

# Pacific Masters Swimming

# newsletter



## Chair's Message

The Pacific Masters executive committee met in December to review where Pacific Masters is going and what can be done to improve our service to our members. There was much discussion, and we want to share our ideas with the membership. The committee will be discussing the Mission Statement and the goals at our March and April meeting, and would welcome your input. You can make comments directly to me by email, or may attend the MS Meetings (March meeting is held at Heather Farms, April meeting will be conducted by conference call).

The committee welcomes your comments, as the goal of the committee is to serve the clubs and members.

### PMS Mission Statement (draft).

"Pacific Masters Swimming welcomes anyone who would like to gain and maintain fitness through swimming and encourages programs to foster this mission."

### Goals.

We would like to achieve the following goals this year. If you are interested in participating to achieve them, please let me know.

#### Goal 1. Target coaches and clubs for PMS programs and help.

a. Implement a pilot program offering financial assistance to engage a coach for clubs that don't have one. Determine costs, identify clubs without coaches, sort by geographical areas.

b. Institute communications regarding opportunities to coaches and clubs.

#### Goal 2. Provide programs to enhance fitness and competitive opportunities.

a. Provide clinics, lectures, and other programs to improve the skills and health of our members.

b. Promote existing USMS fitness programs to clubs and individual members.

c. Promote pool, open water, and postal opportunities to members.

#### Goal 3. Provide resources to help clubs solve their problems.

#### Goal 4. Provide high quality competitive events.

a. Implement the Hy-Tek meet program in all PMS events.

b. Update the Meet Directors handbook to be short, concise, and user friendly. Link to current appendices.

c. Provide resources to clubs hosting events.

## Call for Service Award Nominations

At this time of year, 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 meeting (3/19/08). Nominations must be in writing and should be sent to Michael Moore (by email at [chairman@pacificmasters.org](mailto: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. Last year's winner was **Barry Fasbender** for his role in organizing the FINA World swimming Championships.

**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. Last year's winner was **Phyllis Quinn** for her work organizing the open water championships of the FINA Championships.

**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 2005, 2006, and 2007, 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. Last year's winner was **Ann Hirsch** for her swimming achievements in 2006.

**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. There were twelve recipients last year: **Linda Gilchrist, Paul White, Joan Schriger, Burney Matthews, Alameda Aquatic Masters** for their work on the FINA Open Water Championships **Anne Cribbs and Jody Smith** for their work on the FINA Masters World Championships. **John Klimp, Alice Fasbender, Walnut Creek Masters Coach Kerry O'Brien and Stanford Masters Coach Tim Edmonds** were honored for their work on the FINA World Championships.

In addition, **Tuolumne County Aquatic Masters** was recognized for their work in Sonoma, Tuolumne County.

We have one of the premier Masters Swimming Programs in the country, let's work together to make it even better this year!

## POOL MEET

### Strawberry Canyon Masters

#### Invitational Meet

Saturday, March 29, 2008

Sanction #: 38-08-10

**Location:** Spieker Aquatics Complex, UC Berkeley, Bancroft Way at Dana Street.

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

**Parking:** Limited hourly indoor parking available in garage at Bancroft Way @ Ellsworth. Metered parking and free weekend permit parking available on neighboring streets. Parking is not allowed in the church parking lot across the street from the pool, cars will be towed.

**Course:** Outdoor, 25-yard, 20-lane pool. Eight lanes will be used for competition and ten lanes for warm-ups. NOTE: During the 500 free only, 16 lanes will be used for competition and four (4) for warm-ups.

**Time:** Warm-ups begin at 7:30 A.M. The 500 Free will begin at 8:30 A.M., and all other events will follow.

**Check in:** Check in begins at 7:00 A.M. The 500 Free is pre-seeded; no deck entries for the 500. All other events will be deck seeded. All swimmers in the 500 Free must check in by 8:00 A.M. All others must check in at least 30 minutes prior to the expected starting time of their first event. Swimmers who do not check in will not be allowed to swim. The meet will be seeded slowest to fastest.

**Entries:** Swimmers are limited to five (5) events. The 500 Free is limited to five (5) heats each for men and women. This is a cardless meet.

#### Fees (No Refunds):

**Online Entry Event Fee:** \$4.00 Surcharge plus \$2.50 per event. The cost of the online meet entry system is \$1.00 per swimmer plus 5% of the events fee, which is added to your total. Visit <http://scam.mastersswim.com> to sign up.

**Mailed Entry Event Fee:** \$5.00 Surcharge plus \$3.50 per event. Please note that a discount is offered for online entry. Make checks payable to UC Regents.

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

**Mail:** Consolidated Entry Form, a photocopy of your 2008 USMS registration card, and your entry fee to: SCAM Swim Meet 2008, Cal Rec Club, 2301 Bancroft Way, Berkeley, CA 94720-4420

**Deadline:** Online entries accepted until 11:59 P.M. Wed. March 26. Mailed entries must be postmarked no later than March 15 (or received by March 19). Please do not send mail requiring a signature.

**Snack Bar:** will be open during the meet beginning at 7:30.

**Meet Directors:** Justin Ritter [justin@lekvar.com](mailto:justin@lekvar.com), Jessica Weddle [jessica.weddle@gmail.com](mailto:jessica.weddle@gmail.com)

**Referee:** TBD

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

1-2	500 yd	Freestyle
3-4	100 yd	Individual Medley
5-6	50 yd	Butterfly
7-8	100 yd	Breaststroke
9-10	100 yd	Freestyle
11-12	50 yd	Backstroke
13-14	100 yd	Butterfly
15-16	200 yd	Freestyle
17-18	50 yd	Breaststroke
19-20	200 yd	Individual Medley
21-22	100 yd	Backstroke
23-24	50 yd	Freestyle

## OPEN WATER MEET

### Davis Aquatic Masters

#### Lake Berryessa Annual Swims (One and Two Mile Swims)

Saturday, June 7, 2008

Sanction #: pending

**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 will be 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.

**Divisions:** 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 7:00 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 am, one-mile at 11:15 am.

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

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

**Entry fees:** For 1- Mile and 2- Mile swims \$30 if postmarked by Friday May 23, 2008. Pre-race day entry fees for combined 1 and 2- Mile is \$50. Late and race day fees add \$10 (see deadline below). Send entries, with a photocopy of 2008 USMS card to DAM, P.O. Box 921, Davis, CA 95617. For official entry form or register on DAM's website at [www.damfast.org](http://www.damfast.org).

**Deadline:** Postmarked by May 23, 2008. 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 given to 1st man and woman overall in the 2 and 1 mile. Awards to top three men and women finishers in combined and wetsuit (no age group) categories.

**Custom T-shirts:** May be ordered on entry form prior to May 23, 2008. A limited number of T-shirts will be available on race day.

**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:** Darrin Davenport (707) 479-8507; email [davenport@webbydesign.com](mailto:davenport@webbydesign.com)

**Online Registration Web Site:** <http://www.damfast.org>  
All information and online registration will be available on the Web site by March 15, 2008.

#### Paper Registration Form Request:

Registration forms will be available on or before April 1, 2008. By Mail: send a SASE to P.O. Box 921, Davis, CA 95617, Attn: Race Director.

**Online Form Request:** Link will be posted on <http://www.damfast.org> in February

**Phone:** Darrin Davenport 707-479-8507.

## POOL MEET

### Tri Valley Masters and the Walnut Creek Masters

## 2008 Pacific Masters Short Course Championships

Friday, Saturday, & Sunday, April 11, 12, & 13, 2008

Sanction # 38-08-11

**Pool:** Dolores Bengston Aquatic Center. 25 yd x 50 meter outdoor heated pool. Sixteen lanes are available for competition. 25 yd x 25 meter outdoor, heated pool with eight lanes available for warm-up and warm-down. Locker rooms and additional restrooms are available.

**Location:** 4455 Black Ave, Pleasanton, CA 94566. Carpooling is strongly recommended, particularly on Friday. Parking is available in the pool parking lot. Limited parking is available on adjacent streets. NO OVERNIGHT OR RV PARKING PERMITTED. Additional parking space is available Saturday and Sunday in the Alisal Elementary parking lot located on Black Ave. Please note signs and avoid parking in restricted areas.

**Directions: From I-580,** exit at Santa Rita. Head south about 2 miles to Black Ave. Turn right on Black Ave. Pool is located on the right.

**From I-680** take Bernal exit. Go east about 1 mile, turn left at Main Street. Drive through downtown Pleasanton. Main Street becomes Santa Rita road. Turn left on Black Ave., pool is on the right.

**Time:** Check-in and warm-up at 7:00 a.m. Meet starts at 8:30 a.m. with the women's heats on both courses. Note that on Friday the men's 1650 will start after the conclusion of the women's heats.

**PLEASE NOTE: You must check-in each day and have checked in 45 minutes prior to the estimated start of your event or you will be scratched!** The check-in deadline for the first event each day is 30 minutes before the scheduled start of the meet. Sunday's events can proceed quickly, be prepared to check in by start of meet for first 4 events.

**Relays:** Deck entered on yellow relay cards. Fees for RELAYS are \$4.00 per relay. Swimmers may swim only once in each relay event. Cards must show correct first and last names and correct age for each swimmer. Team relay tabs are acceptable with a blank check payable to Walnut Creek Masters.

**Seeding:** Individual events will be deck seeded from slowest to fastest. We intend to swim all events one-to-a-lane. However, if overwhelmed with entries, we will swim two-to-a-lane for the 500, 1000, and 1650 Freestyle. If you wish to swim one-to-a-lane, write "one per lane" on the check-in sheet at the meet.

All one-per-lane heats will swim after the two-to-a-lane heats. The last heat of the 1000 and 1650 will be swum in the first available course where all other heats have been completed

#### TWO OPTIONS FOR MEET ENTRY:

**Option 1 - Online Meet Entry: (deadline: midnight, Wednesday, April 2).** Enter at: <http://wcm.mastersswim.com> to receive an immediate entry confirmation via email. The billing information email should be brought to the meet as proof of entry. This entry process will include a processing fee by Swim Connection and requires a credit card for payment. The processing fee is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Entering online is a convenience; it is in no way required or expected of a swimmer.

**Option 2 - Traditional Mailed: (Entries must be postmarked by Monday, March 24 and/or received by Thursday, March 27)** Entries must be on a Consolidated Entry Form. Mail your form with a copy of your 2008 USMS Card, and check payable to *Walnut Creek Masters* to Walnut Creek Masters, C/O Debbie Santos, 1244 Oak Knoll Dr., Concord, CA 94521. (925-521-0522) or hand delivered to Heather Farms Pool, c/o Kerry O'Brien. If you would like to confirm entry, please include a stamped envelope or post card..

**Note:** This is a cardless meet. **No late or deck entries will be accepted. No refunds will be made.** No fax entries will be accepted. **Incomplete entries cannot be processed and will be returned.** Because this is a championship meet, NT (no time) entries are not allowed.

**Fees:** \$15 for one event, \$30 for 2-4 events, and \$35 for 5-7 events.

**Deadline: Mailed entries** must be postmarked by Monday, March 24 and/or received by Thursday, March 27.

**Online entries** must be submitted by Wednesday, April 2, midnight. Meet Directors are forbidden to accept late or incomplete entries!

**Snack Bar:** Available throughout 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 \$5.00

**Timing:** The Hosts will provide one timer per lane throughout the meet. Additional timers for all three days will be requested from those present. Teams with a large number of swimmers may be assigned a lane for the entire meet. Two-to-a-lane events will be hand timed.

**Accommodations:** Full hotel information on the Tri Valley Website: [www.trivalleymasters.com](http://www.trivalleymasters.com)

**Head Referee:** Millie Nygren

**Meet Directors:** Peter Guadagni 925-932-9958, Bob Snodgrass 925-833-6609

#### Schedule of Events:

(Odd = Women, Even = Men):

#### FRIDAY, APRIL 11

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

#### SATURDAY, APRIL 12

9-10	500 yd	freestyle
11-12	50 yd	backstroke
13-14	200 yd	breaststroke
15-16	100 yd	butterfly
17	200 yd	mixed medley relay
19-20	100 yd	IM
21-22	200 yd	backstroke
23-24	50 yd	fly
25	400 yd	mixed freestyle relay

#### SUNDAY, APRIL 13

27-28	100 yd	freestyle
29-30	50 yd	breaststroke
31-32	200 yd	butterfly
33-34	100 yd	backstroke
35-36	200 yd	freestyle relay
37-38	200 yd	IM
39-40	50 yd	freestyle
41-42	100 yd	breaststroke
43-44	400 yd	medley relay
45-46	1000 yd	freestyle

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



## 2007 Open Water Points Winners

<b>18-24</b>				
1	Peterson	Lisa	TVM	110
2	Gentry	Kelly	TVM	104
3	Gray	Kathryn	CRUZ	56
4	Reinke	Megan	TVM	32
5T	Coudright	Jessica	UNAT	28
5T	West	Meredith	DAM	28
1	Carranza	Travis	UNAT	78
2	Kilpatrick	Michael	TVM	44
3	Schmelzer	Matthew	TOC	38
4	Wolfe	Zach	SMMM	32
5T	Evans	Ryan	SNM	22
5T	Herman	David	USF	22
5T	Hewitt	Benjamin	SAC	22
<b>25-29</b>				
1	Dorr	McCall	TOC	66
2	Carney	Monica	CRUZ	64
3	Nicoletti	Suzanne	TOC	58
4	Dane	Elizabeth	CRUZ	50
5	Moore	Stephanie	SAC	44
6T	Hanoian	Ani L	WCM	36
6T	Nishimoto	Iris	USF	36
1	Davis	Matthew	SAC	64
2	Hardcastle	Holden	USF	56
3	Marlatt	Matthew	SAC	54
4	Conway	Adam	TVM	40
5	Stone	Ethan	SRM	30
6T	Ahlbach	Greg	USF	22
6T	Holsman	Trent	TOC	22
6T	Mirkovich	Brian	WCM	22
6T	Scalise	Erik	SNM	22
6T	Smart	Matt	UNAT	22
6T	Weiner	Kevin	STAN	22
<b>30-34</b>				
1	Pade	Hadas	SCSC	126
2	Baran	Jennifer	STAN	98
3T	Evans	Emily	DAM	72
3T	Parkinson	Natalie	WCM	72
5	Beissmann-Curti,Becky		SRM	48
6	Suskiewicz	Karen	SMMM	36
1	Gillis	Trevor	SCSC	154
2	Marian	Jaime	TVM	74
3	Reid	David	CRUZ	52
4	Kruse	Michael	TOC	42
5	Wanie	Lee	TOC	38
6	Bise	Ryan	TVM	34
<b>35-39</b>				
1	Wolford	Shannon	TAM	150
2	Deasy	Michelle	TOC	106
3	Cox	Juliet	MAM	62
4	Jhaveri	Suha	BAY	46
5	Mortensen	Eva	SCSC	44
6	Asnault	Wendy	CHIC	42
1	Kohlmeier	Brian	SCSC	142
2	Connolly	Darrin	USF/SERC	116
3	Walker	John	USF	92
4	Suro	Francisco	USF	56
5	Prodoehl	Jason	TSUN	54
6	Scheiner	Andrew	STAN	44

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

<b>40-44</b>				
1	Hazen	Lisa	SCSC	154
2	Beegle	Janet	MVM	74
3	Bauernfeind,	Patti	LNLM	72
4	Tiedemann	Elizabeth	UNAT	66
5T	Challburg	Karen	VACA	54
5T	Welting	Laureen	TOC	54

1	Barriger	Jeffrey	UNAT	154
2	Matthews	Dave	WCM	134
3	Engber	Michael	SCSC	96
4	Bond	Chris	WCM	56
5T	Keating	Kevin	SRM	44
5T	Worden	Sam S	STAN	44

<b>45-49</b>				
1	Meyer	Marguerite	TOC	138
3	Clements	Cindy V	TAM	136
3	Morlan	Kathy	VACA	134
4	Buckley	Kristine	SMMM	94
5	Chinn	Annette D	BEAR	80
6	Christensen	Kate C	TOC	68

1	Morales	John R	SRM	154
2	Carr	Mike W	SRM	130
3	Schmitz	John	SUNY	80
4	Pyrch	Michael	SCSC	68
5	Silk	James	TVM	50
6	Heath	Brook R	WCM	42

<b>50-54</b>				
1	Sommers	Lorraine	SCAM	150
2	Crittenden	Leianne	WCM	146
3	Harms	Kildine J	WCM	94
4	Quinn	Phyllis E.	TOC	86
5	Benjamin	Marcia	WCM	62
6	Curtis	Linda	TVM	46

1	MacDonald	Sandy	SMST	154
2	Guadagni	Peter M	WCM	134
3	Knight	James	SCSC	124
4	Emhoff	Ron J	TVM	112
5T	Young	Robert	UNAT	86
5T	Schenstorn	Warren	SRM	86

<b>55-59</b>				
1	Brems	Marianne	MELO	145
2	Jones	Alice	SCAM	116
3	Davis	Diane .	DAM	112
4	Litman	Jacklyn	BAY	94
5	Val	Laura	TAM	66
6	Dutro	Cynthia	MELO	56

1	Upshaw	Bob B	MAM	146
2	Laverty	Noel	SAC	118
3	Small	Stephen	LNLM	116
4T	Kight	Chuck	RAMS	102
4T	Foreaker	Don C	SRM	102
6	Nadaner	Dan	STAN	90

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 eight) 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

<b>60-64</b>				
1	Coleman	Kate A	SCAM	154
2	Carroll	Glenda	TAM	130
3	Cantini-Norkin,	Mary	DC	62
4	Barnea	Daniela	STAN	60
5T	McDonald	Mollie	DACM	22
5T	McGarvey	Patricia	WCM	22

1	Harmer	David	TCAM	142
2	Wisner	Kenneth	PCAM	106
3	Fair	James	ECYM	98
4	Rudloff, Jr	Edward	TOC	82
5	Harcos	David	AAM	56
6	Wurtzel	Harvey	UNAT	52

<b>65-69</b>				
1	Munn	Susan L	DAM	154
2	White	Susan E	TCAM	136
3	Anson	Susan C	SCAM	56
4	Springer	Susan	STAN	54
5	Durham	Patricia	SMMM	52
6	Podolska	Pavla	DC	18

1	Cartwright	Allan L	LNLM	154
2	Price	Kent	STAN	146
3	Brott	Ralph	BAY	114
4	Fleming	John B	UNAT	102
5	Kearns	Lloyd	UNAT	84
6	Lane	Ed	WCM	70

<b>70-74</b>				
1	Myers	Dot J	SAC	154
2	Monroe	Donna	WCM	138
3	Robben	Barbara	UNAT	104
4	Haworth	Joyce	WCM	44

1	Haworth	A. Emory	WCM	106
2	Laramie	Mike	SERC	44
3	Kahl	Robert	WCM	22
4	Vaughan	Thomas	DC	18

<b>75-79</b>				
1	Lambertson	Ann M	SMMM	88

1	Friel	Edward J	TCAM	124
2	Campbell	Roger C	SMMM	44
3	Stupfel	Don	SWMM	40

<b>80-84</b>				
1	Meyer	Margery	TOC	44
2	Stupfel	Gloria	SMMM	18

1	Rogers	Fred	USF	128
2	Sutton	Luman	SAC	66

## OPEN WATER SWIMS

### San Mateo Master Marlins Parkside Aquatic Mile

**Saturday May 10<sup>th</sup>, 2008**

Sanction #: pending

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

**Directions:** From 101 N, exit at Kehoe Ave. From 101 S, exit at 3<sup>rd</sup> 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 on Seal Ct. into Parkside Aquatic Park.

**Swim 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.

**Swim Course Description:** One mile salt water triangular course; in-water start and sandy beach exit. Expected water temp. 55-75 degrees.

**Swim Divisions and Awards:** Awards in 5 yr age divisions: 19-24, 25-29, 30-34, 35-39, etc. Special awards to oldest finisher, first female, first male, and youngest finisher.

**Swim fee** is \$30 if pre-register by May 3; \$35 on race day. Make checks payable to SMMM. Send entries and a copy of your 2008 USMS card to: SMMM c/o Joel Swartz, P.O. Box 366, Moss Beach, CA 94038. 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.

**Contact** Joel Swartz at [openwater@sanmateomarlins.org](mailto:openwater@sanmateomarlins.org) for additional information

**Pre-register Deadline:** Postmarked by May 3, 2008.

**Amenities:** Swim entry fee includes the option of a men's short sleeve t-shirt or a women's rib-knit shirt, 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 17, 2008**

Sanction #: pending

**Location:** Spring Lake, Santa Rosa

**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.

**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 three 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 9, 2008.

**Mail:** Indicate estimated one-mile swim time on entry. Send entry form or consolidated card, a photocopy of 2008 USMS card and a check payable to **Redwood Coast USLA** to: Spring Lake One Mile Swim, PO Box 337, Healdsburg, CA 95448. For official entry form, 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 or emailed by May 9, 2008.

**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. Due to popular demand, sweatshirts must be pre-ordered by March 31. Sweatshirt prices are on the website and entry forms.

**Awards:** Awards will be presented to the first overall male and female finishers and to 1st through 3rd in each age division. Wet suits or other non-porous attire render the swimmer ineligible for awards.

**Race Director:** David Robinson (707) 565-2824

**Email:** [rdwoodmasters@yahoo.com](mailto:rdwoodmasters@yahoo.com)  
**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

**Sunday, June 1, 2008**

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.). 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 8:00 a.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 \$25 for one event and \$35 for both 0.75 mile and 1.50 mile events.

**Deadline:** Pre-race entries must be postmarked by Saturday, May 24, 2008. Late and race day entries are \$30. for one event and \$40.00 for both 0.75 mile and 1.50 mile events.

Please make checks payable to **Tri-Valley Masters**. Mail along with an entry form and a copy of your 2008 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 (11-14, 15-18, 19-24, 25-29, etc.). Entrants under 18 years of age are permitted with parent/guardian waiver. Wetsuits not allowed for awards or official race results.

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

# 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. At all meets, 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	

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# 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 Volkens

- Core Body Strength (VHS)

### Bob Anderson (1987)

- Stretching (VHS)

### Benny Vaughn

- Clinical Sports Massage (VHS)

### Terry Laughlin

- Total Immersion (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
2007 USMS Rule Book (2008 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

### 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)

**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/))

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 • **Deadline** for pool and •  
 • open water swim •  
 • information for the •  
 •  
 • **May-June** •  
 • Newsletter is •  
 •  
 • **March 6, 2007** •  
 • Please submit creative writing •  
 • and photos to Newsletter Editor •  
 • Joanne Berven •  
 • 4854 Andrea Court •  
 • Livermore, CA 94550 •  
 • [newsletter@pacificmasters.org](mailto:newsletter@pacificmasters.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> (    )	<b>Total</b>	



# EVENT SCHEDULE

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

## 2008 Meet Schedule

Fri-Sun	3/7-9/08	WCM	Intensive Training Camp
Sat	03/08/08	RINC	Rinconada Masters Spring Meet
Sun	3/16/08		*Senior Games, Palo Alto
Sat	03/29/08	SCAM	Strawberry Canyon Masters Invit.
Fri-Sun	4/11-13/08	WCM/TVM	PMS Short Course Championships
Th-Fri	4/17-25/08	Perth, Australia	XII FINA World Masters
Th-Sun	5/1-4/08	Austin, TX	USMS SC Championships
Sat	05/10/08	SMMM	Parkside Aquatic Mile
Sun	05/17/08	RCM	Spring Lake 1-mile
Sun	06/01/08	TVM	Del Valle 0.75- & 1.5-mile
Sat	06/07/08	DAM	Lake Berryessa 1 & 2 mile
Sat	06/14/08	MELO	Dick Bennett Memorial LCM Meet
Sat	06/28/08	RCM	PMS OW Championships, Lake Sonoma 2-mile
Fri-Sun	7/11-13/08	CRUZ	PMS Long Course Championships
Sat	07/19/08	TOC	31st Annual Trans Tahoe Relays
Sat	07/26/08	RCM	Russian River 1-mile
Sat	08/02/08	CRUZ	35th Annual Roughwater Swim
Sun	08/03/08	CRUZ	Cruz Cruise 2-mile
Sat	08/09/08	SNM	Donner Lake 2.7-mile
Th-Sun	8/14-17/08	Mt. Hood, OR	USMS LC Championships
Sat	08/16/08	FOAM	***Lake Natoma Salmon Swim 1- and 2-mile
Sat	08/23/08	MAAC	2nd Annual Short Course Meters
Sun	09/07/08	RAD	Whiskeytown 1- and 2-mile
Sun	09/14/08	MVM	Alan Liu Memorial SCM
Wed-Sun	9/24-28/08	USMS	USAS Convention, Atlanta, GA
Sat	09/27/08	SMST	Folsom Lake 1- and 2-mile
Sun	10/05/08	SAC	34th Annual Sprint Pentathlon
Sun	10/05/08	RCP	**RCP Tiburon Mile Open Water
Fri-Sun	10/10-12/08	WCM	PMS SCM Championships
Sat	12/06/08	SNM	Reno Winners Meet

\* recognized

\*\* non-sanctioned

\*\*\* tentative

**2008 Meeting Dates:** March 12, WC, April 2, cc\*, May 14, WC, June 18, cc\*, July 23, WC, Aug. 20, cc\*, Sept. 17, WC, Oct. 15, cc\*, Nov. 19, WC, Annual Meeting.

**Directions:** 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 right around the curve.

(cc)\*meetings will be via conference call.

For information on Hawaii Open Water Swims go to  
<http://www.hawaiimastersswim.org/index.html>

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