

Pacific Masters Swimming

newsletter



Chair's Message



by Michael Moore, PMS Chair

When we had our last meeting for Pacific Masters in November, we went around the table to remember what was really great about this year. Hands down, hosting the FINA World Championships came up most often. The record number of records, the Relay Day, the increased registrations to over 10,000 making Pacific the largest LMSC with over 25% of USMS swimmers.

What are your fondest memories of this past year? Think about what went right and what could be improved on. Think about your goals in the next year, even if it is as simple as learning to do flip turns so that your 1500 time improves!

If you have not re-registered for USMS, please take the time to do so now. If you plan to change teams before entering a meet, you will need to be registered as an unattached swimmer for 60 days prior to the meet.

Call for Service Award Nominations

Every year at this time, we also call for nominations for service awards to recognize those individuals that have made significant contributions during the past year to Masters Swimming. A complete list of award winners is on the PMS website.

Nominations are due by March 21st. Nominations must be in writing and should be sent to Michael Moore (by email at chairman@pacificmasters.org or by mail to 350 Wayland, San Francisco, CA 94134).

The categories are as follows:

Contributor of the year. This award recognizes outstanding individual contributions that support masters swimming in the areas of support, leadership, recruitment, program development, and/or promotion of masters swimming at the club, LMSC or national level. The recipient must be a member of PMS.

Clarine Anderson received the 2005 Contributor of the Year Award. She had been Pacific Masters Swimming Treasurer for the past eight years.

Distinguished service. This award is given for outstanding and consistent contributions to Pacific Masters Swimming, in the areas of leadership, recruitment, program development, and/or promotion of masters swimming. PMS may give out more than one award in this category to currently registered PMS members.

Nancy Ridout received the Distinguished Service Award last year for her work for Pacific Masters over the past twenty years. She has worked as the registrar, the top ten chairman, and takes care of many of the day to day items of Pacific Masters.

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 2003, 2004, and 2005, 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.

Lisa Hazen of Santa Clara Masters received the 2005 Personal Achievement award.

Appreciation award. This award expresses special thanks to individuals or groups that have made significant contributions to PMS. Nominees need not be registered members, but must have contributed significantly toward the conduct, leadership or support of PMS.

Please think back over the year - what a year it was! -- and send in your nomination to recognize those you think have done a good job.

Was it Phyllis Quinn for her work as clerk of the Course at Stanford, jollying everyone along on their way to the blocks? Or Barry Fasbender, tirelessly and quietly working to assure that the FINA meet went without any (noticeable) hitches? Or the paramedics and swimmers (including Marissa Wong, Jim De Lacy, and Craig Dennis) that were right there to help when Richard Smith had his heart attack at the PMS Short Course Championships? Or Joan Schriger, on the beach in Alameda doing a good imitation of herding cats, as 900 FINA open water swimmers got ready for fun in the Bay?

Please take the time to think back over the year and realize that the people who make these programs successful should be recognized for their efforts!

I hope that you and yours have a good end of the year and happy holiday season.

2006 Open Water Points Winners

PMS annually sponsors a season-long competition in our Open Water events. The top three people in each age group receive a commemorative prize, while the top 6 are listed below. Congratulations to all the winners. Next year your name could be on this list -- there's no coupon to fill out! Just participate as many of the swims that you can, and place in the top 10 of each race. I add the points from only your highest qualifying swims (half the total possible; this year seven) and age-up people when applicable. Many age groups have fierce competitions, with lots of people swimming both races offered on a day. Points are calculated according to the following 1st-10th place values: 22-18-16-14-12-10-8-6-4-2. Please send a representative to the next PMS meeting to claim your award or email Marcia Benjamin at msbenjamin@earthlink.net

| | | | | | | | | | | | | | | | |
|-------|--------------------|------|-----|-------|---------------------|------|-----|--------------|-------------------|------|-----|----|-------------------|------|-----|
| 18-24 | | | | 40-44 | | | | 60-64 (cont) | | | | | | | |
| 1 | Travis Carranza | UNAT | 60 | 1 | David Brancamp | SRM | 154 | 1 | Kate Coleman | SCAM | 154 | 2 | Glenda Carroll | TAM | 130 |
| 2 | Austin Griggs | UNAT | 56 | 2 | Jeff Barriger | UNAT | 138 | 2 | Susan White | TCAM | 126 | 3 | Carol Eber | PTWN | 92 |
| 3 | Colin Scott | UNAT | 38 | 3 | Curtice Smith | USF | 120 | 3 | Kaeti Bailie | SERC | 72 | 4 | Daniela Barnea | STAN | 52 |
| 4 | Brent Regan | SCAM | 36 | 4 | Don Milenko | SUNY | 72 | 4 | 65-69 | | | 1 | Ralph Brott | BAY | 154 |
| 5 | Mike Freeman | UNAT | 34 | 5 | David Matthews | WCM | 52 | 5 | Ralph Brott | BAY | 154 | 2 | John Fleming | UNAT | 124 |
| 6T | Ryan Evans | SNM | 22 | 6 | Kevin Keating | PTWN | 48 | 6 | John Fleming | UNAT | 124 | 3 | Kent Price | STAN | 102 |
| 6T | Quinn Fitzgerald | OAK | 22 | 1 | Lisa Hazen | UNAT | 154 | 4 | Kent Price | STAN | 102 | 4 | Robert Fewster | TVM | 90 |
| 6T | Scott Lathrope | UNAT | 22 | 2 | Karen Challburg | VACA | 80 | 5 | Robert Fewster | TVM | 90 | 5 | Donald Ingalls | MVM | 52 |
| 6T | Chris Larson | UNAT | 22 | 3 | Elizabeth Tiedemann | UNAT | 68 | 6T | Donald Ingalls | MVM | 52 | 6T | Robert Schroeder | UNAT | 40 |
| 1 | Kelly Gentry | TVM | 74 | 4 | Susan Preston | STAN | 66 | 6T | Robert Schroeder | UNAT | 40 | 6T | David Fairfield | TCAM | 40 |
| 2 | Jessica Coudright | UNAT | 72 | 5 | Ann Cardoza | CRUZ | 50 | 1 | David Fairfield | TCAM | 40 | 1 | Susan Munn | DAM | 154 |
| 3 | Alexandra Lee | WCM | 62 | 6 | Kathleen MacLaren | WCM | 48 | 2 | Susan Munn | DAM | 154 | 2 | Charlotte Jenkins | OMM | 138 |
| 4T | Margarita De Jesus | USF | 40 | 45-49 | | | | 3 | Charlotte Jenkins | OMM | 138 | 3 | Patricia Durham | SMMM | 62 |
| 4T | Veronica Frederick | VACA | 40 | 1 | John Morales | SRM | 150 | 4 | Patricia Durham | SMMM | 62 | 4 | Joyce Haworth | WCM | 48 |
| 6T | Monica Carney | CRUZ | 36 | 2 | Warren Schenstrom | SRM | 124 | 5 | Joyce Haworth | WCM | 48 | 5 | Susan Springer | STAN | 32 |
| 6T | Meredith West | SMMM | 36 | 3 | Robert Young | UNAT | 68 | 6 | Susan Springer | STAN | 32 | 6 | Toni Wivell | UNAT | 16 |
| 25-29 | | | | 4 | Bob Hubbell | RINC | 36 | 6 | Toni Wivell | UNAT | 16 | 1 | Daniel Osborne | USF | 150 |
| 1 | Matthew Davis | SAC | 220 | 5T | Curt Huber | SCSC | 34 | 1 | Daniel Osborne | USF | 150 | 2 | A. Emory Haworth | WCM | 134 |
| 2 | Todd Schwendinger | TVM | 84 | 5T | Clint White | BEAR | 34 | 2 | A. Emory Haworth | WCM | 134 | 3 | James Miller | SERC | 86 |
| 3 | Nathaniel Leachman | DAM | 76 | 1 | Cindy Clements | TAM | 146 | 3 | James Miller | SERC | 86 | 4 | Alan Schmeiser | DAM | 40 |
| 4 | Kirk Walker | UNAT | 62 | 2 | Katheryn Morlan | VACA | 138 | 5 | Alan Schmeiser | DAM | 40 | 5 | Jack Daniel | WCM | 22 |
| 5 | Matt Talbott | TOC | 44 | 3 | Marguerite Meyer | TOC | 102 | 6T | Paul Anderson | RINC | 18 | 6T | Robert Kahl | WCM | 18 |
| 6 | Darren Bounds | CRUZ | 36 | 4 | Laura-Ann Sammarco | SMMM | 76 | 6T | Robert Kahl | WCM | 18 | 1 | Donna Monroe | WCM | 154 |
| 1 | Alicia Koht | LAMV | 150 | 5 | Kristine Buckley | SMMM | 70 | 1 | Donna Monroe | WCM | 154 | 2 | Dot Myers | SAC | 144 |
| 2 | Suzanne Nicoletti | TOC | 88 | 6 | Ali Hall | USF | 54 | 2 | Dot Myers | SAC | 144 | 3 | Barbara Robben | UNAT | 116 |
| 3 | Elizabeth Dane | CRUZ | 54 | 1 | Sandy MacDonald | SMST | 154 | 3 | Barbara Robben | UNAT | 116 | 4 | Jutta Lingse | SMMM | 58 |
| 4 | Emily Evans | UNAT | 48 | 2 | Peter Guadagni | WCM | 118 | 4 | Jutta Lingse | SMMM | 58 | 5 | Terry Morse | TAM | 36 |
| 5 | Anjuna Malley | CRUZ | 42 | 3 | Ron Emhoff | TVM | 112 | 5 | Terry Morse | TAM | 36 | 6 | Joanne Berven | LNLM | 32 |
| 6 | Brenda Newton | SCSC | 36 | 4 | James Kemp | STAN | 84 | 6 | Joanne Berven | LNLM | 32 | 1 | Edward Friel | TCAM | 154 |
| 30-34 | | | | 5 | Don Foreaker | SRM | 72 | 1 | Edward Friel | TCAM | 154 | 2 | Luman Sutton | SAC | 66 |
| 1 | Trevor Gillis | SCSC | 154 | 6 | Brian Skuse | UNAT | 66 | 2 | Luman Sutton | SAC | 66 | 3 | Roger Campbell | SMMM | 22 |
| 2 | Jaime Marian | TVM | 112 | 1 | Phyllis Quinn | TOC | 142 | 4T | Roger Campbell | SMMM | 22 | 4T | Jack Bettencourt | ?? | 18 |
| 3 | David Sway | USF | 44 | 2 | Kildine Harms | WCM | 102 | 4T | Don Stupfel | SMMM | 18 | 1 | Ann Lambertson | SMMM | 110 |
| 4 | Ken Petruzzelli | CHIC | 38 | 3 | Marcia Benjamin | WCM | 94 | 1 | Ann Lambertson | SMMM | 110 | 2T | Eloise Danto | MVM | 22 |
| 5 | Richard Elder | WCM | 34 | 4 | Nancy Littlefield | SMMM | 66 | 2T | Eloise Danto | MVM | 22 | 2T | Marilyn Mutzner | TCAM | 22 |
| 6 | Michael Kruse | TOC | 32 | 5T | Judee Curley | UNAT | 44 | 2T | Marilyn Mutzner | TCAM | 22 | 2T | Gail Roper | UNAT | 22 |
| 1 | Shannon Wolford | TAM | 122 | 5T | Laura Val | TAM | 44 | 2T | Gail Roper | UNAT | 22 | 2T | Gloria Stupfel | SMMM | 22 |
| 2 | Michelle Deasy | TOC | 118 | 1 | Chuck Kight | RAMS | 138 | 1 | Gloria Stupfel | SMMM | 22 | 1 | 80-84 | | |
| 3 | Hadas Pade | SCSC | 106 | 2 | Joel Wilson | CRUZ | 128 | 1 | 80-84 | | | 1 | Fred Rodgers | USF | 128 |
| 4 | Morgan Filler | UNAT | 96 | 3 | David Harmer | TCAM | 124 | 2 | Fred Rodgers | USF | 128 | 2 | Stan Aldrich | SAC | 66 |
| 5 | Megan Hays | SMMM | 76 | 4 | Michael Horwath | UNAT | 112 | 1 | Stan Aldrich | SAC | 66 | 1 | Margery Meyer | TOC | 44 |
| 6 | Virginia Justus | CRUZ | 60 | 5 | Dan Nadaner | STAN | 98 | 1 | Margery Meyer | TOC | 44 | 1 | 85-89 | | |
| 35-39 | | | | 6 | James Burror | AAM | 88 | 1 | 85-89 | | | 1 | Patricia Lax | DAM | 22 |
| 1 | Tom Montoya | WCM | 146 | 1 | Marianne Brems | MELO | 132 | 1 | Patricia Lax | DAM | 22 | | | | |
| 2 | Brian Kohlmeier | SCSC | 142 | 2 | Jane Lee | RAMS | 128 | | | | | | | | |
| 3 | Darrin Connolly | USF | 116 | 3 | Diane Davis | DAM | 124 | | | | | | | | |
| 4 | James Morrill | VACA | 72 | 4 | Sheila Monaghan | TCAM | 102 | | | | | | | | |
| 5 | Jason Prodoehl | TSUN | 68 | 5 | Linda Shoenberger | TAM | 54 | | | | | | | | |
| 6 | Don Potter | UNAT | 66 | 6 | Sue McGlennon | MELO | 48 | | | | | | | | |
| 1 | Juliet Cox | MAM | 142 | 60-64 | | | | | | | | | | | |
| 2T | Kelly Cantlen | WACM | 54 | 1 | Alex Johnston | UNAT | 100 | | | | | | | | |
| 2T | Patricia Wessling | MAAC | 54 | 2 | Kenneth Wisner | PCAM | 98 | | | | | | | | |
| 4T | Heather Lugassy | TAM | 44 | 3 | David Harcos | AAM | 90 | | | | | | | | |
| 4T | Alison Zamanian | WCM | 44 | 4 | John Anderson | VACA | 76 | | | | | | | | |
| 6 | Wendy Asnault | CHIC | 40 | 5 | John Selmer | UNAT | 66 | | | | | | | | |
| | | | | 6 | Len Goldstein | OMM | 60 | | | | | | | | |

POOL MEETS

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-meter 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;
Laureen Welting,
lwelting@olyclub.com
415-345-5213

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 entries (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 |

Jon Steiner Memorial Mile

TAM's 1650 Postal

January & February 2007

Sanction # 38-07-01

TAM's 1650 Postal has been renamed the Jon Steiner Memorial Mile. Jon Steiner, who recently succumbed to lung cancer, was the creator of this event, a valued and loved member of TAM, an active supporter of PMS and USMS, is deeply missed but not forgotten.

What You Need: A 25 yard/25 meter/50 meter pool and someone to time you (who can count to 66) Distance: 1650 yards/1500 meters

Date: Anytime during the months of January and February, 2007.

Eligibility: All swimmers registered with USMS for 2007 are eligible to participate.

Rules: All USMS and PMS rules apply. A split sheet with 50 yard/meter cumulative splits must be signed by at least by one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming is not permitted nor are aids such as paddles, pull bouys, or fins.

Entry Fees: For individual entries: \$8.00 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: Entry forms are available at <http://www.tammasters.org/poolmile.html>. You may also enter using a consolidated entry form and attaching a split sheet with cumulative 50 yard/meter 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 2007 USMS card must accompany all individual entries. **Mail entries** to TAM 1650, 204 Ross St, San Rafael, CA 94901.

Age Divisions: 18-24, 25-29, 30-34, etc., male and female.

Relays: Four (4) person relay entries will be accepted in the following age groups: 18+, 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, 2007.

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

T-shirts: Distinctive 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 Haveman or Mary Ann Stich at (415) 457-1228, email: jon@haveman.org

Visit our website
www.pacificmasters.org

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.

From the North Bay (Golden Gate Bridge): Take 19th Avenue exit. Turn right on Anza St., right on 14th Avenue, and right on Geary Blvd. Go east on Geary to Stanyan and turn right. Turn left on Turk. Parking lot entrance is on the right, just before the light at the intersection of Parker and Turk Streets.

From the East Bay (Bay Bridge): After crossing the Bay Bridge, follow signs to 101 North - Golden Gate Bridge. Take Octavia Blvd / Fell Street exit. Continue on Octavia Blvd, crossing Market Street. Left on Fell Street, and continue west on Fell St. for several miles. Right on Stanyan Street, and then right on Turk Street. Parking lot entrance is on the right immediately before the intersection of Turk and Parker Streets.

From the South Bay (101 North): Follow signs to 101 North - Golden Gate Bridge. Take Octavia Blvd / Fell Street exit. Continue on Octavia Blvd, crossing Market Street. Left on Fell Street and continue west on Fell St. for several miles. Right on Stanyan Street, and then right on Turk Street. Parking lot entrance is on the right immediately before the intersection of Turk and Parker Streets.

(280 North): Take the 19th Avenue exit, stay in left lanes. Go north on 19th Ave. approx. 3 miles, through Golden Gate Park (becomes Park Presidio Blvd). Make a right on Geary Blvd. Go east on Geary. Turn right on Stanyan. Turn left on Turk. Parking lot entrance is on the right, just before the light at the intersection of Parker and Turk Street.

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.

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. 2, 2007 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:

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: bgyrnes@pacbell.net (415) 824-7489

Duke Dahlin: 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 •
• **March-April** •
• Newsletter is •

• **January 6, 2007** •

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

IN MEMORIAM

Jon Steiner passed away Saturday, September 30th. He was a long time member of the Tamalpais Aquatic Masters located in San Rafael, California, and was active in the Pacific LMSC and USMS. He attended many conventions and was a member of the Legislation and Legal Counselors committees. John was known for being thorough and for quickly getting to the heart of the matter.

Jon also acted as Legal Counsel for the XI FINA Masters Local Organizing Committee. He reviewed the contracts before the they were signed, usually making a suggestion or two about how to word a sentence so that both sides got what they wanted.

Jon took great pride in his swimming, his team, and gave back in many ways to our sport including creating the *TAM 1650 Pool Mile - Don't waste your base swim* to help raise funds for TAM.



Music was one of his many talents and he played guitar professionally in several jazz groups he organized. He also wrote music and created many arrangements for his bands. Even when sick, Jon loved to go to the club to play a set.

Jon competed at the SC Nationals in Coral Springs in May. He didn't perform as well as he'd hoped and had trouble taking a deep breath.

Shortly after, he was diagnosed with lung cancer. He really wanted to compete at the World Championships even though he was on oxygen and hadn't been able to train since the end of May. His coach and teammates volunteered to make this dream possible and he swam the anchor leg of a relay which meant a great deal to him.

Jon fought a good fight and is survived by his wife Sue, and two daughters Claire and Annie. He will be missed by many and is an example of the extraordinary spirit of "giving back" we are so fortunate to have in Pacific Masters Swimming.

photo and text with permission of Nancy Ridout and the family of Jon Steiner

Sights and Sounds

by Dore Schwab

| | |
|------------------------|-------------------------|
| Bright colors blur | Grandmotherly types |
| Their intensity offset | Assume a determination |
| By the volume | Whose gutty performance |
| | Is dichotomous |
| Strutting studs | To their mein |
| And toddling seniors | |
| Parade nervously | New mothers introducing |
| When dry | Chlorine air |
| Confidently when wet | Into tiny lungs |
| | Setting precedents |
| Shapely women | In years to come |
| Compressed in lycra | |
| Nylon or "paper" | And the meet |
| Overweight midagers | Goes on! |
| Courageously defying | |
| Convention to compete | |

POOL MEET

Rinconada Masters

Spring Short Course Meet

Saturday March 17, 2007

Sanction # 38-07-08

Location: Rinconada Pool. Embarcadero and Newell Road. Palo Alto.

Directions: HWY 101m exit Embarcadero west to Newell. Park on Embarcadero Rd. or turn right on Newell. From 280, exit Page Mill east. Page Mill becomes Oregon Expwy east of El Camino Real. Turn north (left) on Middlefield, east (right) on Embarcadero to Newell.

Facility: 14 lane x 25 yd pool (8 competition, 5 warm-up /down, 1 buffer). **Note:** Timing system is push button only with no pads. Snack Bar available.

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

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

Entries: This will be a cardless meet. Swimmers may swim up to 5 individual events. You **must** use the consolidated entry form in the Pacific Master Swimming newsletter or request an entry form from Nan Blackledge, (See below)

Entry Fees: \$2.00 per event, (\$3.00 late or deck entries) plus \$6.00 surcharge per swimmer.

Entries must be **Postmarked by Friday March 2, 2007, or received by Wednesday March 7, 2007.**

No DECK ENTRIES for 1000 Free. Mail entry, and check payable to Rinconada Masters and a copy of your 2007 USMS registration card to: Rinconada Spring Meet c/o Nan Blackledge, 501 Portola Road, P.O. Box 8005, Portola Valley, CA 94028, 650-424-4376

Awards: Ribbons 1st through 6th in each age group. Special Memorial Awards: Women's 70-74 Sylvia Bailey Award (400 IM), Men's 75-79 Willard Johnson Award (1000 Free) (**Please return award Plaques each year**)

Meet Director: Jim Shaw 650-529-1173

Referee: Bud Meyer

Starter: TBD

(Timing equipment by 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 11 a.m.

| | | | |
|----|----|---------|--------------|
| 3 | 4 | 200 yd | Breast |
| 5 | 6 | 50 yd | Free Novice* |
| 7 | 8 | 50 yd | Free |
| 9 | 10 | 100 yd | Fly |
| 11 | 12 | 100 yd | Back |
| 13 | 14 | 200 yd | Free |
| 57 | 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** |

*Novices are those with no prior competitive masters experience.

**Special-event, records are kept. Entry is free. Event must be completed within 45 mins.

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 | | | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|--------------------------------------------------------------|------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| Name (as it appears on registration card) | | Sex M <input type="checkbox"/> F <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 | | 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: <input style="width: 100px;" type="text"/> | |
| Event No. | Est. Time | Distance-Stroke | Event No. | Est. Time | Distance- |
| | | | | | |
| | | | | | |
| | | | 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 | |

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)

PRICE LIST

| | |
|----------------------------------------------------------|------------------------|
| USMS Membership Forms | free online at |
| | www.pacificmasters.org |
| 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 |
| Video deposit | 50.00 |
| Video mailing charge | per order 5.00 |

John Moffett

- From the Fast Lane**
- Basic Training (VHS)
 - Advanced Technique (VHS)

Mike Bottom

From the Bottom Up

- Backstroke (VHS)
- Breaststroke (VHS)

Bill Sweetenham

21st Century Swimming

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

Adrian Moorhouse,

Nick Gillingham

- Ultimate Breaststroke (VHS)

John Trembley

- Swimming Fastest II (VHS)

Matt Wren

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

Scott Volkert

- Core Body Strength (VHS)

Bob Anderson (1987)

- Stretching (VHS)

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

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)

2007 MEETING DATES:

1/17, 2/21 cc, 3/21, 4/18 cc, 5/30, 6/20 cc, 7/18, 8/22 cc, 9/19, 10/24 cc, 11/14.

Jan/Mar/May/July/Sept/Nov meetings will be held at the Heather Farms Community Center, Walnut Creek, unless noted otherwise, 7:30pm Dinner served 7-7:30pm.

The Feb/Apr/June/Aug/Oct meetings will be via conference call.

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

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 () | 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.

2007 Tentative Meet Schedule

| | | | |
|---------|----------------|-------------------|----------------------------------------------------------------------------------------------------------------------|
| Sat | 1/20/07 | MBAY | Clambake CANCELLED |
| Sat | 1/27/07 | TOC | Olympic Club 1500, Scott Williams, swilliams@olyclub.com |
| Sun | 1/28/07 | FOG | Fog City Quadrathon, Diane Davis, ddavis@siprep.org |
| Jan-Feb | 1/1/07-2/28/07 | TAM | Jon Steiner Memorial Mile, Postal 1650, Jon Haveman, jon@haveman.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 | Melno Long Course Meet , CANCELLED |
| 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 | 7/6-8/2007 | 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 , CANCELLED |
| 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 CANCELLED |
| 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 |
| Sun-Sun | 9/23-30/2007 | USMS | USAS Convention, Anaheim, CA |
| Sat | 9/29/07 | SMST | Folsom Lake 1- and 2-mile, Joe Dowd, jrdowd@aol.com |
| Sun | 10/7/07 | SAC | 33rd Annual Sprint Pentathlon, Andrew Brenan, Andy@Brenan.net |
| Fri-Sun | 10/12-14/2007 | WCM | PMS SCM Championships, Kerry O'Brien, swim4wc@netscape.net |
| Sat | 12/1/07 | SNM | Reno Winners MeetGwen Shonkwiler, |

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