimming, and the International Swimming Hall of Fame. Just \$1 from each of us can make a difference to the ongoing missions of these organizations.

USMS is perhaps the best kept secret in adult fitness, and it also continues to be the best bargain. USMS and PMS are committed to offering a program that will continue to provide you the great opportunities and benefits of swimming for life.

### **Summary of XI FINA Masters Worlds Championships for USMS**

In a world gone wrong, athletic events allow us to compete in an arena where we can cheer for each other, we can celebrate each other accomplishments and admire the records that others set. It gives us a chance to meet people from other lands and talk about our common interests

In March 2004, the FINA Bureau, awarded the XI FINA World Masters Championships to United States Aquatic Sports. The World Masters championships includes all the aquatic disciplines; swimming, diving, open water swimming, synchronized swimming. Pacific Masters Swimming took a lead role in the management of the World championships

Pacific Masters membership increased 8.4% over the prior June year-to-date, resulting in the highest numbers in our history. Over 170 Olympians competed at the championships. A few had not competed in years - Debbie Meyer said it was her first major meet since '68 - she enjoyed it so much she said to her 82 year old father, "We're going to Perth" "What do you mean we?" "You're swimming the 50."

There were articles written about the championships in newspapers all over the world! In San Francisco, all the major TV stations did a story on the world championships.

Over 3,300 international athletes traveled from 74 countries to attend Worlds at Stanford, the largest international swimming meet ever in the Western hemisphere. There were over 1,300 Pacific Masters swimmers who competed. They competed with the best in the World while staying home.

The goal of the meet was to have the best competitive conditions for the athlete. For the athlete, it was seamless. The registration process took less than 10 minutes for most competitors. The marshalling area went well. For Americans, it was different having to sit and wait to be led to the blocks - the coaches loved it. They could see their swimmers there and not worry

There were 7424 athletes who entered the meet. 5535 Swimmers signed up. 922 Open Water Swimmers, 200 divers, 319 Synchronized Swimmers; 996 Water Polo Players - 74 teams - this was the first time women competed in multiple age groups. There was three 50+ women's teams. They were all Bay Area teams.

One hundred sixty one people or teams broke world records. This was over 50% higher than the previous high water mark of 105. I saw very few events, but I did make it a point to see the fastest heat of the 200-239 Mixed Freestyle relay as some of my friends from Walnut Creek Masters were swimming in it with a very fast team and a chance for a World Record. Walnut Creek broke the World Records by a second and half to come in third. Four teams broke the world record. Ten teams broke the meet record - an entire heat. The championships set a very high standard for a competitive meet.

Walnut Creek covered all the timing positions for one day. They also had the most points of any team.

Swimmers met other swimmers from all over the world. The tent village became the place to meet. Friendships were made. For the closing ceremony, Anne Cribbs called the Australian consulate asking if there could be a representative from the consulate where there would be a ceremonial passing of the FINA flag. Consul General David Lawson said he was happy to receive the flag as he had competed on a BMW relay team on relay day.

The relay day was originally set up as short day we thought would be much fewer competitors and maybe allow for the officials to have half a day off. There were almost 1500 team entries, many of those were from Pacific. Relay day did prove to be a very popular day with the athletes.

This was not a one man show - we had over 1000 people volunteer. Enough cannot be said about the sports heads:

o **Barry Fasbender** who ran the Swimming. He had major surgery in May and then came back. Over 5000 swimmers were his responsibility.

o **Phylis Quinn** and her open water committee - they had possibly the best ever open water competition. The water was warm (for an open water event), the course was great - it had flat water, a chute to swim through and then rough water.

And a **big thank you to Stanford** - an incredible facility with a great staff - They set standard for future World Championships.

Thank you to everyone who volunteered at the meet and to everyone who swam. It was a great meet!!!

## POOL MEETS

### Monterey Bay Masters The Bob Walthour III, Invitational Masters Clambake

**Saturday, January 20, 2007**

Sanction # 38-07-02

**Location:** Pattullo Swim Center, 1148 Wheeler St., Seaside, CA. Take CA-1 to CA-218 (Canyon Del Rey) in Seaside, and head east. Proceed to Hilby Avenue (fourth light), and turn left. Go straight on Hilby, across Fremont Blvd., and straight one more block to Wheeler St. Turn right, and the pool is on the left. Ample free parking at the pool, at the adjacent church parking lot, at the adjacent youth center parking lot, and on Wheeler St.

**Facility:** Pattullo Swim Center is an indoor facility with a six lane competition pool and a separate small warm-up/warm-down pool. Snack/Coffee bar available. T-shirts will be available for purchase.

**Time:** Warm-up 9:00 am. Meet begins promptly at 10:00 am.

**Check-in:** Check-in opens at 8:00 am. Check-in closes 30 minutes before the expected start of each event.

**Entries:** Mail a consolidated entry form, a copy of your 2007 USMS registration, and your check payable to SEA, P.O.Box 950, Seaside, CA 93955. Swimmers are limited to a maximum of five events.

**Entry fees:** \$20.00 for up to five events plus \$5.00 surcharge to offset meet costs. Same day registration is \$25.00 plus \$5.00 surcharge to offset meet costs

**Awards:** Ribbons will be awarded for up to sixth (6th) place in each age group, for each event. A special "Iron Lung Award" will be awarded for any swimmer completing 3 out of 4 of the following events: 500 freestyle, 200 fly, 400 IM, or 1000 freestyle.

**Deadline:** Entries must be received by Sunday, January 14, 2007. Same day entries are accepted with a \$5.00 penalty.

Meet Director: Ken Fittro (831) 394-0533; backstrider@aol.com

Meet Referee: TBA

Events: (Odd=Women, Even=Men)

|       |         |                   |
|-------|---------|-------------------|
| 1-2   | 50 yd   | backstroke        |
| 3-4   | 200 yd  | freestyle         |
| 5-6   | 100 yd  | breaststroke      |
| 7-8   | 500 yd  | freestyle         |
| 9-10  | 50 yd   | freestyle         |
| 11-12 | 200 yd  | breaststroke      |
| 13-14 | 100 yd  | backstroke        |
| 15-16 | 200 yd  | butterfly         |
| 17-18 | 100 yd  | Individual Medley |
| 19-20 | 50 yd   | breaststroke      |
| 21-22 | 200 yd  | backstroke        |
| 23-24 | 100 yd  | butterfly         |
| 25-26 | 400 yd  | Individual Medley |
| 27-28 | 50 yd   | butterfly         |
| 29-30 | 200 yd  | Individual Medley |
| 31-32 | 100 yd  | freestyle         |
| 33-34 | 1000 yd | freestyle         |

Lap Counters will be provided for the 500/1000 freestyles

### FOG City Winter Quadrathon Meet

**Sunday, January 28, 2007**

Sanction # 38-07-03

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

**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 12:30 p.m., meet starts at 1:30 p.m. Check In: 12:45 p.m. for 500 Freestyle deck entries. 1:00 p.m. for 500 Freestyle pre-entered swimmers. 1:30 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 2007 USMS Card.

**Entry fees:** Flat fee of \$20.00 (for 1 to 4 events) if postmarked by Friday - January 19, 2007 or received at the pool by Monday, January 22, 2007. Late and deck en-tries (accepted until check in time on the day of the meet) is a flat fee of \$35.00 (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).

**Meet Referee:** Michael Moore

**Events:** (Odd=Women, Even=Men)

|     |         |      |
|-----|---------|------|
| 1-2 | 500 yd. | Free |
| 3-4 | 100 yd. | Free |
| 5-6 | 200 yd. | Free |
| 7-8 | 50 yd.  | Free |

### The Olympic Club 1500 SCM Swim Meet

**Saturday, January 27, 2007**

Sanction # 38-07-04

**Location:** The New Olympic Club, 665 Sutter St., San Francisco, CA 94102

**Directions:** yahoo maps.com or mapquest.com (downtown San Francisco)

**Parking:** Paid parking in The Olympic Club Garage with discount for meet participants

**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 start at 8:00 a.m. The meet will start promptly at 9:00 a.m..

**Check In:** The meet will be pre seeded and preliminary heat assignments will be made. Heats 1 - 8 must check in by 8:30 a.m.; Heats 9 - 16 must check in by 11:30 a.m.

**Eligibility:** All USMS swimmers must have a current 2007 USMS registration card and must enter the number on their entry forms.

**Entries:** Mail a consolidated entry form, completely filled out including best short course meters time for the 1500 freestyle, ("No Time" entries will be accepted.), a copy of your 2007 USMS registration, and your check payable to The Olympic Club and send to: The Olympic Club 1500, 665 Sutter St., San Francisco, CA 94102, Attn. Scott Williams

**Entry Fees:** Total entry fee is \$25.00.

**Deadline:** Entries must be postmarked by midnight, January 17, 2007. 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.

**Snack Bar:** A snack bar will be available throughout the meet.

**Awards:** 1st thru 3rd in each division Officials: Referee: TBD

**Meet Directors:**

Scott Williams,  
swilliams@olyclub.com  
415-345-5215;  
Lauren Welting,  
lwelting@olyclub.com  
415-345-5213

# POOL MEET

## University of San Francisco Masters 2007 Short Course Valentines Affair Saturday, February 12, 2007

Sanction #38-07-05

**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. 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.

**Facility:** 25 yd by 50 m heated indoor pool. There will be 8 lanes for competition and 2 warm-up / warm-down lanes available throughout the meet. Electronic timing will be used. Snack bar available from 9 a.m.

**Parking:** Free parking available in the Koret Parking Lot, located at the corner of Turk and Parker Streets

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

**Check In:** All pre-registered swimmers in the first two events must be checked in by 8:30 a.m. Swimmers who deck enter the first two events must do so by 8:15 a.m. Swimmers in later events must check in at least thirty minutes before the estimated start of the event. Check in upstairs at the Alumni Lounge between 7:30 a.m. and 9:00 a.m. Check in on the pool deck after 9 a.m.

**Entries:** Entries are limited to a maximum of 5 individual events, excluding relays. Individual event entries can be via on line; surface mail; or deck enter the day of the meet.

Relays are deck entry only and must be on official yellow relay entry cards.

To enter on line:

o Enter this meet online by going to <http://usf.mastersswim.com/> Online entries accepted until 11:59 pm Wed. February 7, 2007.

To enter via surface mail:

o Mailed entries must be on a completely filled out consolidated entry form and accompanied by a copy of the swimmer's 2007 USMS registration card. Failure to provide a copy of the USMS card will result in a \$3 look-up fee per PMS rules.

o Entry must be postmarked by Wed. January 31, 2007 or hand delivered to the Koret Center at USF by Fri. Feb. 3, 2006. For hand delivery please put entry in an envelope addressed to: Cathy Huang.

o Make checks payable and mail to: **University of San Francisco Masters**, Attn: E. Tosta, P.O. Box 330017, San Francisco, CA. 94133-0017

To Deck Enter:

To deck enter: All deck entries must be completed no later than 45 minutes prior to the start of the entered event. Swimmers who deck enter the first two events must do so by 8:15 a.m. *Every year we process a large number of deck entries. To help us start the meet on time, please preregister!*

**Entry fees:** On line Entry Event Fee: \$4.00 Surcharge plus \$2.50 per event. The cost of the on line meet entry system is \$1.00 per swimmer plus 5% of the events fee, which is added to your total.

**Mailed Entry Event Fee:** \$5.00 Surcharge plus \$3.50 per event. Please note that a discount is offered for on line entry.

**Deck/Late Entry:** \$5.00 surcharge plus \$5.00 per event

**Relays:** \$4.00 per event, deck entry only

**Awards:** Participation awards and goodie bags

**Meet Directors:** Barbara Byrnes: [bgbyrnes@pacbell.net](mailto:bgbyrnes@pacbell.net) (415) 824-7489

Duke Dahlin: [ddahlin@pacific.edu](mailto:ddahlin@pacific.edu) (415) 929-6651

**Information:** Cathy Huang (415) 422-6247

**Referee:** Bud Meyer

**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 Centipede Relay* |
| 13-14 | 50 yd.  | Breaststroke           |
| 15-16 | 200 yd. | Backstroke             |
| 17-18 | 50 yd.  | Freestyle              |
| 19-20 | 200 yd. | IM                     |

\* Special Event

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• **Deadline for pool and**  
• open water swim  
• information for the  
•

• **January-February**  
• Newsletter is  
•

• **November 6, 2006**  
•

• Please submit creative writing  
• and photos to Newsletter Editor  
• Joanne Berven  
• 4854 Andrea Court  
• Livermore, CA 94550  
• [newsletter@pacificmasters.org](mailto:newsletter@pacificmasters.org)  
•

## MEMBER COMMENTARY

### Open Water Notes

*Leianne Crittenden, Walnut Creek Masters*

So I was asked to swim the Trans Tahoe Race this year. Since my favorite event is the 50 free (or the 50 breaststroke, depending on the day), this presented new opportunities, and new challenges.

I had only swum two open water races --ever. One was Lake Del Valle, the closest one near my home, and it looked like a good bet, because it was a lake setting, in Livermore, where it gets HOT! None of this ocean water or Sierra runoff, where the water temperature is still below 70 degrees in August. The second race was in Italy in the Adriatic after the last FINA World Championship. Since it was the Adriatic, they promised that the water would be warm. I was already there, so I did it as a lark, and it was fun, and I thought, "Okay -- Tahoe, lots of people do that swim, this will be good...."

So I thought, isn't this what Masters swimming is about? Broadening your horizons, and doing new things? But I started talking to people and they started making me really nervous. First, it was their shocked expression when I told them I was going to do this. "You know, it's 11 miles?" they'd say and I thought, well there are six people on a team, so this will be like a workout, right (except no wall or stopping between sets)? Then they told me about how I really needed to get out my ski gear, including the parka and gloves. That Tahoe weather was unpredictable, and that I needed at least three swimsuits, to change into after I swam each leg, because it was a really long swim and the water would be cold and I would get cold and the thermos of coffee or tea or soup would not be enough to warm me up....you get the idea.

And I started to get a little worried and I thought "I've made a big mistake...I'd better do some of these open water swims before the Tahoe swim...."

The open water swims are very very different than the meets that Pacific Masters puts on. Like the meets in pools, they are quite organized, with lifeguards making sure that all competitors actually finish, and identifying numbers and caps required for competition, so that they can assure that every one is accounted for. But they are also quite relaxed. They draw a very different crowd than the pool meets. There are some pool swimmers, but many swimmers are only open

water racers or triathletes. At every race I went to there was a registration table for new Masters swimmers.

These are the people who are just getting warmed up after 1200 meters or so. A pool race of less than a mile really does not appeal to these folks. They get in the water, many without warming up, and they just go and go and go....They do not want to see lane lines or wall, they like just swimming for the enjoyment and sense of accomplishment it gives them. They enjoy the personal satisfaction of completing a challenging course. They don't mind a little green algae down their suit or fish between their toes (literally), with cold showers afterwards (no locker rooms with hair dryers for these folks!).

I got up to the second Beryessa race (I was not clued in that there are generally two races -- one and two miles --and many competitors finish, then turn right around and swim again, without a second thought about it). All of the venues are not marked on the GPS system, since they are usually in a park or on a river or at a lake, and so I think I was the very last entrant that signed up before they folded their tables.

This race is one of the largest Pacific Masters sponsored events all year (bigger than PMS Championship meets, with Trans Tahoe being the second largest), and there were lots of people enjoying the beautiful weather, the wonderful refreshing lake water and just having fun! It was a hard swim for me, since I worry about which side of the buoy you need to turn around (just follow all the others) and which buoy is the turn (just follow all the others), and how you actually finish the race (you mean you have to stagger up a beach without any shoes?), and how you make sure that your ID tag does not fall off in the lake....All of these worries are of course surmountable, and everyone is very helpful.

Every open water race I went to, they finished with some kind of food and socializing afterwards while people waited for results. Just like the pool races, they all know each other and enjoy swapping stories about memorable open water swims. Hearing about the Santa Cruz ones made me shiver just to think about, but these guys like this stuff. And they

get up early to do these races - I was usually home by late morning or early afternoon....

The Tahoe swim was really fun, I can best describe it like Bay to Breakers but on water. Like Bay to Breakers, it has a venerable tradition, and many regular participants. It takes a fair amount of planning, since it starts early and you need a boat to pilot you (since the Coast Guard is monitoring the race, but they are not going to watch out for 700 crazy swimmers starting at 8 am). Yes, there are 700 swimmers in this event and they range from the ultra competitive teams recruited from the finest distance swimmers, to the crazies out for a delightful day. The race starts off from the beach and the first swimmer has the nerve wracking task of meeting up with his boat. So of course, many boats have flags, balloons, pirate insignia or other bright markings to make it easier to find them. The sun is not even over the mountains when it starts and it really was magical to see. And it was a delightful day. I was assured that this was "very very unusual," but it was 90 degrees outside and 70 in the cool blue beautiful water. Of course, the night before we were treated to a beautiful show of lightning and thunder, so I tend to think that some of those stories about the ski parkas and gloves were true....It was a lot of fun, but I still have not figured out if they were pulling my leg in Italy when they were asking me if I brought my jellyfish repellent ("I didn't sign up for jellyfish - if there are jellyfish I won't be going in there...!").

Since I was turning into an aficionado this summer, I did do the Open water swim at this year's World Championships (hey, it was only ten minutes from my house - why not?). And it was challenging, but according to my teammates (who actually do these kinds of swims), that race was a real open water swim with challenging swells and winds.

It's a good thing I had all that practice this summer!

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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

# 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 18 years old.**

**Individual Events:** 18-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

**Short Course (yards) Relays:** 18+, 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:** 72-99, 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 highly visible 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

|  |                   |                                   |                                   |   |                  |  |
|--|-------------------|-----------------------------------|-----------------------------------|---|------------------|--|
| <b>Name (as it appears on registration card)</b>   |                   | <b>Sex</b>                        | <b>M</b> <input type="checkbox"/> | <b>1. Place USMS card in this space.</b><br><b>2. Photocopy with this consolidated entry form.</b><br><b>3. Send in photocopy with each entry.</b><br><br>*Age for LCM & SCM meets is age as of Dec. 31st of current year.<br>Age for SCY meets is age of last day of meet. |                  |  |
|  |                   | <b>F</b> <input type="checkbox"/> |                                   |   |                  |  |
| <b>Street</b>  |                   | <b>no. of events entered:</b>     |                                   |   |                  |  |
| <b>City</b>  | <b>State</b>      | <b>Zip</b>                        |                                   |   |                  |  |
| <b>Phone</b>   | <b>* Age</b>      | <b>Birthday</b>                   |                                   |   |                  |  |
| <b>Club</b>  | <b>Club Abbr.</b> | <b>Entry Fee</b>                  |                                   |   |                  |  |
| <b>For a Cardless Meet, enter your times in the table below</b>  |                   |                                   |                                   | <b>T-Shirt size:</b> <input style="width: 100px;" type="text"/>   |                  |  |
| <b>Event No.</b>   | <b>Est. Time</b>  | <b>Distance-Stroke</b>            | <b>Event No.</b>                  | <b>Est. Time</b>  | <b>Distance-</b> |  |
|  |                   |                                   |                                   |   |                  |  |
|  |                   |                                   |                                   |   |                  |  |
|  |                   |                                   | 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." |                   |                                   |                                   |   |                  |  |
| <b>Name of Meet/Event</b>  |                   | <b>Date of Meet/Event</b>         | <b>Signature</b>                  |   |                  |  |

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.

Select any two bulleted videos

### Eddie Reese (2005)

- Freestyle (DVD, 2 copies)

### David Marsh (2004)

- Swimming Faster Freestyle (DVD)
- Training and Race Strategies for Sprint Freestyle (DVD)
- Richard Quick and Milt Nelms (2003) Championship Winning Swimming
- Freestyle (1 copy VHS, 1 copy DVD)
- Backstroke (1 copy VHS, 1 copy DVD)
- Breaststroke (VHS)
- Butterfly (VHS)
- Start (VHS)
- Walls, Underwater Swimming (VHS)
- Posture, Line and Balance (VHS)

### June Quick Instruction (2003)

- Swimmers' Shoulder: Prehab and Rehab (VHS)
- Pilates for Swimmers (VHS)

### Michael Collins and Gerry Rodrigues (2003)

- Open Water Swimming (DVD, 2 copies)

### John Moffett

#### From the Fast Lane

- Basic Training (VHS)
- Advanced Technique (VHS)

### Mike Bottom

#### From the Bottom Up

- Backstroke (VHS)
- Breaststroke (VHS)

### Bill Sweetenham

#### 21<sup>st</sup> Century Swimming

- Backstroke (VHS)
- Individual Medley (VHS)
- Starts, Turns, Finishes (VHS)
- Advanced Drills (VHS)

### Adrian Moorhouse, Nick Gillingham

- Ultimate Breastroke (VHS)

### John Trembley

- Swimming Fastest II (VHS)

### Matt Wren

- Core Stabilization (VHS)
- Shoulder Stabilization (VHS)

### Scott Volkens

- Core Body Strength (VHS)

### Bob Anderson (1987)

- Stretching (VHS)

### Benny Vaughn

- Clinical Sports Massage (VHS)

### Terry Laughlin

- Total Immersion (VHS)

### Dr. Marty Hull

- How Swimming Works, New Ideas in Freestyle and Backstroke (1996) (VHS)
- Water: How to be Safe in It Swim Fast in It (VHS)
- Fluid Swimming: Exercises To Improve Range of Motion (VHS)

### Melon Dash, Transpersonal Swimming Institute

- How to Overcome Fear of the Water (VHS)

## PRICE LIST

|  |                |
|--|----------------|
| USMS Membership Forms <b>free online</b> at <a href="http://www.pacificmasters.org">www.pacificmasters.org</a> |                |
| Membership Card Replacement  | 2.00           |
| 2006 USMS Rule Book  |                |
| (2007 USMS Rule Book when available)   | 8.00           |
| 2006 USMS Mini Rule Book (rules only)  |                |
| (2007 USMS Rule Book when available)   | 5.00           |
| Pad -100 Consolidated Entry Forms  | 3.50           |
| Video and audio tape deposit   | 50.00          |
| Video/audio tape mailing charge  | per order 5.00 |

2006 Meeting Dates are: October 18, November 15. The October meeting place will be at Heather Farms Community Center Office. From I-680 take the Ygnacio Valley off ramp, head east. Left at San Carlos and take the second left at the Community Center sign. Parking to the left around the curve.

For information about the meeting place for November, contact Michael Moore if you are interested in attending, and he can provide you the location.



**USMS/PMS Records, Top Ten, and PMS member teams** can be found on the PMS website ([www.pacificmasters.org/](http://www.pacificmasters.org/)). Building a Successful Masters Club and Places to Swim can be found on the USMS web site ([www.usms.org/](http://www.usms.org/))

## ORDER FORM

Please send check (separate checks, payable to Pacific Masters Swimming, for video deposit and mailing) and completed form to Pacific Masters Swimming, 580 Sunset Pkwy, Novato, CA 94947.

| Name - Please print clearly | Item            | Quantity | Price |
|-----------------------------|-----------------|----------|-------|
|                             |                 |          |       |
| Address                     |                 |          |       |
| City/ ZIP                   |                 |          |       |
| USMS/PMS #                  | Phone<br>(    ) | Total    |       |

# 2006 -2007 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

## PACIFIC MASTERS SWIMMING OFFICERS

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

|                                     |                |                   |   |
|-------------------------------------|----------------|-------------------|---|
| Sat                                 | 12/2/06        | SNM               | Reno Winners Meet, Gwen Shonkwiler, gwenshonk@sbcglobal.net                                     |
| <b>2007 Tentative Meet Schedule</b> |                |                   |   |
| Sat                                 | 1/27/07        | TOC               | Olympic Club 1500, Scott Williams, swilliams@olyclub.com  |
| Sun                                 | 1/28/07        | FOG               | Fog City Quadrathlon, Diane Davis, ddavis@siprep.org  |
|                                     | 1/1/07-2/28/07 | TAM               | Postal 1650, Jon Steiner, lawjls@aol.com  |
| Sat                                 | 2/10/07        | USF               | Valentine's Affaire, Cathy Huang, huangc@usfca.edu  |
| Sun                                 | 2/25/07        | SMMM              | Relay Meet, Cindy Lee, cindyswimlee@earthlink.net   |
| Fri-Sun                             | 3/2-4/2007     | WCM               | Intensive Training Camp, Kerry O'Brien, swim4wc@netscape.net                                    |
| Sat                                 | 3/17/07        | RINC              | Spring Short Course Meet, Jim Shaw, jshaw45@sbcglobal.net                                       |
| Sun                                 | 3/24(25?)/2007 | SCAM              | Strawberry Canyon Masters Invit., Sarah Trejo, strejo127@gmail.com                              |
| Fri-Sun                             | 4/20-22/2007   | WCM/TVM           | PMS Short Course Championships, Kerry O'Brien, swim4wc@netscape.net                             |
| Sat                                 | 4/28/07        | MELO              | Menlo Long Course Meet  |
| Sat                                 | 5/12/07        | SMMM              | Parkside Aquatic Mile, Joel Swartz, joelgdtschwartz@yahoo.com                                   |
| Th-Sun                              | 5/17-20/2007   | Federal Way, WA   | USMS SC Championships   |
| Sat                                 | 5/19/07        | RCM               | Spring Lake 1-mile, Jim McCray, jmccray@sonic.net   |
| Sat                                 | 6/2/07         | DAM               | Lake Berryessa 1 & 2 mile, Molly Koch, mollymunz@yahoo.com                                      |
| Sat                                 | 6/9/07         | TVM               | Del Valle 0.75- & 1.5-mile, Bill McCracken, mccracmiler@pacbell.net                             |
| Sun                                 | 6/10/07        | BMW               | Splash & Dash   |
| Fri-Sun                             | 7/TBA/2007     | CRUZ              | PMS Long Course Championships, Joel Wilson, openwatr@got.net                                    |
| Sat-Sun                             | 7/14/07        | RCM               | Russian River 1-mile, Jim McCray, jmccray@sonic.net   |
| Sat                                 | 7/21/07        | TOC               | 30th Annual Trans Tahoe Relays, Scott Williams, swilliams@olyclub.com                           |
| Sat                                 | 8/4/07         | CRUZ              | Santa Cruz Pier Swim, Roughwater Swim, rgould@santa-clarita.com                                 |
| Sat                                 | 8/5/07         | CRUZ              | Pier-to-Pier, Paul Wrangell, pwrangel@pacbell.net   |
| Sun                                 | 8/5/07         | CRUZ              | Cruz Cruise 2-mile, Paul Wrangell, pwrangel@pacbell.net   |
| Fri-Fri                             | 8/10-13/2007   | The Woodlands, TX | USMS LC Championships   |
| Sat                                 | 8/11/07        | SNM               | Donner Lake 2.7-mile, Laura Hanson, laurahanson888@hotmail.com                                  |
| Sun                                 | 8/19/07        | MAM               | Manatee 2 x 1 mile Relay, Gordon Jacoby, gdjacoby@aol.com                                       |
| Sat                                 | 8/25/07        | TCAM              | Pinecrest 1- and 2-mile PMS Open Water Championships (1-mile), Sheila Monaghan, sam2@sonnet.com |
| Sun                                 | 9/9/07         | RAD               | Whiskeytown 1- and 2-mile, Terri Misslin, tmisswimr@aol.com                                     |
| Sun                                 | 9/23/07        | SMMM              | Short Course Meters Pentathlon, Cindy Lee, cindyswimlee@earthlink.net                           |

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