

Chair Message



Michael Moore, Chair

Open Water

Summer is upon us which means the Open Water Season is in full season. There are many places to swim in open water in Northern California and Nevada, but when you swim in a Pacific Masters Open Water event you are swimming in safer environment than if you swam alone.

Pacific Masters Open Water season travels to many different aquatic venues including lakes, the ocean and the occasional river.

While most of the swimmers are swimming to compete, many swimmers are there just to enjoy the pleasure of swimming in beautiful conditions. For the competitors, we have the Open Water Points Competition. For those who just want to swim in a non-pool environment, the Pacific Masters open water swims are the place to enjoy swimming with friends and teammates

These events just do not happen, Glenda Carroll our Open Water chair works with the Meet Directors to be sure swimmers a great experience. In February, all the meet directors met in Walnut Creek to discuss how to put on a quality safe meet. They discuss what they did last year and how to improve it for the upcoming season.

In March, Pacific Masters and US Masters Swimming sponsored the Open Water Safety Conference that was held in Burlingame. Speakers and attendees came from all over the world to discuss what is involved in organizing a safer open water meet. Everyone recognizes that open water swimming is by its nature dangerous and is never as safe as pool swimming but the organizers do their best to mitigate those dangers.

For those who have not swum in an open water event, there is the Open Water 101 and 201 event. (Open Water 101 for beginners and Open Water 201 for experienced Open Water Swimmers). This will take

place at beautiful Lake Del Valle on Sunday 17th July. The instructors have experience in open water swimming and will teach you the ins and outs of Open Water Swimming. Included will be how open water is different from pool swimming, how to sight and get your bearing and what to do when a swimmer is "in your space."

For those who will be competing in the open water points competition, there has been a couple of changes. The first is that Q Sportswear has become a sponsor of the open water points competition. Every age group champion will get his or her choice of a Q Sportswear swimsuit. People will know that the wearer is the Pacific Masters Age group champion. Pacific thanks Q Swimwear and Roque Santos, market vice president of Q Swimwear, for sponsoring the championships.

The Open Water Points Championships are much different this year, as there are there are two swimsuit divisions. The category 1 swimsuit division has the same suits as the pool swimmers. The category 2 swimsuit includes tech suits, wet suits and non-category 1 suits. The list of the type of suits is on the Open Water Pacific web site (<http://www.openwaterpacific.org/>).

For the triathlete who like wetsuits and for those swimmers who get cold in the open water events so they sit them out, this is the chance to compete in the open water points competition.

Thanks to Glenda Carroll, the open water meet directors and the open water committee for the work that they put in so that Pacific has the best open water events in Masters Swimming.

-michael

OPEN WATER SWIMS

Redwood Coast Masters

Russian River

1- Mile Open Water Championship & 500 meter Swims

Saturday, July 16, 2011

Sanction OW-11-05a, OW-11-05b

Location: Healdsburg Veterans Memorial Beach, Healdsburg
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 ¾ a mile, and you will make a left turn into the parking area. There is a \$6 fee for day-use parking

Course: The course will be a 1-mile loop & 500 meter loop, starting and ending on a sandy beach.

Time: Check-in, packet pick-up and race day registration from 7:00 - 8:00 a.m. Registration for the 1 mile ends at 8:00 a.m. Race begins at 8:30 a.m. for the 1 Mile; 10:00 a.m. for the 500m. Registration for the 500m Will close at 9:30 a.m. No late starters.

Swim Procedure: There will be Four wave starts with the age group start 10 minutes after the third wave. All swimmers must wear the provided swim caps and chip timing tag. The color of the swim cap will designate wave number. There will be a 1 hour cut-off time for the 1 mile, and 30 minutes for the 500m. No individual escorts. Safety craft will patrol.

Entries: Online: go to www.lifeguardsforlife.org.

Mail: Indicate estimated 1-mile swim time or 500 meter time on entry. Send entry form and photocopy of 2011 USMS card and a check payable to Redwood Coast USLA to: Russian River Challenge PO Box 337, Healdsburg, CA 95448. For official entry form, visit www.lifeguardsforlife.org for printable entry forms, course maps, and driving directions.

Entry fees: Pre race day entries: \$35 entry fee for 1 swim and both for \$50. \$40 per swim race and both for \$60. Pre entry includes a free t-shirt. Entry fee is non-refundable and non-transferable.

Deadline: Entries must be postmarked by July 7, 2011.

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 will render the swimmer ineligible for awards.

Race Director: David Robinson (707) 565-2824

Email: rdwoodmasters@yahoo.com

Website: www.lifeguardsforlife.org (map to event location available and downloadable entry forms)

Pacific Master Swimming

OW 101, OW 201

Open Water Clinics for new and experienced OW swimmers

Sunday, July 17, 2011

Location: Lake Del Valle, 7000 Del Valle Road, Livermore

Time: Check-in 7:30 to 8:00 a.m.

Clinic: 8:00 a.m. - 11:00 a.m.

Limited to 50 swimmers in each clinic.

Expected water temperature: 68-74 degrees

Training includes:

OW101 - Dry land talk by Suzanne Heim Bowen First open water swimmer to be inducted into The International Masters Swimming Hall of Fame, 3x English Channel swimmer. In-water drills. Coping with panic, breathing, sighting, enter/exit water, swimming straight. Optional course swim (½ mile).

OW201 - Dry land talk by Lisa Hazen Stanford All American. Winner 60K (37-mile) Rosaria Marathon in Argentina. Placed third in the Lago Tapes 26K, Brazil six days later. In water drills: Pack swimming, drafting, passing, buoy turns. Course swim - ½ mile Wetsuits are welcome

Directions: Lake Del Valle, Livermore Del Valle Regional Park is located at 7000 Del Valle 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 (N. Livermore Ave. becomes S. Livermore Ave. in town). 1.5 miles outside town, turn right at Mines Road, go about 3.5 miles and continue straight on Del Valle Road (Mines Road turns left). The park entrance is about four miles ahead. After the entrance, go right and park near the lake.

Entry Forms: Available at www.openwaterpacific.org or register on active.com. Or use a consolidated entry card All entries must include, a photocopy of 2011 USMS Card. Check is payable to **Pacific Masters Swimming**. **Mail to:** Open Water Clinics, c/o Carroll, 21 Windsor Ave. San Rafael, CA 94901. Indicate estimated ½ mile swim time, number of completed OW swims. Must be able to swim one half mile in 30 minutes. Must be a member of USMS/PMS. One day USMS registration is available.

Entry fees: \$45 entry fee for entries postmarked by Saturday, July 8. \$55 for late entries. No registration on clinic day. Everyone must be pre-registered. Entry fee is non-refundable and non-transferable.

Clinic Director: Glenda Carroll (415)454-6327

Email: gcarroll@comcast.net

OPEN WATER SWIMS

Santa Cruz Masters and Santa Cruz Surf Life Saving Assn 38th Annual Roughwater 1- Mile Open Water Swim

Saturday, July 30, 2011

Sanction OW-11-08

Location: Lifeguard tower #1, Santa Cruz City main beach. Arrive early to secure parking. **Course:** One-mile course around the Santa Cruz Wharf. Expected water temperature: 60°.

Time: Check-in and race-day registration begins at 9:30 a.m. Race begins at 11 a.m.

Swim Procedure: Pre-race instructions at 10:45 a.m. Contestants will receive a siren start. Three wave start system will be used. Swimmers proceed clockwise around the pier. A one hour cut-off time will be enforced.

Entries: Pre-race entries are \$30 per person if postmarked by July 18. Late entries and race-day registrations are \$35.

Mail consolidated card or entry form, a copy of your 2011 USMS registration card, and a check payable to SCSLSA to: Santa Cruz Roughwater Swim, 323 Church St., Santa Cruz, CA 95060. or online at www.clubassistant.com.

Awards: All participants will receive a commemorative item. Medals three deep in each age division.

Information: Lifeguard Headquarters 831-420-6015

Santa Cruz Masters Aquatics Cruz Cruise 2 Mile Open Water Swim

Sunday, July 31st, 2011

Sanction # OW -11-08

Directions to swim: Follow signs to the Santa Cruz Municipal Wharf. The start/finish line will be on the Main Beach directly to the left of the Wharf entrance (near Ideal Fish's deck).

Course description: Swimmers will start in one wave, entering the water on the left side of the wharf (as you face the ocean). They will swim to the first turn buoy directly off the end of the wharf, and turn right to swim towards shore on the opposite side of the wharf until they reach the second turn buoy (adjacent to the wharf lifeguard headquarters). Turning left, for a leg parallel to shore, they will swim until they reach the third turn buoy. Swimmers will then turn left again, and head directly back to the original first buoy at the end of the wharf. One final left turn here will have them returning on their final leg parallel to the left side of the wharf, finishing on the beach at the original start/finish line.

Anticipated water temp: 57 to 61 degrees F

Other special course conditions: Swimmers, as always, will be cautioned to take care entering and leaving the surf line, as the footing may be uneven, rocky, and subject to unpredictable wave action.

Registration and Check-in: 7 a.m. to 8 a.m. Race will start at 8:30 a.m. Entry fees are \$30.00 per person, and is non-refundable. Late (after July 26th), and race day entries will be \$35.00.

Entries: Mail PMS consolidated entry form, a copy of your 2011 USMS registration card, and a check payable to: Cruz Masters. Send to: Scott Patterson at 108 Anthony St., Santa Cruz, CA 95060 or: Paul Wrangell at 120 Dufour St., Santa Cruz, CA 95060

Awards: Ribbons will be awarded to the top three finishers in each age group and gender division.

Contact: For Race information contact Scott Patterson (831) 706-7950 scott_patterson@comcast.net or Paul Wrangell (831) 429-1217 pwrangel@pacbell.net

Sierra Nevada Masters 31st Annual Donner Open Water Swim

Saturday August 6, 2011

Sanction #0W-11-09

Location: Donner Lake, Truckee, CA. Located 35 miles west of Reno, NV and 100 miles east of Sacramento, CA via Interstate 80. The start is at the east end of the lake by Donner Memorial State Park; the finish is at West End Beach.

Parking: This is a point-to-point swim with parking available at a designated parking area at the start and at the finish area. At the start of the race you may park at the Donner Museum Parking lot for a fee or on the south side of Donner Pass Road. There is absolutely no parking on the north side of Donner Pass Road. At the finish you may park at the West End Beach parking lot. A shuttle will operate between these areas from 6:30 am till noon. There is a spectator fee at the West End Beach. Animals are not allowed on the beach.

Course: Straight, point to point, 2.7 miles. Expected water temperature 65-68 degrees. Altitude is 5933 ft.

Time: Check-in and race day registration 6:30-8:00 a.m. Race begins at 8:30 a.m.

Swim Procedures: Pre-race instructions at 8:15a.m. followed by a beach start. A 2-hour 30-minute race time limit will be strictly enforced. If you fail to finish the race prior to the time limit you will be considered a disqualified non-finisher and will be removed from the water. Non-motorized individual escorts are encouraged, but not required. Life jackets and "man in water" flags are required on all craft.

Entries: This event is open to 350 swimmers. We expect this event to sell out. \$40 per person, if you pre-register for the event. \$75 per person, for registration on race day. Entry fee is non-refundable. Registration opens June 1st. Registration for this event will be at www.active.com, no mail in entries will be accepted. Registration closes Sunday, July 31st. You must bring your 2011 USMS card or a copy of your card so your membership can be verified on race day. In the event that the Donner Lake Open Water Swim sells out registration may close early and/or there will be no race day registration.

Awards: Special Awards to the top 18+ and top 40+ male and female finishers. Awards to the top three finishers in each age division. Participants in wet suits are ineligible for awards. Post-race refreshments and lunch will be provided for all swimmers. A limited number of lunches will be for sale on race day.

T-shirts: Shirts and sweatshirts may be preordered with registration prior to July 20th and a limited number will be available for purchase on race day.

Race Director: Laura Hanson, laurahanson888@hotmail.com, (775) 843-1477.

POOL MEETS

Davis Aquatic Masters 2011 End-of-Summer Splash LCM

Sanction # 38-11-13

Date: Saturday, August 13, 2011

Facility: Schaal Aquatic Center, UC Davis 8 lane 50M outdoor pool. There are five 25 yard warm-up / warm-down lanes available throughout the meet. Electronic timing will be used.
Directions: From Almost anywhere: Travel on Interstate 80 until reaching the turnoff near the UC Davis campus for Highway 113 (toward Woodland). Exit at Hutchison Blvd. and stay right. Lot 56 is accessible by turning right (it's the first right turn) at Health Sciences Drive and going straight.

From the north: Get on Highway 113 south and exit at Hutchison Blvd. and turn left. Lot 56 is accessible by turning right (it's the first right turn) at Health Sciences Drive and going straight.

Parking: Free parking available in lot 56, which is adjacent to the pool (and adjacent to the football stadium.)

Warm-up: 8:00 a.m. to 8:45 a.m. Meet will start at 9:00 a.m.

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

Entries Entries are limited to a maximum of 5 individual events, excluding relays. Individual event entries can be via on line; surface mail; or deck enter the day of the meet. Relays are deck entry only and must be on official yellow relay entry cards.

To enter on line: Enter this meet online by going to: https://www.clubassistant.com/club/meet_information.cfm?c=1741&smid=3151. Online entries accepted until 11:59 pm August 11, 2011.

To enter via surface mail: Mailed entries must be on a completely filled out consolidated entry form and accompanied by a copy of the swimmer's 2011 USMS registration card. Failure to provide a copy of the USMS card will result in a \$3 look-up fee per PacMaster rules. Entry must be postmarked by Wed. Aug 4, 2011. **Make checks payable** and mail to: Davis Aquatic Masters, P.O. Box 921, Davis CA 95617

To Deck Enter: All deck entries must be completed no later than 45 minutes prior to the start of the entered event. Swimmers who deck enter the first event must do so by 8:15 a.m.

Fees: On line Entry Event Fee: \$6.25 Surcharge plus \$4.20 per event. The cost of the on line meet entry system is \$1.00 per swimmer plus 5% of the events fee, which is included in the above fees. Mailed Entry Event Fee: \$6.00 Surcharge plus \$5 per event. **Deck/Late Entry:** \$8.00 surcharge plus \$5 per event. **Relays:** \$4.00 per event, deck entry only

Meet Referee: Ted Curley

Meet Directors: Dave Woodruff: DLWoodruff@UCDavis.edu; Stuart Kahn: KahnSwim@GMail.com

Information: DLWoodruff@UCDavis.edu; (530)752-0515

Events: (deck seeded slow to fast):

Odd = Women Even = Men

1 - 2	400 M	free			
3 -	200 M	mixed free relay			
5 - 6	50 M	fly			
7 - 8	50 M	free			
9 - 10	100 M	breast	19 - 20	100 M	back
11 - 12	50 M	back	21 - 22	100 M	free
13 - 14	100 M	fly	23 - 24	200 M	IM
15 - 16	200 M	medley relay			
17 - 18	50 M	breast			

Modesto Area Aquatic Club 5th Annual MAAC Summer SCM

Saturday, August 20, 2011

Sanction 38-11-14

Directions: <http://www.mapquest.com>

Facilities: Dave Ashleigh Aquatics Center, (Tully & Coldwell) Modesto, CA. 6 lane all deep 25 meters with touch pads. 2 additional lanes will be available for warm up and cool down.

Parking: Free parking along Coldwell Avenue, and in the parking lots adjacent to Coldwell Avenue and Tully Road
Warm Ups and Meet Start Time: Warm-up begins at 8:00 a.m. and the meet will begin promptly at 9:00 a.m.

Check-In: Swimmers in events #1 - #6 must check in before 8:30 am and event #26 by 10 am. All others must check in at least 30 minutes before the estimated start time of their event.

Entries This will be a cardless meet. Swimmers may swim up to 5 individual events. 400m Freestyle will be mixed (slowest to fastest). Ribbons will be awarded. The field will be limited to 120 swimmers, so pre-entry is strongly encouraged.

Entry Fees: Online entries: \$22.50 per swimmer (you may enter up to 5 individual events). Enter at <https://www.clubassistant.com/meets.cfm> by midnight Wednesday, August 17. Online entry requires payment by credit card using our secure site. Please note that the online processing fee of \$1.50 plus 5% is included in these fees. Your credit card will be charged by "ClubAssistant.com Event Billing" for this meet. **Mailed entries:** \$25 per swimmer (you may enter up to 5 individual events). You must use the consolidated entry form from Pacific Masters Swimming. **Entries must be postmarked** by Wednesday, August 10 or received by Friday, August 12. Mail entry and check payable to MAAC (NO REFUNDS) with a copy of your 2011 USMS registration card attached to: MAAC Attn: Tom Kara P.O. Box 4765 Modesto, CA 95352-4765

Deck entries: \$30 per swimmer, as space allows. Check www.maacswim.org the day before the meet for the number of deck entries available. You must bring a copy of your 2011 USMS registration card. All deck entries must be completed by 8:30 a.m. Relays are deck entered at \$5 per relay.

Meet Director: Tom Kara coachtom@maacswim.org

Starter: Robin Cadmus

Head Referee: Cal Cadmus

For More Information on the meet or local accommodations, please visit our website at www.maacswim.org

Schedule of Events (Odd = Women, Even = Men)

1-2	100m	IM
3-4	50m	Freestyle
5-6	100m	Butterfly
7-8	50m	Backstroke
9-10	100m	Breaststroke
11-12	200m	Freestyle
13-14	200m	Free Relay
15-16	50m	Butterfly
17-18	200m	IM
19-20	100m	Backstroke
21-22	50 m	Breaststroke
23-24	100m	Freestyle
25	200m	Mixed Medley Relay
26	400m	Freestyle (Mixed)

OPEN WATER SWIMS

Truckee Tahoe Swim Team Hot August Chill Donner Lake ½ mi., 1 mile & 500 yd

Sunday August 21, 2011

Sanction: OW-11-10a, OW-11-10b, OW-11-10c

Location: West End Beach, Donner Lake, Truckee, CA.

Directions: From I-80, Donner Lake exit. Down to Donner Pass Road, turn right. Turn left on South Shore Drive. West End Beach on left. Special Events entrance. Parking limited. Car Pooling encouraged. **Course:** ½, 1 mile, & fun 500 yard (no PMS OW points for 500 yard). Start & chute finish on sandy beach. Expected water temperature 60-70 degrees. Elevation: appx. 6000'. **Participants Should Be Adequately Trained For High Altitude, Cool Water.**

Registration: Active.com

Pre-registered Swim Check-In: Opens at 7:30 a.m.; Closes @ 8:30 for ½ mile; Closes @ 9:30 a.m. for 1 mile and 500 yard. Same day registration for All events Closes @ 8:30 a.m. No late check-in.

Swim Divisions / Swim Procedures: ½ mile Start: 9:00. Cut off 30 min; 1 mile Start: 10:00. Cut off 1 hr. 500 yard (no OW points) Start: 11:30. Cut Off 20 minutes.

Mandatory Pre-registration safety briefing immediately prior to start times.

Wave Starts for Master's & USA swimmers TBD. Color of the swim cap will designate race. No individual escorts.

Awards/Ceremony: Medals for top 3 (male/female) by age group in each event awarded by awards table. "Super Chill" Trophies (for those who participate in all three events); "Extreme Chill" Trophies and Prizes (top male/female; USA/Master's for lowest combined times in all three races), awarded in ceremony with Debbie Meyer (3x Olympic gold medalist); Master of Award Ceremonies.

Fees: Swim, Hospitality, Park Entrance, & Entertainment:

One event: ½, 1 mile, or 500 yard: \$40. Each Add'l event: \$12/each.

BBQ: Pre-order online \$6; Event Day \$10. Non-swimmers: Park Entrance \$3 (pre-order BBQ available on-line).

Late/Same Day Registration (after 8/14/11): Add'l \$12/ event; BBQ increases to \$10. Hospitality Pre-Race. Wild Thyme BBQ Catering. Pre & post swim Musical Entertainment.

Online Registration through Active.Com. Bring copy of Pacific Masters or US Master's Swimming Membership Card to verify membership on event day; \$3 Look up fee will be charged if membership card is not presented.

Mail in Entries: Checks payable to TTST. Send entries & 2011 USA Swimming or USMS card to: TTST Hot August Chill, P.O. Box 9122, Truckee, CA 96162. If race cancels, refunds will be less \$5 processing. No other refunds.

T-Shirts/Sweatshirts: Pre-order available at Active.com. Ltd. Number/sizes available on race day. NOT included in entry fee.

Contact: Race Director: Lydia Percin: 530-448-6244 or Percin@ltol.com; Reference: "HAC" to avoid SPAM. www.hotaugustchill.com.

Pre-register Deadline: August 14, 2011.

Redding Swim Team Whiskeytown Lake Open Water Swim

Sunday, September 11, 2011

Sanction: OW-11-11a, OW-11-11b

Directions to Swim: All swims start at Brandy Creek Beach. Take central Redding / 299W / Eureka exit. Follow Hwy 299 west toward Eureka and just as you reach Whiskeytown Lake, turn left at the Tourist Information Center. Cross over the dam and continue until you reach Brandy Creek Beach. Please note the National Park Service charges a \$5.00 parking fee. Parking passes may be purchased at the Visitors Center or from a vending machine near the parking lot.

Course Description: 2 mile course is 6-turn course out of a cove and around two islands; 1 mile course is 5-turn course inside island; 500 yard course is triangle inside cove

Anticipated Water temp: 65-70 degrees

Special Course Conditions: Water grass in cove shallows

Registration & Check-in: Opens 8:00 a.m. race day. All swimmers must check in 45 minutes before the start of their event. Race day registration is available *w/copy of USMS Swimming card*.

Race Start Times: 500 yd (USA) ages 8-10: 10:00 a.m. 1 Mile Masters: 10:30 a.m.; 1 Mile (USA) ages 11-18: 10:45 a.m.; 2 Mile (USA) ages 13-18: 11:15 a.m.; 2 Mile: 11:30 a.m.

Entries: 500 yd \$17.00, 1 mile \$25.00, 2 mile \$25.00, both 1 & 2 mile \$35.00, all postmarked by 9/01/11. Late or race day entries add \$10.00. Payable to: Redding Swim Team. Send Entries to: Redding Swim Team C/O Kevin Lennon, 11599 Fox Estates Ct., Redding, CA 96003

Awards: Special awards will be given to male and female overall winners in each of the 4 distance events. Whiskeytown Mugs will also be given for the top three male and female finishers in each of the age groups for Masters, and the 11-18 age groups. Awards will also be given for the top three male and female finishers in the 500 yd swim.

Contact for information: Redding Swim Team: (530) 246-2666 or reddingswimteam@yahoo.com

Race announcement and entry form to be posted on reddingswimteam.com website.

12th Annual RCP Tiburon Mile Open Water Swim

Sunday, September 18, 2011

Location: San Francisco Bay - Ayala Cove on Angel Island to the shores of Tiburon, CA.

Directions: From Hwy 101 in Marin County, take Tiburon Blvd exit and proceed to downtown Tiburon and beach front. Limited street and lot parking - recommend parking at lot at Blackie's Pasture on Tiburon Blvd (about 2 miles from Hwy 101) and carpooling to downtown

Course: Athletes swim one nautical mile from San Francisco Bay's Angel Island crossing Raccoon Straights to the shores of Downtown Tiburon.

Registration: *Online:* go to www.rcptiburonmile.com or www.active.com. to register or download an application form to mail in. Closing date is September 14, 2011.

Time: Check-in, packet pick-up and race day registration from 6:30 a.m. - 8:00 a.m. Swimmers board ferries at 8:30 a.m. and race begins at 9 a.m. from Angel Island Beach.

Swim Procedure: Elite swimmers in first wave, followed by non-wetsuit and wetsuit swimmers. Safety craft will patrol. A cutoff time of 55 minutes for the entire swim will be strictly enforced.

Entry Fees & Deadlines: All fees are non-refundable! Even if the event were to be cancelled. \$129.00 Entry Fee - if post-marked by 9/1/11.

Entry Fees Include A Mandatory State Park Access Fee.

Awards: Awards to be presented to the 1st place Elite male and female finishers and to 1st place in each age division and wetsuit division

Contact Information: Race Hotline (415) 721-9990.

email: rcptiburonmile@placak.com

Website: www.rcptiburonmile.com (map to event location available and downloadable entry forms)

COMPETITION ENTRY INSTRUCTIONS

Pacific Masters Swimming Competitions

HOW TO ENTER

Please read the following instructions before entering USMS/PacMasters sanctioned events. For further information on specific upcoming competitions, see elsewhere in this newsletter. Current USMS and PacMasters 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 PacMasters pink (for women) and blue (for men) cards. At all meets, including cardless, relays must be entered on official yellow PacMasters relay entry cards.

Entry cards and PacMasters registration forms are available through Nancy Ridout, PacMasters 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"/>		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.	
		F <input type="checkbox"/>			
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	

Rev 9/02

PACIFIC MASTERS SUPPLIES AND SERVICES

VIDEO LIBRARY

How to Borrow DVD's:

No charge to clubs. Charge to PacMasters 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 PacMasters office. If late, damaged or lost, clubs must pay full replacement cost and individuals must forfeit deposit checks. Temporary suspension of PacMasters membership for bounced checks or late replacement payments. Please tell PacMasters office about suggestions for new tapes.

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

PRICE LIST

USMS Membership Forms free online at www.pacificmasters.org	
Membership Card Replacement	2.00
USMS Rule Book	8.00
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, 580 Sunset parkway, Novato, Ca 94947; 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		Total	\$55
City/ ZIP			
USMS/PacMasters #	Phone ()		

2011 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

2011 MEET SCHEDULE

Fri-Sun	7/8-10/11	CRUZ	PacMasters Long Course Championships
Sat	7/16/11	RCM	Russian River 1mi OW Championship
Sun	7/17/11	PacM	Open Water 101/201
Sat	7/23/11	TOC	32st Annual Trans Tahoe Relays
Sat	7/30/11	CRUZ	38th Annual Roughwater Swim
Sun	7/31/11	CRUZ	Cruz Cruise 2-Mile OW
Sat	8/6/11	SNM	Donner Lake OW
Wed-Sat	8/3-6/11	Auburn, AL	USMS LC Championships
Sat	8/13/11	DAM	Long Course Meet
Sat	8/20/11	MAAC	5th Annual Summer SCM Meet
Sun	8/21/11	TTST	Hot August Chill (3 swims)
Sun	9/11/11	RAD	Whiskeytown Lake OW
Wed-Sun	9/14-18/11	USAS	USMS Convention, Jacksonville, FL
Sun	9/18/11	RCP**	The Tiburon Mile OW
Sat	9/24/11	SMST	Sierra Marlins Cold Water Classic OW
Sun	9/25/11	MVM	8th Annual Alan Liu Memorial SCM
Sun	9/25/11	RPM	Keller Cove, Pt. Richmond, SF Bay, 1/2 mi, 1 mi, 2 mi OW
Sat	10/2/11	SAC	39th Annual SCM Pentathlon
Fri-Sun	10/14-16/11	WCM	PacMasters Short Course Meters Championship
November,	2011	DAM	Brute Squad Postal Meet
Sat	12/3/11	SNM	Reno "Winners" Meet

* recognized

** non-sanctioned

*** tentative

Visit our website
www.pacificmasters.org

Follow us on
Twitter and Facebook

Deadline for pool and open water
swim information for the
May-June Newsletter is

July 6, 2011

poolmeets@pacificmasters.org
openwater@pacificmasters.org

The proposed meeting schedule for 2011
July 20, Aug. 17(cc), Sept. 7, Oct. 19(cc), Nov. 16 (annual meeting and Holiday Potluck),
no meeting in December
(cc) meetings will be via conference call

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 in the community center room unless otherwise specified.
Walnut Creek, CA.

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

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The Pacific Masters Swimming
Newsletter is published six times
a year as an insert in the bimonthly
USMS SWIMMER Magazine, for
swimmers registered with Pacific
Masters Swimming.
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