

# newsletter



## From the Chair

by Julie Paque, PMS Chair

### Important Scheduling Changes

Pacific Masters Swimming voted on a schedule of pool meets and open water events at our September committee meeting. Unfortunately, we have had to make some significant changes to our schedule, including changes to most all of our championship meets. There are several factors that are involved in these changes, including conflicts with USS meets (many club hosts, such as Seaside, rely on the age group club to provide the manpower to put on the meet) and the ability to obtain automatic timing equipment. This year we also wanted to work around the very early date for SC Nationals in April, the World Championships in Munich at the end of July, and the USAS Convention in October.

### Contributor of the Year:

One award will be given out to recognize outstanding contributions to Masters Swimming during 1999 in support and leadership, recruitment of members, program development, and promotion of Masters Swimming at the club, association, or national level. The recipient must have been a member of PMS in 1999. The 1998 award was given to Clarine Anderson.

**Please check your calendar and make the following changes:**

Event	New Date	Previous Date
Seaside	January 23	January 15
SC Championships, Santa Cruz	April 7-9	March 31-April 2
LCM Championships, Santa Cruz	July 7-9	
SCM Championships, Healdsburg	Nov. 3-5(tent)	October 14-15

### Elections of Officers for 2000-2001

After dining on wonderful food at a potluck supper the Pacific Masters Swimming Committee elected the following officers for the next two years at the annual meeting on November 17, 1999.

Chair	Julie Paque
Vice Chair-Administrative	Rick Windes
Vice Chair-Operations	Barry Fasbender
Secretary	Joan Alexander
Treasurer	Clarine Anderson
At-Large Representative	Michael Moore

### Call for Service Award Nominations

Every year we recognize those volunteers who have given so generously of their time and energy to make Pacific Masters Swimming an organization that we're all very proud of. One of the ways we recognize these people is through our annual service awards. Nominations can be made by any Pacific Masters Swimming member. Nominations must be in writing and received by me (Julie Paque, 2203 Rock St., Mountain View, CA 94043; or email to [julie@paque.com](mailto:julie@paque.com), or fax to (650)967-6482) no later than February 23, 2000. The awards will be presented at the short course championships in April.

### Distinguished Service:

This award recognizes outstanding and consistent contributions to Masters Swimming, in leadership, program development, recruitment of members, and promotion of Masters Swimming. PMS may give out any number of awards in this category. The recipient must be currently registered with PMS. Last year's winner was Marcia Benjamin.

### Personal Achievement:

This award is for long term dedication to our program, with a noticeable improvement in a swimmer's skills and times. The recipient must have been a member of PMS during 1997, 1998, and 1999; active in local competitions; and showing improvement in at least one of the following categories: Top Ten rankings, Open Water Points competition, or other significant indications of personal achievement. This award was given to Tod Hill and Neil Hart for 1998.

### Appreciation:

The purpose of this award is to express special thanks to individuals or groups who have made significant contributions to PMS. Nominees need not be registered members, but they must have contributed significantly toward the conduct, leadership, or support of PMS. There were no Appreciation Awards given last year.

## OPEN WATER POINTS

Congratulations to our 1999 Open Water Points winners! All PMS swimmers who placed tenth or better in any of the ten 1999 open water swims were entered into the Points Competition. Total points from each swimmers six best placings determine the winners. Awards go to the top three swimmers in each age group. If you have not received your award by January 31, contact Marcia Benjamin at (510) 357-7753.

19-24				40-44				60-64			
Clarke	Jenna	SCSC	83	Quinn	Phyllis	TOC	143	Munn	Susan	DAM	176
Wynhoven	Astrid	DAM	63	Heim-Bowen	Suzanne	TERA	132	Durham	Teta	SMMM	105
Darst	Catherine	DAM	57	Lewis	Nancy	UNAT	127	Springer	Susan	STAN	93
Shiu	Rebecca	SMMM	45	Chequer-Pfeiffer	Karen	ACM	104	Haworth	Joyce	WCM	84
Carlsson	Elin	SAMM	41	Igel	Victoria	LAM	78	Lingys	Jutta	SMMM	67
Kerlin	Sarah	CRUZ	39	Wheeler	Barbara	TAM	77	Myers	Dot	SAC	60
O'Rourke	Matt	SNM	76	MacDonald	Sandy	SAC	176	Haworth	Emory	WCM	143
Marsic	Scott	USF	41	Silk	Ron	SANR	133	Orth	Peter	SFBS	128
Bozdech	Andy	DAM	38	Knapp	David	LESA	64	Price	Kent	LAM	110
Bowman	Charles	CVM	32	Perreault	George	SCSC	59	Fewster	Robert	USF	105
Mazzuco	Keith	UNAT	30	Adkison	Bill	RHMS	51	Gilmer	David	DAM	91
Dixon	Richard	UNAT	28	Pfeiffer	Jeffrey	ACM	46	Fasbender	Barry	STAN	55
25-29				45-49				65-69			
Kohler	Heather	DAM	121	Davis	Diane	DAM	146	Monroe	Donna	WCM	154
Doan	Jaimi	DAM	120	Armento	Valerie	UNAT	103	Lambertson	Ann	SMMM	74
Johnson	Ellie	ECAM	67	Tukua	Karen	TERA	74	Van Horn	Lorraine	UNAT	53
Kendig	Stephani	UNAT	55	Littlefield	Nancy	SMMM	69	Callison	Barbara	MVM	41
Blessing	Leigh Ann	TCAM	46	Lightfoot	Barbara	VAM	66	Madden	Loretta	DC	16
Cairns	Jay	STAN	44	Locklin	Linda	CRUZ	63				
Welch	Katie	WACM	44								
Winsor	Tracy	DAM	44								
Winsor	Brad	DAM	173	Harris	Scott	DAM	167	Grohe	William	USF	104
Ishii	Greg	ORAC	100	Taggesell	Larry	SCSC	158	Campbell	Roger	SMMM	85
Carter	Brandon	DAM	55	Farley	Fred	RINC	138	Brown	Don	WCM	44
Haney	Steve	WACM	52	Knight	James	SJAM	134	Rice	Denis	TOC	22
Antonino	Jose	CRUZ	46	Small	Stephen	SANR	125	Kahl	Robert	WCM	19
McMillan	John	UNAT	45	Horwath	Michael	UNAT	98	Brady	Paul	DAM	19
30-34				50-54				70-74			
Cox	Juliet	ECAM	164	Jones	Alice	SCAM	151	Knockenbauer	Martha	SMMM	88
Mortenson	Susie	USF	78	Brems	Marianne	MNLO	143	Dawson	Bunny	AHSM	60
Hertzner	Cynthia	CRUZ	76	Bailie	Kaeti	UNAT	93				
Sepulvado	Patricia	ARG	66	Thomas	Arline	UNAT	79				
Kundin	Naomi	WACM	55	Bosnyak	Pamela	UNAT	66				
Effa	Natalie	USF	47	Walker	Kjersten	SCAM	65				
Arris	Todd	TOC	93	Nowell	Linda	SANR	65				
Donohoe	Martin	RINC	82	Kelley	David	DAM	171	Lewis	Dick	ACM	173
Lambert	Chris	CRUZ	78	Burrer	James	AAM	154	Kerswill	Ed	MVM	66
Zavack	Scott	UNAT	75	Wilson	Joel	CRUZ	88	Sutton	Luman	SAC	41
Childs	Robert	TOC	63	Woodruff	Michael	ECAM	68	Bettencourt	Jack	DC	22
Hobson	Chip	SNM	61	Caziarc	Steve	MAM	61	Aldrich	Stan	SAC	19
				Katz	Steve	UNAT	60				
35-39				55-59				75-79			
Kiernan	Ginger	MEND	124	Coleman	Kate	SCAM	165	Meyer	Margery	TOC	88
Motekaitis	Ann	DAM	116	White	Susan	TCAM	164	Taft	Zada	SMMM	19
Rose	Nancy	SNM	107	Ridout	Nancy	TAM	44	Rogers	Fred	USF	173
Tiedemann	Elizabeth	UNAT	80	Stretch	Nancy	TOC	39	McCall	Tom	SCAM	44
Clements	Cindy	TAM	76	Wistrom	Theresa	HMSW	31	Smith	Richard	SAC	22
Hemington	Ann	CRUZ	72	Barnea	Daniela	STAN	22	Kirkendall	Richard	UNAT	19
Keck	Mike	TOC	167	Cartwright	Allan	SANR	176				
Matthews	Dave	WCM	159	Sullivan	Michael	WCM	153				
Salowe	Jeff	SCSC	117	Fleming	John	UNAT	126	Sharpe	Marjorie	STAN	44
Brancamp	David	SNM	76	Johnston	Alex	MAM	107	Taft	Ray	SMMM	66
Silk	James	SANR	74	Anderson	John	VAM	90				
Eagleton	Alan	WHAM	70	Kearns	Lloyd	UNAT	68				

## POOL MEETS

### Don't Waste Your Base TAM's 1650 Postal

**January & February, 2000**

Sanction #38-00-05

**Location:** You may swim this 1650 event any time during the months of January and February in the comfort of your own 25 yd. pool. All you need is someone to count your laps and record your splits. You may enter this as an individual and/or as a four person team relay (4 x 1650, men, women or mixed in age groups 19+, 25+, 35+, etc.).

**Rules:** All USMS and PMS rules apply. Swimmers may swim no more than 2 to a lane in a "split fashion" (no circle swimming). A split sheet with 50 yd. splits, signed by at least one timer, must be attached to the entry form. Times not entered to the 1/100th will be rounded up.

**Entries:** Swimmers may enter on an official TAM 1650 entry form or a consolidated entry form. Enter relays by filling out the relay form and attaching photocopies of the individual entries. Mail your entry, a copy of your 2000 USMS card and a check payable to Tamalpais Aquatic Masters to TAM 1650, 582 Market Street, Suite 1217, San Francisco, CA 94104. Entries must be **postmarked by March 10, 2000**. To receive an official entry form and a split sheet, mail a SASE the above address.

**Entry Fees:** \$6.00 for individual 1650 swim, \$4.00 per relay team.

**Awards:** First through third for individual event and first place for relays.

**T-Shirts:** T-Shirts are available for \$12.00 S, M, L, XL. XXL are \$14. Please indicate the size (on your check).

**Information:** Jon Steiner (415) 981-0300; fax (415) 981-1423.

**Jeanne Durston** (WCM) also set USMS records at the SF Swim last August 14th.

Event	New	Old
500 free	10:44.36	11.24.79
100 breast	2:25.34	2:46.49
50 fly	1:02.46	1:16.00
100 fly	2:23.27	3.01.71
100 IM	2:11:97	2.29.39

**Melon Dash**, Transpersonal Swimming, is looking for old medals that you no longer need to give to her swimmers for their accomplishments. Contact her at (510) 526-6000; www.conquerfear.com; transwim@aol.com

### Seaside Aquatic Masters Clambake

**Sunday, January 23, 2000**

Sanction # 38-00-01

**Location:** Pattullo Swim Center, 1148 Wheeler St., Seaside CA. Take CA-1 to CA-218 (Canyon Del Rey) in Seaside, and head east. Proceed to Hilby (fourth light), and turn left. Go straight on Hilby, across Fremont Blvd., and straight one more block to Wheeler. Turn right, and the pool is on the left. Ample free parking at the pool, and on Wheeler.

**Facility:** Pattullo Swim Center is an indoor facility with a six lane competition pool and a separate small warm-up/warm-down pool. Snack bar available.

**Time:** Warm-up 8:00 a.m. Meet Starts 9:00 a.m.

**Check-in:** Check-in opens 7:30 a.m. Check-in closes 30 minutes before the expected start of each event.

**Entries:** Mail a consolidated entry form, a copy of your 2000 USMS registration card, and your check, payable to SEA, PO Box 950, Seaside CA 93955. Swimmers are limited to a maximum of five events.

**Entry fees:** \$10 for 1-2 events, \$15 for 3-5 events. Late and day-of-meet entries are \$5 extra.

**Deadline:** Entries must be **postmarked by Monday, January 10, 2000, or received by Saturday, January 15, 2000**.

**Awards:** Ribbons will be awarded to the top three swimmers in each age group in each event.

**Meet Director:** Dan Frost (831) 899-7213 desertfrost@yahoo.com.

**Referee:** Jorge Santiago.

**Events:**

- \*1 - 2      500 yd. Free
- \*3 - 4      400 yd. IM

\*Swimmers may enter either the 500 Free or the 400 IM, but not both.

Event #5 will not start before 9:45 a.m. (Minimum 15 minute break)

- 5 - 6      100 yd. Fly
- 7 - 8      50 yd. Free
- 9 - 10     200 yd. Breast
- 11 - 12    50 yd. Back
- 13 - 14    200 yd. IM
- 15 - 16    200 yd. Fly
- 17 - 18    100 yd. Back
- 19 - 20    200 yd. Free
- 21 - 22    100 yd. Breast
- 23 - 24    50 yd. Fly
- 25 - 26    100 yd. IM
- 27 - 28    200 yd. Back
- 29 - 30    50 yd. Breast
- 31 - 32    100 yd. Free

### The Olympic Club Mile

**Saturday, January 22, 2000**

Sanction:#38-00-02

This is a unique 1650 freestyle event combining USMS and USS swimmers.

**Location:** Saint Ignatius College Preparatory School - Herbst Natatorium 2001 37th Avenue San Francisco, CA (Located off of Sunset Blvd. at Rivera St.).

**Facility:** Eight lanes, 25 yds. Heated indoor pool. Seven lanes will be used for competition. One warm-up/down lane will be available throughout the meet. Electronic timing will be used. Snack bar will be available throughout the meet.

**Time:** Warm-ups from 8:00-8:45 a.m. The meet will start promptly at 9:00 a.m.

**Check-In:** The meet will be pre-seeded and preliminary heat assignments will be made. Application acceptances will be mailed out on Friday, January 14, 2000. Heats 1-8 must check-in by 8:30 a.m.; Heats 9-16 must check in by 11:30 a.m.

**Entries:** All entries must be **postmarked by Monday, January 10, 2000**. All entries must be on one signed consolidation entry form and include a copy of your 2000 USMS registration card. 'No time' entries will not be accepted. **NO DECK ENTRIES!!** No refunds will be made. Entries will be limited to 100 total swimmers (USMS and USA Swimming combined).

**Fees:** \$4.00 per swimmer. Make check payable to THE OLYMPIC CLUB and send to: The Olympic Club Mile, 524 Post Street, San Francisco, CA 94102.

**Awards:** Distinct awards will be given for the following: 1. FASTEST MALE (USMS or USA swimmer). 2. FASTEST FEMALE (USMS or USA swimmer) 3. Closest to a AG National Record or the swimmer who breaks a National Record by the largest margin.

**Officials: Meet Director:** Scott Williams, (415)775-3088 ext. 1241.

**Referee:** Michael Moore.

**Starter:** Adam Jennings.



## POOL MEETS

### Fog City Masters Winter Quadrathlon Meet

Sunday, January 30, 2000

Sanction # 38-00-03

**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. 5 competition lanes with 2 lanes available for warm-up/down throughout the meet. Electronic Timing with touch pads will be used. Bleachers are available. A small snack bar will be available.

**Time:** Warm-up will start at 1:00 p.m., meet starts at 2:00 p.m.

**Check In:** 1:15 p.m. for 500 Freestyle deck entries. 1:30 p.m. for 500 Freestyle pre-entered swimmers. 2:00 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 2000 USMS card.

**Entry fees:** \$2 surcharge plus \$2 per event if **postmarked by January 17, 2000 or received by January 20, 2000.** Late and deck entries (accepted until check in time on the day of the meet) are \$2 per swimmer and \$3 per event. Make checks payable to St. Ignatius College Prep.

**Mail to:** Diane Davis/Aquatics, 2001 - 37th Ave., San Francisco, CA 94116. Swimmers are encouraged to enter all four events. There may be breaks in the competition to ensure that swimmers have rest between events.

**Awards:** Special award to the winner in each age group (female and male) with the fastest cumulative (50+100+200+500) time. Factors will be added in as follows: 50-Time multiplied by 10, 100-Time multiplied by 5, 200-Time multiplied by 2.5 and 500-Time multiplied by 1.

**Meet Director:** Doug Huestis (415) 776-5496.

**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



### University of San Francisco Masters Valentines Affair

Saturday, February 12, 2000

Sanction #38-00-04

**Location:** USF Koret Health and Recreation Center. Corner of Turk and Parker Sts., San Francisco. From the **Bay Bridge** take 101 GG Bridge/GG Park Connector. Once freeway ends, stay on Fell approx. 1 mile. Turn R on Masonic, L on Turk (third light). Turn L into free parking just after Parker (2nd light) From **280** take 19th Ave. exit. Stay on 19th approx. 3 miles. Turn R on Geary, and follow directions from GG Bridge. From the **GG Bridge**, stay to the right and take 19th Ave. Turn R on Clement, L on 14th Ave., L on Geary to Stanyon, R on Stanyon, L on Turk and enter free parking area on the right.

**Facility:** Indoor 25 yd. x 50 m. indoor pool. Eight competition lanes, 2 warm-up/down lanes available throughout meet. Electronic timing. Snack bar from 9 a.m.

**Time:** Warm-up from 8:00-8:45 a.m. Meet begins at 9:00 a.m.

**Check In:** Preregistered swimmers must check in by 8:30 a.m. for first two events. Deck entries for the first two events accepted no later than 8:15 a.m. Swimmers in later events must check in at least 30 minutes before the estimated start of the event. Check in at Hagen Gym between 7:30 a.m. and 9:00 a.m.; on the pool deck after 9:00 a.m.

**Entries:** This will be a cardless meet. All entries must be on a consolidated entry form and accompanied by a copy of the swimmer's 2000 USMS registration card. Entry fees are \$2.00 per event plus \$5.00 surcharge per swimmer if **postmarked by Wednesday, January 28, 2000 or hand delivered to Koret by Wednesday, February 2, 2000.** \$3.50 per event for late and deck entries, and \$4.00 per relay, deck entry only. Make checks payable to University of San Francisco Masters. Mail to USF Masters, Attn. E. Tosta, PO Box 330017, San Francisco, CA 94133-0017.

**Awards:** Participation goodies will be distributed to all swimmers.

**Meet Director:** Mark Block (510) 549-0616.

**Referee:** Bud Meyer.

**Information:** Cathy Huang (415) 422-6247.

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

All events will be swum slow to fast

- 1-2 200 yd. Freestyle
- 3-4 50 yd. Butterfly
- 5-6 200 yd. Breaststroke
- 7-8 50 yd. Backstroke
- 9-10 200 yd. Butterfly
- 11 200 yd. Mixed Medley Relay
- 12 200 yd. Mixed Special Relay\*
- 13-14 50 yd. Breaststroke
- 15-16 200 yd. Backstroke
- 17-18 50 yd. Freestyle
- 19-20 200 yd. IM \* Special Event

### San Mateo Masters Marlins 15th Annual PMS Indoor Relays

Sunday, February 20, 2000

Sanction #38-00-06

**Location:** Oceana High School, 401 Paloma Ave., Pacifica. From I-280, take Hwy 1 South. Exit on Paloma Ave. The high school is located on the east side of Hwy 1.

**Facility:** 25 yds., indoor pool. Eight competition lanes, 2 lanes available for warm up throughout the meet. Snack bar available.

**Time:** Warm-up 8:00 - 8:45 a.m. Meet starts at 9:00 a.m.

**Entries:** DECK ENTRIES ONLY. The following items are required by 8:30 a.m.: (1) An official "Team List" with release signatures; a copy of this release form has been sent to all teams. (2) A photocopy of each swimmers 2000 USMS card; (3) A PMS yellow relay card for each relay (first two events, all other events by 10:00 a.m.); and (4) a \$15 per swimmer surcharge.

**Entry Fees:** \$15 surcharge per swimmer which allows you to swim in any/all relays. No other fees apply. Make checks payable to San Mateo Master Marlins.

**Awards:** Team awards to top three clubs.

**Meet Director:** Dale Finch (650) 654-1554 or dfinch@ix.netcom.com.

**Referee:** Rick Beebe.

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

All events will be swum slow to fast

- 1 800 yd. W, M, & Mixed Free \* (4x200)
- 3-4 200 yd. Medley (4x50)
- 5-6 400 yd. Freestyle (4x100)
- 7 200 yd. Mixed Kickboard\*\* (4x50)
- 9 400 yd. Mixed Medley (4x100)
- 11 400 yd. Mixed IM\*\* (4x100 IM)
- 13 200 yd. Mixed Freestyle (4x50)

\* Women, men, and mixed will be seeded together by time; each swimmer may only swim once.

\*\* Denotes Special Event

American River Masters is looking for motivated swimmers at their 5:30 - 6:30 a.m. workouts, Monday - Friday. They swim at American River College. Call their coach, Rich Valdez at (916) 485-6693. They also invite you to come and swim with them if you are in the Sacramento area.

## POOL MEETS

### Rinconada Masters Spring Meet

**Saturday, March 11, 2000**

Sanction #38-00-08

**Location:** Rinconada Pool. Embarcadero and Newell Road, Palo Alto. Turn west off Hwy 101 on Embarcadero to Newell. Park on Embarcadero Rd. or behind pool. From 280, exit Page Mill east. Page Mill becomes Oregon Expressway east of El Camino Real. Turn North (left) on Middlefield, east (right) on Embarcadero to Newell. (280 Sand Hill exit not advisable due to road construction).

**Facility:** 14 lane x 25 yard pool (10 competition, 3 warm-up/down lanes, 1 buffer lane). Snack bar available.

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

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

**Entries:** This will be a cardless meet. Swimmers may swim up to 5 individual events.

**Entry Fees:** \$2.00 per event (\$3.00 late or deck entries) plus \$6.00 surcharge per swimmer. Entries must be **postmarked by Friday, February 25, 2000, or received by Wednesday, March 1, 2000.** NO DECK ENTRIES for 1000 Free. Mail entry, check payable to Rinconada Masters and a copy of your 2000 USMS registration card to Nan Blackledge, 501 Portola Rd., P.O. Box 8005, Portola Valley, CA 94028 (650) 424-4376.

**Awards:** Ribbons 1st through 6th in each age group. Special Memorial awards: Men's 75-79 Willard Johnson Award (1000 Free), Men's 40-44 Frank Parrish Award (50 Fly) and Women's 70-74 Sylvia Bailey Award (400 IM).

**Meet Director:** John Jay (650) 529-0460.

**Referee:** George Cleveland.

**Starter:** Bud Meyer.

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

All events will be swum slow to fast

1-2 1000 yd. Free

Note: The 1000 Free is limited to the first 60 pre-registered swimmers.

Event #3 will not start before 12 noon.

3-4 50 yd. Free \* Novice: no prior  
5-6 50 yd. Free\* competitive masters  
7-8 100 yd. Breast experience.

9-10 50 yd. Fly

11-12 50 yd. Back \*\* Special Event -  
13-14 50 yd. Back\* This is a note-worthy  
15-16 100 yd. IM event. Records are  
17-18 50 yd. Breast kept. Entry is free.  
19-20 100 yd. Fly Must be completed  
21-22 100 yd. Free in 45 minutes.

23-24 400 yd. IM  
\*\*A-B 1650 yd. Fly

### San Ramon Masters Spring Fling!

**Saturday, March 18, 2000**

Sanction # 38-00-09

**Location:** San Ramon Olympic Pool, 9870 Broadmoor Dr. (next to California High School), I-680 to Bollinger Canyon Rd. exit, L and go over the freeway and L again on San Ramon Valley Blvd to Montevideo, L at this light and go to Broadmoor Dr., R - pool is 1/2 mile near California High School.

**Facility:** Outdoor, heated 50 meter X 25 yard pool with 8 lanes for racing and 4 lanes for continuous warm-up. Brand new locker room facilities. Paragon Blocks, Competitor Lane Lines, Push button timing and computer results system. Snack bar will be provided during the meet.

**Time:** Warm-ups 7:30 a.m., meet will start at 9:00 a.m.

**Entries:** This is a cardless meet. Entrants may swim up to 5 individual events and the relay.

**Entry Fees:** Fees are \$3.00 per individual event, plus a \$5.00 surcharge per swimmer. There is no charge for the relays. Please make checks payable to San Ramon Masters and mail with your consolidated entry form and copy of your 2000 USMS registration card to: SANR Swim Meet, c/o Tina Talbot, 1705 Liahona Lane, Danville, CA 94526

**Deadline:** Entries must be **post marked or delivered by March 8th, 2000** in order to pre-enter. Deck entries will be accepted for \$4.00 per individual event plus the \$5.00 surcharge.

**Check-In:** The meet will be deck seeded. All swimmers in the first four events must check-in by 8:30 a.m. All others must check-in at least 45 minutes prior to the predicted starting time for each event. Deck entries will be accepted but must be turned in by 9:00 AM with the exception of the first four events (8:30 AM). Swimmers who do not check-in may not be allowed to swim. Seeding will be slow to fast.

**Awards:** Ribbons 1st - 6th in each age group for individual events. No awards for relays.

**Meet Director:** Tina Talbot (925) 275-2345.

**Referee:** TBD

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

1-2 200 yd. Free  
3-4 50 yd. Breaststroke  
5-6 100 yd. Backstroke  
7-8 200 yd. Butterfly  
9-10 50 yd. Freestyle  
11-12 100 yd. Breaststroke  
13-14 200 yd. Backstroke

cont. next column

### Walnut Creek Masters 13th Annual Intensive Training Camp

**March 3, 4, 5, 2000**

Sanction #38-00-07

**Location:** Clarke Swim Center, Heather Farm Park, Walnut Creek. From I-680 N take Ygnacio Valley Rd. East 2 mi. to N. San Carlos. Turn L. and follow signs to the park. From I-680 S take Geary exit. Turn L. on N. Main, L. on Treat, R. on Bancroft, R. on Ygnacio Valley Rd., R. on N. San Carlos and follow signs.

**Description:** This training camp is a full weekend dedicated to enhancing your competitive swimming performance through strenuous conditioning, stroke and distance specificity and stroke technique instruction in an atmosphere conducive to serious swim training. The camp will consist of two in-water workouts per day (morning is general conditioning, afternoon is sprint, mid-distance, distance specific). Each morning session is followed by a hearty breakfast. Optional stroke schools will be conducted Friday evening and Sunday morning, free to all interested campers.

**Coaching Staff:** The 2000 Camp Staff includes: Kerry O'Brien, Penny Leach and Steve Stahl, coaching staff of the 1996 National Champion Walnut Creek Masters; Brian Stack, Veteran Instructor with Terry Laughlin's Total Immersion Swim Camps, and Tina Talbot, Head Coach, San Ramon Masters and 1999 Pacific Masters Swimming Coach of the Year.

**Check It Out!** - TRAC VIDEO has been contracted to provide our underwater videotaping. All swimmers will again get to keep their tape. Other highlights include: Dryland Training Demonstration, Massages and Team Dinner (both at a nominal cost) and more.

**Entries:** Limited to 50 USMS registered swimmers. Clinic fee \$125. Optional dinner \$15. T-Shirt at no extra charge if registered by February 12, 2000. For registration form, call Kerry O'Brien (510) 943-5856.

15-16 500 yd. Freestyle  
17-18 50 yd. Butterfly  
19-20 100 yd. Freestyle  
21-22 200 yd. Breaststroke  
23-24 50 yd. Backstroke  
25-26 100 yd. Butterfly  
27-28 100 yd. IM  
29-30 200 yd. Freestyle Relay

# COMPETITION ENTRY INSTRUCTIONS

## Pacific Masters Swimming Competitions

### HOW TO ENTER

Please read the following instructions before entering USMS/PMS sanctioned events. For further information on specific upcoming competitions, see elsewhere in this newsletter. Current USMS and PMS rules govern each swim event.

### AGE GROUPS

**Entrants must be at least 19 years old.**

**Individual Events:** 19-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

**Short Course (yards) Relays:** 19+, 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:** 76-99, 100-119, 120-159, 160-199 and 40 year increments as high as necessary. The aggregate age of the four members shall determine the age group.

### POOL COMPETITIONS

**Entry Procedures:** Thoroughly read the Entry procedures for each competition. For all meets, individuals must send a copy of the Consolidated Entry Form below with a photocopy of their USMS registration card. Failure to provide a copy of this card will result in a \$3.00 look-up fee.

Individual event information must be completed in the designated area only if the meet is designated as a **cardless meet**. All other meets

require event information on official PMS pink (for women) and blue (for men) cards. At all meets, including cardless, relays must be entered on official yellow PMS relay entry cards.

Entry cards and PMS registration forms are available through Nancy Ridout, PMS Registrar, 580 Sunset Parkway, Novato, CA 94947 (415) 892-0771.

**Check In Requirements:** Swimmers must check in at all meets. Read specific check in requirements designated by the meet host.

**Strictly Forbidden:** Entering more than five individual events per day • Using hand paddles in warmup areas. • Diving in warmups unless in designated sprint lanes (entering the warmup pool must be done with feet first with one hand in contact with the pool deck). • Smoking in any area where swimmers may be present.

### OPEN WATER COMPETITIONS

**Entry Procedures:** Individuals must send a copy of the Consolidated Entry Form below or an entry form provided by the event host. It must be accompanied by a copy of the swimmers **current** USMS registration card. Failure to provide a copy of this card will result in a \$3.00 look-up fee.

**Event Requirements:** Swimmers using non-porous neoprene swim suits, wetsuits or other non-porous attire will be ineligible for awards or place points. Swimmers are not permitted to use fins, pull buoys or other swimming devices with the possible exception of soft hand paddles or fins as a prosthesis. Approval of prosthesis use is the responsibility of the event director. Wearing 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.  T-Shirt size: <input style="width: 100px;" type="text"/>
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			

Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-Stroke

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

Name of Meet/Event	Date of Meet/Event	Signature
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# PACIFIC MASTERS SUPPLIES AND SERVICES

## VIDEO TAPE LIBRARY

### How to Borrow Tapes:

No charge to clubs. Charge to PMS members is a \$5.00 mailing fee per order and \$50.00 deposit (payable in two separate checks). Two tape maximum per order for a two week borrowing period from the date of initial mailing to receipt by PMS office. If late, damaged or lost, clubs must pay full replacement cost and individuals must forfeit deposit checks. Temporary suspension of PMS membership for bounced checks or late replacement payments. Please tell PMS office about suggestions for new tapes.

- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>1. How Swimming Works, New Ideas in Freestyle &amp; Backstroke - Dr. Marty Hull, 1996</li> <li>2. From the Fast Lane (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique</li> <li>3. Swim Power, Unlock Your Ultimate Potential (Technique, Training &amp; Tips) - SteveTarpinian</li> <li>4. Water: How to Be Safe In It, Have Fun In It, Move Powerfully In It, Swim Fast IN It - Dr. Marty Hull</li> <li>5. Fluid Swimming: The Importance of Range-Of Motion in Swimming, Stretching Exercises to Improve ROM, Strengthening Exercises to Use It Better - Dr. Marty Hull</li> <li>6. Swimming Fastest II - John Trembley</li> <li>7. Swim Smarter/Swim Faster - Richard Quick</li> <li>8. Swim Smarter/Swim Faster II (Starts &amp; Turns) - Richard Quick</li> <li>9. Forbes Carlisle Seminar - Taped at the Olympic Club, 1995</li> <li>10. From the Bottom Up - Mike Bottom (3 tapes)Freestyle, Backstroke, Breastroke</li> <li>11. Excellence in Swimming Stroke Technique -</li> <li>12. Stretching - Bob Anderson</li> </ol> | <ol style="list-style-type: none"> <li>13. Clinical Sports Massage - Benny Vaughn</li> <li>14. Gettin' Better - John Nabor</li> <li>15. Red Cross Swimming &amp; Diving Skills</li> <li>16. ASCA World Clinic, 1992 (4 tapes) Freestyle, Backstroke, Breastroke, Butterfly</li> <li>17. Weight Training for Adult Swimmers - from Rinconada Masters 50+ Clinic</li> <li>18. Masters Starts &amp; Turns - ASCA</li> <li>19. Gold Medal Series (4 tapes) - Don Gambрил Freestyle, Backstroke, Breastroke, Butterfly</li> <li>20. Classic Swimming Series (4 tapes) - Don Gambрил M e n ' s Swimming, Women's Swimming, Swimming Techniques, Coaches Techniques</li> <li>21. Breaking the Mental Barrier (audio tapes)</li> </ol> |
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**Deadline for**  
pool and open water swims  
for the  
March - April Newsletter is  
January 15, 2000  
Please submit creative writing  
and photos to  
Newsletter Editor  
Joanne Berven  
4854 Andrea Ct.  
Livermore, CA 94550  
nevreb@home.com

## PRICE LIST

- |   |       |
|---|-------|
| Membership Card Replacment.....                         | 2.00  |
| USMS/PMS Registration Forms.....                        | free  |
| USMS Brochures (up to 20).....                          | free  |
| Entry Cards<br>(pink, blue, relay; combos ok)           |       |
| set of 20.....  | 2.00  |
| set of 100.....   | 5.00  |
| set of 500.....   | 15.00 |
| Pad -100 Consolidated Entry Forms.....                  | 3.50  |
| USMS/PMS Records- indicate type:<br>(SC, LC, SCM).....  | 3.00  |
| PMS Top Ten Times -indicate type<br>(SC, LC).....       | 5.00  |
| Building a Successful Masters Club.....                 | 3.00  |
| Places to Swim - one area.....                          | SASE  |
| Places to Swim - entire USA.....                        | 6.00  |
| USMS 2000 Rule Book.....                                | 7.00  |
| USMS Decals (each).....                                 | 0.25  |
| PMS Luggage Tag for PMS Card.....                       | 2.00  |
| Video and audio tape deposit .....                      | 50.00 |
| Video/audio tape mailing charge.....                    | 5.00  |
| PMS Super Set<br>(stickers, instructions, certificates) |       |
| set of 1.....   | 1.00  |
| set of 10.....  | 5.00  |
| set of 15.....  | 10.00 |
| set of 50.....  | 18.00 |
| Swim Seasons Record Card<br>( for recording best times) |       |
| set of 1.....   | 0.50  |
| set of 10.....  | 2.00  |
| set of 25.....  | 4.50  |

## ORDER FORM

Please send check (separate checks, payable to Pacific Masters Swimming, for video deposit and mailing) and completed form to Pacific Masters Swimming, 580 Sunset Pkwy, Novato, CA 94947.

Name - Please print clearly		Item		Quantity	Price
Address					
City/ ZIP					
USMS/PMS #	Phone (    )	Total			

# 2000 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

## JANUARY

- 1/1-2/28TAM, 1650 Postal, SCY, Jon Steiner, (415) 981-0300.  
 22 TOC, The TOC Mile, SCY, Scott Williams, (415) 775-3088 x1241  
 23 SEA, Seaside-Monterey Clam bake, SCY, Dan Frost, (831) 656-2786  
 26 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.  
 30 Fog City Quadrathlon, SCY, Doug Huestis, (415) 776-5496.

## FEBRUARY

- 12 USF, Valentines Day Affair, SCY, Cathy Huang, (415) 422-6247 (d)  
 20 SMMM, Pacifica Indoor Relays, SCY, Thomas Huggins, (650) 522-6565.  
 23 PMS meeting, 7:30 p.m., Heather Farms, Walnut Creek.

## MARCH

- 3-5 WCM, Intensive Training Camp, Kerry O'Brien, (510) 934-5657.  
 11 RINC, Pre-Spring Meet, SCY, John Jay, (650) 529-0460.  
 18 SANR, Spring Fling, SCY, Tina Talbot, (925) 831-9539.  
 22 PMS Meeting, 7:30 p.m., San Ramon Community Center.  
 25 SCAM, Invitational, SCY, Polly Uphaw, (510) 594-0194.

## APRIL

- 7-9 CRUZ, PMS Championships, SCY, George Cunningham, (831) 336-8215.  
 19 PMS Meeting, 7:30 p.m., San Ramon Community Center.

## MAY

- 20 USLSA, Spring Lake, OW, Jim McCray (707) 528-4718.  
 24 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.

## JUNE

- 3 DAM, Lake Berryessa (1, 2 mi.), OW, Tariq Kadir (530) 758-8665.  
 9-10 WCM, Invitational, LC, Kerry O'Brien, (925) 934-5657 (e).  
 17 WEST, Long Course Meet, Isla Wallace, (408) 926-6621.  
 25 AAM, Coast Guard Island 1.5 mile Swim, OW, Linda Gilchrist, (510) 769-0317.  
 28 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.

## JULY

- 7-9 CRUZ, PMS Championships, LC, George Cunningham, (831) 336-8215  
 8 USLSA, Russian River, OW, Jim McCray, (707) 528-4718.  
 9 SFBS, Aquatic Park Challenges, OW, Joe Oakes, (650) 903-0341.  
 15 TOC, Trans Tahoe Relay, Scott Williams, (415) 775-3088 x1241.

## AUGUST

- 5 CRUZ, Santa Cruz Roughwater Swim, OW, Karl Tallman, (831) 420-6015.  
 6 CRUZ, Pier to Pier - 6 mile National Championship, OW, Joel Wilson, (831) 425-5762.  
 6 CRUZ, Cruz Cruise 2-Mile, OW, Paul Wrangell, (831) 429-1217.  
 12 SNM, Donner Lake, OW, Nancy Rose, (530) 582-1214.  
 12 SFRP/USF, Swim SF, SCY, Brian Fitzgibbons, (415) 487-3556 (d).  
 20 MAM, 2 x 1 Relay, OW, Gary Fitschen, (415) 788-0220 (d).  
 23 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.

## SEPTEMBER

- 10 RAD, Whiskeytown (1, 2 mi.), OW, Pete O'Neill, (530) 246-7340 (e).  
 16 SANR, Shadow Cliffs (0.5, 1.5 mi.), OW, Tina Talbot, (925) 275-2345.  
 27 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.  
 30 RAMS, Folsom Lake (1, 2 mi.), OW, Nick Righos, (916) 356-5646.

## OCTOBER

- 1 SAC, Sacramento Pentathlon, SCY, Andrew Brennan, (916) 9235174.  
 8 SMMM, Meters Meet, SCM, Thomas Huggins, (650) 522-6565.  
 22 SMMM, Mid Distance Pentathlon, SCY, Dale Finch, (650) 654-1554  
 25 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool..

## NOVEMBER

- 3-5(tent)HMSW, PMS Championships, SCM, Karlene Martin, (707) 838-4432.  
 15 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.

## DECEMBER

- 3 SNM, Reno Winners Meet, SCY, Gwen Shonkwiler, (702) 327-5010.

## PACIFIC MASTERS SWIMMING OFFICERS

### Chairman:

Julie Paque  
 2203 Rock St.,  
 Mountain View, 94043  
 chairman@pacificmasters.org

### Administrative Vice-Chair:

Rick Windes  
 1543 La Salle Avenue  
 San Francisco, 94110-4851  
 administration@pacificmasters.org

### Operations Vice-Chair:

Barry Fasbender  
 845 Talisman Dr.  
 Palo Alto, 94303  
 operations@pacificmasters.org

### Treasurer:

Clarine Anderson  
 88 Yerba Buena Ave.  
 Los Altos, 94022  
 treasurer@pacificmasters.org

### Secretary:

Joan Alexander  
 532 Ridge View Court  
 Pleasant Hill, 94523  
 secretary@pacificmasters.org

### Member-at-Large:

Michael Moore  
 350 Weyland  
 San Francisco, 94134  
 swim@hooked.net

### Registrar and PMS Office

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

### Communications Co-Chairs:

**Newsletter**  
 Joanne Berven  
 4854 Andrea Ct.  
 Livermore, 94550  
 newsletter@pacificmasters.org

### Webmaster

Michael Moore  
 350 Weyland  
 San Francisco, 94134  
 swim@hooked.net

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For a complete copy of the annual Hawaii Sports Calendar which includes pool and ocean swims, send SASE to: The Waikiki Roughwater Swim Committee, 95-230 Waioleka #39, Honolulu HI 96789