

# Pacific Masters Swimming newsletter



## Chair's Message

by Michael Moore, PMS Chair

Recently I earned my ham radio license (KI6HLO - I think). I leaned there was no Morse Code test and studied for the 35 question test. I passed the exam, but still do not know too much about ham radio and while knowing the rules about some things, the equipment should have film about how to operate it, along with complete examples. (Maybe we need "Using your Ham Radio for Dummies").

Since there are a few ham radio clubs in the bay area, I decided to attend a local amateur radio operators club meeting.

Going to a new meeting is a little daunting, especially if you are not sure what the meeting is about. Every place has its own way of operating. There are the leaders, the followers and the cliques, and, since people have already been going to these meetings, they already know each other!

I got there a few minutes early to scout the place out. I went into the room and looked around. It looked like there was a board meeting going on. I introduced myself to the first person I saw. He was a guest speaker. We chatted for a minute.

No one came up to me to introduce themselves or to make a guest feel welcome. There are a lot of good things about ham radio and they do have a story to tell. When "the big one" -- the next major earthquake -- comes, the cell systems might not be working and a lot of help will be needed to communicate with the outside world - it will be the ham radio operator helping to inform the world what is going on.

I am not telling this story to put down ham radio operators, as this club is not very different from many other meetings that I have attended, it is just the most recent example.

Let's think for a second about what we do when a new person comes to our swim club. Swimming also has great story to tell. Swimming is the best exercise for adults. People who participate tend to have lower blood pressure, good cholesterol levels, high HDL and good muscle strength; some of our masters swimmers have been on their teams for decades. If someone wants to join us what do we do?

I am not sure that we are as welcoming to newcomers as we could be. Coach Mo Chambers said she wanted everyone at her team practice to not only know the first name of everyone in their lane, but the first name of everyone in the lanes next to them. The Walnut Creek coaches and their swimmers have an amazing ability to spot and welcome new swimmers, asking them about their swimming background, introducing them to their lanemates, and making sure that they feel welcome to come back anytime. Same with the Manatees, always welcoming and helpful to newcomers.

We know swimming is good for us, but many times we go swimming, even if we don't feel excited about working out -- we want to see our buds and swim mates. If we don't show up, what happens the next time? Your lane mate is asking where you were - to be sure you are all right or to razz you for not making the work out. Either way, you are part of a group and you know you matter to them.

When there is a new person in your lane, ask him what his name is. If they are a newbie, whether to swimming or to your team, be sure that he is aware of any strange language. After all, the meaning of "Swim nine one-hundreds eye em on one-thirty descending one to three" is not readily apparent to the novice.

Before the swimmer leaves, if the swimmer is from out of town, invite him back. It is always good to feel welcome in a new place. If the swimmer is from the local area, tell him about your club, and also invite him back.

## OPEN WATER SWIMS

### San Mateo Master Marlins Parkside Aquatic Mile Saturday May 12th, 2007

Sanction #: OW 0701

**Location of Swim:** Parkside Aquatic Park, San Mateo, CA

**Directions:** From 101 N, exit at Kehoe Ave. From 101 S, exit at 3rd Ave. East. Crossover freeway, turn right on Norfolk, proceed to Kehoe Ave and turn left. Follow Kehoe to Joinville Aquatic Center. To proceed to Parkside Aquatic Park turn right on Roberta Ave (just past Joinville Aquatic Center) and go 0.4 miles. Turn left into Parkside Aquatic Park.

**Check-in** and Race Day Registration: Begins at 7:00 a.m. and closes at 8:30 a.m. Race start is at 9:00 a.m.

**Course Description:** One mile salt water triangular course; in-water start and sandy beach exit. Expected water temp. 55-75 degrees. For current water temp. contact Joel Swartz prior to race day [openwater@sanmateomarlins.org](mailto:openwater@sanmateomarlins.org).

**Awards:** Awards in 5 yr age divisions: Special awards to oldest finisher, first female, first male, and youngest finisher.

**Swim fee** is \$30 if pre-register by May 5th; \$35 on race day. Make checks payable to SMMM. Send entries and a copy of your 2007 USMS card to SMMM, Joinville Aquatic Center, 2111 Kehoe Ave, San Mateo, CA 94403. Consolidated entry forms are available on the Pacific master Website ([www.pacificmasters.org](http://www.pacificmasters.org)) or in this magazine. If race cancels for any reason refunds will be less \$5 for processing.

**Race Information:** Joel Swartz, [openwater@sanmateomarlins.org](mailto:openwater@sanmateomarlins.org).

**Deadline:** Postmarked by May 5, 2007

**Amenities:** Swim entry fee includes the option of a men's short sleeve t-shirt or new this year WOMEN'S SHIRTS (!), plus post-race beverages and snacks. Picnic tables and BBQ grills are available at Parkside Aquatic Park. Locker rooms with showers at Joinville Aquatic Center.

### Redwood Coast Masters Spring Lake One Mile Open Water Swim

Saturday, May 19, 2007

Sanction # Pending

**Location:** Spring Lake, Santa Rosa, CA.

**Directions:** From Hwy 101, take Hwy 12 East. Turn right on Mission Blvd., left on Montgomery Dr., right on Channel Dr., right on Violetti Rd., into park. **Parking Fee** \$5.00.

**Course:** One mile loop course swim from a small sand beach in Spring Lake. Expected water temperature 68 -70 degrees.

**Time:** Check-in, packet pick-up and race day registration from 7:30 - 8:30 a.m. Race begins at 9:00 a.m. No late starters.

**Swim Procedure:** There will be wave starts five minutes apart. All swimmers must wear the provided swim caps and race finish tags. The color of the swim cap will designate wave number and the finish tags will be collected in the chute at the finish line. There will be a one hour cut-off time. No individual escorts. Safety craft will patrol.

**Entries: Online:** go to [www.lifeguardsforlife.org](http://www.lifeguardsforlife.org) before May 13, 2007 **Mail:** Indicate estimated one-mile swim time on entry. Send entry form or consolidated card, a photocopy of 2007 USMS card and a check payable to Redwood Coast USLA to: Spring Lake One Mile Swim, P.O. Box 337, Healdsburg, CA 95448. For official entry form, Please visit [www.lifeguardsforlife.org](http://www.lifeguardsforlife.org) for printable entry forms, course maps, and driving directions.

**Entry fees:** \$25 entry fee for pre-entries includes a free t-shirt, \$30 entry fee for late and race day entries. Entry fee is non-refundable and non-transferable.

**Deadline:** Entries must be postmarked by May 4, 2007. Online entries close May 13, 2007.

**T-Shirts:** All pre-entry participants will receive a free T-shirt. Indicate size on entry form. T-shirts will be on sale on race day.

**Awards:** Awards will be presented to the first overall male and female finishers and to 1st through 3rd in each age division.

**Race Information:** (707) 528-4718

**Email:** [jim@lifeguardsforlife.org](mailto:jim@lifeguardsforlife.org)

**Website:** [www.lifeguardsforlife.org](http://www.lifeguardsforlife.org) (map to event location available and downloadable entry forms)

### Tri-Valley Masters DelValle 0.75 and 1.50 Mile Swims

Saturday, June 9, 2007

Sanction# pending

**Location:** DelValle Regional Park, Livermore, CA.

**Directions:** DelValle Regional Park is located on DelValle Road off Mines Road south of Livermore (parking fee \$6.00). Exit I-580 eastbound or westbound in Livermore at North Livermore Avenue. Head south and proceed through town (North Livermore Avenue will become South Livermore Avenue in town). About 1.5 miles outside town, turn right at Mines Road, go about 3.5 miles and continue straight on DelValle Road (Mines Road turns left). The park entrance is about four miles ahead. After the entrance, go right and park near the lake.

**Course Description:** Both races have a water start, a counter-clockwise course and a beach chute finish at the same place as the start. The 1.5 mile race has a longer course loop than the 0.75 race. Expected water temperature is 70 degrees.

**Registration and Check-In Time:** Check-in and race-day registration 6:15-7:30 A.M.

**Race Start Times:** 0.75 mile swim start begins at 8:00A.M. and the 1.50 mile swim begins at 9:00 A.M. Cut off times will be 45 minutes for the 0.75 mile swim and 90 minutes for the 1.50 mile swim. Race start times are approximate

**Entries:** Pre-race entries are \$20.00 for one event and \$30.00 for both 0.75 mile and 1.50 mile events.

**Deadline:** Pre-race entries must be postmarked by Saturday, June 2, 2007. Late and race day entries are \$30.00 for one event and \$35.00 for both 0.75 mile and 1.50 mile events. Please make checks payable to Tri-Valley Masters and mail along with an entry form and a copy of your 2007 USMS registration card to: Tri-Valley Masters P.O. Box 5116, Pleasanton, CA 94566

**Awards:** First, 2nd and 3rd place medals will be given in each sex/age division (18-24,25-29,etc.). No entrants under 18 years of age are permitted. Wetsuits not allowed for awards or official race results

**Contact Information:** Race Director: Bill McCracken, [mccracmiller@pacbell.net](mailto:mccracmiller@pacbell.net), (925) 216-7918.

## OPEN WATER SWIM

### Davis Aquatic Masters

### Lake Berryessa 26th Annual One and Two Mile Open Water Swims

**Saturday, June 2, 2007**

Sanction#: OW 0703 (1-mile) and OW 0704 (2-mile)

**Location:** Lake Berryessa, in the hills above Napa at Oak Shores Park off Knoxville-Berryessa Rd., on West shore of the lake.

**Directions:** Turn E. onto Knoxville-Berryessa Road from Hwy 128 at Turtle Rock Cafe. Entrance to Oak Shores Park is 0.6 mi. N. of Park Headquarters and two miles N. of Spanish Flat. Carpooling is strongly encouraged. Directions are on web site and in the brochure.

**Course:** One and two-mile buoys mark courses at 200-yard intervals. Expected water temperature: 65-70 degrees.

**PMS Swims:** Masters 2- Mile, Masters 1 -Mile, Masters combined 2 and 1- Mile, Masters Wetsuit 2- Mile, and Masters Wetsuit 1- Mile.

**Time:** Race day registration and check-in begins at 7 a.m. and closes at 9:00 a.m. for 2-mile swim and 10:30 a.m. for all 1- mile swims. The two-mile starts at 9:30 a.m., one-mile at 11:25 a.m.

**Swim Procedure:** Deep water starts. No late starters. Caps are provided and are mandatory. No individual escorts. Safety craft will patrol using kayaks and canoes. Cut-off times: 1 hour for one-mile, 2 hours for two-mile.

**Entries:** Entry fees include swim cap, official Berryessa cup, pre and post-race refreshments. Only those that pre-register are eligible for raffle prizes.

**Entry fees:** For 1- Mile or 2- Mile swims are \$30 if postmarked by Sunday May 13, 2007 (\$40 late and race day). Pre-race day entry fees for combined 1 and 2- Mile is \$50 (\$60 late and race day). Send entries, with a photocopy of 2007 USMS card to DAM, P.O. Box 921, Davis, CA 95617. Or register on DAM's website at [www.damfast.org](http://www.damfast.org). USMS cards can be purchased the day of the event for \$35.

**Deadline:** Postmarked by Sunday May 13, 2007. Day of competition registrations are accepted but a \$10.00 late fee will be imposed.

**Awards:** Commemorative awards to the 1st three finishers in each age and gender group. Special awards are give to 1st man and woman overall in the 2 and 1 mile. Awards go to top three overall men and women finishers for both non-wetsuit and wetsuit categories. Awards must be collected at the day of the event and will not be mailed after race day.

**Custom T-shirts:** May be ordered on entry form for an additional \$13 each prior to Sunday, May 13, 2007. A limited number of T-shirts will be available on race day for \$20 each.

**Traditional Post Swim Picnic:** An onsite food service will be providing a tasty meal at the event. Lunches should be pre-ordered - only a limited number will be for sale on race day. Details are on the official entry form. Picnic tables, BBQ grills and restroom facilities are available.

**Race Director:** Molly Koch, phone: 530-757-SWIM, email: [mollymunz@yahoo.com](mailto:mollymunz@yahoo.com)

**Online Registration Web Site:** <http://www.damfast.org>

**Online Form Request:** <http://www.adventuresports.com/outside/berryessa/e-mail.htm>

**Paper Registration Form Request:** Phone: 530-757-SWIM

**By Mail:** send a SASE to P.O. Box 921, Davis, CA 95617, Attn: Molly Koch

## POOL MEET

### Burlingame Aquatic Club

### Splash and Dash

### Long Course Meters

**Sunday, June 10, 2007**

Sanction # 38-07-13

**Location:** Burlingame High School, 1 Mangini Way., Burlingame, CA. Entrance to pool on Oak Grove Ave.

**Directions:** From 101 take the Broadway exit (WEST), Take a left (SOUTH) at the light onto Carolan Ave and continue for approximately 1 mile. Turn left (EAST) at Oak Grove Ave. Entrance to a small parking lot is found on Oak Grove Ave. Street parking is also available.

**Facility:** 8-lane, 50 meter by 25-yard outdoor, heated pool. 5 lanes for competition, 2 lanes for warm-up/warm-down, 1 buffer lane. Colorado Timing system and scoreboard. Limited locker room facilities.

**Check In:** will begin at 7:15 a.m. and will close at 8:30 a.m. No deck entries will be accepted after 8:30 a.m. Warmups begin at 7:30 a.m. and end at 8:45 a.m. Meet starts at 9 a.m.

**Entries:** This is a cardless meet. Send your entry on a consolidated entry form with a copy of your 2007 USMS card. Relays will require a yellow entry card.

**Deadline:** Pre-entries must be postmarked by Wednesday, May 30, 2007 or hand delivered to the Burlingame Aquatic Club Pool by Friday, June 1, 2007.

**Entry fees:** Flat fee of \$10.00 for 1 individual event, \$15.00 for 2 or more individual events if pre-entered. *Late entry fee or deck entries:* Flat fee of \$15.00 for 1 event, \$20.00 for 2 or more individual events. *Relay entry fee* of \$4.00 per relay (relays 'deck entry' only). Make checks payable to: "BAC" Mail to: BAC Splash and Dash, Post Office Box 281, Burlingame CA 94010

Meet Director: **Christopher Culp**, 650-558-2883; [chris@burlingameaquatics.com](mailto:chris@burlingameaquatics.com)

**Meet Referee:** Michael Moore

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

|       |        |                    |
|-------|--------|--------------------|
| 1     | 200 m. | Mixed Medley Relay |
| 3-4   | 50 m.  | Butterfly          |
| 5-6   | 200 m. | Butterfly          |
| 7-8   | 50 m.  | Backstroke         |
| 9-10  | 200 m. | Backstroke         |
| 11-12 | 50 m.  | Breast             |
| 13-14 | 200 m. | Breast             |
| 15-16 | 50 m.  | Free               |
| 17-18 | 200 m. | Free               |
| 19    | 200 m. | Mixed Free Relay   |

Visit our website  
[www.pacificmasters.org](http://www.pacificmasters.org)

# LONG COURSE CHAMPIONSHIPS

## Santa Cruz Masters Aquatics

## And The University Of California-Santa Cruz

## 2007 Pacific Masters Long Course Swimming Championships

Friday, Saturday and Sunday, July 6, 7, 8, 2007

Sanction # 38-07-14

**Pool:** UCSC Swim Complex-Santa Cruz, California One of Northern California's finest and fastest. Great locker and shower facilities. Spectacular view. Beautiful beaches, Boardwalk, Redwood parks. Seven lanes for competition and one lane for warm-up throughout the meet. Warm-up breaks during the meet.

**Location:** East Field House, UCSC Campus. Take Highway 1 (Mission St.) north from Highway 17 and Highway 1 interchange to Bay St. Turn right and follow Bay up the hill straight through campus entry. Turn left at Hagar Dr. and go up the hill (detailed map available at [cruzswim.org](http://cruzswim.org)). Drop off your passengers and gear at East Field House/Pool and return down Hagar to the big parking lot. Park and lock your car, stroll back up the hill along the path to the pool...about a 1/4 mile walk. Do not park at the pool on Friday!! **Meters are closely monitored and non-meter zones are vigorously ticketed (\$30.00).**

**Time: Friday:** Check-in and warm-up begin at 8:30 a.m. Meet starts at 9:30 a.m.  
**Saturday and Sunday:** Check-in and warm-up at 7:00 a.m. Meet starts at 8:30 a.m. Please Note: You must check-in anew each day, and have checked in 45 minutes prior to the estimated start of your event or you will be scratched! However, the check-in deadline for the first event each day is 30 minutes before the scheduled start of the meet.

**Entries:** Enter this meet online at <http://cruz.mastersswim.com/> You may access [mastersswim.com](http://mastersswim.com) via the PMS web site or through the Santa Cruz Masters web site: [cruzswim.org](http://cruzswim.org). Follow directions as given at this site. You may also snail mail a consolidated entry. Be sure to enclose photocopy of your 2007 registration card!! Maximum of 5 events per day, 7 events for three-day meet, excluding relays.

**Fees: On-Line Entry:** 1 event: \$10; 2-4 events: \$25; 5-7 events: \$30. Please note that a discount is offered for on-line entry. The cost of using the Online Meet Entry system is \$1.00 per swimmer + 5% of the events fee. Go to <http://cruz.mastersswim.com/> to enter online. Excluding relays. Fee for RELAYS is \$4 per relay. All fees payable to "U.C. REGENTS".

**Mailed Entry:** 1 event, \$15; 2-4 events, \$30; 5-7 events, \$35. Please note that a discount is offered for on-line entry. Mail your check, payable to "U.C. REGENTS", consolidated race entry, and USMS registration photocopy to: PMS LONG COURSE CHAMPS, Box 8422 Santa Cruz, CA 95061

**Deadline: On-line** entries must be submitted by Wednesday, June 27, midnight. No entries accepted after that time. **Mail-in** entries must be postmarked no later than Saturday, June 23, and/or received no later than Wednesday, June 27. Meet directors are forbidden to accept late entries so plan ahead! **Enter now!**

**Snack Bar:** Available all three days. Concessionaires will have quality goods for your shopping pleasure. Commemorative items will be offered for sale.

**Please Note:** This meet is long course meters. To convert SC yards times to LC meters times conversion tables can be found at [swiminfo.com](http://swiminfo.com).

**Relays:** Deck entered on yellow relay cards. Swimmers may swim only once in each relay event. Cards must show correct first and last names and correct age for each swimmer.

**Seeding:** Individual events will be deck seeded from slowest to fastest. We will swim most events one-to-a-lane. However, we will swim two-to-a-lane for the 400 m, 800 m, and 1500 m Freestyles. If you wish to swim one-to-a-lane, your heat will swim after the two-to-a-lane heats. Please write "one per lane" on the check-in sheet at the meet.

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

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

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

**Timing:** CRUZ Masters will provide one timer per lane during the meet. Swimmers from all teams are expected to assist with timing duties, too. Let's all be good sports and lend a hand. Two-to-a-lane events will be hand timed; plan on bringing a team mate with you to the starting block if you're going for a Top Ten or USMS Record time. Split times on the way for Top-Ten or Records are not allowed by USMS in such events.

**Accommodations:** Contact Meet Director for an incomplete email or fax list of accommodations.

**Referee:** Leonard "Bud" Meyer

**Meet Director:** Joel Wilson, 831.425.5762; [openwatr@got.net](mailto:openwatr@got.net)

**Schedule of Events** (odd # events for women, even # events for men):

### FRIDAY, JULY 6

- 1-2 1500 m freestyle
- 3-4 800 m free relay
- 5-6 400 m I.M.

### SATURDAY, JULY 7

- 7-8 200 m freestyle
- 9-10 50 m backstroke
- 11 400 m mixed free relay
- 13-14 200 m backstroke
- 15-16 100 m butterfly
- 17-18 100 m breaststroke
- 19-20 50 m freestyle
- 21 200 m mixed medley relay
- 23-24 800 m freestyle

### SUNDAY, JULY 8

- 25-26 200 m I.M.
- 27-28 50 m butterfly
- 29-30 200 m breaststroke
- 31-32 100 m backstroke
- 33-34 200 m free relay
- 35-36 200 m butterfly
- 37-38 50 m breaststroke
- 39-40 100 m freestyle
- 41-42 400 m medley relay
- 43-44 400 m freestyle

## OPEN WATER SWIMS

### Redwood Coast Masters Russian River 1 Mile Swim Pacific Masters 2007 Open Water Championships

**Saturday July 14, 2007**

Sanction# pending

**Location:** Healdsburg Veterans Memorial Beach, Healdsburg, CA

**Directions:** Highway 101 north to Healdsburg Ave Exit. Turn right on Healdsburg Avenue following the signs to Healdsburg Veterans Memorial Beach. The park is approximately 3/4 mile, and you will make a left turn into the parking area. If you cross the Memorial Beach Bridge over the Russian River you have gone too far.

**Course:** Loop course, The course will be well marked with buoys, wave starts, lifeguarded.

**Water temperature:** 70 - 75 degrees.

**Entries:** \$25.00 per person. Mailed entries must be postmarked by July 6, 2007. Include an estimate of your one mile swim time on your entry form. Make checks out to REDWOOD COAST USLA, Mail to: Redwood Coast 1 Mile Championship Swim, P.O. Box 337 Healdsburg, CA 95448

**Online entries** via [www.lifeguardsforlife.org](http://www.lifeguardsforlife.org) open until midnight on July 8, 2007.

Late entries and race day registration \$30.00. Entry fee is NON-REFUNDABLE and NON-TRANSFERABLE. All entrants must be registered with United States Masters Swimming. A copy of your current 2007 USMS registration card must accompany entry or the correct number must be present with online entry. Proof of USMS registration is mandatory AND YOU MUST BRING YOUR CARD TO THE EVENT. All event information including course diagrams, driving directions, event flyers, and online entries at [www.lifeguardsforlife.org](http://www.lifeguardsforlife.org)

**Check-in:** Check-in and race day registration will open at 7:30am - 8:30am. The race starts at 9:00am. No late starters will be allowed

**Parking:** There is a \$6 fee for day-use parking.

**Safety:** Swim caps will be supplied and must be worn. It is MANDATORY that these caps be worn. Safety craft and lifeguards will patrol the course on rescue boards. Individual escorts are not allowed.

**Awards:** Awards to the overall male and female winners and to the first five places in each male and female age division.

**T-shirts:** All entrants will receive a free T-shirt. T-shirts will be on sale race day.

**Race Information:** (707) 528-4718

### The Olympic Club The 31st Annual Trans Tahoe Invitational Rough Water Relay Swim

**Saturday, July 21st, 2007**

Sanction # pending

**Location and Course:** 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. 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 8:00 p.m. on July 20 and again at 7:00 a.m. before the race on July 21. 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 18. Divisions: Women's 114+, 180+, 240+, and 300+ Men's 114+, 180+, 240+, and 300+ Mixed (3 men, 3 women) 114+, 180+, 240+, 300+, 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' 2007 USMS cards must accompany this form. ABSOLUTELY NO REFUNDS.

**Deadline/fees:** Pre-race entries are \$325 per team, postmarked by May 1. Before June 1 the entry fees will be \$350, and Between June 1 and July 2, entry fees will be \$400 and After July 2 (by staff decision) the entry fees are \$450. NO REFUNDS.

For the Official Entry and Roster Form, refer to The Olympic Club website [www.olyclub.com](http://www.olyclub.com). Go to the OC events site and 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](mailto:swilliams@olyclub.com), phone # 415-345-5215. Laureen Welting Co-Race Director e-mail [lwelting@olyclub.com](mailto:lwelting@olyclub.com) 415-345-5213. Website: [www.olyclub.com](http://www.olyclub.com) (click on OC events)

.....  
• Deadline for pool and  
• open water swim  
• information for the  
• JULY-AUGUST  
• Newsletter is  
•  
• MAY 6, 2007  
• Please submit creative writing  
• and photos to Newsletter Editor  
• Joanne Berven  
• 4854 Andrea Court  
• Livermore, CA 94550  
• newsletter@pacificmasters.org  
• .....

# 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"/><br>F <input type="checkbox"/> |                  | 1. Place USMS card in this space.<br>2. Photocopy with this consolidated entry form.<br>3. Send in photocopy with each entry.<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. |           |
| 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)

### 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 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)

### 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           |
| Video deposit  | 50.00          |
| Video mailing charge   | per order 5.00 |

**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 |
|-----------------------------|------------------------|--------------|-------|
|                             |                        |              |       |
| <b>Address</b>              |                        |              |       |
|                             |                        |              |       |
| <b>City/ ZIP</b>            |                        |              |       |
|                             |                        |              |       |
| <b>USMS/PMS #</b>           | <b>Phone</b><br>(    ) | <b>Total</b> |       |

# 2007 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

## 2007 Meet Schedule

|         |                    |  |  |
|---------|--------------------|--|--|
| Sat     | 5/12/07            | SMMM                                   | Parkside Aquatic Mile, Joel Swartz,<br>joelgdtsswartz@yahoo.com          |
| Th-Sun  | 5/17-20/07         | Federal Way, WAUSMS SC Championships   |  |
| Sat     | 5/19/07            | RCM                                    | Spring Lake 1-mile, Jim McCray,<br>jmccray@sonic.net                     |
| Sat     | 6/2/07             | DAM                                    | Lake Berryessa 1 & 2 mile, Molly Koch,<br>mollymunz@yahoo.com            |
| Sat     | 6/9/07             | TVM                                    | Del Valle 0.75- & 1.5-mile, Bill McCracken,<br>mccracmiler@pacbell.net   |
| Sun     | 6/10/07            | BAC                                    | Splash & Dash  |
| Fri-Sun | 7/6-8/07           | CRUZ                                   | PMS Long Course Championships, Joel Wilson,<br>openwatr@got.net          |
| Sat-Sun | 7/14/07            | RCM                                    | Russian River 1-mile, Jim McCray,<br>jmccray@sonic.net                   |
| Sat     | 7/21/07            | TOC                                    | 30th Annual Trans Tahoe Relays, Scott Williams,<br>swilliams@olyclub.com |
| Sat     | 8/4/07             | CRUZ                                   | Santa Cruz Pier Swim, Roughwater Swim,<br>rgould@santa-clarita.com       |
| Sat     | <del>8/5/07</del>  | <del>CRUZ</del>                        | <del>Pier-to-Pier, CANCELLED</del>                                       |
| Sun     | 8/5/07             | CRUZ                                   | Cruz Cruise 2-mile, Paul Wrangell,<br>pwrangel@pacbell.net               |
| Fr-Mon  | 8/10-13/07         | The Woodlands, TXUSMS LC Championships |  |
| Sat     | 8/11/07            | SNM                                    | Donner Lake 2.7-mile, Laura Hanson,<br>laurahanson888@hotmail.com        |
| Sun     | 8/19/07            | MAM                                    | Manatee 2 x 1 mile Relay, Gordon Jacoby,<br>gdjacoby@aol.com             |
| Sat     | <del>8/25/07</del> | <del>TCAM</del>                        | <del>Pinecrest 1- and 2-mile CANCELLED</del>                             |
| Sun     | 9/9/07             | RAD                                    | Whiskeytown 1- and 2-mile, Terri Misslin,<br>tmisswimr@aol.com           |
| Sun     | 9/23/07            | SMMM                                   | Short Course Meters Pentathlon, Cindy Lee,<br>cindyswimlee@earthlink.net |
| Sun-Sun | 9/23-30/07         | USMS                                   | USAS Convention, Anaheim, CA   |
| Sat     | 9/29/07            | SMST                                   | Folsom Lake 1- and 2-mile, Joe Dowd,<br>jrdowd@aol.com                   |
| Sun     | 10/7/07            | SAC                                    | 33rd Annual Sprint Pentathlon, Andrew Brenan,<br>Andy@Brenan.net         |
| Fri-Sun | 10/12-14/07        | WCM                                    | PMS SCM Championships, Kerry O'Brien,<br>swim4wc@netscape.net            |
| Sun     | 10/21/07           | LARP                                   | Livermore SCY, Julie Knight,<br>julie.knight@comcast.net                 |
| Sat     | 12/1/07            | SNM                                    | Reno Winners Meet Gwen Shonkwiler,<br>gwenshonk@sbcglobal.net            |

INTERESTED in swimming in Hawaii? Their website details where to swim and days and times for workouts. There is also a calendar of events and links to events - not just swimming - in Hawaii - mostly for Maui and the Big Island, as the other islands do not really have a central calendar of events related to swimming. Check out their website at [www.hawaiiastersswim.org/index.html](http://www.hawaiiastersswim.org/index.html)

### 2007 MEETING DATES:

5/30, 6/20 cc, 7/18, 8/22 cc, 9/19, 10/24 cc, 11/14.

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 June/Aug/Oct meetings will be via conference call.**

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