

## Pacific Masters Swimming

*newsletter**Chair's Message**Michael Moore, PMS Chair***INVITE A FRIEND TO SWIM**

Last year at one of the USMS Board of Directors meetings, the moderator asked what brought us to Masters Swimming and then what brought us to work either at the local level or national level.

What was amazing was the consistency of the answers. Over three quarters of the Board started swimming Masters swimming because another member told them about Masters swimming and invited him to a Masters practice.

This was consistent across the members who come from all areas of the United States. From Virginia to Washington, from North Carolina to California, it was another swimmer who told another about Masters Swimming.

What do we have to tell about Masters Swimming - it is great exercise. In one research study of Masters swimmers, the researcher found that not only the elite swimmers had biological markers that showed a slower aging prod, but average swimmers also show the same slowing of the aging process.

It was noted that swimmers triglycerides were down (good). Overall cholesterol was down and HDL was up.

Many people think Masters is only for competition. Yes, we have great competitive meets. Swimmers can go to a local meet, a regional meet, national meet or a world meet, but most swimmers will not compete at any meet in a year. Let your friends know that swimming is great exercise and invite them to join you in the water.

**COMPETITION**

Pacific Masters will be the host LMSC for the 2009 US Masters Swimming Short Course National Championships. It will held at the Clovis North Pools May 7th through 10th. For the competitive swimmers it will be a great opportunity to swim in a very fast pool against great competition.

Thursday is long distance day and most of the events are held on Friday, Saturday and Sunday. The U.S. Masters Swimming One Mile National Open Water Championship will be on Monday May 11th at Millerton Lake which is about 20 miles north east of the Clovis North Pools. (For spouses and significant others, there is an Indian Gaming place a couple of miles from the entrance to the lake.

For more information go to <http://www.usms.org/comp/scnats09/> . I encourage all the swimmers in the area to either compete in an event, swim with your team mates in a relay, cheer your friends on or volunteer to help. These are the first National Championships in our LMSC in eight years. Lets support the Clovis team organizing the events. See you there!!!

**GO THE DISTANCE**

One of the fitness programs of US Masters Swimming is "Go The Distance." The program is just to track your daily yardage on an Excel spreadsheet. You can set your goals then use the form to track your progress. At the end of the month send the total to the Go the Distance chief - Mary Sweat.

You sign up by going to <http://www.usms.org/fitness/content/gothedistance> to download the form, then every day you swim put down that day's yardage.

Last year I had hoped to swim 250 miles and at the end of September was just under 200. After the shoulder injury at the beginning of October, I finished at 216. Again this year I hope to make 250 miles. If I don't make it, no big deal, it is not the end result, it is the journey.

-michael

## POOL MEET

### Strawberry Canyon Aquatic Masters

#### Spring Break Meet

Saturday, March 21, 2009

Sanction #: 38-09-06

**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 for paid indoor parking.

**Parking:** Please allow extra time for parking. Limited hourly indoor parking is available in the garage at Bancroft Way at Ellsworth. One- and two-hour limited metered parking is 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, ten lanes 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 events. The 500 Free is limited to five 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 2009 USMS registration card, and your entry fee to: SCAM Swim Meet 2009, Cal Rec Club, 2301 Bancroft Way, Berkeley, CA 94720-4420

**Deadline:** Online entries accepted until 11:59 P.M. Wed. March 18. Mailed entries must be postmarked no later than March 9 (or received by March 13). Please do not send mail requiring a signature.

**Snack Bar:** A full snack bar will be open during the meet beginning at 7:30 a.m.

**Meet Director:** Jessica Weddle.

**Email:** [scammeet2009@gmail.com](mailto:scammeet2009@gmail.com) or call (510) 343-4444

**Referee:** John Duncan

**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

### Clovis Swim Club, Sierra Multisport Productions llc, and Pacific Masters Swimming

#### 2009 USMS One-Mile National Championship

Monday, May 11, 2009

Sanction #OW-09-02

**Location:** Millerton Lake, 15 miles NE of Fresno.

**Directions:** FWY 41 coming from the South: Take exit Friant road. Turn right at the traffic light - you are on Friant road. Stay on this road for the next 15 miles till you pass the small town of Friant. Go past the Shell station up to the dam and take a left at the top - follow the parking signs. Parking fee is \$7.00

**Course & Water Temperature:** All swims start and finish on the beach. The course is out and back. Course will be clockwise with the centerline on the swimmers' right. Expected water temperature is 65-70 degrees Bring comfortable shoes to walk to the race start as surface will have sand and some rocks.

**Entry Fee:** Early entry is \$40; before 4/15/09. Entries received after 4/15/09 will be \$50. Late entries must be received by 5/4/09. All entry fees are non-refundable. Confirmation will be sent if you provide a legible e-mail address or stamped self-addressed envelope

**Deadline:** Entries received after 5/4/09 will not be accepted. There is NO race day registration. The event will be limited to the first 1,000 entries. Make checks payable to: Sierra Multisport Productions. **Mail to:** 272 West Teague Ave., Fresno, CA 93711. All participants will receive a swim cap and a customized T-shirt. Indicate size on entry form.

**Package Pickup:** Race day, 7am - 8am. at Millerton Lake. Package pickup also available on Sunday, May 10, from 10 am - 2 pm on last day of the 2009 USMS Short Course Yards Nationals at Clovis North Aquatics Complex. Directions to Clovis North High School: <http://www.cloviswimclub.org>

**Time: Check-in: 8:00 a.m. --Mandatory race briefing. Start:** 8:30 a.m. Male 18-44; 8:35 a.m. Male 45+ ; 9:05 a.m. Female 18-44; 9:10 a.m. Female 45+.

**Timing:** Each swimmer will wear an electronic timing chip on an ankle bracelet. Timing chip must be returned or a \$30 charge will be assessed to the swimmer.

**Equipment:** Swimmers wearing neoprene swimsuits, wetsuits, or other non-porous attire will be ineligible for awards or place points. The use of fins, pull buoys, or other swimming devices will result in disqualification. Soft hand paddles may only be used as a prosthesis-provided, in the opinion of the Race Director - they do not present a safety hazard to other swimmers.

**Awards:** USMS National Championship medals will be awarded to the top 6 men and women in each age group. Age group awards are in 5- year increments: 18-24, 25-29, 30-34 ...100+. The winner of each age category will receive a championship patch.

**Eligibility:** Open to all USMS registered swimmers 18 years & over as of May 11, 2009. You must submit a copy of your 2009 USMS registration card. Entries without a copy of the 2009 USMS card will not be accepted. 2009 USMS rules will govern this race.

For information contact: Faron and Heleen Reed  
Race Directors: [Faron-Heleen@sbcglobal.net](mailto:Faron-Heleen@sbcglobal.net), <http://www.sierramultisport.com>

## OPEN WATER SWIMS

### San Mateo Master Marlins Parkside Aquatic Mile

**Saturday May 2, 2009**

Sanction #: OW-09-01

**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 a.m. and closes at 8:30 a.m. Race start is at 9 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: 18-24, 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 April 25; \$35 on race day. Make checks payable to SMMM. Send entries and a copy of your 2009 USMS card to: SMMM c/o Joel Swartz, P.O. Box 366, Moss Beach, CA 94038. Consolidated entry forms are available on the PMS 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.

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

**Pre-register Deadline:** Postmarked by April 25, 2009.

**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 16, 2009**

Sanction # OW-09-03

**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 am. Race begins at 9:00 am. 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, 2009 Mail: Indicate estimated one-mile swim time on entry. Send entry form or consolidated card, a photocopy of 2009 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:** \$30 entry fee for pre-entries includes a free t-shirt, \$35 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, 2009.

**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. 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 Del Valle 0.75 and 1.50 Mile Swims

**Sunday, May 31, 2009**

Sanction# OW-09-04a, OW-09-04b

**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-clock-wise 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 a.m and the 1.50 mile swim begins at 9:15 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.

**Awards:** First, 2nd and 3rd place medals will be given in each sex/age division (18-24,25-29,etc.). Entrants under 18 years of age are permitted with parent/guardian waiver. Wetsuits not allowed for awards or official race results.

**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 23, 2009. Late and race day entries are \$30 for one event and \$40 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 2009 USMS registration card to: Tri-Valley Masters P.O. Box 5116, Pleasanton, CA 94566

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

**Deadline for pool and open water swim information for the May-June Newsletter is March 6, 2009**

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

# SC CHAMPIONSHIP MEET

## Tri Valley Masters and the Walnut Creek Masters 2009 Pacific Masters Short Course Championships Friday, Saturday, & Sunday, April 17, 18 & 19, 2009

Sanction # 39-09-08

**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. on Friday with the combined 1650 heats on both courses. On Saturday and Sunday meet starts at 8:30 a.m. with the women's heats on both courses.

**Check-In:** This is a Pre-Seeded meet. Swimmers are considered checked-in for all individual events with a distance of 200 yards and less. Swimmers must check in for the 1650 free and 400 IM on Friday, the 500 free on Saturday and the 1000 free on Sunday. The 1650 free (events 1 & 2) and the women's 500 free (event 9) must be checked in by 8:00 a.m. All other events over 200 yards must be checked in **45 minutes** prior to the estimated start of the event.

**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 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. **Events 1 & 2 (1650 free) and 45 & 46 (1000 free) will be combined for seeding purposes and swum together regardless of gender. 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 8).** 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 30 and/or received by Thursday, April 2)** Entries must be on a Consolidated Entry Form. Mail your form with a copy of your 2009 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 30 and/or received by Thursday, April 2.

**Online entries** must be submitted by Wednesday, April 8, midnight. Meet Directors are forbidden to accept late or incomplete entries!

**Snack Bar:** Available throughout the meet. **Program:** Available for \$5.00 **Accommodations:** See on-line meet information at [www.pacificmasters.org](http://www.pacificmasters.org) for details

**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.

**Timing:** The Hosts will provide one timer per lane throughout the meet. Additional timers for all three days will be requested from those present. Two-to-a-lane events will be hand timed.

**Head Referee:** TBD

**Meet Directors:** Peter Guadagni 925-932-9958, Tim Kirk 925-580-8826

### Schedule of Events:

(Odd = Women, Even = Men):

#### FRIDAY, APRIL 17

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

#### SATURDAY, APRIL 18

9-10	500	freestyle
11-12	50	backstroke
13-14	200	breaststroke
15-16	100	butterfly
17-18	200	medley relay
19-20	100	IM
21-22	200	backstroke
23-24	50	fly
25-26	400	freestyle relay

#### SUNDAY, APRIL 19

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

## 2008 OPEN WATER POINTS WINNERS

### 18-24

1	Gentry	Kelly	TVM	21	130
2	Chinn	Sarah	MAM	24	118
3	Lee	Alexandra	WCM	21	110
4	Focha	Jessica	MAAC	20	48
5	White	Lisa A	TVM	23	36

1	Kilpatrick	Michael	TVM	24	58
2	Pfeiffer	Erik	SRN	19	44
3	Wolfe	Zach R	SMMM	24	36
4	Carranza	Travis	UNAT	23	34
5	Chester	Kevin	WNTR	24	30

### 25-29

1	Dane	Elizabeth	CRUZ	28	120
2	Thompson	Margaret	MAM	27	76
3	Carney	Monica	CRUZ	25	66
4	Nicoletti	Suzanne E	TOC	28	58
5T	Scott	Emily	SRM	28	50
5T	Thompson	Caroline	MAM	26	50

1	Davis	Matthew	SAC	28	168
2	Ecklund	Tait	SNM	26	50
3	Hanley	Nicholas J	UNAT	29	48
4T	Gawlick	Craig	CRUZ	26	44
4T	Lantz	Travis C	TVM	27	44

### 30-34

1	Pade	Hadas	SCSC	34	140
2	Baran	Jennifer	STAN	33	66
3	Haack	Angela R	WCM	33	48
4	Wistrom	Elizabeth	STAN	31	42
5T	Martinez	Lisa	DAM	32	36
5T	Justus	Virginia	MELO	32	36

1	Gillis	Trevor	SCSC	32	176
2	Bise	Ryan T	TVM	34	72
3	Heffelfinger	Eric	FOG	32	44
4T	Al-Khafaji	Karim	STAN	31	42
4T	Sheldon	Jason S	RAMS	30	42

### 35-39

1	Smith	Jody L	STAN	39	172
2	Deasy	Michelle	TOC	36	120
3	Labusch	Meike	USF	36	118
4	Hertzer	Cynthia	CRUZ	38	82
5	Asnault	Wendy	CHIC	39	66

1	Scheiner	Andrew	STAN	39	170
2T	Prodoehl	Jason	PPP	37	58
2T	Suro	Francisco	WACM	37	58
4	Kearns	Dan	SMMM	35	54
5	Romanelli	Bill	UNAT	39	44

### 40-44

1	Goldman	Lisa	SCAM	40	134
2	Bauernfeind	Patricia	UNAT	41	100
3	Cox	Juliet E	MAM	40	86
4	Cantlen	Kelly G	WACM	40	82
5	Phalen	Jennifer R	SCAM	43	76

1	Barriger	Jeffrey	SOAR	42	172
2	Shoemaker	Scot D	UNAT	41	100
3	Walker	John	SERC	40	60
4T	Arris	Todd	TOC	42	50
4T	Bond	Chris	WCM	41	50

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 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

### 45-49

1	Morlan	Kathy	VACA	48	148
2T	Buckley	Kristine	PCC	47	110
2T	Chinn	Annette	BEAR	46	110
4	Clements	Cindy	TAM	47	94
5	Matena	Jana	MELO	46	84

1	Carr	Mike W	SRM	47	156
2	Matthews	Dave	WCM	44	152
3	Schmitz	John	LAMV	47	150
4	Pyrch	Michael	SCSC	49	120
5	Engber	Michael	SCSC	45	112

### 50-54

1	Quinn	Phyllis	TOC	52	154
2	Lockhart	Christine	CHIC	50	150
3	Bracken	Judy W	TVM	50	122
4	Harms	Kildine J	WCM	54	100
5	Schmucker	Lindabeth	DAM	52	62

1	Macdonald	Sandy	SNM	52	176
2	Morales	John	SRM	50	158
3	Guadagni	Peter M	WCM	53	138
4	Emhoff***	Ron	TVM	53	130
5	Schenstrom	Warren	SRM	50	72

### 55-59

1	Jones	Alice A	SCAM	58	160
2	Brems	Marianne	MELO	59	150
3	Monaghan	Sheila A	TCAM	59	116
4	Davis	Diane	DAM	57	108
5	Litman	Jacklyn	BAY	57	102

1	Knight	James	SCSC	54	172
2	Foreaker	Don	SRM	55	162
3	Small	Stephen	LNM	55	132
4	Upshaw	Bob B	MAM	58	100
5	Harder	Les	RAMS	55	88

### 60-64

1	Riddell	Carol	SCAM	60	176
2	Carroll	Glenda	TAM	64	156
3	McNally	Rosemary	SMMM	60	66
4	Cantini-Norkin	Mary	DC	64	60
5	Barnea	Daniela	STAN	64	52

1	Rudloff Jr.	Edward	TOC	61	132
2	Wurtzel	Harvey	UNAT	61	126
3	Burror	James	AAM	60	112
4	Kight	Chuck	RAMS	60	98
5	Harmer	David	TCAM	61	58

### 65-69

1	White	Susan	TCAM	65	164
2	Coleman	Kate A	SCAM	65	154
3	Munn	Susan	SAC	69	116
4	Durham	Patricia	SMMM	69	60
5	Westergaard	Leslie	DAM	65	22

1	Cartwright	Allan	LNM	66	176
2	Brott	Ralph	BAY	68	148
3	Fleming	John	UNAT	67	124
4	Kearns	Lloyd	PMA	68	108
5	Anderson	John	VACA	65	62

### 70-74

1	Myers	Dot	SAC	71	172
2	Monroe	Donna	WCM	74	98
3	Robben	Barbara	UNAT	74	86
4	Hirschfeld	Mary Lou	SERC	70	58
5	Haworth	Joyce	WCM	70	40

1	Price	Kent M	STAN	69	70	176
2	Fewster	Robert	TVM	69	70	126
3	Osborne	Daniel	USF	74	102	
4	Haworth	Emory	WCM	72	38	
5T	Gilmer	David	DAM	70	32	
5T	Stoddard	Louis E	WCM	70	32	

### 75-79

1	Lambertson	Ann	SMMM	77	88
1	Cotton	Jim	UNAT	75	110
2	Campbell	Roger	SMMM	78	44
3	Brown	Donald	WCM	75	22

### 80-84

1	Knochenhauer	Martha K	SMMM	81	22
1	Stupfel	Don L	SMMM	80	22

\*\*\*Ron Emhoff did all the swims!



# 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-Stroke
			Email (Optional)		
"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. For Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."					
Name of Meet/Event		Date of Meet/Event		Signature	

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# PACIFIC MASTERS SUPPLIES AND SERVICES

## VIDEO LIBRARY

### How to Borrow DVD's:

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 DVD 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.

### New DVD's for the PMS Library

- Getting' Better with **David Marsh**, Head Coach Mecklenburg AC, 2007
  1. Tips, Drills, & Skills for Faster Freestyle
  2. Tips, Drills, & Skills for Faster Backstroke
  3. Tips, Drills, & Skills for Faster Breaststroke
  4. Tips, Drills, & Skills for Faster Butterfly
  5. Tips, Drills, & Skills for Faster Starts
  6. Tips, Drills, & Skills for Faster Turns
- Go Swim Backstroke, with **Aaron Piersol**, 2007
- In the Fast Lane, **Frank Busch**, Head Coach U. of Arizona, 2006
  1. Fast Lane Freestyle
  2. Fast Lane Backstroke
  3. Fast Lane Breaststroke
  4. Fast Lane Butterfly
  5. Fast Lane Starts & Finishes
  6. Fast Lane Turns & Breakouts
- Lane Lines to Shore Lines, Your Complete Guide to Open Water Swimming, Gary Emich & Phil DiGirolomo, 2007
- Becoming a Champion Swimmer, **Richard Quick**, Head Coach Auburn University, 2006
  1. Becoming a Champion Swimmer: Freestyle
  2. Becoming a Champion Swimmer: Backstroke
  3. Becoming a Champion Swimmer: Breaststroke
  4. Becoming a Champion Swimmer: Butterfly
  5. Becoming a Champion Swimmer: Starts & Turns
- Personal Best - Butterfly, **Bob Bowman**, Head Coach U of Michigan, & **Michael Phelps**, 2006
- **Eddie Reese** On, Head Coach Univeristy of Texas, 2005
  1. Eddie Reese On Freestyle
  2. Eddie Reese On Backstroke
  3. Eddie Reese On Breaststroke
  4. Eddie Reese On Butterfly
- The Swim: Technique & Training for Triathletes, **Trip Hedrick and Clark Campbell**, 2005
- Swimming Faster, **David Marsh**, Head Coach Auburn University, 2004
  1. Swimming Faster Freestyle
  2. Swimming Faster Backstroke
  3. Training & Race Strategies for Breaststroke & Butterfly
  4. Training & Race Strategies for the Individual Medley
  5. Training & Race Strategies for Middle Distance & Distance
  6. Training & Race Strategies for Sprint Freestyle
- Championship Winning Swimming, **Richard Quick**, Head Coach Stanford University, 2003
  1. Posture, Line & Balance
  2. Championship Winning Freestyle
  3. Championship Winning Backstroke
  4. Championship Winning Breaststroke
  5. Championship Winning Butterfly
  6. Championship Winning Walls: Underwater Swimming
  7. Championship Winning Starts
  8. Championship Winning Turns for All Strokes
- **June Quick** Instructional Series, 2003
  1. Swimalates: Pilates for Swimmers
  2. Swimmer's Shoulder, Prehab & Rehab
- Open Water Swimming, **Michael Collins & Gerry Rodrigues**, 2003

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/))

### 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
2008 USMS Rule Book	8.00
2008 USMS Mini Rule Book (rules only)	5.00
Video/DVD deposit	50.00
Video /DVD mailing charge	per order 5.00

### DVD ORDER FORM

Please send two checks, payable to Pacific Masters Swimming; one for \$5 to help defray mailing costs and one for \$50 to cover damage and loss. This check will be sent back upon the timely return of the DVDs in good condition.

DVD title - 1	DVD title - 2	Deposit:	\$50
Name (Please Print)		Mailing	5
Address		<b>Total</b>	<b>\$55</b>
City/ ZIP			
USMS/PMS #	Phone (    )		

## 2009 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

Sun	3/01/09	BEAR	Don't Hibernate, SCY
Fri-Sun	3/6-8/09	WCM	Intensive Training Camp
Sat	03/14/09	RINC	Rinconada Masters Spring Meet, SCY
Sat	03/21/09	SCAM	Strawberry Canyon Masters Invit. SCY
Fri-Sun	4/17-19/09	WCM/TVM	PMS Short Course Championships
Sat	05/02/09	SMMM	Parkside Aquatic Mile, OW
Thu-Sun	5/7-10/09	Clovis, CA	USMS SC Championships
Mon	5/11/09	Clovis, CA	USMS Open Water Swim, Millerton Lake
Sun	05/16/09	RCM	Spring Lake 1-mile, OW
Sun	5/31/09	TVM	Del Valle 0.75- & 1.5-mile, OW
Sat	06/06/09	DAM	Lake Berryessa 1 & 2 mile, OW
Sat	06/27/09	RCM	Lake Mendocino 2 mile OW
Fri-Sun	7/10-12/09	CRUZ	PMS Long Course Championships
Sat	07/18/09	TOC	31st Annual Trans Tahoe Relays, OW
Sat	8/1/09	CRUZ	36th Annual Roughwater Swim, OW
Sun	8/2/09	CRUZ	Cruz Cruise 2-mile, OW
Wed-Sun	8/6/10/09	Indianapolis, IN	USMS LC Championships
Sat	8/8/09	SNM	Donner Lake 2.7-mile, OW
Sat	8/15/09	MAAC	3rd Annual Short Course Meters
Sun	8/16/09	TTST	Hot August Chill, Donner Lake 0.5 & 1 mile
Sat	8/22/09	RCM	Russian River 1-mile, OW
Sun	09/13/09	RAD	Whiskeytown 1- and 2-mile, OW
Wed-Sun	9/16-20/09	USMS	USAS Convention, Chicago, IL
Sun	9/20/09	SMMM	Swim and Eat Classic, SCM
Sat	09/26/09	SMST	Cold Water Challenge Lake Natoma 0.5, 1 mi, OW
Sun	9/27/09	**	RCP Tiburon Mile, OW
Sun	10/4/09	MVM	Alan Liu Memorial SCM
Sat	10/11/09	SAC	36th Annual Sprint Pentathlon, SCM
Fri-Sun	10/16-18/09	WCM	PMS SCM Championships
Sat	12/05/09	SNM	Reno Winners Meet, SCY

\* recognized

\*\* non-sanctioned

### 2009 Meeting Dates:

Mar. 18, Apr 15 (cc), May 20, June 17 (cc), July 15, Aug. 19(cc), Sept 9, Oct 21, (cc), Nov 18 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. Meetings are held at Heather Farms, Walnut Creek, CA. (cc) meetings will be via conference call.

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

### PACIFIC MASTERS SWIMMING OFFICERS

#### Chairman:

Michael Moore  
350 Wayland  
San Francisco, 94134  
[chairman@pacificmasters.org](mailto:chairman@pacificmasters.org)

#### Administrative Vice-Chair:

[administration@pacificmasters.org](mailto:administration@pacificmasters.org)

#### Operations Vice-Chair:

Barry Fasbender  
845 Talisman Dr.  
Palo Alto, 94303  
[operations@pacificmasters.org](mailto:operations@pacificmasters.org)

#### Treasurer:

Linda Shoenberger  
1075 Joaquin Miller Drive  
Reno, NV 89509  
[treasurer@pacificmasters.org](mailto:treasurer@pacificmasters.org)

#### Secretary:

Joan Alexander  
532 Ridgeview Ct.  
Pleasant Hill, 94523  
[secretary@pacificmasters.org](mailto:secretary@pacificmasters.org)

#### Member-at-Large:

Bill Grohe  
189 Galewood Circle  
San Francisco, 94131  
[At-Large@pacificmasters.org](mailto:At-Large@pacificmasters.org)

#### Registrar and PMS Office

Nancy Ridout  
580 Sunset Parkway  
Novato, 94947  
(415) 892-0771  
[registrar@pacificmasters.org](mailto:registrar@pacificmasters.org)

#### Communications Co-Chairs:

Newsletter  
Joanne Berven  
4854 Andrea Ct.  
Livermore, 94550  
[newsletter@pacificmasters.org](mailto:newsletter@pacificmasters.org)

#### Webmaster

Michael Moore  
350 Wayland  
San Francisco, 94134  
[mwmoore@pacificmasters.org](mailto:mwmoore@pacificmasters.org)

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