

newsletter



Things my mother never taught me, but my coach should have!

By Nancy Ridout

We all arrive at a meet full of excitement and anticipation of good times - both in and out of the water. To help ensure this will indeed be a good and perhaps even memorable experience, we hope you will take note of and consider the following. (In other words friends, educate yourselves regarding meet etiquette!)

After you have found your chosen spot to settle and hang out (optional) and have checked-in for the day's events (mandatory each day), you have a choice to make. Which lane shall I warm up in? If you look, you will see small signs by each lane indicating the pace for each lane. But, each of us has our own priorities for this choice - fewest swimmers, closest to the ladder, mostly females, mostly males, not too fast, not too slow - but whatever they are, enter the water cautiously and feet first. Slide in. Don't make a big production out of it by doing a life-saving- jump-for-distance! It will definitely not be appreciated by your fellow lane mates!

Now you're warmed up and ready to go. It's always a good idea to watch the first heats to see how the Starter and Referee are going to handle each race. We have a new starting procedure this year so this is an especially good plan. Watching heat #1, it is gratifying to see swimmers in their 80s and 90s up on the blocks and eager to compete, but what's this? There is someone swimming like a speedboat lapping the field. He finishes the race, exits the pool, and is walking out the gate to go home before the rest of the heat is finished. This is not cool! Enter a reasonable seed time. Likewise, don't

show up 10 or 20 minutes late, after check-in has closed, and expect to be put in a heat. In most cases, it's not going to happen. Whining and pleading are also not cool!

Speaking of leaving (or injury, fatigue, or declining interest), if you have entered events you have decided not to swim, please let the meet personnel know - and SCRATCH. The remaining swimmers and officials will be very grateful. By knowing about the scratches before the event is seeded, often one or more heats can be eliminated and everyone is delighted to leave earlier.



Another rather short-sighted decision is to see an empty lane in a heat and swim in it even though you haven't entered the event. This causes insurmountable problems for the computer and results people. Don't even think of trying it! The penalty could significantly

hamper your Masters swimming career.

This brings us to our relationship with our officials, without whom we could not have any meets. Our officials are USA Swimming and Pacific Swimming certified, highly qualified, experienced, volunteers (that's right, THEY ARE NOT PAID TO DO THIS), and among the most dedicated supporters of our program. One thing I'll bet your mother did teach you was to treat everyone with respect - even if they are officials and they disqualify you! Arguing - or worse - with our officials does you no good and it discourages them from helping us out again, as well as others who might be interested in becoming officials. Any of our officials will be more than happy to explain the reason for the DQ. Aside from asking "Why?", zip it up!

If you have a question during the meet, here's how to get the quickest and most accurate answer: For rules interpretations, disqualifications, or conduct of the meet - Ask the Referee. For eligibility, entries, seeding, results, snack bar, time lines, toilet paper - Ask the Meet Director.

If you find you have time on your hands, try timing - you get fed and watered for your efforts. If you enjoyed your day, the officials and meet hosts would be thrilled to receive your "Thank You!" If you think this article is appearing

because a lack of common courtesy among some of our swimmers has been observed, you get an "A." I'm sure this article doesn't apply to you, but just in case you would like to educate a fellow swimmer, feel free to post it in the locker room!

POOL MEETS

Santa Cruz Masters Aquatics and the University of California-Santa Cruz The 2000 Pacific Masters Long Course Championships

Friday, Saturday, Sunday • July 7, 8, 9, 2000

Sanction #: 38-00-15

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 (\$25.00) for non-students.

Facility: UCSC Swim Complex, Santa Cruz. Seven lanes for competition and one lane for warmup throughout the meet.

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

Check-In: Friday check-in and warm up begin at 11:00 a.m. Meet starts at 12:30 p.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 event or you will be scratched!

Entries: Use the consolidated entry form found in SWIM Magazine. Be sure to attach a photocopy of your 2000 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.

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, June 24, 2000 and/or received by Wednesday June 28, 2000.** Bear in mind that this is rural area served by the USPO. Mail check, consolidated entry form, and photocopy of your 2000 USMS card to: PMS LC Championships, c/o George Cunningham, 270 Sunnycroft Road, Ben Lomond, CA 95005-9726.

Timing plan: Swimmers from all teams are expected to help time.

Awards: Ribbons will be presented for 1st - 8th place in each event. High point awards for each sex and age group. Team trophies will be awarded to the top teams in each PMS team size division.

Meet Directors: George Cunningham (831) 336-8215; Joel Wilson (831) 425-5762.

Referee: Bud Meyer

Events: (Odd=Women, Even=Men)

Friday, July 7

Check in at 11:00 a.m., meet starts at 12:30 p.m.

- 1 - 2 1500 m. freestyle
- 3 - 4 800 m. mixed free relay
- 5 - 6 400 m. I.M

Saturday, July 8

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
- 15-16 200 m. Medley Relay
- 17-18 200 m. Free
- 19-20 50 m. Fly
- 21-22 200 m. Back
- 23-24 400 m. Free Relay

Sunday, July 9

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
- 33 200 m. Mixed Free Relay
- 35-36 200 m. IM
- 37-38 50 m. Free
- 39-40 100 m. Breast
- 41 400 m. Mixed Medley Relay
- 43-44 800 m. Free

San Francisco Rec & Park Swim SF 2000

Saturday, August 12, 2000

Sanction #: 38-00-16

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

Directions: Bus: L-Taraval streetcar and #29 Sunset bus; Car: 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 eight 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 8:00 a.m.; meet starts at 9 a.m.

Check-in: Not necessary. 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. Swimmers may enter at most five (5) individual events. There are NO late or deck entries except for relays. The 500 Free is open to the first 50 registrants. In case you get bumped out of the 500, select an alternate event, denoting it in parentheses, to take its place.

Fees: \$20 per swimmer. Entries must be **postmarked by Monday, July 31, 2000 or received by Wednesday, August 2, 2000.** Mail entry form, check payable to SFRP Masters, and a copy of your 2000 USMS card to John Stover, Swim SF 2000 Registration, 600 Fell St. #308, San Francisco, CA 94102-5407. For online registration check out www.sftsunami.org.

Awards: Medals created for Swim SF 2000 by jewelry designer Jan Michaels, 1st - 3rd. Ribbons will be awarded for 4th - 6th. "Goodies" for all registered swimmers.

Meet Directors: Brian Fitzgibbons (415) 487-3556 and Tod Hill (415) 647-4271

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 relay.

Events:

- 1: 200 yd. Free
- 2: 50 yd. Breast
- 3: 100 yd. Fly
- 4: 4x50 yd. Medley Relay
- 5: 50 yd. Back
- 6: 100 yd. IM
- 7: 50 yd. Free
- 8: 100 yd. Breast
- 9: 4x50 yd. Free Relay
- 10: 50 yd. Fly
- 11: 100 yd. Back
- 12: 100 yd. Free
- 13: 500 yd. Free

POOL MEET

Sacramento - Davis Twenty-Seventh Annual Sprint Pentathlon

Sunday, October 1, 2000

Sanction #: 38-00-17

Location: Hickey Gym Pool on the UC Davis campus. From I-80 (east or west), take Hwy 113 north (toward Woodland), exit on Russell Blvd. East on Russell to Howard Way (less than 1 mile). Turn right on Howard Way. Parking structure is on the left at the end of the block. Parking is free of charge on week-ends. Hickey Gym and Pool are located just south of the parking structure.

Facility: Hickey GymPool is 7 lanes x 25 yards, outdoors. Limited warm-up area behind bulkhead. Snack Bar available.

Time: Warm-up at 10:00 a.m., meet starts at 12:00 noon

Check In: Deck entries will close at 11 a.m. Pre-entered swimmers will close at 11:30 a.m.

Entry Fees: \$2 per event plus a \$5 surcharge if postmarked by September 22nd, 2000. Relays are \$4.00. Late and deck entries are \$3 per event plus \$5 surcharge. Make checks payable to Sacramento Masters.

Entries: Mail consolidated entry form, a copy of your 2000 USMS registration card and your check to: SAC Masters c/o Andrew Brenan, P.O. Box 188205, Sacramento, CA 95818.

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: Andrew Brenan (916) 923-5174; revols@earthlink.net

Referee: Al Miller

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

*11 200 yd. Mixed Medley Relay

*13-14 200 yd. Medley Relay

* Relay events will be deck entered by 2 p.m.

George Cunningham, left, receives an award from Kerry O'Brien on behalf of the recipients of the Peggy Lucchesi Award "in recognition of his efforts to keep the spirit of Masters Swimming alive" at PMS SC Championships.

Redwood Coast Masters Russian River Two Mile Swim

Saturday, July 8, 2000

Sanction #: OW-0005

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

Course: Two-mile, loop course. Expected water temperature: 75 - 85.

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 1, 2000**. Mail consolidated form or official entry form with your estimated one mile time, a copy of your 2000 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 (postmarked by July 1, 2000) will receive a T-shirt. Indicate size (L or XL) on order form.

Race Information: (707) 528-4718



Photo by Nancy Ridout

Michael Moore, left, receives the Distinguished Service Award from Alan Levinson at the PMS SC Championships



Photo by Nancy Ridout

OPEN WATER

The Olympic Club Trans Tahoe 24th Annual Invitational Rough Water Relay Swim

Saturday, July 15, 2000

Sanction #: OW-0008

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.

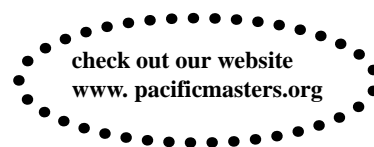
Check-in: Check-in is required at the Captains' meeting at 8:30 p.m. on July 14 and again at 7:30 a.m. before the race on July 15. Teams not signed-in at the Friday evening meeting will not be permitted to check-in or compete on Saturday morning.

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' 2000 USMS cards. Pre-race entries are \$120.00 per team, **postmarked by May 31st.**, From June 1st to June 23rd the entry fees will be \$150.00. After June 23rd, no entries will be accepted. 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: Scott Williams 415-775-3088 ext.1241, Tiffany Forbes 415-775-3088 ext.1205



OPEN WATER

Santa Cruz Masters and The Santa Cruz Surf Life Saving Association The 26th Annual Roughwater Swim

Saturday, August 5, 2000

Sanction #: OW-0009

Location: Lifeguard tower #1, Santa Cruz City Main Beach. Arrive early to secure parking.

Course: One-mile course around the Pier. Expected water temperature: 60°.

Time: Check-in and race-day registration begins at 9:30 a.m. Race begins at 11:00 a.m.
Swim Procedure: Pre-race instructions at 10:45. Contestants will receive a siren start. Three wave start system will be used. A one-hour cut-off time will be enforced.

Entries: Pre-race entries are \$25.00 per person, if postmarked by July 19, 2000. Mail consolidated card or entry form, a copy of your 2000 USMS registration card, a self-addressed stamped envelope for pre-race info and a check payable to SCSLSA to: Santa Cruz Roughwater Swim, 323 Church St., Santa Cruz, CA 95060. Late entries and race-day registration are \$30.00.

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

Race Information: (831) 420-6012

Santa Cruz Masters The CRUZ Cruise

Sunday, August 6, 2000

Sanction #: OW-0011

Location: Santa Cruz Pier, Cowell Beach, Lifeguard Tower #1.

Course: Two-mile out/back course. Expected water temperature: 60 degrees.

Time: Check-in at 7:00 a.m. Race begins at 8:30 a.m.

Entries: Entries are \$20.00 per person and must be received by July 26, 2000. Entry fee is non-refundable. Late and race-day entries are \$25.00. Mail PMS consolidated entry form, a copy of your 2000 USMS registration card, and a check payable to Santa Cruz Masters Aquatics to: Paul Wrangell, 120 Dufour St., Santa Cruz, CA, 95060.

Awards: Three deep in each age/sex division.

Race Information: Scott Patterson, scottcp@sasquatch.com, (831) 426-1043 or Paul Wrangell, pwrangell@cats.ucsc.edu, (831) 429-1217.

Santa Cruz Masters Pier to Pier 6 Mile Open Water Swim Sunday, August 6, 2000

Sanction #: OW-0010

Location: Capitola to Santa Cruz.

Course: The 6 mile swim begins on the beach east of the Capitola Wharf and finishes on the beach west of the Santa Cruz Wharf. Expected water temperature: 60 degrees.

Escorts: Each swimmer must provide an experienced open water escort. Escort must check in with swimmer for pre-race instructions. Escorts must use appropriate escort craft. Kayaks recommended. No motorized escorts. Soft foam paddle boards, surf boards or paddle boards less than 10 feet in length are not suitable.

Time: Check-in at 6:45 a.m., pre-race instructions at 7:15 a.m. Race begins at 8:00 a.m.

Swim Procedure: Escort, escort craft and swimmers must be together on the beach immediately before the start. Swimmers must be swimming with their escort within 5 minutes of the start of the race. There will be marker buoys on the course. All swimmers must wear fluorescent caps. Neoprene caps, ear plugs and body grease allowed.

Entries: Entries are \$55.00 per person and must be **received by July 26, 2000**. Entries received after July 26 will be returned. Entry fee is non-refundable. Swimmers must attach a list of their open water swims (with times) completed in the past year. Mail entry form, list of swims, copy of 2000 USMS registration card, and a check payable to Santa Cruz Masters to: Santa Cruz Masters Aquatics, P.O. Box 8422, Santa Cruz, CA, 95061.

Awards: Commemorative certificates to all swimmers.

Race Director: Contact Joel Wilson for additional important information.

(831)425-5762 or email openwatr@got.net or pwrangell@cats.ucsc.edu



Photo by Nancy Ridout

Officials Harrison Race, Dennis Horan, Pete Hemming, Larry Snapp, Jackie & Dean Dillingham at the PMS SC Championships.

Sierra Nevada Masters Donner Lake 21st Annual Open Water Swim

Saturday, August 12, 2000

Sanction #: OW-0012

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

Parking and Shuttle: This is a point to point swim with parking available at the start and the finish areas. A shuttle will operate between these areas from 7:00 a.m. till noon. There is a spectator fee at West End Beach (\$3.00 adults, \$2.00 children). Animals are not allowed on the beach.

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

Time: Check-in and race-day registration 7:00 - 8:30 a.m. Race begins at 9:00 a.m.

Swim Procedure: Pre-race instructions at 8:45 a.m followed by a beach start. A 2 hr. 15 min. time limit will be enforced. Fifty minute time limit for the first mile. Non-motorized individual escorts are permitted. Life jackets and "man in water" flags are required on all craft.

Entries: Pre-race entries are \$20.00 per person, if **received by Thursday, August 3, 2000**. Late entries and race-day registration are \$25.00. Entry fee is non-refundable. Mail consolidated entry form or official race entry form, a copy of your 2000 USMS registration card, a self-addressed stamped envelope (for confirmation of entry or list of motels) and a check (payable to SNM) to: Sierra Nevada Masters, P.O. Box 9122, Truckee, CA 96162. To receive an official race entry form, mail an SASE to this address.

Awards: Special Awards to the top 19+ 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. Post-race refreshments will be provided. Post-race raffle for all participants (must be present to win).

T-Shirts: T-Shirts will be sold race day for \$12. Also, a limited supply of sweatshirts will be available for \$20.

Race Information: Nancy Rose (530) 582-1214, ttstnancy@telis.org.

Don't get dehydrated this season!
Drink sports drinks and water...
Leave alcohol and caffeine alone.

OPEN WATER

Manatee Masters 2x1 Open Water Relay Swim

Sunday August 20, 2000

Sanction#: OW-0013

Location/Directions: Lake Del Valle, Livermore, CA. To reach Lake Del Valle, take I-580 to Livermore. Exit at North Livermore Ave. Proceed south on North Livermore Ave., which changes street names to become Livermore Ave. and then South Livermore Ave. The road bends to the left and becomes Tesla Rd. Turn right onto Mines Rd. Take Mines Rd. to Del Valle Rd. and proceed to the park entrance. Turn right at the gate and proceed to East Beach. Parking fee: \$5, carpooling 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.

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

Entries: Pre-race entries are \$36, per team. Mail consolidated form or official entry form with a copy of each participant's 2000 USMS registration card and a check payable to MAM, Attn: Gary Fitschen, 3849 Brighton Ave., Oakland, CA 94602.

Deadline: Postmarked by July 31, 2000. Late and race day entries are \$45.

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

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

T-Shirts: Available for sale on race day.

Race Information: Vince Pon, (510) 287-0792 day and (510) 384- 3339 evenings.

Redding Swim Team Whiskeytown One and Two Mile Swim

Sunday, September 10, 2000

Sanction #: OW-0014, OW-0015

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 a.m. and ends 45 minutes before the start of each race. (One-mile start: 10:45 a.m. Two-mile start: 11:45 a.m.).

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. Mail consolidated form or official entry form with a copy of your 2000 USMS registration card and a check payable to Redding Swim Team to: Redding Swim Team, c/o Terri Misslin, 2193 Cadjev St., Redding, CA 96003.

Deadline: Postmarked by September 1, 2000. Add \$10 for late and race day entries.

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

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

Tri Valley Masters Shadow Cliffs Open Water Swim

Saturday, September 16, 2000

Sanction #: OW-0016, OW-0017

Location: Shadow Cliffs Regional Park, Pleasanton, CA. From I-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 temperature: 75 degrees.

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

Entries: Pre-race entries are \$20.00 per person. Special price of \$30 to swim both events. Mail consolidated form or official entry form with a copy of your 2000 USMS registration card and a check payable to Tri Valley Masters to: Ron Emhoff, 7730-C Canyon Meadow Circle, Pleasanton, CA 94588

Deadline: Postmarked by September 6, 2000. Add \$5 for late and race day entries.

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

Race Information: Lee McKinley (925) 831-6158



Photo by Nancy Ridout

1999 Swimmers of the Year: Back row, L-R: Rick Windes, V.Ch. PMS, Tom McCall (SCAM), Ray Taft (SMMM), Norm Stupfel (SRM), Lu Sutton (SAC), Susan Munn (DAM), Tod Spieker (TOC).
Middle row, L-R: Jim Triolo (LAM), Nicole Vrolyks (SRM), Daniella Barnea (STAN), Marjorie Sharpe (STAN), Jean Durston (WCM), Margery Meyer (TOC), Laura Val (TAM).
Front row, L-R: Ann Hirsch (WCM), Emory Haworth (WCM), Kerry O'Brien (WCM), Suzanne Heim-Bowen (TERA), Kathleen Hartnett (WCM).

Be in the Know!
Get your meet results
on the web
www.pacificmasters.org

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

"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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Rev 3/99

PACIFIC MASTERS SUPPLIES AND SERVICES

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|---|---|
| <ol style="list-style-type: none"> 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 | <ol style="list-style-type: none"> 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 Gambрил Freestyle, Backstroke, Breastroke, Butterfly 20. Classic Swimming Series (4 tapes) - Don Gambрил Men's Swimming, Women's Swimming, Swimming Techniques, Coaches Techniques 21. Breaking the Mental Barrier (audiotapes) |
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Deadline for
pool and open water swims
for the
September-October Newsletter is
July 15th.
Please submit creative writing
and photos to
Newsletter Editor
Joanne Berven
4854 Andrea Ct.
Livermore, CA 94550
nevreb@home.com

2000 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

JULY

- 7-9 CRUZ, PMS Championships, LC, George Cunningham, (831) 336-8215
- 8 USLSA, Russian River, OW, Jim McCray, (707) 528-4718.
- 9 SFBS, Aquatic Park Challenges, OW, Joe Oakes, (650) 903-0341.
- 15 TOC, Trans Tahoe Relay, Scott Williams, (415) 775-3088x1241.
- 27-8/9 VIII FINA Masters World Championships -Munich, Germany LCM; USMS National Office, (603) 537-0203; usms@usms.org; www.munich-2000.de

AUGUST

- 5 CRUZ, Santa Cruz Roughwater Swim, OW, Karl Tallman, (831) 420-6015.
- 6 CRUZ, Pier to Pier - 6 mile Championship, OW, Joel Wilson, (831) 425-5762.
- 6 CRUZ, Cruz Cruise 2-Mile, OW, Paul Wrangell, (831) 429-1217.
- 12 SNM, Donner Lake, OW, Nancy Rose, (530) 582-1214.
- 12 SFRP/USF, Swim SF, SCY, Brian Fitzgibbons, (415) 487-3556 (d).
- 17-20 2000 USMS LCM Nationals - Baltimore, MD LCM; Barbara Protzman, (410)-2964(h); swimbarb@hotmail.com;
- 20 MAM, 2 x 1 Relay, OW, Gary Fitschen, (415) 788-0220 (d).
- 23 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.

SEPTEMBER

- 10 RAD, Whiskeytown (1, 2 mi.), OW, Pete O'Neill, (530) 246-7340 (e).
- 16 TVM, Shadow Cliffs (0.5, 1.5 mi.), OW, Tina Talbot, (925) 831-9539.
- 27 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.
- 30 ~~RAMS, Folsom Lake (1, 2 mi.); OW, Nick Righos, (916) 356-5646.~~

OCTOBER

- 1 SAC/DAM, Sprint Pentathlon, SCY, Andrew Brennan, (916) 923-5174.
- 8 SMMM, Meters Meet, SCM, Thomas Huggins, (650) 522-6565.
- 22 SMMM, Mid Distance Pentathlon, SCY, Dale Finch, (650) 654-1554
- 25 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.

NOVEMBER

- 3-5 HMSW, PMS Championships, SCM, Karlene Martin, (707) 838-4432.
- 15 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.

DECEMBER

- 3 SNM, Reno Winners Meet, SCY, Gwen Shonkwiler, (707) 327-5010.

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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 Waiholeka #39, Honolulu HI 96789

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