

Pacific Masters Swimming

A USMS Swimmer magazine supplement
May-June, 2008

newsletter



OPEN WATER SWIMS

San Mateo Master Marlins Parkside Aquatic Mile Saturday May 10th, 2008

Sanction #: Pending

Location of Swim: Parkside Aquatic Park, San Mateo, CA

Directions: From 101 N, exit at Kehoe Ave. From 101 S, exit at 3rd Ave East. Crossover freeway, turn right on Norfolk, proceed to Kehoe Ave and turn left. Follow Kehoe to Joinville Aquatic Center. To proceed to Parkside Aquatic Park turn right on Roberta Ave (just past Joinville Aquatic Center) and go 0.4 miles. Turn left on Seal Ct. into Parkside Aquatic Park.

Swim Check-in and Race Day Registration: Begins at 7:00 a.m. and closes at 8:30 a.m. Race start is at 9:00 a.m.

Swim Course Description: One mile salt water triangular course; in-water start and sandy beach exit. Expected water temp. 55-75 degrees.

Swim Divisions and Awards: Awards in 5 yr age divisions: 19-24, 25-29, 30-34, 35-39, etc. Special awards to oldest finisher, first female, first male, and youngest finisher.

Swim fee is \$30 if pre-register by May 3; \$35 on race day. Make checks payable to SMMM. Send entries and a copy of your 2008 USMS card to: SMMM c/o Joel Swartz, P.O. Box 366, Moss Beach, CA 94038. Consolidated entry forms are available on the Pacific master Website (www.pacificmasters.org) or in this magazine. If race cancels for any reason refunds will be less \$5 for processing.

Contact Joel Swartz for additional info: openwater@sanmateomarlins.org.

Pre-register Deadline:

Postmarked by May 3, 2008.

Amenities: Swim entry fee includes the option of a men's short sleeve t-shirt or a women's rib-knit shirt, plus post-race beverages and snacks. Picnic tables and BBQ grills are available at Parkside Aquatic Park. Locker rooms with showers at Joinville Aquatic Center.

Redwood Coast Masters Spring Lake One Mile Open Water Swim

Saturday, May 17, 2008

Sanction # TBD

Location: Spring Lake, Santa Rosa
Directions: From Hwy 101, take Hwy 12 East. Turn right on Mission Blvd., left on Montgomery Dr., right on Channel Dr., right on Violetti Rd., into park. Parking Fee \$5.

Course: One mile loop course swim from a small sand beach in Spring Lake. Expected water temperature 68-70 degrees.

Time: Check-in, packet pick-up and race day registration from 7:30 - 8:30 a.m. Race begins at 9:00 a.m. No late starters.

Swim Procedure: There will be three wave starts five minutes apart. All swimmers must wear the provided swim caps and race finish tags. The color of the swim cap will designate wave number and the finish tags will be collected in the chute at the finish line. There will be a one hour cut-off time. No individual escorts. Safety craft will patrol.

Entries:

Online: go to www.lifeguardsforlife.org before May 9, 2008

Mail: Indicate estimated one-mile swim time on entry. Send entry form or consolidated card, a photocopy of 2008 USMS card and a check payable to **Redwood Coast USLA** to: Spring Lake One Mile Swim, PO Box 337, Healdsburg, CA 95448.

For official entry form, visit www.lifeguardsforlife.org for printable entry forms, course maps, and driving directions.

Entry fees: \$25 entry fee for pre-entries includes a free t-shirt, \$30 entry fee for late and race day entries. Entry fee is non-refundable and non-transferable.

Deadline : Entries must be postmarked or emailed by May 9, 2008.

T-Shirts: All pre-entry participants will receive a free T-shirt. Indicate size on entry form. T-shirts will be on sale on race day. Due to popular demand, sweatshirts must be pre-ordered by March 31. Sweatshirt prices are on the website and entry forms.

Awards: Awards will be presented to the first overall male and female finishers and to 1st through 3rd in each age division. Wet suits or other non-porous attire render the swimmer ineligible for awards.

Race Director: David Robinson (707) 565-2824

Email: rdwoodmasters@yahoo.com

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

Tri-Valley Masters DelValle 0.75 and 1.50 Mile Swims

Sunday, June 1, 2008

Sanction# pending

Location: DelValle Regional Park, Livermore, CA.

Directions: DelValle Regional Park is located on DelValle Road off Mines Road south of Livermore (parking fee \$6.). Exit I-580 eastbound or westbound in Livermore at North Livermore Avenue. Head south and proceed through town (North Livermore Avenue will become South Livermore Avenue in town). About 1.5 miles outside town, turn right at Mines Road, go about 3.5 miles and continue straight on DelValle Road (Mines Road turns left). The park entrance is about four miles ahead. After the entrance, go right and park near the lake.

Course Description: Both races have a water start, a counter-clock-wise course and a beach chute finish at the same place as the start. The 1.5 mile race has a longer course loop than the 0.75 race. Expected water temperature is 70 degrees.

Registration and Check-In Time: Check-in and race-day registration 6:15-7:30 a.m.

Race Start Times: 0.75 mile swim start begins at 8:00 a.m. and the 1.50 mile swim begins at 9:00 a.m. Cut off times will be 45 minutes for the 0.75 mile swim and 90 minutes for the 1.50 mile swim. Race start times are approximate.

Entries: Pre-race entries are \$25 for one event and \$35 for both 0.75 mile and 1.50 mile events.

Deadline: Pre-race entries must be postmarked by Saturday, May 24, 2008. Late and race day entries are \$30. for one event and \$40.00 for both 0.75 mile and 1.50 mile events.

Please make checks payable to **Tri-Valley Masters**. Mail along with an entry form and a copy of your 2008 USMS registration card to: Tri-Valley Masters P.O. Box 5116, Pleasanton, CA 94566

Awards: First, 2nd and 3rd place medals will be given in each sex/age division (11-14, 15-18, 19-24, 25-29, etc.). Entrants under 18 years of age are permitted with parent/guardian waiver. Wetsuits not allowed for awards or official race results.

Race Director: Bill McCracken, (925) 216-7918, tvmopenwater@pacbell.net



OPEN WATER SWIM

Davis Aquatic Masters Lake Berryessa Annual One & Two Mile Swims

Saturday, June 7, 2008

Sanction # TBD

Location: Lake Berryessa, in the hills above Napa at Oak Shores Park off Knoxville-Berryessa Rd., on West shore of the lake.

Directions: Turn E. onto Knoxville-Berryessa Road from Hwy 128 at Turtle Rock Cafe. Entrance to Oak Shores Park is 0.6 mi. N. of Park Headquarters and two miles N. of Spanish Flat. Carpooling is strongly encouraged. Directions will be on Web site and in the brochure.

Course: One and two-mile buoys mark courses at 200-yard intervals. Expected water temperature: 65-70 degrees.

Divisions: Masters 2- Mile, Masters 1 -Mile, Masters combined 2 and 1- Mile, Masters Wetsuit 2- Mile, and Masters Wetsuit 1- Mile.

Time: Race day registration and check-in begins at 7:00 a.m. and closes at 9:00 a.m. for 2-mile swim and 10:30 a.m. for all 1- mile swims. The two-mile starts at 9:30 a.m., one-mile at 11:15 a.m.

Swim Procedure: Deep water starts. No late starters. Caps are provided and are mandatory. No individual escorts. Safety craft will patrol, kayaks and canoes. Cut-off times: 1 hour for one-mile, 2 hours for two-mile.

Entries: Entry fees include swim cap, official Berryessa mug, pre and post-race refreshments. Only those that pre-register are eligible for raffle prizes.

Entry fees: For 1- Mile and 2- Mile swims \$30 if postmarked by Friday May 23, 2008. Pre-race day entry fees for combined 1 and 2- Mile is \$50. Late and race day fees add \$10 (see deadline below). Send entries, with a photocopy of 2008 USMS card to DAM, P.O. Box 921, Davis, CA 95617. For official entry form or register on DAM's website at www.damfast.org

Deadline: Postmarked by May 23, 2008. Day of competition registrations are accepted but a \$10.00 late fee will be imposed.

Awards: Commemorative awards to the 1st three finishers in each age and gender group. Special awards are given to 1st man and woman overall in the 2 and 1 mile. Awards to top three men and women finishers in combined and wetsuit (no age group) categories.

Custom T-shirts: May be ordered on entry form prior to May 23, 2008. A limited number of T-shirts will be available on race day.

Traditional Post Swim Picnic: An onsite food service will be providing a tasty meal at the event. Lunches should be pre-ordered - only a limited number will be for sale on race day. Details are on the official entry form. Picnic tables, BBQ grills and restroom facilities are available.

Race Director: Darrin Davenport (707) 479-8507; email davenport@webbydesign.com

Online Registration Web Site: <http://www.damfast.org>
All information and online registration will be available on the Web site by March 15, 2008.

Paper Registration Form Request:

Online Form Request: Link will be posted on <http://www.damfast.org> in February

Phone: Darrin Davenport 707-479-8507.

Registration forms will be available on or before April 1, 2008. By Mail: send a SASE to P.O. Box 921, Davis, CA 95617, Attn: Race Director.

POOL MEET

Menlo Masters Dick Bennett Memorial Long Course Meet

Saturday June 14, 2008

Sanction # 38-08-12

Location: Sacred Heart Schools, 150 Valparaiso Avenue, Atherton, CA. Entrance to pool on Park Lane.

Directions: From 101. Take the Marsh Road exit (WEST), Take Marsh Road until it T's into Middlefield Road. Turn left (SOUTH) on Middlefield. Turn right on Glenwood Avenue. Glenwood becomes Valparaiso once El Camino Real is crossed. Turn right on Emilie, turn left on Park Lane. Entrance and parking is 200 meters on the left.

Directions: From 280. Take the Sand Hill Road exit toward Menlo Park (EAST). Turn left (NORTH) on Santa Cruz Ave. Merge left onto Alameda de las Pulgas. Turn right on Valparaiso Ave. Turn left on Elena. Turn right on Park Lane, entrance and parking 400 meters on the right.

Facility: 9-lane, 50 meter by 25 yard outdoor, heated pool. 8 lanes for competition, 1 lane for warm-up/warm-down. Colorado Timing system and scoreboard. Bleachers, lawn, picnic tables, snack bar and locker room available.

Check In: Check in and registration will begin at 7:00 a.m. Warm ups will be from 7:00 a.m. to 7:45 a.m. 400 Free will begin at 8:00 a.m. You must check in at least 30 minutes before the expected starting time of each event. 400 may be swum 2 per lane.

Entries: This is a cardless meet. Individual entries can be done four different ways: on-line; by surface mail; by hand delivering; or by deck entering the day of the meet. Please submit meter times for seeding purposes.

To enter online: <http://menlo.mastersswim.com/> Online entry deadline is Monday, June 9, 2008.

To enter surface mail: Send your entry on a consolidated entry form with a copy of your 2008 USMS card, mail to: Menlo Masters Swim Meet, 501 Laurel St. Menlo Park CA 94025.

Hand delivery entries: Will be accepted until Wednesday June 11, at Burgess Pool, 501 Laurel St. Menlo Park, CA 94025.

Deck entries will be accepted one hour before event is projected to begin. No deck entries for 400 Free.

Entry Fees: \$20 for 1 or 2 events. \$25 for 3 or more events if pre-entered. Deck entries \$25 for 1 or 2 events, \$30 for 3 or more events. Make checks payable to: **Menlo Swim and Sport**. Mail to: Menlo Masters Swim Meet, 501 Laurel Street, Menlo Park CA 94025

Awards: Awards to the top three finishers in each age group.

Meet Directors: Rebecca Pinto, rpinto@mindspring.com, and Judy Strauss, judystrauss@sbcglobal.net. Contact Menlo Swim and Sport at 650-328-7946

Meet Referee: TBD

Events: (Odd=Women, Even=Men)

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

OPEN WATER SWIMS

Redwood Coast Masters

Lake Mendocino 2-mile

Championship Open Water Swim

Saturday, June 28th, 2008

Sanction # Pending

Location: Lake Mendocino, Ukiah

Directions: To the south boat ramp, From U.S. Highway 101 North go 2 miles north of Ukiah, take the Lake Mendocino Drive exit and follow signs to the park. Parking is \$3 per car.

Course: The course will be a 2-mile loop, starting at the South Boat ramp and returning.

Time: Check-in, packet pick-up and race day registration from 7:30 - 8:30 a.m. Race begins at 9:00 a.m. No late starters.

Swim Procedure: There will be three wave starts five minutes apart. All swimmers must wear the provided swim caps and race finish tags. The color of the swim cap will designate wave number and the finish tags will be collected in the chute at the finish line. There will be a 2 hour cut-off time. No individual escorts. Safety craft will patrol.

Entries: Online: go to www.lifeguardsforlife.org before June 20th, 2008 **Mail:** Indicate estimated 2-mile swim time on entry. Send entry form or consolidated card, a photocopy of 2008 USMS card and a check payable to **Redwood Coast USLA** to: Spring Lake One Mile Swim, PO Box 337, Healdsburg, CA 95448. For official entry form, visit www.lifeguardsforlife.org for printable entry forms, course maps, and driving directions.

Entry fees: \$30 entry fee for pre-entries includes a free t-shirt, \$10 late fee for race day registration. Entry fee is non-refundable and non-transferable.

Deadline: Entries must be postmarked or emailed by June 20, 2008.

T-Shirts: All pre-entry participants will receive a free T-shirt. Indicate size on entry form. T-shirts will be on sale on race day. Due to popular demand, sweatshirts must be pre-ordered by June 15th. Sweatshirt prices are on the website and entry forms.

Awards: Awards will be presented to the first overall male and female finishers and to 1st through 5th in each age division. Wet suits or other non-porous attire render the swimmer ineligible for awards.

Race Director: David Robinson (707) 565-2824

Email: rdwoodmasters@yahoo.com

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

The Olympic Club

The 32st Annual Trans Tahoe

Invitational Rough Water Relay

Swim

Saturday, July 19, 2007

Sanction # pending

Location and Course: Approximately 11.5 miles across Lake Tahoe from Sand Harbor, NV to Skylandia Beach, CA.

Altitude: 6,200 ft.

Expected water temperature: 55-65 degrees. Special course conditions include wind, choppy water and a rocky beach.

Swim Procedure: Six members to a team. Each member swims a 30-minute leg, then a 15-minute leg, and then 10-minute legs until finished. Teams must maintain their swimming order throughout the race. No drafting permitted. The use of wetsuits is not permitted. Pilot boats must conform to stated safety and emergency procedures. A working radio is mandatory in each boat.

Check-in: Check-in is required at the Captains' meeting at 8:00 p.m. on July 18 and again at 7:00 a.m. before the race on July 19. Teams not signed-in at the Friday evening meeting will not be permitted to check-in or compete on Saturday morning.

Start time: 7:30 a.m.

Divisions: Combined ages determine team age category. Minimum age 18. Divisions: Women's 114+, 180+, 240+, and 300+ Men's 114+, 180+, 240+, and 300+ Mixed (3 men, 3 women) 114+, 180+, 240+, 300+, and Open (any team not fitting other categories).

Entries: Teams may enter by submitting a fully completed "Official Entry and Roster Form" to the Olympic Club. A copy of all team members' 2008 USMS cards must accompany this form. ABSOLUTELY NO REFUNDS.

Deadline/fees: Pre-race entries are \$300 per team, if received by May 1. The entry fees is \$350, if received May 2 through June 2. Entry fees will be \$400 if received between June 2 and July 8. After July 8 (by staff decision) the entry fees are \$450. NO REFUNDS. For the Official Entry and Roster Form, refer to The Olympic Club website www.olyclub.com. Go to the OC events site and click on Trans Tahoe Relay.

Awards: Steins and coffee mugs. Three deep in each division. Swim caps and t-shirts to all participants.

Race Info: Scott Williams, Race Director, e-mail: swilliams@olyclub.com, phone # 415-345-5215. Laureen Welting Co-Race Director e-mail lwelting@olyclub.com 415-345-5213. Website: www.olyclub.com (click on OC events)

18-24

W - Laura Davis, 620 pts, WCM
M - Travis Carranza, 376 pts, UNAT

25-29
W - Kris Willey, 270 pts, TOC
M - Andy Nonaka, 464 pts, WCM

30-34
W - Shanna Guzman, 559 pts, CRUZ
M - Ili Selinger, 310 pts, MAM

35-39
W - Jody Smith, 222 pts, STAN
M - Roque Santos, 498 pts, WCM

40-44
W - Laureen Welting, 580 pts, TOC
M - Rick Hamilton, 338 pts, VACA

45-49
W - Jana Matena, 348 pts, MELO
M - John Morales, 572 pts, SRM

2007 Swimmers of the Year

50-54
W - Leianne Crittenden, 774 pts, WCM
M - Matt Kanzler, 605 pts, STAN

55-59
W - Laura Val*, 2,430 pts, TAM
M - Jim Clemmons, 708 pts, MAM

60-64
W - Daniela Barnea, 370 pts, STAN
M - Richard Burns**, 575 pts, TAM

65-69
W - Susan Munn, 308 pts, DAM
M - Richard Todd, 1,181 pts, TCAM

70-74
W - Barbara Callison, 432 pts, RINC
M - Emory Haworth, 531 pts, WCM

75-79
W - Barbara Owens, 454 pts, WCM
M - Ashley Jones, 704 pts, AAM

80-84
W - Gloria Stupfel, 520 pts, SMMM
M - Richard Schomburg, 215 pts, USF

85-89
W - Margery Meyer, 880 pts, TOC
M - Tom Mc Call, 272 pts, SCAM

90-94
W - Audrey Etienne, 80 pts, SMMM
- only 1 meet
* Female Swimmer of the Year
** Male Swimmer of the Year
Announced at the SC Championships

LONG COURSE CHAMPIONSHIPS

Santa Cruz Masters Aquatics And The University Of California-Santa Cruz 2008 Pacific Masters Long Course Swimming Championships Friday, Saturday, Sunday, July 11, 12, 13, 2008

Sanction # 38-08-14

Pool: UCSC Swim Complex-Santa Cruz, California, one of Northern California's finest and fastest. Great locker and shower facilities. Spectacular view. Beautiful beaches, Boardwalk, Redwood parks. Seven lanes for competition and one lane for warm-up throughout the meet. Warm-up breaks during the meet.

Location: East Field House, UCSC Campus. Take Highway 1 (Mission St.) north from Highway 17 and Highway 1 interchange to Bay St. Turn right and follow Bay up the hill straight through campus entry. Turn left at Hagar Dr. and go up the hill (detailed map available at cruzswim.org). Drop off your passengers and gear at East Field House/Pool and return down Hagar to the big parking lot. Park and lock your car, stroll back up the hill along the path to the pool...about a 1/4 mile walk. Do not park at the pool on Friday!! Meters are closely monitored and non-meter zones are vigorously ticketed (\$30.00).

Time: Friday: Check-in and warm-up begin at 8:30 a.m. Meet starts at 9:30 a.m. Saturday and Sunday: Check-in and warm-up at 7:00 a.m. Meet starts at 8:30 a.m. Please Note: You must check-in anew each day, and have checked in 45 minutes prior to the estimated start of your event or you will be scratched! However, the check-in deadline for the first event each day is 30 minutes before the scheduled start of the meet.

Rules: 2008 USMS Rules will govern this meet. You must be 2008 USMS registered.

Entries: Enter this meet online at <http://cruz.mastersswim.com/> You may access mastersswim.com via the PMS web site or through the Santa Cruz Masters web site: cruzswim.org. Follow directions as given at this site. You may also snail mail a consolidated entry. Be sure to enclose photocopy of your 2008 registration card!! Maximum of 5 events per day, 7 events for three-day meet, excluding relays.

Fees: On-Line Entry: 1 event: \$10; 2-4 events: \$25; 5-7 events: \$30. Please note that a discount is offered for on-line entry. The cost of using the Online Meet

Entry system is \$1.00 per swimmer + 5% of the events fee. Go to <http://cruz.mastersswim.com/> to enter online. Excluding relays. Fee for RELAYS is \$4 per relay. All fees payable to "U.C. REGENTS".

Mailed Entry: 1 event, \$15; 2-4 events, \$30; 5-7 events, \$35. Please note that a discount is offered for on-line entry.

Deadline:

Mail-in entries must be postmarked no later than Saturday, June 28, and/or received no later than Wednesday, July 2. Meet directors are forbidden to accept late entries so plan ahead! Enter now! Mail your check, consolidated race entry, and 2008 USMS registration photocopy to: PMS LONG COURSE CHAMPS, Box 8422 Santa Cruz, CA 95061, **Make checks payable to U.C. Regents**

On-line entries must be submitted by Wednesday, July 2, midnight. No entries accepted after that time.

Snack Bar: Available all three days. Concessionaires will have quality goods for your shopping pleasure. Commemorative items will be offered for sale.

Age Groups: Individual events: 18-24, 25-29, etc. Relay events based on sum of the four swimmers' ages, 72-99, 100-119, 120-159, 160-199, etc. Age determined by your age on December 31, 2008.

Please Note: This meet is long course meters. To convert SC yards times to LC meters times conversion tables can be found at swiminfo.com.

Relays: Deck entered on yellow relay cards. Swimmers may swim only once in each relay event. Cards must show correct first and last names and correct age for each swimmer.

Seeding: Individual events will be deck seeded from slowest to fastest. We will swim events one-per-lane, including the 1500 meter freestyle, the 800 m freestyle, and the 400 m freestyle. **Please arrive early on Sunday morning as we expect the 400 freestyles to go quickly.** That way you won't miss check-in for your event and you can help time the 400's.

Scoring: Individual events: 9-7-6-5-4-3-2-1 (eight places). Relays: 18-14-12-10-8-6-4-2 for each age group. *NOTE* Only two relay teams per club may score per age group of a relay.

Awards: Ribbons will be presented to first through eighth place finishers. High point awards for each sex and age group. Team trophies will be awarded to the top teams in each PMS team size division.

Program: Available for \$5 donation to UCSC Men's and Women's Swimming.

Timing: CRUZ Masters will provide one timer per lane during the meet. Swimmers from all teams are expected to assist with timing duties, too. Let's all be good sports and lend a hand.

Accommodations: Contact Meet Director for an incomplete email or fax list of accommodations.

Referee: Leonard "Bud" Meyer

Meet Director: Joel Wilson: 831.425.5762; openwatr@got.net

Schedule of Events (odd # events for women, even # events for men):

FRIDAY, JULY 11

- 1-2 1500 m freestyle
- 3 800 m mixed free relay
- 5-6 400 m I.M.

SATURDAY, JULY 12

- 7-8 200 m freestyle
- 9-10 50 m backstroke
- 11-12 400 m free relay
- 13-14 200 m backstroke
- 15-16 100 m butterfly
- 17-18 100 m breaststroke
- 19-20 50 m freestyle
- 21-22 200 m medley relay
- 23-24 800 m freestyle

SUNDAY, JULY 13

- 25-26 400 m freestyle
- 27-28 200 m I.M.
- 29-30 50 m butterfly
- 31-32 200 m breaststroke
- 33 200 m mixed freestyle relay
- 35-36 100 m backstroke
- 37-38 200 m butterfly
- 39-40 50 m breaststroke
- 41-42 100 m freestyle
- 43 400 m mixed medley 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 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 Breastroke (VHS)

John Trembley

- Swimming Fastest II (VHS)

Matt Wren

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

Scott Volkens

- Core Body Strength (VHS)

Bob Anderson (1987)

- Stretching (VHS)

Benny Vaughn

- Clinical Sports Massage (VHS)

Terry Laughlin

- Total Immersion (VHS)

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
2006 USMS Mini Rule Book (rules only)	
(2007 USMS Rule Book when available)	5.00
Video deposit	50.00
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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/)

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

ORDER FORM

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EVENT SCHEDULE

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

2008 Meet Schedule

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
Sun	06/01/08	TVM	Del Valle 0.75- & 1.5-mile
Sat	06/07/08	DAM	Lake Berryessa 1 & 2 mile
Sat	06/14/08	MELO	Dick Bennett Memorial LCM Meet
Sun	6/15/08	Clovis	Lake Millerton OW
Sat	06/28/08	RCM	PMS OW Championships, Lake Mendocino 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 OW
Sat	08/02/08	CRUZ	35th Annual Roughwater Swim
Sun	08/03/08	CRUZ	Cruz Cruise 2-mile OW
Sat	08/09/08	SNM	Donner Lake 2.7-mile OW
Th-Sun	8/14-17/08	Mt. Hood, OR	USMS LC Championships
Sat	08/16/08	FOAM	Lake Natoma Salmon 1 mile Swim
Sat	08/23/08	MAAC	2nd Annual Short Course Meters
Sun	09/07/08	RAD	Whiskeytown 1- and 2-mile OW
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 OW
Sat	10/04/08	SAC	34th Annual Sprint Pentathlon
Sun	10/05/08	RCP	RCP Tiburon Mile Open Water**
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: 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.

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

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

Chairman:

Michael Moore
350 Wayland
San Francisco, 94134
chairman@pacificmasters.org

Administrative Vice-Chair:

Joan Alexander
532 Ridgeview Ct.
Pleasant Hill, 94523
administration@pacificmasters.org

Operations Vice-Chair:

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

Treasurer:

Linda Shoenberger
1075 Joaquin Miller Drive
Reno, NV 89509
treasurer@pacificmasters.org

Secretary:

Karen Duggan
510 Mt. Dell Drive
Clayton, 94517
secretary@pacificmasters.org

Member-at-Large:

Bill Grohe
189 Galewood Circle
San Francisco, 94131
At-Large@pacificmasters.org

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 Wayland
San Francisco, 94134
mwmoore@pacificmasters.org