

RENEW NOW FOR 2013

We hope you've enjoyed and taken advantage of the benefits of Pacific Masters and USMS in 2012. You can cross one thing off your "to do" list by renewing your membership now - as early as November 1st! You'll be all set for keeping fit, being with your swimming friends, and eligible for all of our 2013 sanctioned events. 2012 set a milestone in Pacific Masters membership - over 11,000 registered Pac Masters swimmers! We owe this to our great coaches, active clubs that respond to the needs of their swimmers, and to each of our members for sharing their enthusiasm for our program. Thank you!

Renewing

You have two options -by credit card or by paper form and check. You have been emailed a personalized link that will take you directly to your online membership record. Just check the information to be sure it is accurate and up to date and pay the fee by Visa or MasterCard. It's quick and easy and you can print out a card as soon as you finish. A card will also be mailed to every Pacific Masters member. If yours doesn't arrive within a week, please contact the Pacific Masters Office. If your email address has changed and you don't receive the online link, go to www.clubassistant.com and follow the instructions for

renewing. Click on the Services tab, then USMS Information, then Register. Most clubs also have a link to online registration on their web sites.

Your second option is to complete the form in this newsletter and mail it in with a check for the fee. As above, if you don't receive a card in the mail within a week, please contact the Pacific Masters Office.

The fee for 2013 is \$48. USMS is in the 4th year of a five-year annual \$2 increase; Pacific Masters has not increased its \$15 portion of the fee.

Your club must have renewed its club membership for 2013 before its swimmers can renew as a member of it. If you don't see your club in the pull-down box or you don't receive a card within a week after you register, it may be because your club hasn't renewed. If you use the online option, and you don't see your club in the pull-down list and you continue, you'll be registered as Unattached and have to transfer to your club later. You can terminate the registration process and find out why your club is not listed. If you're registering with a paper form, your application will be held until your club has renewed.

Bonus! Any swimmers registering or renewing by December 31st

RENEW Continued on next page

United States Masters Swimming, Inc. Pacific Masters Swimming, Inc. 2013 Membership Application <input type="checkbox"/> Renewal 2012 number if known: <input type="checkbox"/> New Registration YOU MUST PAY TOTAL FEE OF \$48 Fee includes: USMS = \$33, PMS = \$15 END OF YEAR Reduced Fee If registering 9/1/-10/31 for 2013 \$38 2013 Memberships accepted after 11/1/12 valid 11/1/12-12/31/13 Make check payable to Pacific Masters Swimming Mail to: Nancy Ridout 580 Sunset Parkway Novato, CA 94947 (415) 892-0771 registrar@pacificmasters.org Registration Expires 12/31/13	PLEASE PRINT CLEARLY. Your name on this form and on meet entry forms must be identical.			
	Last Name		First Name	
Mailing Address			Circle Hme/Wrk/Cell Phone No. ()	
City	State	Zip	Circle Hme/Wrk/Cell Phone No. ()	
Date of Birth Month Day Year 19	Age	Sex	e-mail address	
CLUB (Indicate Club affiliation or Unattached)			Today's Date Month _____ Day _____ Year 20____	
"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."				
Signature _____			<input type="checkbox"/> I am a Masters Coach <input type="checkbox"/> I am a Certified Official	
I wish to contribute to the following foundations <i>and have added the additional amount to my 2013 registration fees.</i> <input type="checkbox"/> \$1 or () Pacific Masters Swimming. <input type="checkbox"/> \$1 or () US Masters Swimming Saves Lives Foundation. <input type="checkbox"/> \$1 or () International Swimming Hall of Fame.				
revised 10/10/12				

RENEW Continued from previous page

can send a self-addressed stamped envelope (one 1st class stamp) to the Pacific Masters Office and receive a free logoed bag tag for your swim bag or suitcase into which your new card will fit nicely. (580 Sunset Parkway, Novato, CA, 94947)

Changing Clubs

Each year a swimmer has a clean slate and can indicate the same or a different club at the initial registration for that year. It is not considered a transfer. Many swimmers have experienced problems when trying to renew online with a new club affiliation. To join a club different from that of 2012, look for the red text "click here to change clubs" at the beginning of the online process. If you miss it and are unable to change your club, notify the Pacific Masters Registrar right away so that it can be changed without involving a transfer.

Transferring Clubs

USMS requires a paper trail of transfers. If you decide during the year to transfer your club affiliation, you must fill out a Transfer of Club Affiliation Form. It can be found on the Pacific Masters web site www.pacificmasters.org or you can request one from Nancy Ridout at Registrar@pacificmasters.org. Note that you cannot have represented a club in competition for 60 days before your transfer. You must enter any competitions as Unattached during this 60-day period. It is up to you whether or not to officially transfer to an Unattached status. It makes it a clean process but it is not required. Beginning in 2013, Pacific Masters will pay the US Masters transfer fee and you will not be charged a transfer fee.

Moving? Contact Changes?

You can change your contact information yourself online at www.clubassistant.com. It's the best way to be sure it gets changed and is accurate.

Pacific Masters Swimming values your membership and participation in our program. We have 125 clubs with coaches eager to help you improve your swimming skills and fitness level. We offer a wide range of competitive pool, open water, postal events, clinics, and other educational opportunities. We have a new identity, an award winning newsletter and web site, a weekly e-blast to keep you all informed, and are planning a revamping of the Pac Masters web site. We also have an office that is ready to help you solve a problem, find a team, start a new club, or point you in the right direction. We're always interested in your suggestions and concerns. Don't hesitate to contact us at Registrar@pacificmasters.org (preferred) or 415-892-0771.

Chair's Message



Another milestone! On October 1, Pacific Masters registered its 11,000th member for 2012. This is the first time Pacific Masters has registered over 11,000 members during a year as the organization continues to be the largest local committee within USMS; twice as large as the next largest local organization. While reaching this milestone is a nice achievement, what is really important is Pacific's role in supporting quality programs and events. From Ray and Zada Taft with the San Mateo Master Marlins in the early years to Kerry O'Brien's years of service to the recent emergence of Stu Kahn and Cokie Lepinski, Pacific Masters has been blessed with many outstanding coaches who have developed quality adult fitness and competitive programs. Also important are the volunteers whose roles have spanned picking up kick boards after practice to organizing international competitions with thousands of participants. However, the most important contributor to our growth and our greatest source of pride is everyone who has taken the time to welcome a new swimmer to his/her lane and offered words of encouragement as the newcomer finished his/her first set in practice.

USMS Convention. Several hundred USMS members representing local organizations from across the country gathered in Greensboro, NC this past September for the USMS annual convention. There were no monumental decisions to be considered this year rather the focus was making incremental improvements and maintaining the fiscal and organizational health of USMS. United by their passion for Masters swimming, many convention delegates traveled great distances and gave up vacation time to attend the event. The stars of the convention aren't the fastest or most accomplished athletes but rather the volunteers who have contributed the most to the success of Masters Swimming.

Swim Meet Etiquette. A very successful long course championship meet was hosted by San Mateo Masters in August. On two of the days the meet lasted well into the evening making for a very long day for the officials and other volunteers. While long meets are a direct result of high participation, it can be annoying when an event's duration is unnecessarily lengthened due to poor etiquette by some of the competitors. Here are some tips:

Show up on time. Read the meet sheet and understand what time you need to be at the pool if check in is required. Don't cut it close and don't blame the referee if you missed your event.

Understand start procedures. Many Masters swimmers don't seem to know the start procedure. Three or more short whistles means get behind the blocks. The long whistle signals it time to climb up on the blocks. "Take your mark" means get in your starting position. The electronic beep signals the start of the race. This protocol allows the officials to insure a safe and fair start.

Enter honest times. Events are usually seeded by time with the goal of putting swimmers of relatively equal speed in the same heat. When someone enters distance events with times dramatically slower than they are capable of achieving the result can be separating the slowest swimmers into several heats and a significant delay in the meet. Just because you have never swum an event in competition doesn't mean you should enter a time slower than what you would do in practice.

Respect Championship Meets. USMS encourages participation no matter your ability. However, if you want to challenge yourself with a distance event and you don't care about your speed, the hour swim or an open water event is probably appropriate venue than a championship meet with hundreds of entrants.

Just keep swimming,
Peter

Davis Aquatic Masters 4th Annual DAM Brute Squad Postal Swim

Sanction # 38-12-18

Event: The Brute Squad events - 200 yd Butterfly, 400 yd IM and 1650 yd Free.

Rules:

1. All 3 events must be swum in this specific order; 200 yd Fly, 400 yd IM, 1650 yd Free
2. The recorded time begins at the start of the 200 yd Fly and ends at the finish of the 1650 yd Free. Resting time between swims is included in the cumulative time.
3. Swimmers may rest between events as long as desired, provided Rule 2 is followed.
4. Results and awards are based on cumulative times.

Date: As per rules, the Brute Squad must be swum between Nov 1 and Nov 30, 2012. All individual entries must be submitted by Mon, Dec. 10, 2012 and all relay entries must be submitted between Dec 11 and 17, 2012.

Location: You may swim the Brute Squad in any 25-yard length pool.

Eligibility: This is a PacMasters-sanctioned event and all participants must be registered for 2012 or 2013 with USMS (or the equivalent organization for non- U.S. swimmers). Your USMS membership will be verified during online event entry. For those entering by mail, a copy of your current 2012 or 2013 registration card must accompany your entry.

Individual Events: Men and women compete separately in age groups of five-year increments: 18-24, 25- 29, 30-34,...100+. The swimmer's age on the day he or she actually completes his or her Brute Squad events will determine his or her age group.

Relay Events: Relay events will be contested in 3 categories: 3 men, 3 women, or 2 mixed (2 men + 1 woman -or - 2 women + 1 man). Each relay member **MUST** also enter the individual event and be registered with the same USMS club.

Unattached swimmers are not permitted on relays. The youngest relay member's age shall determine the relay's age group. Age groups are 18+, 25+, 35+, ... 95+.

Fees: \$10.00 for each individual entry and \$15.00 for each relay entry. Sign up online at the following link, paying with a credit card to "ClubAssistant.com Events". https://www.clubassistant.com/club/meet_information.cfm?c=1741&smid=4141

or submit entry by mail paying by check or money order to Davis Aquatic Masters. Fees are nonrefundable.

Awards: The top 5 finishers in each age group in the individual event and the top 3 relay teams in relay events will receive DAM Brute Squad Postal Swim Awards.

MEMO

Marcia's Enthusiastic Masters of Oakland

400 Kick for Time

A USMS Postal Event

December 1-31, 2012

USMS Sanction 38-12-19

Why the 400 Kick for Time? It's a repeating set we do at MEMO, and we wanted the world to have just as much fun. Kicking is an important component of fast swimming, and really, does anyone kick enough?

Rules

1. Must use a kickboard
2. No "stroking" into wall
3. No flip turns
4. You may do the 400 Kick for Time in any 25 yard length pool
5. Must be completed between December 1-31, 2012
6. Must be postmarked by January 10, 2013 and received by January 17, 2013
7. Swimmers who change age groups during the event may enter and pay twice, but must kick the event twice, once in each age group.
8. One watch per swimmer
9. Short Course Yards times only
10. No fins

Awards: Unique 400 Kick Awards for the first three finishers in each age group, men and women

Entry Forms: Entry forms are available at

<http://www.pacificmasters.org/comp/schd.html>

Questions: Contact Marcia Benjamin

swimmingismylife.marcia@gmail.com

Rules: The 2012 USMS Rules govern these events. Complete timing rules are available at Club Assistant. One person may serve as a counter for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

Entry Forms and **SPLIT SHEETS:** Enter online on Club Assistant or by paper/Mailed entry. For recording your splits, use the official split sheet at www.damfast.org

Submit Entries By Mail To: 2012 Brute Squad Postal Swim, c/o Davis Aquatic Masters, PO Box 921 Davis, CA 95617

T-shirts: Spectacular long-sleeved T-shirts are available for you to order. Cost: \$25.00

Results: Preliminary results will be posted on the DAM and PacMasters websites at www.damfast.org and www.pacificmasters.org by December 20, 2012, for two weeks.

Questions: Contact Karen Charney at karencharney@earthlink.net

Complete event information can be found at
http://www.pacificmasters.org/comp/pool_meetsheet/12dambspostal.pdf

Sierra Nevada Masters

19th Annual Reno "Winners" Meet

Saturday, December 1, 2012

Sanction # 38-12-20

Location: Northwest Pool in Reno, Nevada. Eight-lane, 25 yd. Indoor, heated pool. Two lanes will be used for continuous warm-up/down during the meet, with 5 or 6 lanes for competition, depending on the number of entrants per event. Seating is limited so bring your own chairs and a small snack bar will be available during the meet.

Directions: Coming into Reno from the east or west on I-80 exit on West McCarran Blvd. Go north about two miles to the intersection of Kings Row. Turn right onto Kings Row and then right again on Apollo Way. The pool will be on your left.

Rules: 2012 USMS and PacMasters rules govern this meet. Swimmers are limited to 5 individual events. 2012 or 2013 USMS registration is required and a photocopy of such must accompany the entry form. For USMS registration contact Nancy Ridout, PacMasters Registrar, at (415) 892-0771.

Check-in: 11: 00 a.m. Warmup And 12:00 p.m. Start

This meet will be deck seeded, slow to fast. Swimmers in Events 1-13 must check-in by 11:30 a.m. Check-in for the remaining events is 12:30 p.m.

Entries: Send your entries on a PacMasters Consolidated Entry Form and a photocopy of your USMS card. Entry fee is \$3.00 per swimmer (pool use fee) and \$2.00 per individual event. No fees for relays. entries must be postmarked by Wednesday, November 21, 2012. Consolidated entry forms must be filled out completely, including age as of December 1, 2012. There will be no refunds.

Late entries: Fees for entries postmarked after 11/21/12 or any deck entries will be \$3.00 per swimmer and \$3.00 per individual event. **Deck entries will not be accepted after 11:30 a.m. on meet day.**

Make checks payable to: Sierra Nevada Masters and mail to: Gwen Shonkwiler, 3035 Comstock Drive, Reno, NV 89512

Age Groups: Individual: 18-24, 25-29, 30-34...Relays: 18+, 25+, 35+...100+

Awards: Ribbons 1st-3rd in each age group for individual events. No awards for relays.

No Smoking: Smoking is prohibited on the pool deck, in the locker rooms or in any area used by the swimmers during the meet and warm-up periods in connection with the meet.

Meet Director: Steve Lintz (775) 334-2262 (D) 849-2179 (E)

Referee: Rick Kaufmann

Order Of Events: Please note that this meet usually attracts fewer than 100 swimmers and entering back-to-back events is not advised.

W - M

1 - 2	200 Yd	Free
3 - 4	100 Yd	Back
5 - 6	50 Yd	Fly
7 - 8	100 Yd	Free
9 - 10	50 Yd	Breast
11 - 12	200 Yd	Individual Medley
13	200 Yd	Mixed Free Relay
15 - 16	50 Yd	Back
17 - 18	100 Yd	Fly
19 - 20	50 Yd	Free
21 - 22	100 Yd	Breast
23 - 24	100 Yd	Individual Medley
25	200 Yd	Mixed Medley Relay
27 - 28	500 Yd	Free



Short Course Meters Championships at Walnut Creek

Deadline for pool and open water swim information for the **NEXT** Newsletter is **December 1, 2012**

poolmeets@pacificmasters.org
openwater@pacificmasters.org

Santa Rosa Masters

SCY Flower Power Meet

Saturday, January 12th, 2013

Sanction # Pending

Location: Quinn Aquatic Complex, 1501 Mendocino Ave., San Rosa, CA.

Directions: From Highway 101, Exit at College Avenue turnoff. Proceed east-bound on College Avenue to Mendocino Avenue. Turn LEFT onto Mendocino Avenue, at intersection of Pacific Avenue and Bear Cub Way, turn LEFT onto Bear Cub Way, Quinn Aquatic Complex is located on the west side of Bailey Field Football Stadium

From the east, Travel west on Highway 12. Highway 12 becomes 4th Street as you enter Santa Rosa. Turn RIGHT onto College Avenue, turn RIGHT onto Mendocino Avenue, at intersection of Pacific Avenue and Bear Cub Way, turn LEFT onto Bear Cub Way, Quinn Aquatic Complex is located on the west side of Bailey Field Football Stadium

Parking: \$4.00 Parking Fee

Facility: The competition will be held in a 25 yard – 8-lane indoor pool. Warm/up – warm/down will be available in a 25 yard – 6-lane outdoor pool available throughout the meet. Electronic timing system will be used.

Time: Warm-up from 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 two events must be checked in by 8:30 a.m. Swimmers who deck enter the first two events must do so by 8:15 a.m. Swimmers in later events must check in at least thirty minutes before the estimated start of the event.

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

To enter on line: Enter at https://www.clubassistant.com/club/meet_information.cfm?c=1191&smid=4216 to receive immediate confirmation of entry via email. Bring the billing information email to the meet as proof of entry. Your credit card will be charged by "ClubAssistant.com Events". Online entries close at 11:59 p.m. on Thursday, January 10, 2013.

To enter via surface mail: Send to Flower Power Meet, 65 Montgomery Drive, Santa Rosa, CA, 95405. Cost: \$6 per swimmer and \$5 per event. Make checks payable to Santa Rosa Masters and include a copy of your 2013 USMS Card and a consolidated entry form. Entries must be postmarked by January 4, 2013.

To deck enter: All deck entries must be completed no later than 45 minutes prior to the start of the entered event. Swimmers who deck enter the first two events must do so by 8:15 a.m. To help us start the meet on time, please pre-register.

Fees: On line Entry Event Fee: \$6.00 Surcharge plus \$4.00 per event.

Mailed Entry Event Fee: \$6.00 Surcharge plus \$5.00 per event. Please note that a discount is offered for on line entry.

Deck/Late Entry: \$6.00 Surcharge plus \$6.00 per event.

Rules: Current USMS/PacMasters rules will govern the meet. All swimmers must be registered with USMS for 2013.

Meet Referee: TBD

Meet Director: John Morales, erjomo@sonic.net or 707 495-6954

Events (deck seeded slow to fast, women and men combined):

1 - 2	200 yd	Free
3 - 4	50 yd	Fly
5 - 6	200 yd	Breast
7 - 8	50 yd	Back
9 - 10	200 yd	Fly
11	100 yd	Women Free Relay (Inter-team allowed)*
12	100 yd	Men Free Relay (Inter-team allowed)*
13 - 14	50 yd	Free
15 - 16	200 yd	Back
17 - 18	50 yd	Breast
19 - 20	200 yd	IM

* Special event

Flower Power 50 Free Challenge: All entrants in the 50 Free are automatically entered at no charge into the Flower Power 50 Free Challenge. This "event" will attempt to determine a single winner from all age groups and both sexes. Participants' times will be adjusted by a multiplier to determine their Flower Power Challenge time. The multiplier is the FINA Men's 50 M Long Course WR divided by FINA Age Group 50 M Long Course WR times participant's 50 Yard time. Example for a female swimmer in the 60-64 year old age group - FINA WR (20.91) divided by Female 60-64 Record (29.31) times meet time (30.00) = Flower Power Challenge Time of 21.40.

Enter at https://www.clubassistant.com/club/meet_information.cfm?c=1191&smid=4216

The Olympic Club

1500 SCM Swim Meet

Saturday, January 19, 2013

Sanction # Pending

Location: The Olympic Club, 665 Sutter Street, San Francisco, CA 94102

Directions: yahoo maps.com or mapquest.com (downtown San Francisco)

Course: Multi-lane, 25-meter heated indoor pool. Eight lanes will be used for competition. Warm-up / cool down lanes will be available throughout the meet. Electronic timing will be used.

Time: Warm-ups start at 8:00 a.m. The meet will start promptly at 9:00 a.m.

Rules: Current USMS and Pacific Masters Swimming rules will govern the meet. USMS warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-Course. All events are timed finals. The heats will be seeded slowest to fastest, regardless of age.

Restrictions: Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by swimmers, during the meet and during warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.

Eligibility: All USMS swimmers must have a current 2013 USMS registration card and must enter the number on their entry forms. No Deck entries will be allowed.

Check-In: The meet will be pre-seeded and preliminary heat assignments will be made. **Heats 1-8 must check-in by 8:30 a.m.; Heats 9-16 must check in by 11:30 a.m.**

Entries: On-line entries must be completed by 11:59 p.m., Thursday, January 17, 2013. No refunds will be made. Entries will be limited to 100 total swimmers on a first received basis.

Fees: Total entry fee is \$25.00. On-line entry only starting November 12, 2012. https://www.clubassistant.com/club/meet_information.cfm?c=1795&smid=4215

Awards: 1st thru 3rd in each division

Referee: TBD

Meet Director: Lauren Welting Lwelting@olyclub.com
415-345-5213

FOG City

Winter Quadrathlon Meet

Sunday, January 27, 2013

Sanction # Pending

Location: Herbst Natatorium at St. Ignatius College Preparatory School, 2001 37th Avenue, San Francisco. Located off Sunset Blvd. between Quintara and Rivera Streets.

Facility: Indoor, 25-yard x 8-lane competition pool. 6 competition lanes with 2 lanes available for warm-up/down throughout the meet. There will be breaks in the competition (between events) to ensure that swimmers have rest between events. Electronic Timing with touch pads will be used. Bleachers are available.

Time: Warm-up will start at 12:00 p.m., meet starts at 1:00 p.m. Check In: 12:15 p.m. for 500 Freestyle deck entries. 12:30 p.m. for 500 Freestyle pre-entered swimmers. 1:30 p.m. for all other events.

Entries: This is a cardless meet. Send your entry on a consolidated entry form with a copy of your 2013 USMS Card.

Entry fees: Flat fee of \$20.00 (for 1 to 4 events) if postmarked by Tuesday, January 22, 2013 or received at the pool by Wednesday, January 23, 2013. Late and deck entries (accepted until check in time on the day of the meet) is a flat fee of \$35.00 (for 1 to 4 events). Make checks payable to St. Ignatius College Prep.

Mail to: Diane Davis/Aquatics, 2001 37th Ave., San Francisco, CA 94116

Awards: Raffle

Meet Director: Diane Davis (415-682-5044)

Meet Referee: Michael Moore

Events: (Odd=Women, Even=Men)

1-2	500 yd.	Free
3-4	100 yd.	Free
5-6	200 yd.	Free
7-8	50 yd.	Free

Editors Note: Hyperlinks to email and websites only work if the address is ALL on ONE line. Only the blue underlined addresses work. The other links you will need to copy and paste into your browser.

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. At all meets, 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.

DVD's in the PacMasters Swimming Library

New in the Library (2012)

Josh Davis on Everything Swimming: All 4 Strokes, Starts and Turns

with Josh Davis; U.S. Olympic Gold Medalist; American Record Breaker; Top Swim Clinician

Start to Finish Women's Swimming Technique Series

Start to Finish Backstroke

with Ray Looze, Indiana University Head Women's Swim Coach; 5x Big 10 Champs

Start to Finish Breaststroke

with Kelly Kremer, University of Minnesota Head Women's Coach; coach of the 2011 NCAA champions in the 100 and 200 breaststroke events

Start to Finish Butterfly

with Rich DeSelm, University of North Carolina Head Coach; 2011 World University Games Head Coach;

Start to Finish Freestyle

with Jack Bauerle, University of Georgia Head men's and women's swim coach; 4x NCAA Women's champion, 7x SEC Women's champion, 5x NCAA coach of the year, 12x SEC coach of the year; Team USA Women's Head Coach 2008 Beijing Olympics.

- 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 Breastroke
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: Breastroke
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 Breastroke
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 Breastroke & Butterfly
4. Training & Race Strategies for the Individual Medley
5. Training & Race Strategies for Middle Distance & Distance
6. Training & Race Strategies for Sprint Freestyle

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 ()	



Pacific Masters Swimming

Invites you to its Annual Meeting

Sunday, November 11, 2012

11:00 to 3:00 PM

Walnut Creek Shadelands Arts Center
111 North Wiget Lane at Ygnacio Valley Road,
Walnut Creek



Janet Evans - Keynote Speaker

Olympic Gold Medalist
World Record Holder
Business Woman



2012 Olympic Trials Qualifier
Parent
Masters Swimmer

Agenda:

Complimentary Catered Lunch
Keynote by Janet Evans
Annual Pacific Masters Business Meeting
Topics include:

- Pacific Masters Year in Review
- Recognition of Officers
- Presentation of Service Awards
- Approval of the 2013 Budget
- Consideration of Legislation
- Opportunity for Member Comment

Activities for the day:

9:30 AM Swim Workout at Heather Farms Pool
11:00 AM "Strategies and Tactics for Enhancing Your Club" led by Bill Brenner
USMS Club & Coach Services Director
11:45 AM Lunch
12:30 PM Janet Evans
2:00 PM Annual Meeting
Discounts at Sports Basement
RSVP thru survey monkey
<http://www.surveymonkey.com/s/852L67G>
(preferred) or phone 415-892-0771.

*To continue its success Pacific Masters needs the input of its members;
this is your opportunity to contribute your thoughts and ideas.*

Directions: From the South – 680 North to Walnut Creek, exit at Ygnacio Valley Rd, right onto Ygnacio Valley Road, after approximately 3 miles, turn left onto North Wiget Lane. From the West – 24 West to 680 North, immediate exit onto Ygnacio Valley Road, right onto Ygnacio Valley Road, after approximately 3 miles, turn left onto North Wiget Lane. From the East – 680 South to Walnut Creek, exit at North Main St, south onto North Main St., left onto Ygnacio Valley Rd, after approximately 2.8 miles, turn left onto North Wiget Lane.

2012/2013 PACIFIC MASTERS SWIMMING AND HAWAII

EVENT SCHEDULE

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

2012 MEET SCHEDULE

November	2012	DAM	Brute Squad Postal Meet
Sat	12/1/12	SNM	Reno "Winners" Meet
December	2012	MEMO	400 Kick for Time Postal

2013 MEET SCHEDULE

Sat	1/12/13	SRM	Flower Power SCY Meet
Sat	1/19/13	TOC	The Olympic Club Mile
Sun	1/27/13	FOG	Fog City Quadrathlon
Sat	2/2/13	SVAM	Splash and Dash
Fri, Sat, Sun	3/1-3/13	WCM	Intensive Training Camp
Sun	3/10/13	CALM	CAL Aquatic Masters Spring Meet
Sat	3/16/13	RINC	Rinconada Spring Meet
Sat	3/23/13	USF	USF Spring Meet
Fri, Sat, Sun	4/5-7/13	WCM	PacMasters SCY Championships
Fri, Sat, Sun	5/9-12/13	USMS	SC Nationals, Indianapolis, IN
Sat	5/18/13	RCM	Spring Lake Swims
Sat	6/1/13	DAM	31 st Lake Berryessa Open Water
Sat	6/8/13	Sr. Games	*Wine Country Senior Games
Sat	6/8/13	TVM	Del Valle 5K and 10K
Sun	6/9/13	TVM	Del Valle 1 and 1.5 mile swims
Fri, Sat, Sun	7/12-14/13	SMM	PacMasters LCM Championships
Sat	8/3/13	CRUZ	40 th Roughwater Swim
Sun	8/4/13	CRUZ	Cruz Cruise
Fri, Sat, Sun	8/7-11/13	USMS	LC Nationals , Mission Viejo, CA
Sat	8/17/13	SNM	Donner Lake Swim
Sat	8/24/13	MAAC	MAAC SCM Meet
Sun	9/8/13	RAD	Whiskeytown Lake Swim
Sat	9/21/13	MAM	2x1 OW Relay
Sun	9/22/13	MVM	10 th Annual Alan Lui Memorial Meet
Sun	10/6/13	SAC	Sac Masters 41 st Sprint Pentathlon
Fri, Sat, Sun	10/11-13/13	WCM	PacMasters SCM Championships
November	2013	DAM	Brute Squad Postal
Sat	12/7/13	SNM	Reno Winners Meet

*recognized/not sanctioned

Meeting Schedule for 2012: Nov. 11 (Annual Meeting with Janet Evans)

Meeting Schedule for 2013: Jan. 16, Feb. 20 (cc), Mar 20, Apr. 17 (cc), May 22, June 19 (cc), July 24, Aug. 21 (cc), Sept. 11, Oct 16 (cc), Nov, TBD.

Directions to Heather Farms Community Center, Walnut Creek, CA: 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. (cc) meetings will be via conference call.

Visit our website
www.pacificmasters.org

Follow us on
Twitter and Facebook

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

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