

Pacific Masters Swimming

newsletter



Pacific Masters Swimming Honors Its Volunteers



Michael Moore, PMS Chair

Pacific Masters honors its volunteers with our service awards. This year we again honor some of our volunteers for the work they have done over the past years for us swimmers.



photo courtesy Nancy Ridout

Kildine Harms &
Glenda Carroll

Glenda Carroll, our Open Water chair, was awarded the most prestigious award Pacific Masters gives - the Contributor of the Year Award. She was recognized because she has not only provided

great organization and administrative skills, but because of her vision and implementation of new ideas. With over 20 open water events, she works with meet directors, and volunteers to produce the great open water series that Pacific is known for.

Kildine Harms was awarded the 2009 Pacific Masters Swimming Distinguished Service Award. This award was in recognition of her taking over the Treasurers job and working to produce financial statements for the Board of Directors.

Last year UC Santa Cruz remodeled their long course pool. Pacific did not have a pool to have the long course championships. Jenny and Greg Kubicki and Steve Small came to our rescue by organizing the 2009 Pacific Masters Long Course championships at Chabot Community College. Each was awarded with the Pacific Masters Swimming Appreciation Award.

Susan Garfin of Strawberry Canyon Aquatic Masters was awarded the 2010 PacMasters Appreciation Award for her work as an active leader, who has worked tirelessly to host one of Pacific's most popular meets and also worked to find a new coach for Strawberry Canyon.

Strawberry Canyon Aquatic Masters and Coach Scott Hinckly were awarded Pacific Masters Swimming award for the years of organizing the Strawberry Canyon Aquatic Masters Invitational. The SCAM meet has been one of the most popular short course meets for many years and we appreciate the work done by SCAM.

Chuck Kight was awarded the Pac Masters Personal Achievement award not only for quality and breath of his personal improvement in open water swimming, but also for his support and helpfulness to other swimmers.



photo courtesy Nancy Ridout

Age group swimmers of the year:

Front row: Susan Munn, Lisa Ward, Meg Gill, Rebecca Tukua, Alison Zamanian, Daniela Barnea

Middle row: Ann Hirsch, Laura Val, Bonnie Bilich, Pat Keller, Linda Shoenberger, Ed Rudloff, Barry Fasbender, John Morales, Gloria Stupfel, Don Stupfel

Back row: Rich Burns, Gary Marshall, Jim Clemmons, Roque Santos, Hector Chao

Not pictured: Jason Korotkin, G. Edward Rudloff, John Sulzbach, Sarabeth Metzger, Jody Smith, Margery Meyer, Audrey Etienne

Gloria Stupfel was always disqualified in the butterfly as she did not get her arms out of water. In her mid 70s she decided that she wanted to swim it correctly. She found a coach to work with her and she learned to swim it correctly. Now when she swims the 200 fly or the 400 IM she completes the event without being DQ'ed. For this PacMasters recognizes her zest for swimming and enthusiasm for wanting to correctly swim the events.

We congratulate all our volunteers who work so hard to make Pacific the great LMSC that it is.



photo courtesy Nancy Ridout

SCAM Winners received the Pacific Masters Appreciation Award

OPEN WATER SWIMS

Redwood Coast Masters Russian River 1- Mile & 500 meter Open Water Swims

Saturday, July 24, 2010

Sanction OW10-09

Location: Healdsburg Veterans Memorial Beach, Healdsburg
Directions: Highway 101 north to Healdsburg Ave Exit. Turn right on Healdsburg Avenue following the signs to Healdsburg Veterans Memorial Beach. The park is approximately ¾ mile, and you will make a left turn into the parking area. \$6 fee for day-use parking.

Course: The course will be a 1-mile loop & 500 meter loop, starting and ending on a sandy beach.

Time: Check-in, packet pick-up and race day registration from 7:00 - 8:00 am. Race begins at 8:30 a.m. for the 500 meter, 10:00 a.m. for the 1 mile. Registration for the 1 mile swim will close at 9:30 a.m. No late starters.

Swim Procedure: There will be four wave starts with an age group start 15 minutes after the third wave. All swimmers must wear the provided swim caps and chip timing tag. The color of the swim cap will designate wave number. There will be a 1 hour cut-off time. No individual escorts. Safety craft will patrol.

Entries: *Online:* go to www.lifeguardsforlife.org.

Mail: Indicate estimated 1-mile swim time or 500 meter time on entry. Send entry form and photocopy of 2010 USMS card and a check payable to Redwood Coast USLA to: Russian River Challenge 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: Pre race day entries: \$35 entry fee for 1 swim and both for \$65. \$40 per swim race and both for \$75. Pre entry includes a free t-shirt. Entry fee is non-refundable and non-transferable.

Deadline: Entries must be postmarked by July 15, 2010.

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.

Awards: To the first overall male and female finishers and to 1st through 3rd in each age division. Wet suits will 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)



OPEN WATER CLINIC

Pacific Master Swimming Open Water 101 Clinic for new OW swimmers

Sunday, July 25, 2010

Time: Check-in 7:30 to 8:00 a.m.

Clinic: 8:00 a.m. - 11:00 a.m.

Location: Shadow Cliffs, Pleasanton, CA
Limited to 50 swimmers.

Training includes: Dry land talk by Suzanne Heim Bowen, first open water swimmer to be inducted into The International Masters Swimming Hall of Fame, 3x English Channel swimmer.

In-water drills. Coping with panic, breathing, sighting, Pack swimming, enter/exit water, swimming straight. Optional course swim (less than 1/2 mile).

Expected water temperature: 70-74 degrees.

Wetsuits are welcome.

Directions: Shadow Cliffs, 2900 Stanley Blvd, Pleasanton. From I-580 in Pleasanton: take the Santa Rita Road/Tassajara Road Exit and turn south, towards Pleasanton. Continue southward on Santa Rita Road to the intersection of Santa Rita Rd and Valley Avenue. Turn left onto Valley Avenue. At the intersection of Valley Avenue and Stanley Boulevard, turn left onto Stanley Boulevard. Proceed on Stanley Boulevard to the first stop light; the park entrance is on the right. Entrance fee/parking: \$6.00

Entry requirements: Must be able to swim one half mile in 30 minutes. Must be a member of USMS/PMS.

Entries: Indicate estimated 1/2 mile swim time, number of completed OW swims. Send entry form or consolidated card with Email address, a photocopy of 2010 USMS card and a check payable to **Pacific Masters Swimming** to: Open Water 101, c/o Carroll, 21 Windsor Ave. San Rafael, CA 94901. Entry forms are available on Pacific Masters website.

Entry fees: \$40 entry fee for entries postmarked Monday, July 19. \$45 for late entries. No registration on clinic day. Everyone must be pre-registered. Entry fee is non-refundable and non-transferable.

Clinic Director: Glenda Carroll (415)454-6327

Email: gcarroll@sbcglobal.net

Deadline for pool and open water
swim information for the

September-October

Newsletter is

July 6, 2010

Please submit creative writing
and photos to Newsletter Editor

Joanne Berven

4854 Andrea Court

Livermore, CA 94550

newsletter@pacificmasters.org

OPEN WATER SWIMS

Santa Cruz Masters and Santa Cruz Surf Life Saving Assn 36th Annual Roughwater 1- Mile Open Water Swim

Sanction OW10-11

Saturday, July 31, 2010

Location: Lifeguard tower #3, Santa Cruz City main beach. Arrive early to secure parking. Course: One-mile course around the Santa Cruz Wharf.

Expected water is temperature: 60°.

Time: Check-in and race-day registration begins at 9:30 a.m. Race begins at 11 a.m.

Swim Procedure: Pre-race instructions at 10:45 a.m. Contestants will receive a siren start. Three wave start system will be used. Swimmers proceed clockwise around the pier. A one hour cut-off time will be enforced.

Entries: Pre-race entries are \$25 per person if postmarked by July 19. Late entries and race-day registrations are \$30. **Mail** consolidated card or entry form, a copy of your 2010 USMS registration card, and a check payable to SCSLSA to: Santa Cruz Roughwater Swim, 323 Church St., Santa Cruz, CA 95060.

Awards: All participants will receive a commemorative item. Awards, medals three deep in each age division.

Information: Lifeguard Headquarters (831) 420-6015

Santa Cruz Masters Aquatics Cruz Cruise 2 Mile Open Water Swim Sunday, August 1st, 2010

Sanction No: OW10-12

Directions to swim: Follow signs to the Santa Cruz Municipal Wharf. The start/finish line will be on the Main Beach directly to the left of the Wharf entrance (near Ideal Fish's deck).

Course description: Swimmers will start in one wave, entering the water on the left side of the wharf (as you face the ocean). They will swim to the first turn buoy directly off the end of the wharf, and turn right to swim towards shore on the opposite side of the wharf until they reach the second turn buoy (adjacent to the wharf lifeguard headquarters). Turning left, for a leg parallel to shore, they will swim until they reach the third turn buoy. Swimmers will then turn left again, and head directly back to the original first buoy at the end of the wharf. One final left turn here will have them returning on their final leg parallel to the left side of the wharf, finishing on the beach at the original start/finish line. Anticipated water temp: 57 to 61 degrees F

Other special course conditions: Swimmers, as always, will be cautioned to take care entering and leaving the surf line, as the footing may be uneven, rocky, and subject to unpredictable wave action.

Registration and Check-in: 7 a.m. to 8 a.m. Race will start at 8:30 a.m.

Entry fees: \$30.00 per person, and is non-refundable. Late (after July 27th), and race day entries will be \$35.00.

Mail PMS consolidated entry form, a copy of your 2010 USMS registration card, and a check payable to: Cruz Masters. **Send to:** Scott Patterson at 108 Anthony St., Santa Cruz, CA 95060 or Paul Wrangell at 120 Dufour St., Santa Cruz, CA 95060

Awards: Ribbons will be awarded to the top three finishers in each age group and gender division.

For Race information contact Scott Patterson (831) 706-7950 scott_patterson@comcast.net or Paul Wrangell (831) 429-1217 pwrangel@pacbell.net

Sierra Nevada Masters 30th Annual Donner Open Water Swim

Saturday August 7, 2010

Sanction: OW10-13

Location: Donner Lake, Truckee, CA. Located 35 miles west of Reno, NV and 100 miles east of Sacramento, CA via Interstate 80. The start is at the east end of the lake by Donner Memorial State Park; the finish is at West End Beach.

Parking: This is a point-to-point swim with parking available at a designated parking area at the start and at the finish area. At the start of the race you may park at the Donner Museum Parking lot for a fee or on the south side of Donner Pass Road. There is absolutely no parking on the north side of Donner Pass Road. At the finish you may park at the West End Beach parking lot. A shuttle will operate between these areas from 6:30 am till noon. There is a spectator fee at the West End Beach. Animals are not allowed on the beach.

Course: Straight, point to point, 2.7 miles. Expected water temperature 65-68 degrees. Altitude is 5933 ft.

Time: Check-in and race day registration 6:30-8:00 a.m. Race begins at 8:30 a.m.

Swim Procedures: Pre-race instructions at 8:15am followed by a beach start. A 2-hour 30-minute race time limit will be strictly enforced. If you fail to finish the race prior to the time limit you will be considered a disqualified non-finisher. Should you feel that you will be unable to meet the swim time limit, you must provide a personal escort to accompany you during the swim. Swimmers who fail to complete the race in 2-hours and 30-minutes will be removed from the water if they do not have their own escort. Non-motorized individual escorts are permitted. Life jackets and "man in water" flags are required on all craft.

Entries: This event is open to 375 swimmers. This event sold out last year and we expect this event to sell out again this year. \$40 per person, if you pre-register for the event. \$75 per person, for registration on race day. Entry fee is non-refundable. Registration opens June 1st. Registration for this event will be at www.active.com. No mail in entries will be accepted. Registration closes Monday, August 1st. You must bring your 2010 USMS card or a copy of your card so your membership can be verified on race day. In the event that the Donner Lake Open Water Swim sells out registration may close early and/or there will be no race day registration.

Awards: Special Awards to the top 18+ and top 40+ male and female finishers. Awards to the top three finishers in each age division. Participants in wet suits are ineligible for awards. Technical suits (Speedo Lazars, Blue 70's) are legal through the 2010 open water season.

Post-race refreshments and lunch will be provided for all swimmers. A limited number of lunches will be for sale on race day.

Shirts: Shirts and sweatshirts may be pre-ordered with registration before July 20th. Limited numbers will be available for purchase on race day.

Race Director: Laura Hanson, laurahanson888@hotmail.com, (775) 843-1477.

POOL MEET

Modesto Area Aquatic Club 4th Annual MAAC Summer SCM Saturday, August 21, 2010

Sanction #38-10-13

Facility: Modesto Junior College Aquatic Complex: 6 lane all deep 25 meters with touchpads. 2 additional lanes will be available for warm up and cool down

Directions: <http://www.mapquest.com> From the Bay Area. Take 580 E to 205 E to 5 N to 120 E to 99 South. Exit Briggsmore Avenue. Left onto Briggsmore. Right on Orangeburg. Right on Tully, Left on Coldwell. Pool is on the right. From Sacramento Take 99 South. Exit Briggsmore Avenue. Left onto Briggsmore. Right on Orangeburg. Right on Tully, Left on Coldwell. Pool is on the right. From Fresno Area Take 99 North. Exit Kansas Avenue. Right onto Kansas. Right on Franklin. Left on Beech. Go over bridge. Left onto College Avenue. Left on Coldwell. Pool is on the left. From Sonora/Foothills Take Highway 108 West. Left onto McHenry Avenue. Right on Orangeburg. Left on College Avenue. Right on Coldwell. Pool is on the left.

Parking: Free parking along Coldwell Avenue, and in the parking lots adjacent to Coldwell Avenue and Tully Road

Warm Ups and Meet Start Time: Warm-up begins at 8:00 a.m. and the meet will begin promptly at 9:00 a.m.

Check-In: Swimmers in events #1 - #6 must check in before 8:30 a.m. All others must check in at least 30 minutes before the estimated start time of their event.

Entries: This will be a cardless meet. Swimmers may swim up to 5 individual events. Ribbons will be awarded. The field will be limited to 120 swimmers, so pre-entry is strongly encouraged.

Entry Fees. Online entries: \$22.50 per swimmer (you may enter up to 5 individual events). Enter at <https://www.clubassistant.com/meets.cfm> by midnight Wednesday, August 18.

Online entry requires payment by credit card using our secure site. Please note that the online processing fee of \$1.50 plus 5% is included in these fees. Your credit card will be charged by "ClubAssistant.com Event Billing" for this meet.

Mailed entries: \$25.00 per swimmer (you may enter up to 5 individual events). You must use the consolidated entry form. Entries must be postmarked by Wednesday, August 11 or received by Friday, August 13. Mail entry and check payable to MAAC (NO REFUNDS) with a copy of your 2010 USMS registration card attached to: MAAC, Attn: Tom Kara, P.O. Box 4765, Modesto, CA 95352-4765

Deck entries: \$30 per swimmer, as space allows. Check www.maacswim.org the night before the meet for the number of deck entries available. You must bring a copy of your 2010 USMS registration card. All deck entries must be completed by 8:30 a.m. Relays are deck-entered at \$5 per relay.

Meet Officials. Meet Director: Tom Kara coachtom@maacswim.org, Starter: Robin Cadmus, Head Referee: Cal Cadmus.

For more information on the meet or local accommodations, please visit our website at www.maacswim.org

Schedule of Events (Odd = Women, Even = Men)

1-2	100m	IM
3-4	50m	Freestyle
5-6	100m	Butterfly
7-8	50m	Backstroke
9-10	100m	Breaststroke
11-12	200m	Freestyle
13-14	200m	Free Relay
15-16	50m	Butterfly
17-18	200m	IM
19-20	100m	Backstroke
21-22	50m	Breaststroke
23-24	100m	Freestyle
25	200m	Mixed Medley Relay

OPEN WATER SWIMS

Truckee Tahoe Swim Team Hot August Chill

Donner Lake 500 yard, ½ mi., 1 mile

Sunday August 22, 2010

Sanction #: Pending

Location: West End Beach, Donner Lake, Truckee, CA.
Directions: From I-80, Donner Lake exit. Down to Donner Pass Road, turn right. Turn left on South Shore Drive. West End Beach on left. Special Events entrance. Parking limited. Car Pooling encouraged. Course: ½, 1 mile, & fun 500 yard (no PMS OW points). Start & chute finish on sandy beach. Expected water temperature 60-70 degrees. Elevation: appx. 6000'. Participants Should Be Adequately Trained for High Altitude, Cool Water.

Registration Online through *Active.Com* (pending).

Fees: One event: ½, 1 mile, or 500 yard: \$37. Add'l event: \$10. Non-racer Park Entrance & BBQ: \$15. Late (after 8/1/10) or Same Day registration: Add'l \$10/ event.

Pre-registered Swim Check-In: Opens at 7:30 am. ½ mile: closes: 9:15; 1 mi and 500 yard fun swim: closes: 9:30 am. No late check-in. Bring PMS/USMS card to show at check-in.

Same day Registration CLOSSES at 9:00am for all events.

Swim Divisions / Swim Procedures: ½ mile start: 9:35. Cut off 30 min; 1 mile start: 10:30. Cut off 1 hr. 500 yard (no OW points) start: 11:45. Cut off 20 minutes.

Awards/Ceremony: Prize for top Finishers (male/female), Medals for top 3, by age group. Trophies for lowest combined in all three races.

Debbie Meyer (3x Olympic gold medalist): Master of Award Ceremonies.

Swim, Hospitality, Park Entrance, & BBQ Fees:

Wild Thyme BBQ Catering.

Pre-register Deadline: August 1, 2010.

Checks payable to TTST. Send entries & 2010 USA Swimming or USMS card to: TTST Hot August Chill, P.O. Box 9122, Truckee, CA 96162. Consolidated entry forms coming soon www.truckeeswim.com or via email (below). If race cancels, refunds will be less \$5 processing. No other refunds.

T-Shirts/Sweatshirts: Pre-order available. Ltd. Number/sizes available on race day. NOT in entry fee.

Contact: Race Director: Lydia Percin: Percin@litol.com.



Barry Fasbender, Meet Operations

OPEN WATER SWIM

Redding Swim Team

Whiskeytown Lake PacMasters One Mile Swim and Two Mile Swim Open Water Championship

Sunday, September 12, 2010

Sanction #: OW-10-15a OW-10-15b

Directions to Swim: All swims start at Brandy Creek Beach. Take central Redding / 299W / Eureka exit. Follow Hwy 299 west toward Eureka and just as you reach Whiskeytown Lake, turn left at the Tourist Information Center. Cross over the dam and continue until you reach Brandy Creek Beach. \$5.00 parking fee. Parking passes may be purchased at the visitors center or from a vending machine near the parking lot.

Course Description: 2 mile course is 6-turn course out of a cove and around two islands. 1 mile course is 5-turn course inside island. Anticipated Water temp: 65-70 degrees

Special Course Conditions: Water grass in cove shallows

Time: Check-in and race-day registration begins at 8:00 a.m. and ends 45 minutes before the start of each race. (One-mile start: 10:30 a.m. Two-mile start: 11:30 a.m.)

Swim Procedure: Beach start. Cut-off times of one hour (one mile) and two hours (two mile) will be enforced.

Entries: Race announcement and entry form to be posted on reddingswimteam.com website. 1 mile \$25.00, 2 mile \$25.00, both 1 & 2 mile \$35.00, all postmarked by 9/02/10. Late or race day entries add \$10.00.

Mail consolidated form or official entry form with a copy of your 2010 USMS registration card and a check (payable to Redding Swim Team) to: Redding Swim Team, c/o Whiskeytown Lake Swim, PO Box 992112, Redding CA.

Deadline: Postmarked by Sept. 03, 2010.

Awards: Pacific Masters will award the top five finishers in each age group of the 2-mile Championship event. Special awards will be given to male and female overall winners. Whiskeytown mugs will also be given for the top three male and female finishers in each of the age groups

Race Information: Redding Swim Team (530) 246-2666 or reddingswimteam@yahoo.com



Glenda Carroll, Open Water Chair

11th Annual RCP Tiburon Mile Open Water Swim

Sunday, October 17, 2010

This swim is not sanctioned by PacMasters

Location: San Francisco Bay - Ayala Cove on Angel Island to the shores of Tiburon, CA.

Directions: From Hwy 101 in Marin County, take Tiburon Blvd exit and proceed to downtown Tiburon and beach front. Limited street and lot parking.

Course: Athletes swim one nautical mile from San Francisco Bay's Angel Island crossing Raccoon Straights to the shores of Downtown Tiburon.

Registration: Online: go to www.rcptiburonmile.com or www.active.com. to register or download an application form to mail in. Closing date is October 14, 2010.

Time: Check-in, packet pick-up and race day registration from 6:30 am - 8:00 am. Swimmers board ferries at 8:30 am and race begins at 9 am from Angel Island Beach.

Swim Procedure: Elite swimmers in first wave, followed by non-wetsuit and wetsuit swimmers. Safety craft will patrol. A cutoff time of 55 minutes for the entire swim will be strictly enforced.

Entry Fees & Deadlines: All fees are non-refundable! even if the event were to be cancelled. \$129.00 Entry Fee -- if post-marked by 9/30/10.

***Entry Fees Include A Mandatory State Park Access Fee.** Awards: Awards to be presented to the 1st place Elite male and female finishers and to 1st place in each age division and wetsuit division

Contact Information: Race Hotline (415) 721-9990. Email: rcptiburonmile@placak.com

Website: www.rcptiburonmile.com

Open Water 2010

Glenda Carroll

Open Water Chair

For those of you who can't get enough of open water swims, this has been the season for you. If you've looked at the schedule, you noticed that we added 3 extra swim days with 2 swims at each event and one of our tried and true races, Russian River, is adding a 500 meter swim. Although we are half way through the 2010 open water season, there is still something for everyone - the newbie trying out open water swims for the first time and the veteran who likes to keep going and going and going. FYI: The 500 yard/meter swims don't earn open water points.

Open Water Clinics

We had our OW201 for experienced open water swimmers. Remember early May? Lots of rain, cool air. These swimmers did drills, short and not so short swims in 63 degree water. They were a very hardy bunch. This month we have Open Water 101 for those just getting started in open water swimming. It is Sunday, July 25 at Shadow Cliffs in Pleasanton. Clinics are limited to 50 people. Last year, this clinic sold out.

Your Team Swim

For those of you on a masters swim team, how about picking one swim and designating it your team open water swim. See how many of your pool mates you can convince to join you in one of the fastest growing segments of Pacific Masters.

See you out there. Stop by and introduce yourself. If you take pictures, post them to the Pacific Master Swimming Facebook page.

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"/>		1. Place USMS card in this space. 2. Photocopy with this consolidated entry form. 3. Send in photocopy with each entry. *Age for LCM & SCM meets is age as of Dec. 31st of current year. Age for SCY meets is age of last day of meet.	
Street		F <input type="checkbox"/>			
no. of events entered:					
City	State	Zip			
Phone	* Age	Birthday			
Club	Club Abbr.	Entry Fee			
For a Cardless Meet, enter your times in the table below				T-Shirt size: <input style="width: 100px;" type="text"/>	
Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-Stroke
			Email (Optional)		
"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. For Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."					
Name of Meet/Event		Date of Meet/Event		Signature	

PACIFIC MASTERS SUPPLIES AND SERVICES

VIDEO LIBRARY

How to Borrow DVD's:

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 DVD 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.

New DVD's for the PMS Library

- Getting' Better with **David Marsh**, Head Coach Mecklenburg AC, 2007
 1. Tips, Drills, & Skills for Faster Freestyle
 2. Tips, Drills, & Skills for Faster Backstroke
 3. Tips, Drills, & Skills for Faster Breaststroke
 4. Tips, Drills, & Skills for Faster Butterfly
 5. Tips, Drills, & Skills for Faster Starts
 6. Tips, Drills, & Skills for Faster Turns
- Go Swim Backstroke, with **Aaron Piersol**, 2007
- In the Fast Lane, **Frank Busch**, Head Coach U. of Arizona, 2006
 1. Fast Lane Freestyle
 2. Fast Lane Backstroke
 3. Fast Lane Breaststroke
 4. Fast Lane Butterfly
 5. Fast Lane Starts & Finishes
 6. Fast Lane Turns & Breakouts
- Lane Lines to Shore Lines, Your Complete Guide to Open Water Swimming, Gary Emich & Phil DiGirolomo, 2007
- Becoming a Champion Swimmer, **Richard Quick**, Head Coach Auburn University, 2006
 1. Becoming a Champion Swimmer: Freestyle
 2. Becoming a Champion Swimmer: Backstroke
 3. Becoming a Champion Swimmer: Breaststroke
 4. Becoming a Champion Swimmer: Butterfly
 5. Becoming a Champion Swimmer: Starts & Turns
- Personal Best – Butterfly, **Bob Bowman**, Head Coach U of Michigan, & **Michael Phelps**, 2006
- **Eddie Reese** On, Head Coach Univeristy of Texas, 2005
 1. Eddie Reese On Freestyle
 2. Eddie Reese On Backstroke
 3. Eddie Reese On Breaststroke
 4. Eddie Reese On Butterfly
- The Swim: Technique & Training for Triathletes, **Trip Hedrick and Clark Campbell**, 2005
- Swimming Faster, **David Marsh**, Head Coach Auburn University, 2004
 1. Swimming Faster Freestyle
 2. Swimming Faster Backstroke
 3. Training & Race Strategies for Breaststroke & Butterfly
 4. Training & Race Strategies for the Individual Medley
 5. Training & Race Strategies for Middle Distance & Distance
 6. Training & Race Strategies for Sprint Freestyle
- Championship Winning Swimming, **Richard Quick**, Head Coach Stanford University, 2003
 1. Posture, Line & Balance
 2. Championship Winning Freestyle
 3. Championship Winning Backstroke
 4. Championship Winning Breaststroke
 5. Championship Winning Butterfly
 6. Championship Winning Walls: Underwater Swimming
 7. Championship Winning Starts
 8. Championship Winning Turns for All Strokes
- **June Quick** Instructional Series, 2003
 1. Swimalates: Pilates for Swimmers
 2. Swimmer's Shoulder, Prehab & Rehab
- Open Water Swimming, **Michael Collins & Gerry Rodrigues**, 2003

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
2008 USMS Rule Book	8.00
2008 USMS Mini Rule Book (rules only)	5.00
Video/DVD deposit	50.00
Video /DVD mailing charge per order	5.00

DVD ORDER FORM

Please send two checks, payable to Pacific Masters Swimming; one for \$5 to help defray mailing costs and one for \$50 to cover damage and loss. This check will be sent back upon the timely return of the DVDs in good condition.

DVD title - 1	DVD title - 2	Deposit:	\$50
Name (Please Print)		Mailing	5
Address		Total	\$55
City/ ZIP			
USMS/PMS #	Phone ()		

2009 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

Fri-Sun	7/9-11/10	CRUZ	PMS Long Course Championships
Sat	7/17/10	TOC	34th Annual Trans Tahoe Relays OW
Sat	7/24/10	RCM	Russian River OW
Sun	7/25/10	MM	Catfish Crawl 1&2 Mile OW
Sun	7/25/10		Open Water 101 (for new OW swimmers)
Sat	7/31/10	CRUZ	37th Annual Roughwater Swim OW
**	7/31-8/7/10	Sweden	World Masters Games
Sun	8/1/10	CRUZ	Cruz Cruise 2-Mile OW
Sat	8/7/10	SNM	Donner Lake OW
**	8/9-12/10	San Juan	USMS LC Championships
Sat	8/21/10	MAAC	4th Annual Summer SCM Meet
Sun	8/22/10	TTST	Hot August Chill OW (3 swims)
Sun	9/12/10	RAD	Whiskeytown Lake 1 & 2 Mile (PMS Open Water Championship)
**	9/15-19/10	USMS	USMS Convention, Dallas
Sun	9/19/10	MM	Catfish Crawl, 1 & 2 Mile OW***
Sat	9/25/10	SMST	Sierra Marlins Cold Water Classic OW (Lake Natoma)
Sun	9/26/10	MVM	7th Annual Alan Liu Memorial SCM
Sun	10/3/10	SAC	38th Annual SCM Pentathlon
Fri-Sun	10/8-10/10	WCM	PMS Short Course Meters Championship
Sat	10/16/10	49ER	Goldrush Swim SCY
Sun	10/17/10	**	RCP Tiburon Mile OW
	November	DAM	Brute Squad Postal Meet
Sat	11/06/10	CLOV	Clovis SCY
Sat	12/4/10	SNM	Reno Winners Meet SCY

- recognized

** - non- sanctioned

*** - tentative

2010 MEETING DATES: May 12, June 16 cc, July 14, Aug. 18, Sept. 8, Oct. 20 cc, Nov. 17, Annual Meeting, Holiday Potluck, Dec. No 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. Meetings are held in the community center room unless otherwise specified. Walnut Creek, CA.

(cc) meetings will be via conference call.

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

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