

Pacific Masters Swimming

newsletter



Message from the Chair



Michael Moore,
PMS Chair

I hope you have all had a great holiday season and a very Happy New Year! It is hard to believe that 2008 is here and that on January 1st for long course and short course meters we all aged up a year - and some aged up into a new age group.

GOALS

Even though it is past the first of the year, I urge every one to set swimming goals for the year. The goals do not have to be competitive, but you should write them down. (are you going to commit to swim so many times per month? Is this the year to do a little cross training and lift weights? Is this the year you are going to do flip turns off the wall).

I would encourage you to make the goals measurable and to ease into them if you need to. If you are going to do flip turns off the wall, it might be ambitious to say you will do all flip turns in practice. Start with a manageable number - you will 10 in practice the first week, 15 the second and so on keep doing that until all the turns are flip turns.

If you fail in part of your goals, just start again (as the song says "Pick yourself up, dust yourself off and start all over again.")

For those who have never competed and want to compete, Pacific has scheduled one postal, 15 pool events and 13 open water events. For those who have never swum a pool meet enter a local meet. If you have never swum open water, enter a swim with the idea to go and enjoy the day. If you are going to compete go with the idea to compete and have a good time.

NON COACHED WORK OUTS

During the Thanksgiving day break, I went to a non-coached work out. I would like to give a tip of the cap to those who go to a non-coached workout. For me it was more difficult. I like having a coach there who is watching, ready to encourage> I also like to know which part of my stroke I can work on. Swimming without a coach, I get lazy, instead of swimming 10 sets, I may only swim three. I also like the comraderie of other swimmers in my lane. So I appreciate your discipline and the ability to work through a workout.

The UPDATE

Pacific Masters has an email list where we send out information related to Masters swimming, with an emphasis on Pacific Masters. There is no charge for this service anyone can sign up. If you are not currently on the list and wish to get on the list, please go to <http://six.pairlist.net/mailman/listinfo/pacmasterupdate> to sign up.

Information about upcoming meeting, and meets will be sent out. Also information about meet results and records broken will also be sent out on the list.

I hope everyone has a great 2008 and best wishes for the new year. *michael*

POOL MEETS

Jon Steiner Memorial Mile TAM's 1650 Postal January & February 2008

Sanction # 38-08-01

What You Need: A 25 yard/25 meter/50 meter pool and someone to time you.

Distance: 1650 yards/1500 meters

Date: Anytime between December 22, 2007 and February 29, 2008

Eligibility: All swimmers registered with usms for 2008 are eligible to participate.

Rules: All USMS and PMS rules apply. A split sheet with 50 yard/meter splits must be signed by at least by one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted. Meters times may be converted to yards times by dividing by 1.02.

Entry: You may enter online at www.tammasters.org/PoolMileEntry, by using the entry form available at <http://www.pacificmasters.org/comp/08tamow.pdf> or the consolidated entry form found in this newsletter. A split sheet with 50 yard/meter splits signed by at least one timer must be attached to the entry form. Enter relays online or by filling out the relay form found at the URL above. **Each Individual Entry Must Be Accompanied By A Copy Of The Swimmer's 2008 USMS Card.** Mail entries to TAM 1650, c/o Jon Haveman, 204 Ross St, San Rafael, CA 94901.

Entry Fees: For individual entries: \$10.00. For relay entries: \$4.00 for each four (4) person relay entry in addition to the individual swimmers' entry fees. Checks should be made payable to "Tamalpais Aquatic Masters". Entry fees are not refundable or transferable. Credit cards will be accepted with online entry. A \$2 discount is available for online entries, which we strongly encourage: www.tammasters.org/PoolMileEntry If you have previously participated in the 1650, you need only enter your name and date of birth online (it's much easier than filling out this clumsy form).

Relays: Four (4) person relay entries will be accepted in the following age groups: 18+, 25+, 35+, etc., male, female and mixed (each person swims the 1650; relay entries are scored on total time for the four (4) 1650s).

Postmark Deadline: All entries must be postmarked by March 10, 2008.

Awards: Awards will be given for 1-3 place for individual events and first place for relays.

T-shirts: T-shirts are available for \$15 each. XX large are \$17. If you wish to order a T-shirt, please indicate the size you want on your check.

Information: For more information or questions please contact Jon Haveman at (415) 457-1228, email: jon@haveman.org

The Olympic Club 1500 SCM Swim Meet

Saturday, January 19, 2008

Sanction # 38-08-03

Location: The New Olympic Club, 665 Sutter St., San Francisco, CA 94102

Directions: Yahoo Maps.com or Mapquest.com (downtown San Francisco)

Parking: Paid parking in The Olympic Club Garage with discount for meet participants

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 2008 USMS registration card and must enter the number on their entry forms. Swimmers who enter as "Pending" or "Applied For" must be prepared to present their card or register before being permitted to check-in, unless the Meet Director determines that they are validly pending. Swimmers may register at the meet.

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

Entries: Consolidated Entry Forms must be completely filled out including best short course meters time for the 1500 freestyle. "No Time" entries will be accepted. Entries must be postmarked by midnight, January 9, 2008. No late entries will be accepted. No refunds will be made. Entries will be limited to 100 total swimmers on a first received basis. Entries not accepted will be returned.

Fees: Total entry fee is \$25.00. Make check payable to The Olympic Club and send to: The Olympic Club 1500, 665 Sutter St., San Francisco, CA 94102, Attn. Scott Williams

Awards: 1st thru 3rd in each division

Snack Bar: A snack bar will be available throughout the meet.

Officials: Referee: TBD

Meet Directors: Scott Williams
swilliams@olyclub.com

415-345-5215;

Laureen Welting

lwelting@olyclub.com,

415-345-5213

FOG City Winter Quadrathon Meet

Sunday, January 27, 2008

Sanction # 38-08-04

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

Facility: Indoor, 25-yard x 8-lane competition pool. 5 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 12:30 p.m., meet starts at 1:30 p.m.

Check In: 12:45 p.m. for 500 Freestyle deck entries. 1:00 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 2008 USMS Card.

Entry fees: Flat fee of \$20.00 (for 1 to 4 events) if postmarked by Tuesday - January 22, 2008 or received at the pool by Wednesday, January 23, 2008. Late and deck entries (accepted until check in time on the day of the meet) are 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

**University of San Francisco Masters
2008 Short Course Valentine's Affaire**

Saturday, February 9, 2008
Sanction # 38-08-05

Location: University of San Francisco, Koret Recreation Center Corner of Turk and Parker Streets, San Francisco.

Facility: 25 yd by 50 m heated indoor pool. There will be 8 lanes for competition and 2 warm-up / warm-down lanes available throughout the meet. Electronic timing will be used.

Directions:

From the North Bay (Golden Gate Bridge): Take 19th Avenue exit. Turn right on Anza St., right on 14th Avenue, and right on Geary Blvd. Go east on Geary to Stanyan and turn right. Turn left on Turk. Parking lot entrance is on the right, just before the light at the intersection of Parker and Turk Streets.

From the East Bay (Bay Bridge): After crossing the Bay Bridge, follow signs to 101 North – Golden Gate Bridge. Take Octavia Blvd / Fell Street exit. Continue on Octavia Blvd, crossing Market Street. Left on Fell Street, and continue west on Fell St. for several miles. Right on Stanyan Street, and then right on Turk Street. Parking lot entrance is on the right immediately before the intersection of Turk and Parker Streets.

From the South Bay (101 North): Follow signs to 101 North – Golden Gate Bridge. Take Octavia Blvd / Fell Street exit. Continue on Octavia Blvd, crossing Market Street. Left on Fell Street and continue west on Fell St. for several miles. Right on Stanyan Street, and then right on Turk Street. Parking lot entrance is on the right immediately before the intersection of Turk and Parker Streets.

(280 North): Take the 19th Avenue exit, stay in left lanes. Go north on 19th Ave. approx. 3 miles, through Golden Gate Park (becomes Park Presidio Blvd). Make a right on Geary Blvd. Go east on Geary. Turn right on Stanyan. Turn left on Turk. Parking lot entrance is on the right, just before the light at the intersection of Parker and Turk Street

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 AM. Swimmers who deck enter the first two events must do so by 8:15 AM. Swimmers in later events must check in at least thirty minutes before the estimated start of the event. Check in upstairs at the Alumni Lounge between 7:30 AM and 9:00 AM. Check in on the pool deck after 9 AM.

Parking: Free parking available in the Koret Parking Lot, located at the corner of Turk and Parker Streets.

Entries:

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

To enter on line:

Enter this meet online by going to <http://usf.mastersswim.com/>. Online entries accepted until 11:59 pm Wed. February 6, 2008.

To enter via surface mail: Mailed entries must be on a completely filled out consolidated entry form and accompanied by a copy of the swimmer's 2008 USMS registration card. Failure to provide a copy of the USMS card will result in a \$3 look-up fee per PMS rules.

Deadline: Entry must be postmarked by Wed. January 30, 2008 or hand delivered to the Koret Center at USF by Fri. Feb 1, 2008. For hand delivery please put entry in an envelope addressed to: Cathy Huang. Make checks payable and **mail to:** University of San Francisco Masters, Attn: E. Tosta, P.O. Box 330017, San Francisco, CA. 94133-0017

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 AM. Every year we process a large number of deck entries. To help us start the meet on time, please preregister!

Fees:

On line Entry Event Fee: \$4.00 Surcharge plus \$2.50 per event. The cost of the on line meet entry system is \$1.00 per swimmer plus 5% of the events fee, which is added to your total.

Mailed Entry Event Fee: \$5.00 Surcharge plus \$3.50 per event. Please note that a discount is offered for on line entry.

Deck/Late Entry: \$5.00 surcharge plus \$5.00 per event

Relays: \$4.00 per event, deck entry only

Awards: Participation awards and goodie bags

Meet Referee: Bud Meyer

Meet Director: Duke Dahlin: ddahlin@pacific.edu; (415) 929-6651

Information: Cathy Huang (415) 422-6247

Events (deck seeded slow to fast):

Odd = Women, Even = Men

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	200 yd	mixed medley relay
12	200 yd	mixed Centipede Relay*
13 - 14	50 yd	breast
15 - 16	200 yd	back
17 - 18	50 yd	free
19 - 20	200 yd	IM

* Special Event



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Deadline for pool and
 open water swim
 information for the
March-April
 Newsletter is
January 6, 2008
 Please submit creative writing
 and photos to Newsletter Editor
 Joanne Berven
 4854 Andrea Court
 Livermore, CA 94550
newsletter@pacificmasters.org

POOL MEETS

Monterey Bay Masters The Bob Walthour III, Invitational Masters Clambake

Saturday, February 23, 2008
Sanction # 38-08-02

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 Avenue (fourth light), and turn left. Go straight on Hilby, across Fremont Blvd., and straight one more block to Wheeler St. Turn right, and the pool is on the left. Ample free parking at the pool, at the adjacent church parking lot, at the adjacent youth center parking lot, and on Wheeler St.

Facility: Pattullo Swim Center is an indoor facility with a six lane competition pool and a separate small warm-up/warm-down pool. Snack/Coffee bar available. T-shirts will be available for purchase.

Time: Warm-up 9:00 a.m. Meet begins promptly at 10:00 a.m.

Check-in: Check-in opens at 8:00 am. Check-in closes 30 minutes before the expected start of each event.

Entries: Mail a consolidated entry form, a copy of your 2008 USMS registration, and your check payable to SEA, P.O. Box 950, Seaside, CA 93955. Swimmers are limited to a maximum of five events.

Entry fees: \$20.00 for up to five events plus \$5.00 surcharge to offset meet costs. Same day registration is \$25.00 plus \$5.00 surcharge to offset meet costs

Awards: Ribbons will be awarded for up to sixth (6th) place in each age group, for each event. A special "Iron Lung Award" will be awarded for any swimmer completing 3 out of 4 of the following events: 500 freestyle, 200 fly, 400 IM, or 1000 freestyle.

Deadline: Entries must be received by Wednesday, February 13. Same day entries are accepted with a \$5.00 penalty.

Meet Director: Ken Fittro (831) 394-0533; backstrider@aol.com **Meet Referee:** TBA

Events: (Odd=Women, Even=Men)

1-2	50 yd	backstroke
3-4	200 yd	freestyle
5-6	100 yd	breaststroke
7-8	500 yd	freestyle
9-10	50 yd	freestyle
11-12	200 yd	breaststroke
13-14	100 yd	backstroke
15-16	200 yd	butterfly
17-18	100 yd	Individual Medley
19-20	50 yd	breaststroke
21-22	200 yd	backstroke
23-24	100 yd	butterfly
25-26	400 yd	Individual Medley
27-28	50 yd	butterfly
29-30	200 yd	Individual Medley
31-32	100 yd	freestyle
33-34	1000 yd	freestyle

Lap Counters will be provided for the 500/1000 freestyles

San Mateo Masters Marlins 23rd Annual Indoor Relays

Sunday, February 3, 2008
Sanction #38-08-06

Location: Oceana High School, 401 Paloma Ave., Pacifica.

Directions: 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. by 8 lanes, indoor pool. 2 additional lanes will be used for warm up throughout the meet.

Snack bar A snack bar offering snacks, fruit and drinks will be open throughout the meet..

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

E-Registration is specifically requested. Email a meet entry file (Hy-Tek format) of your swimmers to: smmmrelays@sanmateomarlins.org by the **January 28 deadline**. Otherwise, download an Excel entry form from the Marlins website, sanmateomarlins.org, and email the completed file to us by January 28. Each swimmer may enter ONE of Events 1, 2 or 3 and ONE of Events 15, 16 or 17.

The following items are required by January 28. In addition to pre-registration, all Teams are still required to follow the usual procedures, namely, mail-in (by January 28) or hand-in three items by 8:30 AM, Race-Day:

- 1) entry fees for all attending swimmers,
- 2) a photocopy of each swimmer's 2008 PMS card, and
- 3) the paper Team List with each swimmer's signature and legibly printed name.

The Team List form is downloadable from the Marlins website, sanmateomarlins.org . The three items can be mailed (by January 28) to: San Mateo Master Marlins, 2111 Kehoe Ave., San Mateo, CA 94403, ATTN: Meet Director Cindy Lee

*Note: High school charges \$5.00 a day for upper lot parking. There will be limited parking in lower lot as well as street parking at no cost.

Entry Fees: \$15.00 pre-reg fee (by January 28) per swimmer allows entrants to compete in the relays - subject to the specifications for Events 1-3 & 15-17: Each swimmer may enter ONE of Events 1, 2 or 3 and ONE of Events 15, 16 or 17.

Scoring: Points per relay will be scored 18-14-12-10-8-6-4-2.

Awards: Awards will be provided for the top three teams in the overall meet scoring. In addition, the 2008 Relays will have awards for the top three teams entering <10 swimmers

Meet Director: Cindy Lee (650) 728-0704

E-mail: cindyswimlee@earthlink.net

Referee: Harrison Race and Leon Kief

Events: (Odd=Women, Even=Men)

All events will be swum slow to fast

1-3*	800 yd	Women, Men and Mixed Free* (4x200)
5-6	200 yd	Medley (4x50)
7-8	400 yd	Freestyle (4x100)
9-10	100 yd	Freestyle** (4x25)
11	400 yd	Mixed Medley (4x100)
13	200 yd	Mixed Freestyle (4x50)

15-16-17 400 yd Women, Men and Mixed Pace Line* ** See Note

* All individual women, men and mixed will be seeded together by time; each swimmer may only swim once.

** Denotes Special Events

NOTE: PACE LINE RELAY All 4 swimmers begin in the water, and when the race starts, they swim in-trail. After 50 yds, the LEAD swimmer pauses at the wall, allowing the 2nd swimmer to become lead, while he becomes 4th in line. This continues until all swimmers have swum as lead twice. Final time is when the 4th swimmer finishes after 400 yds.

POOL MEETS

Rinconada Masters Spring Short Course Meet

Saturday March 8, 2008

Sanction No: #38-08-08

Location: Rinconada Pool. Embarcadero and Newell Road. Palo Alto.

Directions: HWY 101m 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 7:30 a.m.-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: This will be a cardless meet. Swimmers may swim up to 5 individual events. You must use the consolidated entry form in the Pacific Master Swimming newsletter or request an entry form from Nan Blackledge, (See below)

Entry Fees: \$4.00 per event plus \$5.00 surcharge per swimmer; \$ 10.00 surcharge for late or deck entries.

Deadline: Entries must be Postmarked by Friday February 22, 2008, or received by Wednesday February 27, 2008. No DECK ENTRIES for 1000 Free.

Mail entry, and check payable to Rinconada Masters with a copy of your 2008 USMS registration card to: Rinconada Spring Meet, c/o Nan Blackledge. 501 Portola Road, P.O. Box 8005, Portola Valley, CA 94028, 650-424-4376

Awards: Ribbons 1st through 6th in each age group. Special Memorial Awards: Women's 70-74 Sylvia Bailey Award (400 IM), Men's 75-79 Willard Johnson Award (1000 Free) (Please return award Plaques each year)

Meet Director: Jim Shaw 650-529-1173

Referee: Bud Meyer

Starter: TBD

(Timing equipment by Larry Rice)

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 AM.			
3	4	200 yd	Breast
5	6	50 yd	Free Novices.*
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
A	B	1650 yd	Fly Special event,

records are kept.**

* Novices are those with no prior competitive masters experience.

**Entry is free. 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.

Strawberry Canyon Aquatic Masters Invitational Meet

Saturday, March 29, 2008

Sanction #: 38-08-10

Location: Spieker Aquatics Complex, UC Berkeley, Bancroft Way at Dana Street.

Directions: From I-80 East or West, take University Ave. exit and head east. Continue on University Ave. until you reach Oxford Street. Take a right on Oxford, go past Bancroft Way (one way street), and take the next left onto Durant Avenue. Take another left on Ellsworth, cross Bancroft Way, and drive directly into the covered parking facility.

Parking: Limited hourly indoor parking available in garage at Bancroft Way @ Ellsworth. Metered parking and free weekend permit parking available on neighboring streets. Parking is not allowed in the church parking lot across the street from the pool, cars will be towed.

Course: Outdoor, 25-yard, 20-lane pool. Eight lanes will be used for competition and ten lanes for warm-ups. NOTE: During the 500 free only, 16 lanes will be used for competition and four (4) for warm-ups.

Time: Warm-ups begin at 7:30 a.m. The 500 Free will begin at 8:30 a.m., and all other events will follow.

Check in: Check in begins at 7:00 a.m. The 500 Free is pre-seeded; no deck entries for the 500. All other events will be deck seeded. All swimmers in the 500 Free must check in by 8:00 a.m. All others must check in at least 30 minutes prior to the expected starting time of their first event. Swimmers who do not check in will not be allowed to swim. The meet will be seeded slowest to fastest.

Entries: Swimmers are limited to five (5) events. The 500 Free is limited to five (5) heats each for men and women. This is a cardless meet.

Fees (No Refunds):

Online Entry Event Fee: \$4.00 Surcharge plus \$2.50 per event. The cost of the online meet entry system is \$1.00 per swimmer plus 5% of the events fee, which is added to your total. Visit <http://scam.mastersswim.com> to sign up.

Mailed Entry Event Fee: \$5.00 Surcharge plus \$3.50 per event. Please note that a discount is offered for online entry. Make checks payable to UC Regents.

Deck/Late Entry: \$5.00 surcharge plus \$5.00 per event.

Mail: Consolidated Entry Form, a photocopy of your 2008 USMS registration card, and your entry fee to: SCAM Swim Meet 2008, Cal Rec Club, 2301 Bancroft Way, Berkeley, CA 94720-4420

Deadline: Online entries accepted until 11:59 p.m. Wed. March 26. Mailed entries must be postmarked no later than March 15 (or received by March 19). Please do not send mail requiring a signature.

Snack Bar: will be open during the meet beginning at 7:30.

Meet Directors: Justin Ritter justin@lekvar.com, Jessica Weddle jessica.weddle@gmail.com

Referee: TBD

Events: (Odd=Women; Even=Men)

1-2	500 yd	Freestyle
3-4	100 yd	Individual Medley
5-6	50 yd	Butterfly
7-8	100 yd	Breaststroke
9-10	100 yd	Freestyle
11-12	50 yd	Backstroke
13-14	100 yd	Butterfly
15-16	200 yd	Freestyle
17-18	50 yd	Breaststroke
19-20	200 yd	Individual Medley
21-22	100 yd	Backstroke
23-24	50 yd	Freestyle

COMPETITION ENTRY INSTRUCTIONS

Pacific Masters Swimming Competitions

HOW TO ENTER

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

AGE GROUPS

Entrants must be at least 18 years old.

Individual Events: 18-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

Short Course (yards) Relays: 18+, 25+ and subsequent ten year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group.

Short Course (meters) and Long Course Relays: 72-99, 100-119, 120-159, 160-199 and 40 year increments as high as necessary. The aggregate age of the four members shall determine the age group.

POOL COMPETITIONS

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

Individual event information must be completed in the designated area only if the meet is designated as a **cardless meet**. All other meets require event information on official PMS pink (for women) and blue (for men) cards. At all meets, including cardless, relays must be entered on official yellow PMS relay entry cards.

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

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

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

OPEN WATER COMPETITIONS

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

Event Requirements: Swimmers using non-porous neoprene swim suits, wetsuits or other non-porous attire will be ineligible for awards or place points. Swimmers are not permitted to use fins, pull buoys or other swimming devices with the possible exception of soft hand paddles or fins as a prosthesis. Approval of prosthesis use is the responsibility of the event director. Wearing highly visible caps is mandatory. Each course is patrolled by safety craft. Unless specifically stated, individual escorts are not allowed. A cut-off time will be enforced.

Cut here

Consolidated Entry Form • Pacific Masters Swimming					
Name (as it appears on registration card)		Sex M <input type="checkbox"/> F <input type="checkbox"/>		1. Place USMS card in this space. 2. Photocopy with this consolidated entry form. 3. Send in photocopy with each entry. *Age for LCM & SCM meets is age as of Dec. 31st of current year. Age for SCY meets is age of last day of meet.	
Street		no. of events entered:			
City	State	Zip			
Phone	* Age	Birthday			
Club	Club Abbr.	Entry Fee			
For a Cardless Meet, enter your times in the table below				T-Shirt size: <input style="width: 100px;" type="text"/>	
Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-
			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 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.

Select any two bulleted videos

Eddie Reese (2005)

- Freestyle (DVD, 2 copies)

David Marsh (2004)

- Swimming Faster Freestyle (DVD)
- Training and Race Strategies for Sprint Freestyle (DVD)

Richard Quick and Milt Nelms (2003)

- Championship Winning Swimming
- Freestyle (1 copy VHS, 1 copy DVD)
 - Backstroke (1 copy VHS, 1 copy DVD)
 - Breaststroke (VHS)
 - Butterfly (VHS)
 - Start (VHS)
 - Walls, Underwater Swimming (VHS)
 - Posture, Line and Balance (VHS)

June Quick Instruction (2003)

- Swimmers' Shoulder: Prehab and Rehab (VHS)
- Pilates for Swimmers (VHS)

Michael Collins and Gerry Rodrigues (2003)

- Open Water Swimming (DVD, 2 copies)

John Moffett

From the Fast Lane

- Basic Training (VHS)
- Advanced Technique (VHS)

Mike Bottom

From the Bottom Up

- Backstroke (VHS)
- Breaststroke (VHS)

Bill Sweetenham

21st Century Swimming

- Backstroke (VHS)
- Individual Medley (VHS)
- Starts, Turns, Finishes (VHS)
- Advanced Drills (VHS)

Adrian Moorhouse, Nick Gillingham

- Ultimate Breaststroke (VHS)

John Trembley

- Swimming Fastest II (VHS)

Matt Wren

- Core Stabilization (VHS)
- Shoulder Stabilization (VHS)

Scott Volkert

- Core Body Strength (VHS)

Bob Anderson (1987)

- Stretching (VHS)

Benny Vaughn

- Clinical Sports Massage (VHS)

Terry Laughlin

- Total Immersion (VHS)

Dr. Marty Hull

- How Swimming Works, New Ideas in Freestyle and Backstroke (1996) (VHS)
- Water: How to be Safe in It Swim Fast in It (VHS)
- Fluid Swimming: Exercises To Improve Range of Motion (VHS)

Melon Dash, Transpersonal Swimming Institute

- How to Overcome Fear of the Water (VHS)

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

PRICE LIST

USMS Membership Forms free online at www.pacificmasters.org	
Membership Card Replacement	2.00
2007 USMS Rule Book (2008 USMS Rule Book when available)	8.00
2007 USMS Mini Rule Book (rules only)	
(2008 USMS Rule Book when available)	5.00
Video deposit	50.00
Video mailing charge	per order 5.00

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

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
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City/ ZIP			
USMS/PMS #	Phone ()	Total	

2007 - 2008 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

PACIFIC MASTERS
SWIMMING OFFICERS

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

2008 Meet Schedule

Dec-Feb	12/22/07-2/28/08	TAM	Postal 1650
Sat	01/19/08	TOC	Olympic Club 1500
Sun	01/27/08	FOG	Fog City Quadrathlon
Sun	02/03/08	SMMM	Relay Meet
Sat	02/09/08	USF	USF Valentine's Affaire
Sat	02/23/08	MBAY	Clambake
Fri-Sun	3/7-9/08	WCM	Intensive Training Camp
Sat	03/08/08	RINC	Rinconada Masters Spring Meet
Sat-Sun	3/15-16/08	*	Senior Games, Palo Alto
Sat	03/29/08	SCAM	Strawberry Canyon Masters Invit.
Fri-Sun	4/11-13/08	WCM/TVM	PMS Short Course Championships
Th-Fri	4/17-25/08	Perth, Australia	XII FINA World Masters
Sat-Sun	5/1-4/08	Austin, TX	USMS SC Championships
Sat	05/10/08	SMMM	Parkside Aquatic Mile
Sun	05/17/08	RCM	Spring Lake 1-mile
Sat-	05/31/08	MELO	Menlo Long Course Meet
Sun	06/01/08	TVM	Del Valle 0.75- & 1.5-mile
Sat	06/07/08	DAM	Lake Berryessa 1 & 2 mile
Sat	06/28/08	RCM	PMS OW Championships, Lake Sonoma 2-mile
Fri-Sun	7/11-13/08	CRUZ	PMS Long Course Championships
Sat	07/19/08	TOC	31st Annual Trans Tahoe Relays
Sat	07/26/08	RCM	Russian River 1-mile
Sat	08/02/08	CRUZ	35th Annual Roughwater Swim
Sun	08/03/08	CRUZ	Cruz Cruise 2-mile
Sat	08/09/08	SNM	Donner Lake 2.7-mile
Th-Sun	8/14-17/08	Mt. Hood, OR	USMS LC Championships
Sat	08/16/08	FOAM	Lake Natoma Salmon Swim 1- and 2-mile***
Sat	08/23/08	MAAC	2nd Annual Short Course Meters
Sun	09/07/08	RAD	Whiskeytown 1- and 2-mile
Sun	09/14/08	MVM	Alan Liu Memorial SCM
Wed-Sun	9/24-28/08	USMS	USAS Convention, Atlanta, GA
Sat	09/27/08	SMST	Folsom Lake 1- and 2-mile
Sat	10/05/08	SAC	34th Annual Sprint Pentathlon
Sun	10/05/08	**	Tiburon Mile
Fri-Sun	10/10-12/08	WCM	PMS SCM Championships
Sat	12/06/08	SNM	Reno Winners Meet

* recognized

** non-sanctioned

*** tentative

2008 Meeting Dates: January 16, WC, Feb. 13, cc*, March 12, WC, April 2, cc*, May 14, WC, June 18, cc*, July 23, WC, Aug. 20, cc*, Sept. 17, WC, Oct. 15, cc*, Nov. 19, WC, Annual Meeting.

Directions: From I-680 take the Ygnacio Valley off ramp, head east. Left at San Carlos and take the second left at the Community Center sign. Parking to the right around the curve.

(cc)*meetings will be via conference call.

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