

Pacific Masters Swimming newsletter



It's That Time! - 2011 Renewal Information

2010 was another impressive year for Pacific Masters Swimming. We approached 11,000 individual members early in September, along with 126 clubs that offer our members opportunities to stay fit and healthy through swimming. Pacific Masters is looking forward to serving you again in 2011 and planning a program that will meet or exceed your goals.

Your membership expires on December 31st. By renewing now, your membership will continue through 2011 with no gaps in benefits and you will avoid last minute hassles in rejoining later. When you renew, you may change your club affiliation with no fees or restrictions, complete the process online with a credit card or by a paper form and a check, print out a duplicate card online 24/7, and update your contact information online. Up-to-date USMS registration is mandatory for club and event liability insurance coverage, and secondary accident insurance during workouts and sanctioned or recognized events. We recommend that you make a copy of your card in case of loss or theft but you can also print a duplicate card, at any time, by logging on to www.clubassistant.com and following the instructions. If you are not online, you can get a duplicate card from the PacMastersOffice for a \$2 fee.

You have two options to renew your membership: 1)

online with a credit card that allows you to print a copy of your card and be ready to go in minutes at <https://www.clubassistant.com/club/usms.cfm> or 2) complete the form below and mail it in with your check. In either case, a card will be mailed to you as soon as possible. If you don't receive your card within 7-10 days, please notify the PacMasters Office right away. In November, those of you for whom we have an email address will receive a renewal reminder with a direct link to your personal membership record.

US Masters has increased its portion of the annual fee by \$2; Pacific Masters has not increased its portion. The 2011 fee will be \$44. \$29 of this fee goes to USMS and \$15 stays here in Pacific for programs and services.

New this year is a discounted fee for more of our oldest members. **To take advantage of this discount, you must register by a paper form and check.** Unfortunately, the online program cannot distinguish the fee by your age. Pacific Masters swimmers 85 or older will pay no fee; Pacific Masters will pay the USMS fee and waive the PacMasters fee if the registration is done by form (below) and check. Pacific Masters will soon have a new logo and brand that you'll see on our web site, newsletter, banners,

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United States Masters Swimming, Inc. Pacific Masters Swimming, Inc. 2011 Membership Application <input type="checkbox"/> Renewal 2010 number if known <input type="checkbox"/> New Registration YOU MUST PAY TOTAL FEE OF \$44 (Fee includes: USMS = \$29, PacMasters = \$15 REDUCED 2011 END OF YEAR FEE \$34 if joining btwn 9/1 - 10/31 2012 Memberships accepted after 11/1/11 valid 11/1/11-12/31/12 Make check payable to Pacific Masters Swimming Mail to: Nancy Ridout 580 Sunset Parkway Novato, CA 94947 (415) 892-0771 registrar@pacificmasters.org Registration Expires 12/31/11	PLEASE PRINT CLEARLY. Your name on this form and on meet entry forms must be identical.		
	Last Name		First Name
Mailing Address			Circle Hme/Wrk/Cell Phone No. ()
City	State	Zip	Circle Hme/Wrk/Cell Phone No. ()
Date of Birth Month Day Year 19	Age	Sex	e-mail address
CLUB (Indicate Club affiliation or Unattached)			Today's Date Month _____ Day _____ Year 20 _____
"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."			
Signature _____			I am a Masters Coach <input type="checkbox"/> I am a Certified Official <input type="checkbox"/>
I wish to contribute to the following foundations <i>and have added the additional amount to my 2011 registration fees.</i> <input type="checkbox"/> \$1 or () The US Masters Swimming Foundation. <input type="checkbox"/> \$1 or () Pacific Masters Swimming. <input type="checkbox"/> \$1 or () The International Swimming Hall of Fame.			

revised 9/20/10

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and communication. We want to modernize our brand and incorporate the open water feature of our program with the pool aspect. Benefits from US Masters Swimming include new club services, a new look to the web site, promotional items such as stickers, redesigned brochures, a new look and additions to the magazine, and an Executive Director and staff working to keep you fit and in the pool.

Pacific Masters will continue to offer you a choice of over 125 clubs with which to train, a bi-monthly newsletter inserted in SWIMMER magazine to keep you informed about our upcoming activities, weekly Pacific Masters updates to those who indicate an email address, our Pacific Masters web site with membership information, event calendar and entry information, results, a list of member clubs and contacts, borrowing privileges from our video library of the most current training videos, and the ability to participate in our sanctioned pool, postal, and open water events. Notably, we offer you a central Pacific Masters Office to answer any of your swimming questions (registrar@pacificmasters.org or 415-892-0771 voice, 415-898-3467 fax).

At the bottom of both the application form and the online form, you will find an opportunity to contribute to three tax-deductible groups, the USMS Foundation, Pacific Masters Swimming, and the International Swimming Hall of Fame. Just \$1 from each of us can make a difference to the ongoing missions of these organizations. Swimming is enjoying a wave of widespread awareness, excitement, and opportunity. The state of adult fitness is a national concern. US Masters Swimming through Pacific Masters offers everyone 18 or older a fantastic opportunity to stay fit through the finest physical activity there is - swimming! US Masters and Pacific Masters are committed to offering a program that will continue to provide you the opportunity and benefits of Swimming for Life.

Davis Aquatic Masters

2nd Annual DAM Brute Squad Postal Swim

Sanction # 38-10-18

Event: The Brute Squad events - 200 yd Butterfly, 400 yd IM and 1650 yd Free.

Rules:

1. All 3 events must be swum in this specific order; 200 yd Fly, 400 yd IM, 1650 yd Free
2. All 3 events must be completed within a 90 minute consecutive window. Ex. If you start your 200 yd Fly at 6:00 am, your 1650 yd Free must be completed by 7:30 am, on the same day.
3. Swimmers may rest between events as long as desired, provided Rule 2 is followed.
4. The recorded time begins at the start of the 200yd Fly and ends at the finish of the 1650 yd Free. Resting time between swims is included in the cumulative time.
5. Results and awards are based on cumulative times.

Date: As per rules, the Brute Squad must be swum between Nov 1 and Nov 30, 2010.

All individual and relay entries must be received by Monday, Dec. 6, 2010.

Objective: To offer a 26-year DAM tradition to our fellow 'Masters' swimmers. Swim the 3 most beloved, short course events in 90 minutes - 200 Fly, 400 IM, 1650 Free in their entirety in any 25-yard pool you choose. Event results are sent in electronically or by mail so you can compare yourself to other swimmers completing the same 3 events. The cumulative times submitted determine the order of finish. If two or more swimmers report the same cumulative time, a tie will be declared.

Location: You may swim the Brute Squad in any 25-yard length pool.

Eligibility: This is a PacMasters-sanctioned event and all participants must be registered for 2010 with USMS (or the equivalent organization for non-U.S. swimmers).

A copy of your current 2010 or 2011 registration card must accompany your entry.

Individual Events: Men and women compete separately in age groups of five-year increments: 18-24, 25-29, 30-34,...100+. The swimmer's age on the day he or she actually completes his or her Brute Squad events will determine his or her age group.

Relay Events: Relay events will be contested in 3 categories: 3 men, 3 women, or 2 mixed (2 men + 1 woman -or - 2 women + 1 man). Each relay member MUST also enter the individual event and be registered with the same PacMasters Club. Unattached swimmers are not permitted on relays. The youngest relay member's age shall determine the relay's age group. Age groups are 18+, 25+, 35+, ... 95+. The cumulative times for the 3 participants individual swims will be the aggregate relay time., ie. Swimmer #1 (200Fly + 400IM + 1650Free) plus Swimmer #2 (200Fly +400IM + 1650Free) plus Swimmer #3 (200Fly + 400IM + 1650Free).

Fees: \$10.00 for each individual entry and \$15.00 for each relay entry. Fees are nonrefundable and are payable by check or money order only, to Davis Aquatic Masters.

Awards: The top 5 finishers in each age group in the individual event and the top 3 relay teams in relay events will receive DAM Brute Squad Postal Swim Awards.

Rules: The 2010 USMS Rules govern these events. Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. No more than two swimmers may share a lane. If a lane is shared, each swimmer must stay on his or her side of the lane during the entire race (i.e. no circle swimming).

An adult acting as a starter/head timer/referee shall be present at all times during the swim. Each swimmer must have a verifier to count laps and record cumulative splits every 100, for all 3 events. The timing of the event may be done with a stopwatch or electronic timing device. Cumulative split times must be recorded to the nearest second (final times for Brute Squad records to the nearest 100th). A split sheet must be kept for each swimmer and a copy included with the entry form. One person may serve as a counter for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

Entry Forms And Split Sheets: Please use the official entry form and split sheet for this event found at www.damfast.org.

T-shirts: Spectacular long-sleeved T-shirts celebrating participation in the 2nd Annual Brute Squad Postal Swim are available for you to order. This is NOT a T-shirt you will see at every meet! Cost: \$15.00

Results: Complete results will be available by mail or via the internet. Preliminary results will be posted on the DAM and PacMasters websites at www.damfast.org and www.pacificmasters.org by December 20, 2010, for two weeks. All corrections must be sent to the event director during those two weeks. Final results will be posted approximately one week later.

Submit entries to: 2010 Brute Squad Postal Swim, c/o Davis Aquatic Masters, PO Box 921 Davis, CA 95617

Questions: Contact Event Director: Sharon Blaha, - DAMBruteSquad@gmail.com

POOL MEET

Sierra Nevada Masters

17th Annual Reno

"Winners" Meet

Saturday, December 4, 2010

Sanction #38-10-20

Facility: Northwest Pool, Reno, Nevada. Eight lane, 25 yd. indoor, heated pool. Two lanes will be used for continuous warm-up/down during the meet, with 5 or 6 lanes for competition, depending on the number of entrants per event. Seating is limited so bring your own chairs. A small snack bar will be available during the meet.

Directions: Coming into Reno from the east or west on I-80 exit on West McCarran Blvd. Go north about two miles to the intersection of Kings Row. Turn right onto Kings Row and then right again on Apollo Way. The pool will be on your left.

Check-in: This meet will be deck seeded, slow to fast. 11:00 a.m. warmup and 12:00 p.m. start Swimmers in Events 1-13 must check-in by 11:30 a.m. Check-in for the remaining events is 12:30 p.m.

Entries: Send your entries on a PacMasters Consolidated Entry and a photocopy of your USMS card. Entry fee is \$3.00 per swimmer (pool use fee) and \$2.00 per individual event. No fees for relays. Entries must be postmarked by Wednesday, November 24, 2010. Consolidated entry forms must be filled out completely, including age as of December 4, 2010. There will be no refunds.

Late entries: Fees for entries postmarked after 11/24/10 or any deck entries will be \$3.00 per swimmer and \$3.00 per individual event. **Deck entries will not be accepted after 11:30 AM on meet day.**

Make Checks Payable To: Sierra Nevada Masters and mail to: Gwen Shonkwiler, 3035 Comstock Drive, Reno, NV 89512

Awards: Ribbons 1st-3rd in each age group for individual events. No awards for relays.

Meet Director: Steve Lintz (775) 334-2262 (D); (849)-2179 (E)

Referee: Rick Kaufmann

Order Of Events: Please note that this meet usually attracts fewer than 100 swimmers and entering back-to-back events is not advised.

W - M

1 - 2	200 Yd	Free
3 - 4	100 Yd	Back
5 - 6	50 Yd	Fly
7 - 8	100 Yd	Free
9 - 10	50 Yd	Breast
11 - 12	200 Yd	Individual Medley
13	200 Yd	Mixed Free Relay
15 - 16	50 Yd	Back
17 - 18	100 Yd	Fly
19 - 20	50 Yd	Free
21 - 22	100 Yd	Breast
23 - 24	100 Yd	Individual Medley
25	200 Yd	Mixed Medley Relay
27 - 28	500 Yd	Free

POSTAL MEET

Tamalpais Aquatic Masters

The Jon Steiner Memorial Mile

1650 Postal

January & February 2011

Sanction #38-11-01

What you need: A pool at least 25 yards in length and someone to time you.

Distance: 1650 yards or 1500 meters swum in a meters pool (50 m. or 25 m).

Date: Anytime between Dec. 17, 2010 and February 28, 2011.

Age divisions: 18-24, 25-29, 30-34, ..., 100+, male and female.

Eligibility: All swimmers registered with USMS for 2011 are eligible to participate.

Relays: 4 person relay entries will be accepted in the following age groups: 18+, 25+, 35+, etc., male, female, and mixed. **Each person swims (and must individually enter prior to submitting the relay entry) the 1650;** relay entries are scored on total combined time for the four (4) 1650s.

Rules: All USMS and PacMasters 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, or the consolidated entry form. A split sheet with 50 yard/meter splits signed by at least one timer must be attached to the entry form. **Each individual entry must be accompanied by a copy of the swimmer's current USMS card.** Mail entries to TAM 1650, c/o Jon Haveman, 35 Twin Oaks Ave, San Rafael, CA 94901.

Note regarding online entries: If you enter online: You save \$4. You can pay by credit card. You can submit a copy of your split sheet and USMS card electronically. Upshot: you can eliminate snail mail!

Leveraging other swims: We will accept splits from other sanctioned swims. For example: The first 1650 of your hour swim. Computer generated splits from any other USMS sanctioned event

Postmark Deadline: All entries must be postmarked or submitted online by March 11, 2011.

Entry fees: For individual entries: \$12.00. Checks should be made payable to "Tamalpais Aquatic Masters". Entry fees are not refundable or transferable. **Credit cards** are accepted with online entry. **A \$4 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).** Entry fees for relays are \$6 and must be paid by credit card online.

Mass Team Entries: In order to make entering easier for teams with many participants, an excel spreadsheet can be provided that indicates the information required and that is pre-populated for swimmers on the team who have participated in past Postal 1650 swims. **Entries submitted in this way are also eligible for the \$4 discount. Payment can be made by single check or credit card charge.** Contact Jon@tammasters.org for a spreadsheet for your team.

Awards: 1-3 place ribbons for individuals. Awards, results, and T-shirts will be sent/posted in mid April.

Team Award: Each year, the team with the highest percentage of membership participating in the event will receive a trophy. Three teams will win, one each from among small, medium, and large team entries. Simply inform the event director (jon@tammasters.org) that your team is participating and of the total membership of your team. Note that your team must be recognized by USMS.

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

POOL MEETS

The Olympic Club

1500 SCM Swim Meet

Saturday, January 15, 2011

Sanction # 38-11-02

Location: The Olympic Club, 665 Sutter Street, San Francisco, CA 94102

Directions: yahoo.com or mapquest.com (downtown San Francisco)

Course: Multi-lane, 25-meter heated indoor pool. Eight lanes will be used for competition. Warmup / cool down lanes will be available throughout the meet. Electronic timing will be used.

Time: Warmups start at 8:00 a.m. The meet will start promptly at 9:00 a.m.

Rules: Current USMS and Pacific Masters Swimming rules will govern the meet. USMS warmup procedures will be in effect. A copy of these procedures will be posted at the ClerkofCourse. All events are timed finals. The heats will be seeded slowest to fastest, regardless of age.

Restrictions: Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by swimmers, during the meet and during warmup periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.

Eligibility: All USMS swimmers must have a current 2011 USMS registration card and must enter the number on their entry forms. No Deck entries will be allowed.

CheckIn: The meet will be preseeded and preliminary heat assignments will be made. **Heats 1-8 must checkin by 8:30 a.m.; Heats 9-16 must check in by 11:30 a.m.**

Entries: On-line entries must be completed by midnight, January 12, 2011. No refunds will be made. Entries will be limited to 100 total swimmers on a first received basis.

Fees: **Total entry fee is \$25.00.** On-line entry only starting Dec. 1, 2010. https://www.clubassistant.com/club/meet_information.cfm?c=1128&smid=2613

Awards: 1st thru 3rd in each division

Referee: TBD

Meet Director: Paul Carter - Pcarter@olyclub.com - (415)-345-5215

FOG City

Winter Quadrathon Meet

Sunday, January 23, 2011

Sanction # 38-11-03

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 12:00 p.m., meet starts at 1:00 p.m.

Check In: 12:15 p.m. for 500 Freestyle deck entries. 12:30 p.m. for 500 Freestyle pre-entered swimmers. 1:30 p.m. for all other events.

Entries: This is a cardless meet. Send your entry on a consolidated entry form with a copy of your 2011 USMS Card.

Entry fees: Flat fee of \$20.00 (for 1 to 4 events) if postmarked by Tuesday - January 18, 2011 or received at the pool by Wednesday, January 19, 2011. Late and deck entries (accepted until check in time on the day of the meet) is 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

Awards, cont. from next page

Kerry O'Brien Coaching Award

The U.S. Masters Swimming Coaches Committee initiated a new award in 2008 with the goal of recognizing coaches who are building our membership in communities throughout our country. Originally named the Grass Roots Coaching Award, it has been renamed to honor Coach Kerry O'Brien of Walnut Creek Masters, who embodies the passion, dedication, and heart that these coaches bring to the pool deck. Three Pacific Masters coaches were awarded the Kerry O'Brien coaching award.

Patty Scott-Baier was honored for her work with Tuolumne County Aquatic Masters (TCAM). In a town of 8,000, her team of over 500 Masters swimmers is a coaching achievement that very few have matched. She is the head coach of the fourth largest coach club in US Masters.

Chris Campbell of Mountain View was honored for his work with Mountain View Masters Swim and Social Club. Chris was the PacMasters 2010 Coach of the Year. Team MVM has been reenergized and flourished under Head Coach Chris's leadership both in and out of the water. Besides coaching the social club, he is the force behind the Alan Liu Memorial swim.

Mike Lynch, of Peninsula Covenant Aquatic Masters was honored for long term work with PCAM and his ability to work with his swimmers and keep his swimmers. His team has one of the highest reregistration rates in Pacific Masters

June Krauser Communication Award

Pacific Masters was the first group to be honored with the June Krauser Communication award. The June Krauser Communications Award is presented annually to an individual, or group, whose communicative efforts have contributed to the growth, improvement, or success of United States Masters Swimming. The Pacific Masters Communications team included **Joanne Berven** - newsletter editor, **Caroline Lambert** - Facebook guru, **Tracy Barbutes**, chief tweeter and **Michael Moore** - webmaster.



POOL MEET

University of San Francisco Masters

2011 Valentine's Affair

Saturday, February 12, 2011

Sanction # 38-11-04

Facility: University of San Francisco, Koret Recreation Center is a 25 yd by 50 m heated indoor pool. There will be 8 lanes for competition and 4 warm-up / warm-down lanes available throughout the meet. Electronic timing will be used.

Directions: Directions: yahoomap.com or mapquest.com (Koret Center) **Parking:** Free parking available in the Koret Parking Lot, located at the corner of Turk and Parker Streets.

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

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

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 <https://www.clubassistant.com/meets.cfm> Online entries accepted until midnight Friday, February 11, 2011.

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 2011 USMS registration card. Failure to provide a copy of the USMS card will result in a \$3 look-up fee per PacMasters rules.

Deadline: Entry must be postmarked by Wed. January 26, 2011 or hand delivered to the Koret Center at USF by Fri. January 28, 2011. 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!*

Fee: On line Entry Event Fee: \$6.00 Surcharge plus \$4.00 per event. The online processing fee of \$1.50 plus 5% is included in these fees. Your credit card will be charged by "ClubAssistant.com Event Billing" for this meet.

Mailed Entry Event Fee: \$6.00 Surcharge plus \$5.00 per event. Please note that a discount is offered for on line entry.

Deck/Late Entry: \$6.00 surcharge plus \$6.00 per event

Relays: \$5.00 per event, deck entry only

Awards: Participation awards and goodie bags

Meet Referee: TBD

Meet Director: Duke Dahlin - d_dahlin@u.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
13	200 yd	mixed Centipede Relay*
15 - 16	50 yd	breast
17 - 18	200 yd	back
19 - 20	50 yd	free
21 - 22	200 yd	IM

* Special Event

Awards at Convention Dallas, TX September 17, 2010

Rich Burns was inducted into the **International Swimming Hall of Fame** on September 17, 2010, at the United States Masters Swimming Convention held in Dallas, Texas. To be considered for this honor, a swimmer must have competed throughout four age groups, garnering points awarded for World Records, National Records, World Championships, and National Championships. Rich has held world and national records in backstroke and also competes at the highest level in freestyle, butterfly, and IM.

Dorothy Donnelly Award

As a volunteer-driven organization, USMS is forever grateful to the hundreds of volunteers who give their time, talent, and expertise to help all phases of our programs. Among those volunteers are some whose service The Dot Donnelly Award honors these volunteers. PacMasters recipients this year include:

Glenda Carroll

Glenda's contributions to Pacific Open Water Swimming have been outstanding! She has created an open water web site, initiated OW 101 - a clinic for beginning or potential open water swimmers, that was so successful it's been copied by many other groups in 2010, has come back with OW 201 in 2010, brought in new OW ideas and formats, enhanced the OW experience by streamlining the timing and results, initiated an upgrade to the Pacific Masters logo that would include OW in the representation, Glenda is an outstanding and committed volunteer.

Caroline Lambert

Caroline is one of those unsung heroes who see a need and step in to fill it. She has previously served as Officials Chair and has continued to attend and be active in Pacific Masters administration. She volunteers as an official at meets even when she is also swimming. Last year, she proposed that Pacific create a Facebook page, volunteered to construct it, and proceeded to develop a valuable tool. It's proved to be very popular and an alternative way of communicating with the aquatic community.

Joel Wilson

Joel has been active for many years in Pacific. He's a coach who developed a large Masters program at the University of California, Santa Cruz, has worked hard to help it grow, has run almost all Pacific's Long Course Championship Meets, has been a voice in the community for aquatic issues and concerns, and is himself an outstanding open water and long distance swimmer. Joel has provided Pacific with great leadership in meet operations, open water, and long distance swimming. He created the Cruz Cruise, originally a 5 mile cold ocean swim, that is now a 2 mile swim. It's people like Joel whose contributions have helped Masters swimming grow and prosper.

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COMPETITION ENTRY INSTRUCTIONS

Pacific Masters Swimming Competitions

HOW TO ENTER

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

AGE GROUPS

Entrants must be at least 18 years old.

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

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

Short Course (meters) and Long Course Relays: 72-99, 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 PacMasters pink (for women) and blue (for men) cards. At all meets, including cardless, relays must be entered on official yellow PacMasters relay entry cards.

Entry cards and PacMasters registration forms are available through Nancy Ridout, PacMasters 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	

Rev 9/02

PACIFIC MASTERS SUPPLIES AND SERVICES

VIDEO LIBRARY

How to Borrow DVD's:

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

New DVD's for the PacMasters 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/PacMasters Records, Top Ten, and PacMasters member teams can be found on the PacMasters 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
USMS Rule Book	8.00
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, 580 Sunset parkway, Novato, Ca 94947; one for \$5 to help defray mailing costs and one for \$50 to cover damage and loss. This check will be sent back upon the timely return of the DVDs in good condition.

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

2010 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

	November, 2010	DAM	Brute Squad Postal Meet
Sat	12/4/10	SNM	Reno Winners Meet SCY

TENTATIVE 2011 MEET SCHEDULE

12/17/10 - 2/28/11	TAM	Jon Steiner Memorial Postal 1650
Sat 1/15/11	TOC	Olympic Club 1500
Sun 1/23/11	FOG	Fog City Quadrathlon
Sat 2/12/11	USF	Valentine's Affair
Fri-Sun 3/4-6/11	WCM	Intensive Training Camp
Sat 3/12/11	RINC	Rinconada Masters Spring Meet
Sat 3/26/11	*	State Senior Games Championship
Sun 3/27/11	SCAM	Spring Meet
Fri-Sun 4/8-10/11	TVM/WCM	PacMasters Short Course Championships
Sat 5/14/11	SMMM***	Parkside Mile
Th-Sat 4/28-5/1/11	Mesa, AZ	USMS SC Championships
Sat 5/21/11	RCM	Spring Lake 1 Mile
Sat 6/4/11	DAM	Lake Berryessa 1 & 2 Mile
Sat 6/11/11	TVM***	Lake Del Valle
Sat 6/25/11	RCM	Lake Sonoma PacMasters Championship
Fri-Sun 7/8-10/11	CRUZ	PacMasters Long Course Championships
Sat 7/9/11	RCM	Russian River/Lake Mendocino
Sat 7/23/11	TOC	32st Annual Trans Tahoe Relays
Sat 7/30/11	CRUZ	38th Annual Roughwater Swim
Sun 7/31/11	CRUZ	Cruz Cruise 2-Mile
Sat 8/6/11	SNM	Donner Lake
Wed-Sat 8/3-6/11	Auburn, AL	USMS LC Championships
Sat 8/13/11	DAM	Long Course Meet
Sun 8/14/11	TTST***	Hot August Chill (3 swims)
Sat 8/20/11	MAAC	5th Annual Summer SCM Meet
Sun 9/11/11	RAD	Whiskeytown Lake
Wed-Sun 9/14-18/11	USAS	USMS Convention, Jacksonville, FL
Sat 9/24/11	SMST***	Sierra Marlins Cold Water Classic
Sun 9/18/11	**	Tiburon Mile
Sun 9/25/11	MVM	8th Annual Alan Liu Memorial SCM
Sat 10/2/11	SAC	39th Annual SCM Pentathlon
Fri-Sun 10/14-16/11	WCM	PacMasters Short Course Meters Championship
November, 2011	DAM	Brute Squad Postal Meet
Sat 12/3/11	SNM	Reno "Winners" Meet

* recognized
 ** non-sanctioned
 *** tentative

2010 MEETING DATES: Nov. 17, Annual Meeting, Holiday Potluck,
 Dec. No Meeting..

The proposed meeting schedule for 2011
 Jan. 19, Feb. 16(cc), Mar. 16, Apr. 20(cc), May 18, June 15(cc), July 20, Aug. 17(cc), Sept.
 7, Oct. 19(cc), Nov. 16 (annual meeting and Holiday Potluck), no meeting in December
 (cc) meetings will be via conference call

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.

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

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