

newsletter

We Want You!

The Pacific Masters Swimming Committee holds monthly meetings to determine how our organization functions. We decide on the schedule of competitive events, vote for award winners, decide on which rules PMS should submit for consideration at the national convention, discuss the marketing of our program, the newsletter and the web site. The committee also budgets how the money raised from dues should be spent and receives a financial statement from the treasurer at every meeting.

These meetings are open to every registered swimmer. Each team gets to have one vote. Any member of the team can act at the representative at the PMS Committee meeting, it doesn't have to be the coach or member of the board, and it doesn't have to be the same person at every meeting. The schedule of the meetings is on the back page of this newsletter.

It is important that every club have input into the decisions that are made. A club representative can bring back lots of information to your club, and provide you with information on opportunities that your club might want to take advantage of, such as fitness clinics, new videos in our lending library, etc.

And as a bonus, we have FOOD! Thanks to our wonderful hospitality chairman, Elfriede Rogers, you can make up for a missed dinner if you're coming straight from work. The San Ramon Community Center is centrally located and easy to find. (Directions are on the last page.) I look forward to seeing some new faces at upcoming meetings!



Tillie Cunningham



Marsha Benjamin



Rick Windes



Elfriede Rogers

Julie Paque
Chairman



Cris Allen



Barry Fasbender

POOL MEETS

Santa Cruz Masters Aquatics and the University of California-Santa Cruz The 1999 Pacific Masters Long Course Championships

Friday, Saturday, Sunday • July 23, 24, 25, 1999

Sanction #38-99-13

Location: East Field House, UCSC Campus. Take Hwy 1 (Mission St.) north from Hwy 17/Hwy 1 interchange to Bay St. Turn right (away from the ocean) and follow Bay up the hill straight through Campus entry. Turn left at Hagar Drive (first available road) and go up the hill. 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, walk the 200 yards back up the hill to the Pool. **DO NOT PARK AT THE POOL!** Meters are closely monitored and non-meter zones are **VIGOROUSLY TICKETED** (\$18.00) for non-students.

Facility: Seven lanes for competition and one lane for warmup throughout the meet.

Check-In: Friday check-in and warm up begin at 10:00 a.m. Meet starts at 11:30 a.m. Saturday and Sunday check-in and warm up at 7:30 a.m. Meet starts at 9:00 a.m. You must check-in every day at the registration area thirty minutes before your first event or you will be scratched! You may check-in by telephone for the 1500m. Friday morning between the hours of 9 - 11 a.m. (women) and 9 - noon (men) at (408) 459-3372 and get an approximate start time for your heat. **DO NOT** use this telephone number for any other purpose.

Entries: Use the consolidated entry form found in your SWIM Magazine. Be sure to attach a photocopy of your 1998 USMS registration card. Swimmers may enter no more than five individual events per day and seven for the weekend, excluding relays. Make sure to enter meter times.

Age: Age for LCM meets is age as of December 31st of current year.

Fees: Entry fees are \$10 for one event, \$20 for 2-4 events and \$25 for 5-7 events. Relay fee is \$4.00 per relay, payable at the meet. Expect no refunds unless entire meet is cancelled. Make checks payable to "U.C. Regents."

Deadline: Entries must be postmarked by Saturday, July 10, 1999 and/or received by Wednesday July 14, 1999. Bear in mind that this is rural area served by the USPO. Mail check, consolidated/race entry/registration photocopy to: PMS Champs, c/o George Cunningham, 270 Sunnycroft Road, Ben Lomond, CA 95005.

Awards: Ribbons will be presented for 1st - 8th place in each event. High point awards for each sex and age group. First and second place team awards in the S,M,L and XL team divisions.

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

Meet Directors: George Cunningham (831) 336-8215, and Joel Wilson (831) 425-5762. **Referee:** L.J. "Bud" Meyer

Events: (Odd=Women, Even=Men)

Friday, July 23 Check in begins at 10 a.m.

Warm-up: 10:00 - 11:30 a.m.	1-2	1500m. Freestyle
3-4	800m. Free Relay	5-6
		400m Individual Medley

Saturday, July 23

Check-in begins 7:30 a.m.

Warmup 7:30 - 8:45 a.m.

First Event 9:00 a.m.

7-8	400 m. Free
9-10	50 m. Back
11-12	200 m. Breast
13-14	100 m. Fly
15-	200 m. Mixed Medley Relay
17-18	200 m. Free
19-20	50 m. Fly
21-22	200 m. Back
23-	400 m. Mixed Free Relay

Sunday, July 25

Check-in begins 7:30 a.m.

Warm-up 7:30 - 8:45 a.m.

First Event 9:00 a.m.

25-26	100 m. Back
27-28	50 m. Breast
29-30	200 m. Fly
31-32	100 m. Free
33-34	200 m. Free Relay
35-36	200 m. IM
37-38	50 m. Free
39-40	100 m. Breast
41-42	400 m. Medley Relay
43-44	800 m. Free

San Francisco Rec & Park Swim SF '99

Saturday, August 14, 1999

Sanction # 38-99-14

Location: St. Ignatius High School, 2001 - 37th Avenue.

Directions: From Golden Gate Bridge, take Hwy 1 south through Golden Gate Park and onto 19th Ave. to Quintara. Turn right and continue west; From Bay Bridge: exit at Fell St. west to Stanyan and turn left. Right turn onto Lincoln. Left on Sunset to Rivera and turn right. From Peninsula: Hwy 280, exit with Rt. 1 onto Junipero Serra Blvd., which becomes 19th Ave. Turn left on Sloat Blvd and continue west to 37th Ave. Turn right and go north two blocks to the school.

Facility: Indoor six (6) lanes for competition, one warm-up lane and one buffer lane. Refreshments available. Locker rooms available; bring your own locks. Street parking. Accessible for the physically challenged.

Time: Warm up begins at 8 am; meet starts at 9 am.

Check In: Not necessary except to pick up your goody bag. All individual events will be pre-seeded.

Entries: This is a cardless meet. All entries must be on a consolidated entry form (found in this SWIM Magazine Insert), or an official entry form. Send SASE to Swim SF'99, PO Box 192492, San Francisco, CA 94119-2492. Swimmers may enter at most five (5) individual events. The 500 Free will be open to the first 60 registrants. In case you get bumped out of the 500, select a sixth event (denoting it in parentheses) to take its place. There are **NO late or deck entries** except for relays.

Entry fees: \$20 per swimmer. Entry deadline is August 4, 1999. Mail entry, check payable to SFRP Masters, and a copy of your 1999 USMS card to Swim SF'99, PO Box 192492, San Francisco, CA 94119-2492.

Age: Age for SCY is age as of the last day of the meet.

Awards: Medals specially created for Swim SF'99 by jewelry designer Jan Michaels, 1st - 3rd. "Goodies" for all registered swimmers.

Race Information:

Meet Director: Joe Healy.

Referee: Michael Moore

Seeding: All events will be pre-seeded from slowest to fastest. Swimmers will swim next to others of the same speed, regardless of gender or age. Relays will be deck-seeded upon submission of yellow relay cards (available on deck) and \$4 per card.

Team Scoring: less than 10 swimmers, and greater than 10 swimmers.

Events:

1. 500 Free	10. 4x200 Free Relay
2. 4x100 Medley Relay	11. 100 Back
3. 100 IM	12. 50 Fly
4. 50 Free	13. 100 Free
5. 100 Breast	14. 4x50
6. 50 Back	"Meet Your Neighbor" Relay *
7. 100 Fly	
8. 200 Choice *	* = Special event - Times will not be considered for top-ten or records.
(specify stroke)	
9. 50 Breast	

POOL MEET

Sacramento Masters The Twenty-Sixth Annual Sprint Pentathlon

Sunday, September 26, 1999

Sanction #38-99-15

Location: El Dorado Hills Community Pool. Hwy 50 east to El Dorado Hills Blvd. exit. Merge right at stop sign and follow for approx. 2.5 miles. Turn right at St. Andrews Drive. Take the first right which will take you into the El Dorado Hills Community Park. Continue to parking lot. Pool will be on your left.

Facility: Outdoor, 25-yard x 8-lane pool. Six or eight competition lanes, one or two warm-up/down lanes. Snack bar available.

Time: Warm-up at 11:00 a.m., meet starts at 1:00 p.m.

Check In: Deck entries will close at 12 noon and check in for pre-entered swimmers will close at 12:30 p.m.

Entries: Mail consolidated entry form, a copy of your 1999 USMS registration card and your check to: Sac Masters, c/o Dot Myers, P.O. Box 188205, Sacramento, CA 95818

Entry fees: \$2 per event plus a \$3 surcharge if postmarked by September 20, 1999. Late and deck entries are \$3 per event plus \$3 surcharge. Make checks payable to Sacramento Masters.

Awards: Participation awards to all swimmers. Special awards to those with the fastest combined time for all five events in each age group.

Meet Director: Renee L. Neal, (916) 443-0321; revols@earthlink.net

Referee: Leonary Meyer

Events: (Odd=Women, Even=Men)

- 1-2 50 yd. Fly
- 3-4 50 yd. Back
- 5-6 50 yd. Breast
- 7-8 50 yd. Free
- 9-10 100 yd. IM
- *A 200 yd. Mx. Medley

* Special Relay event made up of 2 men and 2 women regardless of club affiliation and age. This event has no awards and is not eligible for records or top-ten. No entry fee. Must be deck entered by 3 p.m.

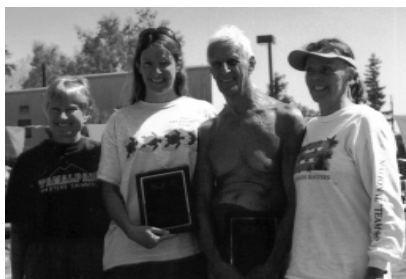


photo by Mark Stoker

Redwood Coast Masters Russian River Two Mile Swim

Saturday, July 10, 1999

Sanction #99-OW5

Location: Healdsburg Veteran Memorial Beach, Healdsburg, CA. Take Highway 101 to Healdsburg Avenue exit. Right turn to Healdsburg Veterans Memorial Beach. There is a \$3.00 parking fee.

Course: Two-mile, loop course.

Time: Check-in and race-day registration 6:30 - 7:30 a.m. Race begins at 8:00 a.m.

Swim Procedure: Wave starts begin at 8:00. Swim caps and finish tags will be provided and must be worn. One hour cut-off time.

Entries: Pre-race entries are \$20 per person, if postmarked by July 2, 1999. Mail consolidated form or official entry form with your estimated one mile time, a copy of your 1999 USMS registration card and a check (payable to Redwood Coast USLA) to: Redwood Coast 2 Mile Swim, P.O. Box 337, Healdsburg, CA 95448. Late entries and race-day registration are \$25.

Awards: Awards to overall male and female winners and three deep in each age division.

T-Shirts: All pre-entries will receive a T-shirt. Indicate size (L or XL) on order form.

Race Information: (707) 528-4718



photo by Mark Stoker

Clarine Anderson with her award as Contributor of the Year

Swimmers of the Year Suzanne Heim-Bowen and Aldo da Rosa, (center) with their presenters Nancy Ridout (left) and Cindy Baxter (right)

OPEN WATER

The Olympic Club Trans Tahoe 23th Annual Invitational Rough Water Relay Swim

Saturday, July 17, 1999

Sanction #99-OW6

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: 55-60 degrees. Special course conditions include wind, choppy water and a rocky beach.

Swim Procedure: Six members to a team. Each member swims a 30 minutes leg, then a 15 minute leg, then 10 minute legs until finished. Teams must maintain their swimming order throughout the race. No drafting permitted. The use of wet suits or similar devices are not permitted. Pilot boats must conform to stated safety and emergency procedures.

Check-in: Check-in is required at the Captains' meeting at 8:00 p.m. on July 16 and again at 7:30 a.m. before the race on July 17. Teams not signed-in at the Friday evening meeting will not be permitted to check-in or compete on Saturday morning.

Divisions: Combined ages determine team age category. Minimum age 19. Divisions: Women's 114+, 180+, 240+; Men's 114+, 180+, 240+; Mixed (3 men, 3 women) 114+, 180+, 240+; 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. This form must be accompanied by a copy of all team members' 1999 USMS cards. Pre-race entries are \$120.00 per team, postmarked by June 21, and received by June 23, 1999. Additions and changes in the team roster after the June 23 deadline are considered late entries. For the Official Entry and Roster Form, contact The Olympic Club, 524 Post St., San Francisco, CA 94102.

Awards: Swim caps and T-Shirts to all participants. Awards three deep in each division.

Race Info: Dana Totten (415) 775-3088 x205



OPEN WATER

Manatee Masters 2 x 1 Open Water Relay

Sunday, August 15, 1999

Sanction: #99-OW11

Location: Lake Del Valle, Livermore. To reach Del Valle, take Highway 580 towards Stockton. Take the North Livermore exit; proceed south on North Livermore, which changes street names to become Livermore and then South Livermore, bending left and becoming Tesla at the south end. Turn right onto Mines Road. Take Mines Road to Del Valle Road and proceed to the park entrance. Turn right at the gate and proceed to East Beach. Parking fee: \$5, car pooling is recommended. Anticipate a 20-30 minute wait at the park entrance.

Course: Two person relay team around a one-mile loop course. Water temperature: approximately 75 degrees.

Time: Gates open at 6:00 a.m. Check-in and race-day registration 7:00 - 8:00 a.m. Mandatory pre-race meeting at 8:15 a.m. Race begins at 8:30 a.m.

Swim Procedure: Caps, identifying the swimmer number one and two on each team will be provided and must be worn. Two hour cutoff time.

Entries: Pre-race entries are \$36.00 per team if postmarked by July 31, 1999. Late and race day entries are \$45. Mail consolidated form or official entry form with a copy of your 1999 USMS registration card and a check payable to MAM to: MAM, c/o Gary Fitschen, 3849 Brighton Ave., Oakland, CA 94602.

Age Divisions: 19-24, 25-34, 35-44, etc.; men, women and mixed. Age group is the sum of ages on race day divided by 2 (and rounded up).

Awards: Awards will be given to the first three deep in each age division. Special awards will be given for the first mother/daughter, mother/son, father/daughter, father/son, brother/sister, sister/sister, grandparent/grandchild, spouse/significant other.

T-Shirts: Available for sale on race day.

Race Info: Gary Fitschen, (510) 530-7812, evening; (415) 788-0220, day

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- **Dehydration:** Water, water, everywhere. But it is easy to get dehydrated when swimming.
- Remember to drink lots of decaffeinated, non-alcoholic beverages before, during, and after swim meets and practice.
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Redding Swim Team Whiskeytown One and Two Mile Swim

Sunday, September 12, 1999

Sanction: #99-OW12

Location: Brandy Creek Beach, Whiskeytown Lake. I-5 N to Redding, 299 W approximately 15 mi. Left at Whiskeytown Visitors Center and follow signs to beach.

Course: The one and two mile triangular courses. Expected water temperature 70 degrees.

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

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

Entries: Pre-race entries are \$15.00 per race, \$25 for both, if postmarked by September 3, 1999. Add \$10 for late and race day entries. Mail consolidated form or official entry form with a copy of your 1999 USMS registration card and a check (payable to Redding Swim Team) to: Redding Swim Team, c/o Terri Mislin, 2193 Cadjew St., Redding, CA 96003

Awards: Whiskeytown mugs to first through third in usual groups.

Race Information: Pete O'Neill (530) 246-7340 or Terri Mislin (530) 221-5550.

San Ramon Masters Shadow Cliffs Open Water Swim

Saturday, September 18, 1999

Sanction: # 99-OW13

Location: Shadow Cliffs Regional Park, Pleasanton, CA. From Hwy. 580 exit Santa Rita Rd. Exit South. Proceed 2 miles to Valley Rd. and turn left. Proceed to Stanley Boulevard and turn left. Shadow Cliffs is 3/4 mile ahead on the right. Parking fee \$5.00.

Course: 0.5 and 1.5 mile loop courses. Expected water temp. 75 degrees.

Time: Check-in and race-day registration 6:30 - 7:45 a.m. One-half mile swim starts at 8:00 a.m. and 1.5 mile swim starts at 8:30.

Entries: Pre-race entries are \$18.00 per person, if postmarked by September 9, 1999. Special price of \$25 to swim both events. Add \$5 for late and race day entries. Mail consolidated form or official entry form with a copy of your 1999 USMS registration card and a check (payable to San Ramon Masters) to: Lee McKinley, 171 Gerald Dr. Danville, CA 94526.

Awards: Awards to overall male and female winners and three deep in each age division.

Race Information: Lee McKinley (925) 831-6158

Photo by Mark Stoker



Swimmers of the Year: Front row: Aldo da Rosa, Ann Hirsch, Donna Monroe, Della Shehorn, Kathleen Hartnell, Suzanne Heim-Bowen. Middle: Marjorie Sharpe, Margo Lenigk, Margery Meyer, Ed Cazalet, Laura Val, Lisa Hazen, Nancy Ridout. Back: Joe Irvine, Ray Taft, Richard Garrett, Lee Wanie, Norman Stupfel, Todd Spieker.

COMPETITION ENTRY INSTRUCTIONS

Pacific Masters Swimming Competitions HOW TO ENTER

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

AGE GROUPS

Entrants must be at least 19 years old.

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

Short Course (yards) Relays: 19+, 25+ and subsequent ten year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group.

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

POOL COMPETITIONS

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

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

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

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

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

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

OPEN WATER COMPETITIONS

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

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

----- Cut here -----

Consolidated Entry Form • Pacific Masters Swimming

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

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

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

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

VIDEO TAPE LIBRARY

How to Borrow Tapes:

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

1. How Swimming Works, New Ideas in Freestyle & Backstroke - Dr. Marty Hull, 1996
2. From the Fast Lane (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique
3. Swim Power, Unlock Your Ultimate Potential (Technique, Training & Tips) - SteveTarpinian
4. Water: How to Be Safe In It, Have Fun In It, Move Powerfully In It, Swim Fast IN It - Dr. Marty Hull
5. Fluid Swimming: The Importance of Range-Of Motion in Swimming, Stretching Exercises to Improve ROM, Strengthening Exercises to Use It Better - Dr. Marty Hull
6. Swimming Fastest II - John Trembley
7. Swim Smarter/Swim Faster - Richard Quick
8. Swim Smarter/Swim Faster II (Starts & Turns) - Richard Quick
9. Forbes Carlisle Seminar - Taped at the Olympic Club, 1995
10. From the Bottom Up - Mike Bottom (3 tapes)Freestyle, Backstroke, Breastroke
11. Excellence in Swimming Stroke Technique -
12. Stretching - Bob Anderson

13. Clinical Sports Massage - Benny Vaughn
14. Gettin' Better - John Nabor
15. Red Cross Swimming & Diving Skills
16. ASCA World Clinic, 1992 (4 tapes) Freestyle, Backstroke, Breastroke, Butterfly
17. Weight Training for Adult Swimmers - from Rinconada Masters 50+ Clinic
18. Masters Starts & Turns - ASCA
19. Gold Medal Series (4 tapes) - Don Gambriel Freestyle, Backstroke, Breastroke, Butterfly

PRICE LIST

Membership Card Replacment.....	2.00
USMS/PMS Registration Forms.....	free
USMS Brochures (up to 20).....	free
Entry Cards (pink, blue, relay; combos ok)	
set of 20.....	2.00
set of 100.....	5.00
set of 500.....	15.00
Pad -100 Consolidated Entry Forms.....	3.50
USMS/PMS Records- indicate type: (SC, LC, SCM).....	3.00
PMS Top Ten Times -indicate type (SC, LC).....	5.00
Building a Successful Masters Club.....	3.00
Places to Swim - one area.....	SASE
Places to Swim - entire USA.....	6.00
USMS 1999 Rule Book.....	7.00
USMS Decals (each).....	0.25
PMS Luggage Tag for PMS Card.....	2.00
Video and audio tape deposit	50.00
Video/audio tape mailing charge.....	5.00
PMS Super Set (stickers, instructions, certificates)	
set of 1.....	1.00
set of 10.....	5.00
set of 15.....	10.00
set of 50.....	18.00
Swim Seasons Record Card (for recording best times)	
set of 1.....	0.50
set of 10.....	2.00
set of 25.....	4.50

ORDER FORM

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

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

Masters Nationals
by Dore Schwab

It has all the trappings
Of a national competition
The bunting and the banners
Bustling white clothed officials
Blaring loudspeakers
Anxious vendors
Cup, t-shirts, sweats
Proclaiming origins
From New England
To Hollywood
Seattle to Florida
And all the teams between.
Yet the people
Were as unified in purpose
As their geographical roots
Were diverse

Trimmed, tuned, tapered
Shaved and focused
For the competition ahead
The athletes raced

But there were a few
Noticeable differences
From publicized events
US Nationals-Olympic trials

The contestants were older
They were looser
The times were slower
And they were
Having Fun.

Deadline for
pool and open water swims
for the
September - October issue is
July 15th.
Please submit creative writing
and photos to
Newsletter Editor
Joanne Berven
4854 Andrea Ct.
Livermore, CA 94550
nevreb@home.com

1999 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

JULY

- 10 USLSA, Russian River, OW, Jim McCray (707) 528-4718.
- 14 PMS Meeting, 7:30 p.m., San Ramon*.
- 17 TOC, Trans Tahoe Relay, Dana Totten (415) 775-3088 x205.
- 23-25 CRUZ PMS LC Championships, George Cunningham, (831) 336-8215
- 31 CRUZ, Santa Cruz Pier Swim, OW, Rick Gould (831) 429-3197

AUGUST

- 1 CRUZ, Pier-to-Pier Swim, OW, Joel Wilson (831) 425-5762.
- 1 CRUZ, Cruz Cruise 2-Mile, OW, Joel Wilson (831) 425-5762.
- 7 SNM, Donner Lake, OW, Nancy Rose (916) 582-1214.
- 11 PMS Meeting, 7:30 p.m., San Ramon*.
- 14 SFRP/USF/FOG, Swim SF, SCY, Joe Healy, (415) 905-4921(d); (415) 621-9964 (e).
- 15 MAM, 2 x 1 Relay, OW, Gary Fitschen (415) 788-0220 (d), (510) 530-7812 (e).
- 19-23 USMS Long Course Championships, Minneapolis, MN, Paul Windrath, (612)388-8524, pwindrath@compuserve.com

SEPTEMBER

- 8 PMS Meeting, 7:30 p.m., San Ramon*.
- 12 REDD, Whiskeytown (1, 2 mi.), OW, Pete O'Neill (530) 225-0020, (530) 246-7340 (e).
- 15-19 USMS Convention, San Diego, CA, Nancy Ridout (415) 892-0771.

SEPTEMBER (cont)

- 18 SANR, Shadow Cliffs (0.5, 1.5 mi.), OW, Tina Talbot (925) 275-2345 (d), (925) 831-9539 (e).
- 26 SAC, Sacramento Pentathlon, SCY, Renee Neal (916) 443-0321

OCTOBER

- 3 SMMM, Meters Meet, SCM, Dale Finch (650) 654-1554.
- 9-10 WCM, PMS Championships, SCM, Kerry O'Brien, (925) 943-5856(d); (925) 934-5657 (e).
- 13 PMS Meeting, 7:30 p.m., San Ramon*.
- 16 HMSW, PMS 1500 M Championships, SCM, Karlene Martin, (707) 838- 4432.

NOVEMBER

- 17 PMS Meeting, 7:30 p.m., San Ramon*.

DECEMBER

- 4 SNM, Reno Winners Meet, SCY, Gwen Shonkwiler (702) 327-5010 (d); (707) 323-2174 (e).

*** Directions to the San Ramon Community Center:** *From North on 680*, (north of 580), take Bollinger Canyon off ramp, right on Bollinger Canyon, moving to the left lane. Make a left at Alcosta Blvd. and turn into first left driveway into the Community Center parking lot. *From South on 680*, take Crow Canyon off ramp, left back over the freeway, stay on Crow Canyon Road, in the right lane, to make a right on Alcosta Blvd. Come down through 3 stop lights and take a right into the Community Center parking lot.

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

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The Pacific Masters Swimming Newsletter is published six times a year as an insert in the bimonthly SWIM Magazine, for swimmers registered with Pacific Masters Swimming.
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