

Chair's Message

As we look forward to a new January many of us think about the goals we hope to achieve during the year. A select few may be entering a new age group and have their sights set on breaking a record. More of us might define success as finishing the year weighing a few pounds less than we began it. As Masters swimmers who believe in the benefits of fitness and a healthy lifestyle, all of us hope and plan to spend another year counting laps.

Pacific Masters and USMS offer a wide variety of programs to help you set and achieve your goals. One of the most popular elements of the USMS website is the ability to maintain your own fitness log (FLOG) and the associated *Go the Distance* program. In your FLOG you can track any type of fitness activity, from Pilates to swimming, along with the ability to keep notes on your workouts. *Go the Distance* is an optional add on to your FLOG that gives you the ability to track your progress against a goal and earn rewards as you meet milestones.

A common goal for new swimmers is to swim a mile. Pacific Masters offers a number of opportunities for this challenge. A new one this year is the City Mile, a swim meet this February 24 at City College of San Francisco where the only event is the 1650 free. The Olympic Club 1500 and our various championship meets will also provide the opportunity for a mile swim. When the weather gets warmer there will be many open water events that also include mile swims.

No matter how motivated we might be to continue a personal swimming routine, we have to stop when our body stops working. Shoulder problems are the most common injuries that prevent us



Peter Guadagni

from swimming. FINA, the international body of competitive swimming, created a video on exercises to improve core strength and lower the risk of shoulder injury. It can be found by entering "FINA Shoulder" on Google, Bing or other search engines. The November-December 2012 Swimmer magazine also contained an article on preventing shoulder injuries.

Just as individuals have annual plans, Pacific Masters and USMS each have their own goals. Early in the year USMS will be launching a digital version of Swimmer magazine. More than just an electronic version of what is mailed to every member, the new online magazine will have the ability embed video and provide other enhanced content. Both organizations plan to update their websites with esthetic and technical improvements. Pacific Masters will continue to enlarge its coach training and development program. We also hope to explore offering direct to member training programs. The Pacific Masters Board primary goal this year and every year is to support our clubs and provide an enhanced experience for our members.

Just keep swimming.

Peter Guadagni

Chairman, Pacific Masters Swimming

Santa Rosa Masters

SCY Flower Power Meet

Saturday, January 12th, 2013

Sanction # 383-S005

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 pm 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 100 Free Relay (Inter-team allowed)*
12	100 yd	Men 100 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 genders. 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 # 383-S003

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, 2013. https://www.clubassistant.com/club/meet_information.cfm?c=1795&smid=4215

Awards: 1st thru 3rd in each division

Referee: TBD

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

FOG City Winter Quadrathlon Meet

Sunday, January 27, 2013

Sanction # 383-S006

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.

Online Entries (Preferred): Enter at https://www.clubassistant.com/club/meet_information.cfm?c=2018&smid=4340 to receive immediate confirmation of entry via email. Bring the billing information email to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost to enter online is a flat fee of \$22.50. The online processing fee of \$1.50 plus 5% of the individual event costs is included in these fees. Your credit card will be charged by "ClubAssistant.com Event Billing". Online meet entry closes at 11:59 p.m., January 23, 2013.

Mailed Entries: Send your entry on a consolidated entry form with a copy of your 2013 USMS Card. 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 entries are a flat fee of \$35.00 (for 1 to 4 events). Make checks payable to St. Ignatius College Prep.

Late and Deck Entries: Entries accepted until check in time on the day of the meet for 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.

Salinas Valley Aquatics Masters

The 1st Annual Splash and Dash Short Course Meet

Saturday February 2nd, 2013

Sanction Number: 383-S004

Location: Salinas Aquatic Center, 1 East Bernal Drive, Salinas, CA 93906. There is free parking in the pool parking lot, as well as behind the pool in the Sherwood Hall parking lot.

From HWY 101-S, exit Laurel Drive. Turn left onto Laurel Drive. Turn right onto Main Street. Turn left onto East Bernal Drive and the pool will be on your left.

Facility: 9-lane x 25 yard indoor pool with retractable roof. Six competition lanes with three lanes for warm up and warm down. A snack bar will be available. Touchpad timing will be provided by FastLane Tek.

Time: Warm up from 7:30 – 8:45 a.m. Meet will begin at 9:00 a.m.

Entries: Swimmers may enter up to 5 individual events. Entries submitted by mail accepted if postmarked by January 25 or received by January 30. Online entries must be submitted by 11:59 p.m. PST Thursday, January 31. No refunds of entry fees.

Online Individual Entries: Enter at

<https://www.clubassistant.com/club/meetinformatio.cfm?c=1985&smid=4200>

to receive immediate confirmation of entry via email. Bring the billing information email to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost to enter online is \$8 per swimmer, and \$5 per individual event. The online processing fee of \$1.50 plus 5% of the individual event costs is included in these fees. Your credit card will be charged by "ClubAssistant.com Event Billing".

Mailed Individual Entries: The cost is \$10 per swimmer and \$5 per individual event. Mail your check, payable to Salinas Valley Aquatics Masters, a copy of your 2013 USMS Registration Card (<http://www.pacificmasters.org/admin/application.shtml>) and your consolidated entry to: Salinas Valley Aquatics Masters, Attn: USMS Meet Entries, 1 East Bernal Drive, Salinas, CA 93906

Deck Entries: The cost for deck entries is \$15 per swimmer and \$5 per event.

Check In: This meet will be seeded slow to fast. Positive check-in required for all events. Events 1 and 2 must check-in by 8:30. Other events must check in at least 30 minutes prior to the estimated start of the event. Entry closures for all events will be announced.

Awards: Ribbons will be given for 1st through 8th in each age group.

Meet Director: Matt Best (MBTP1@aol.com, 831-596-6176)

Meet Referee: TBD

Events: (Odd=Women, Even=Men)

1 - 2	200	Freestyle
3 - 4	100	IM
5 - 6	50	Back
7 - 8	100	Breast
9 - 10	50	Fly
11 - 12	100	Free
13 - 14	200	IM
15 - 16	100	Back
17 - 18	50	Free
19 - 20	50	Breast
21 - 22	100	Fly
23 - 24	500	Free

City College of San Francisco

The City Mile

1650 Short Course Yards

Swim Meet

Sunday, February 24, 2013

Sanction # 383-S007

Location: City College of San Francisco, Wellness Center, 50 Phelan Avenue, San Francisco, CA 94112

Directions: YAHOO MAPS.COM or MAPQUEST.COM (San Francisco) Free Local Parking is available.

Course: Multi-lane, 25-yard 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.

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. An approximate timeline will be posted on the Pacific Masters website. Individuals must be ready to swim when their heat is called to the blocks regardless of what the timeline says.

Entries: On-line entries must be completed by 11:59pm, February 21, 2013. No refunds will be made. Entries will be limited to 96 total swimmers on a first received basis.

Fees: Total entry fee is \$30.00. On-line entry only, starting Dec. 1, 2012. Enter at: https://www.clubassistant.com/club/meet_information.cfm?c=2037&smid=4397

Awards: 1st thru 3rd in each division

Referee: TBD

Meet Director: Michael Moore 415-467-8943

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

1. 1650 Freestyle

Deadline for pool and open water swim information for the
NEXT Newsletter is

February 1, 2013

poolmeets@pacificmasters.org
openwater@pacificmasters.org

Walnut Creek Masters 26TH ANNUAL Intensive Training Camp

MARCH 1, 2 and 3, 2013

Sanction #: 383-S002

This training camp is 2-1/2 days dedicated to enhancing your competitive swimming performance through strenuous conditioning, stroke and distance specificity, and stroke technique instruction, all in an atmosphere conducive to serious swim training.

There will be two in-water training sessions per day. The morning practice will be a general conditioning session, with afternoon sessions split into Distance Mid-Distance, and Sprint specialties. Mid-Distance and Sprint practices will be very accommodating to both freestyle and all non-free strokes. Here the coaching staff will strive to meet your specific needs in training for your best events. Each morning session will conclude with a hearty breakfast.

Optional Stroke Schools will be conducted Friday evening, Saturday and Sunday.

****Video DownUnder will supply all our underwater taping with each camper taking home their own DVD. The ITC staff will provide stroke analysis during the camp.

Other camp highlights include lectures, massages and a Saturday camp dinner - offered at a nominal cost.

The 2013 Coaching Staff will consist of:

Kerry O'Brien, Mike Heaney, Debbie Santos, Steve Stahl and Lisa Ward, coaching staff of the World Champion and USMS Team of the Year Walnut Creek Masters

Stu Kahn, Head Coach of Davis Aquatic Masters and 2012 USMS Coach of the Year Roque Santos, 1992 US Olympian in the 200 Meter Breaststroke

Brian Stack, Head Coach of the Manatee Masters and the 1997 Pacific Masters Coach of the Year

The ITC is not the place to begin your training, but to continue it at perhaps a higher level. By registering, you are confirming the fact that you are in good physical health, have been competitively training for at least 8 weeks, and are capable of training twice per day (approximately 6,000 to 8,000 yards). The ITC is opened to all 2013 USMS registered swimmers. Applications will be taken on a "First Come" basis. Space will be limited to 50 participants.

\$300.00 REGISTRATION FEE*, \$25.00 CAMP DINNER

*A \$35.00 fee will be charged for any cancellations after February 8.

CAL Aquatic Masters (CALM) Spring Short Course Yards Meet

(fka Strawberry Canyon Aquatic Masters - SCAM)

Sunday, March 10, 2013

Sanction #: 383-S008

Location: Spieker Aquatics Complex, 2301 Bancroft Way, UC Berkeley 94720.

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 to left on Bancroft Way.

Parking: Free parking is available on neighboring streets. Limited hourly indoor parking is available in the garage at Bancroft Way @ Ellsworth.

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. No deck entries for the 500. All 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.

Fees (No Refunds):

Online entry event fees: \$7.00 meet entry plus \$4.00 per event. Enter at: https://www.clubassistant.com/club/meet_information.cfm?c=1410&smid=4379 to receive immediate confirmation of acceptance via email. Online entry requires payment by credit card using our secure site. Your credit card will be charged by "ClubAssistant.com Event Billing" for this meet.

Mailed entry event fee: \$7.50 meet entry plus \$4.50 per event. Please note that a discount is offered for online entry. Make checks payable to UC Regents.

Deck/late entry: \$10.00 meet entry plus \$5.00 per event.

Mail: Consolidated entry form, a photocopy of your 2013 USMS registration card, and your entry fee made out to UC Regents and send to: CALM Swim Meet 2013 - Cal Reg Club - 2301 Bancroft Way - Berkeley, CA 94720-4420

Deadline: Online entries accepted until 11:59 p.m. Wed. March 6. Mailed entries must be postmarked no later than February 26 (or received by March 1). Please do not send mail requiring a signature.

Snack Bar: A full snack bar will be open during the meet beginning at 7:30. Coffee and bagels are provided at entry until supplies run out.

Meet Director: Andrew Cassidy, email: apcassidy@gmail.com or call 510-508-0497 (cell)

Referee: John King

Events: (Odd=Women; Even=Men)

1-2	500 yd	Freestyle
(Men and Women heats will be combined and seeded by time)		
3-4	200 yd	IM
5-6	50 yd	Butterfly
7-8	50 yd	Backstroke
9-10	100 yd	Freestyle
11-12	50 yd	Breaststroke
13-14	100 yd	Butterfly
15-16	200 yd	Freestyle
17-18	100 yd	Backstroke
19-20	100 yd	Breaststroke
21-22	100 yd	IM
23-24	50 yd	Freestyle
short break		

Relays:

25-26-27 200 Medley Relay

28-29-30 200 Free Relay

Relays will be: Women, Men, and Mixed (2 Women/2 Men) All relays deck entered. \$5.00 per relay - \$1.25 per swimmer. There will be one flight of each relay, so each will be limited to the first 8 relay teams. The age of the youngest relay team member determines the age group for short course yards top ten and records. The sum of the ages of each team member will also be used to rank each team using the age groups for meters meets (72-99, 100-119, 120-159, ...).

Enter at: https://www.clubassistant.com/club/meet_information.cfm?c=1410&smid=4379

Full details at: http://www.swim4wc.org/wcm/eventform/270108_2013%20ITC%20Announcement%20and%20Registration.pdf

Rinconada Masters

Spring Short Course Meet

Saturday, March 16, 2013

Sanction # 383-S009

Location: Rinconada Pool. Embarcadero and Newell Road. Palo Alto. HWY 101 exit Embarcadero west to Newell. Park on Embarcadero Rd. or turn right on Newell. From 280, exit Page Mill east. Page Mill becomes Oregon Expwy east of El Camino Real. Turn north (left) on Middlefield, east (right) on Embarcadero to Newell.

Facility: 14 lane x 25 yd pool (8 competition, 5 warm-up /down, 1 buffer). Note: Timing system is push button only with no pads. Snack Bar available.

Time: Warm-up 7:30am - 8:45 a.m. Meet starts at 9:00 a.m.

Check In: Swimmers in events #1-2 must check in before 8:30 a.m. All others must check in at least 30 minutes before the estimated start of their event.

Entries: Swimmers may swim up to 5 individual events.

Option 1 - Online Entry - Due by 11:59 p.m., Wednesday, March 13

Enter at: https://www.clubassistant.com/club/meet_information.cfm?c=1469&smid=4400 to receive immediate confirmation of acceptance via email. The "billing information" email must be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost to enter this meet is a surcharge of \$6.75 per swimmer and \$5.25 per individual event entered. 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. Online Meet Entry is in no way required of swimmers.

Option 2 - Mail In Entry - You must use the consolidated entry form in the Pacific Master Swimming newsletter or request an entry form from Bobbie Callison, (See below) The cost to enter this meet is a surcharge of \$5.00 per swimmer and \$5 per event; \$10.00 surcharge for late or deck entries.

Entries must be Postmarked by Friday March 1, 2013, or received by Wednesday March 6, 2013.

No DECK ENTRIES for 1000 Free. **Mail entry**, and check payable to Rinconada Masters and a copy of your 2013 USMS registration card to: Rinconada Spring Meet, Bobbie Callison, 450 San Luis Ave., Los Altos, CA 94024 , (650)-948-2339 (No Refunds)

Enter at https://www.clubassistant.com/club/meet_information.cfm?c=1469&smid=4400

Awards: Ribbons 1st through 6th in each age group. Special Memorial Awards: Women's 70-74 Sally Scholer Award (50 Fly), Women's 80-84 Bernice Silber Award (100 Back), Women's 90-94 Ellen Tait Award (50 free). (Please return award Plaques each year)

Meet Director: Jim Shaw 650-327-2680

Referee: TBD

Events: (Odd - Women, Even-Men) All events will be swum slow to fast.

1 - 2	1000 yd	Free
Event #3 will not start before 11 a.m.		
3 - 4	200 yd	Breast
5 - 6	50 yd	Free Novice *
7 - 8	50 yd	Free
9 - 10	100 yd	Fly
11 - 12	100 yd	Back
13 - 14	200 yd	Free
15 - 16	50 yd	Back Novice *
17 - 18	200 yd	IM
19 - 20	100 yd	Breast
21 - 22	50 yd	Fly
23 - 24	400 yd	IM
25 - 26	100 yd	Free

* - Novices are those with no prior competitive masters experience.

1650 yd Fly

Special-event, records are kept. Entry is free. No online entry. Call in or deck enter. We will swim one heat only (14 lanes), in order of registration. Bring your own counter and timer. Watches provided. Event must be completed within 45 mins.

University Of San Francisco Masters

2013 March Madness Swim – Mixed SCY

Sanction # Pending

Saturday, March 23, 2013

University of San Francisco, Koret Recreation Center, 2130 Fulton St., San Francisco, CA 94117

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

Entries: This Is A Paperless Swim Meet. No Deck Entries.

Fees: On line Entry Event Fee: \$6.00 Surcharge plus \$4.00 per event. 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. Please note that a discount is offered for on line entry.

Awards: Participation awards and goodie bags

Meet Referee: John King

Meet Director: Clare Rudd: (415) 422-6247 or email: ckrudd@usfca.edu

Information: Clare Rudd (415) 422-6247

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

1	100 yd	Free
2	50 yd	Fly
3	100 yd	Breast
4	50 yd	Back
5	200 yd	Mix Medley Relay
6	100 yd	Fly
7	50 yd	Breast
8	100 yd	Back
9	50 yd	Free
10	100 yd	IM

OPEN WATER SWIMMERS POINTS FOR 2012

W/18-24 (31 swimmers; 31 earned points.)			W/60-64 (45 swimmers; 42 earned points.)			M/45-49 (87 swimmers; 69 earned points.)		
1	Rowe, Luane	TVM 22 110	1	Brems, Marianne	MELO 63 176	1	Barriger, Jeffrey	UNAT 46 160
2	Rebro, Stephanie	UNAT 19 80	2	Davis, Diane	DAM 61 130	2	Oeler, Kurt	TOC 45 102
3	Wells, Teri	TCAM 19 54	3	Monaghan, Sheila	TCAM 63 128	3	Bond, Chris	WCM 45 98
4	Mcgowan, Christina	WCM 24 44	4	Shoenberger, Linda	TAM 64 124	4	Arris, Todd	TOC 46 98
5	Silvas, Cara	UNAT 19 44	5	Glidden, Janie	RPM 62 90	5	Lally, Bart	TOC 49 54
6	Sun, Tiffany	CSSR 23 32	6	Val, Laura	TAM 60 66	6	Denney, Jon	STAN 49 44
W/25-29 (55 swimmers; 50 earned points.)			W/65-69 (18 swimmers; 18 earned points.)			M/50-54 (98 swimmers; 64 earned points.)		
1	Miller, Lizzy	CRUZ 25 84	1	Coleman, Kate	USF 69 176	1	Carr, Mike	SRM 51 162
2	Chinn, Sarah	MAM 28 80	2	Carroll, Glenda	TAM 68 110	2	Tuteur, Frank	SRM 54 92
3	Hernandez, Sarah	DAM 27 58	3	Canale, Alida	CRUZ 66 80	3	Hoxie, Glenn	RAD 53 90
4	Capell, Kelly	UNAT 29 54	4	Cantini-Norkin, Mary	DC 68 68	4	Keck, Mike	TOC 52 90
5	Moody, Erin	NBA 28 54	5	Barnea, Daniela	STAN 68 40	5	Houston, Aaron	UNAT 51 84
6	Roach, Regina	WCM 25 50	6	Williams, Linda	SCAM 65 40	6	Mc Cracken, Bill	TVM 50 84
W/30-34 (54 swimmers; 54 earned points.)			W/70-74 (4 swimmers; 4 earned points.)			M/55-59 (75 swimmers; 51 earned points.)		
1	Thompson, Margaret	MAM 31 132	1	White, Susan	TCAM 70 164	1	Mac Donald, Sandy	SMST 56 176
2	Groskopf, Sarah	BAC 31 80	2	Munn, Susan	DAM 73 154	2	Emhoff, Ron	TVM 57 152
3	Becks, Danielle	TOC 30 66	3	Mc Partland, Peg	MAM 70 22	3	Guadagni, Peter	WCM 57 142
4	Jabbour, Virginie	SWSF 31 58	4	Schuchert, Patricia	SCAM 71 16	4	Young, Robert	UNAT 55 136
5	Havard, Romy	MAM 32 54	W/75-79 (3 swimmers; 3 earned points.)			5	Ferroggiaro, Fred	TOC 58 74
6	Athens, Allison	CRUZ 31 54	1	Myers, Dot	SAC 75 110	6	Reed, Lawrence	PVMA 58 36
W/35-39 (62 swimmers; 53 earned points.)			2	Robben, Barbara	UNAT 78 60	M/60-64 (74 swimmers; 54 earned points.)		
1	Baran, Jennifer	STAN 36 132	3	Monroe, Donna	WCM 78 18	1	Wilson, Joel	CRUZ 63 176
2	Rees, Karla	MVM 39 82	M/18-24 (21 swimmers; 21 earned points.)			2	Small, Stephen	UNAT 59,60 156
3	Rothschild, Beccah	MAM 38 74	1	Sano, Yutaro	CRUZ 24 106	3	Winterrowd, Dan	SMST 61 140
4	Bair, Megan	BAY 35 56	2	Carrillo, Joseph	MHSA 22 60	4	Davis, Will	DAM 60 92
5	Maidenberg, Eve	MAM 35 52	3	Hunter, Pierce	MELO 22 54	5	Upshaw, Bob	MAM 62 90
6	Case, Emily	SWSF 36 40	4	Horine, Jimmy	CRUZ 24 44	6	Laverty, Noel	SAC 60 58
W/40-44 (90 swimmers; 72 earned points.)			5	Moore, Evan	CRUZ 23 36	M/65-69 (29 swimmers; 29 earned points.)		
1	Cox, Juliet	MAM 44 176	6	Aicardi, James	TOC 24 30	1	Williamson, Leonard	UNAT 67 146
2	Hertzer, Cynthia	CRUZ 43 154	M/25-29 (25 swimmers; 25 earned points.)			2	Beglinger, James	BAY 65 138
3	Harvey, Leeann	WCM 42 72	1	Schwessinger, Benjamin	DAM 29 66	3	Hoberg, Steve	CRUZ 65 110
4	Asnault, Wendy	CHIC 43 66	2	Lau, Austin	BAC 28 50	4	Rudloff, Edward	TOC 64,65 104
5	Bechhoefer, Marta	CRUZ 44 54	3	Clark, Tyler	TEME 27 44	5	Mcpherson, Andrew	DAM 65 74
6	Lee, Kathy	UNAT 43 52	4	Welden, Jayson	TEME 29 44	6	Burns, Richard	TAM 68 58
W/45-49 (83 swimmers; 65 earned points.)			5	Pozzi, Luca	UNAT 26 38	M/70-74 (13 swimmers; 13 earned points.)		
1	Hazen, Lisa	LAMV 47 176	6	Herman, David	UNAT 29 22	1	Brott, Ralph	BAY 72 172
2	Jolly, Lynn	TOC 46 150	M/30-34 (49 swimmers; 41 earned points.)			2	Moser, Dean	UNAT 70 84
3	Phalen, Jennifer	SCAM 47 130	1	Tuholski, Walter	WCM 34 106	3	Fleming, John	UNAT 71 82
4	Tiedemann, Elizabeth	AQUM 49 112	2	Lemke, Zebron	AAM 32 94	4	Cartwright, Allan	LNLM 70 82
5	O'Dea, Anne	TOC 46 70	3	Gawlick, Craig	MVM 30 76	5	Lane, Ed	WCM 73 70
6	Jensen, Karen	VACA 45 50	4	Schonder, John	RPM 33 68	6	Blackburn, Robert	PCAM 74 40
W/50-54 (80 swimmers; 60 earned points.)			5	Johnson, Brandon	LAMV 30 66	M/75-79 (4 swimmers; 4 earned points.)		
1	Preston, Susan	STAN 50 176	6	Hanley, Nicholas	VACA 33 46	1	Cotton, James	UNAT 79 62
2	Morlan, Kathy	VACA 52 128	M/35-39 (50 swimmers; 50 earned points.)			2	Brown, Donald	WCM 79 62
3	Buckley, Kristine	SMM 52 108	1	Gillis, Trevor	LAMV 36 176	3	Fasbender, Barry	STAN 75 44
4	Chinn, Annette	ECAM 50 94	2	Hardcastle, Holden	BAY 34,35 112	4	Morner, Stan	WCM 77 44
5	Clements, Cindy	TAM 51 82	3	Shoenberger, Deacon	TAM 37 62	M/80-84 (1 swimmers; 1 earned points.)		
6	Lewis, Nancy	UNAT 53 68	4	Berlin, Jon	SHMS 39 52	1	Lewis, Richard	UNAT 82 22
W/55-59 (69 swimmers; 58 earned points.)			5	Weeks, Marc	TSUN 37 42			
1	Sommers, Lorraine	SCAM 55 176	6	Gilman, Matthew	STAN 36 36			
2	Schmucker, Lindabeth	DAM 56 160	M/40-44 (76 swimmers; 63 earned points.)					
3	Harms, Kildine	WCM 58 100	1	Cardineau, Yan	SRM 44 110			
4	Locklin, Linda	CRUZ 59 66	2	Santner, Adam	TEME 41 78			
5	Perry, Laurie	DAM 58 58	3	Chapman, John	UNAT 41 62			
6	Brown, Barbara	RPM 58 50	4	Mc Cann, John	STAN 42 58			
			5	Martin, Eric	TEME 40 52			
			6	Hoftyzer, Ernie	DAM 42 52			

Full results can be found at <http://www.openwaterpacific.org/12points/2012PacMasters/2012PacMastersAccumulatedTeamResults.html>

OPEN WATER SWIMMER POINTS - WETSUITS, ETC, 2012

W/18-24 (4 swimmers; 4 earned pts.)			W/55-59 (16 swimmers; 16 earned pts.)			M/45-49 (17 swimmers; 17 earned pts.)		
1	Imburgia, Courtney	TEME 24 22	1	Quinn, Phyllis	TOC 56 164	1	Bedsworth, Jay	TOC 47 124
2	Luke, Elaina	CRUZ 22 22	2	Helmrich, Susan	UNAT 56 44	2	Carlin, Bob	MELO 48 38
3	Mayer, Izzy	UNAT 20 18	3	Seaver, Martha	MVM 57 44	3	Min, Sherwick	MVM 46 22
4	Levinson, Robyn	MAM 19 16	4	Herbert, Pamela	WCM 57 38	4	Nootbaar, Tom	WCM 49 22
W/25-29 (7 swimmers; 7 earned pts.)			5	Piel, Mary	LVAM 56 22	5	Baker, Darren	WCM 45 22
1	Kirby, Elizabeth	SCAM 28 44	6	Simpson, Connie	UNAT 58 22	6	Diehl, Robert	NVM 46 22
2	Bishop, Brooke	TOC 25 22	W/60-64 (9 swimmers; 9 earned pts.)			M/50-54 (16 swimmers; 16 earned pts.)		
3	Davidoff, Cara	TOC 26 22	1	Litman, Jacklyn	BAY 62 172	1	Schenstrom, Warren	SRM 54 44
4	Stevens, Kaitlyn	WCM 26 22	2	Welch, Karen	UNAT 60 22	2	Clews, Kenneth	BAY 51 36
5	Hanson, Erika	TOC 25 22	3	Wisckol, Kim	STAN 61 22	3	Spangler, Brian	RAMS 50 22
6	Markman, Elizabeth	TOC 27 18	4	Robak, Patricia	WCM 62 22	4	Fero, Michael	MELO 53 22
W/30-34 (11 swimmers; 11 earned pts.)			5	Narlesky, Lynn	DAM 60 22	5	Campbell, Jason	WCM 50 22
1	Huynh, Tina	MVM 31 44	6	Phillips, Barbara	MAM 62 18	6	Houston, Aaron	UNAT 51 22
2	Milat, Andrea	CRUZ 30 22	W/65-69 (2 swimmers; 2 earned pts.)			M/55-59 (14 swimmers; 14 earned pts.)		
3	Corwin, Emily	UNAT 33 22	1	Barnea, Daniela	STAN 68 44	1	Goupil, Dominique	LAMV 56 22
4	Buser, Ariane	NBA 34 22	2	Mt Joy, Rita	DAC 69 18	2	Trachok, Rick	SNM 59 22
5	Scott, Emily	SRM 32 22	M/18-24 (1 swimmers; 1 earned pts.)			3	Druz, Loren	WCM 56 22
6	Lau, Wendy	SFRP 33 22	1	Benoit, Matthew	TOC 24 22	4	Sundstrom, FP(Chip)	UNAT 57 22
W/35-39 (11 swimmers; 11 earned pts.)			M/25-29 (2 swimmers; 2 earned pts.)			5	Harper, Dean	WCM 59 22
1	Lynde, Renske	MEMO 39 44	1	Penneys, David	SCAM 29 44	6	Putnam-Pite, Doug	CRUZ 55 22
2	Ringwood, Kimberly	TEME 37 44	2	Brown, Matthew	MELO 28 18	M/60-64 (12 swimmers; 12 earned pts.)		
3	Doolittle, Rachel	RAMS 39 22	M/30-34 (8 swimmers; 8 earned pts.)			1	Tuttle, Tony	RPM 60 84
4	Ziblatt, Shoshana	UNAT 38 22	1	Louvet, Jean-Bernard	SCSC 34 40	2	Kendall, Scot	CRUZ 61 84
5	Barnitt, Anne	PCAM 37 22	2	Welch, Steven	TSUN 32 22	3	Elias, Steven	UNAT 60 80
6	Gerhardt, Sarah	CRUZ 38 22	3	Mills, Jason	UNAT 30 22	4	Miller, Keith	SAC 60 66
W/40-44 (20 swimmers; 20 earned pts.)			4	Mann, Brent	WCM 30 22	5	Fraser, Gary	UNAT 64 40
1	Lewis, Aki	TVM 41 100	5	Means, Shane	TVM 34 22	6	Levinson, Alan	MAM 61 38
2	Kaiser Pierpont, Kim	TVM 41 44	6	Garza, Steven	MVM 32 22	M/65-69 (4 swimmers; 4 earned pts.)		
3	Mahanger, Deborah	UNAT 41 40	M/35-39 (17 swimmers; 17 earned pts.)			1	Cousins, Bruce	WCM 65 22
4	Lange, Kim	CHIC 40 36	1	Heisterkamp, Chris	SFRP 36 50	2	Gildea, David	MELO 69 22
5	Harvey, Leeann	WCM 42 22	2	Petruzzelli, Ken	DAM 38 40	3	Wilbur, Bruce	AHSM 69 22
6	Min, Jami	MVM 43 22	3	Fuentes, Antonio	PCAM 36 22	4	Shoor, Perry	MELO 67 18
W/45-49 (17 swimmers; 17 earned pts.)			4	Chun, Keith	MAAC 39 22	M/70-74 (4 swimmers; 4 earned pts.)		
1	Ward, Lisa	WCM 47 88	5	Wilkening, Jon	UNAT 38 22	1	Ingalls, Donald	MVM 74 176
2	Larson, Kim	SCAM 48 40	6	Sulak, Andy	UNAT 36 22	2	Blackburn, Robert	PCAM 74 22
3	Rose, Sheila	MAAC 49 36	M/40-44 (9 swimmers; 9 earned pts.)			3	Nelson, Jon	CRUZ 73 18
4	Henry, Bj	WCM 48 36	1	Shriver, Michael	UNAT 43 38	4	Williams, Raymond	AHSM 73 18
5	Sebren, Lori	AQUM 49 34	2	Lattin, Eric	UNAT 40 22	M/75-79 (1 swimmers; 1 earned pts.)		
6	Desmond, Joanne	TSUN 45 22	3	Soares, Troy	RAMS 43 22	1	Braly, Mark	DAM 76 22
W/50-54 (11 swimmers; 11 earned pts.)			4	Patterson, Brian	BAY 40 22			
1	Meyer, Marguerite	TOC 53 154	5	Fine, Kenneth	MELO 43 22			
2	O'Hare, Tracey	UNAT 50 44	6	Burger, John	SCSC 42 22			
3	Berro, Denise	UNAT 52 22						
4	Morison, Elaine	WCM 52 22						
5	Hackett, Karen	UNAT 51 18						
6	Johnson, Lori	MPM 54 18						

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: 72-98, 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. At all meets, including

cardless, relays must be entered on official yellow PACMASTERS relay entry cards.

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 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 fluorescent day-glow 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.		
Street		F <input type="checkbox"/>				
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 Breastroke
 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		
	()		

2013 PACIFIC MASTERS SWIMMING AND HAWAII

EVENT SCHEDULE

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

Sat	1/12/13	SRM	Flower Power SCY Meet
Sat	1/19/13	TOC	The Olympic Club 1500 SCM
Sun	1/27/13	FOG	Fog City Quadrathlon
Sat	2/2/13	SVAM	Splash and Dash
Sun	2/24/12	CCSF	The City Mile
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	5/18/13	Sr. Games	*Bay Area Senior Games
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
Sat	6/15/12	QSS	Quicksilver Father's Day Fiesta (LCM)
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 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.

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www.pacificmasters.org

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



