

newsletter



by Julie Paque, PMS Chairman

2000 Pacific Masters Swimming Coach of the Year

You drag yourself out of bed, arrive at the pool half asleep, wondering how you got there. Then your coach comes up to you with a big smile, and gives you the warm up set and a good joke. Slowly you get moving, ready to confront the business of the day. The coaches of over 100 Pacific Masters Swimming clubs have a variety of motivational techniques, but all put in many hours of hard work and dedication. This is evident by the fact that we received four nominations for the 2000 Coach of the Year award.

We are pleased to announce that **Marie McSweeney**, coach of the Tamalpais Aquatic Masters, has been selected as the 2000 Pacific Masters Swimming Coach of the Year. Her nomination will be forwarded for consideration as USMS Coach of the Year. Marie has coached TAM for 25 years, and has 80 active members. Her swimmers say that her coaching style is "inspiring, supportive, and proportionate to the swimmer's interest and goals." Another nominee notes that the tone she sets is positive and reinforcing. Her swimmers have set at least 30 World records, and dozens of national and PMS records.

During Marie's tenure, TAM has hosted a number of meets and open water events, including three PMS championships in the 80s. TAM hosted the Lake Sonoma open water swim for 12 years, co-hosted the Hour Postal Swim in 1998, and has run the 1650 Postal for the last five years. Marie encourages her swimmers to participate, and that results in high team attendance at all meets, from local to national. Congratulations, Marie!

I would also like to acknowledge the other three candidates. It is an honor to these coaches that their swimmers felt so strongly that they took the time to submit a nomination.

Regina Brittingham (USA Water Bandits, Chico). Regina is an ASCA level 5 swim coach with an impressive list of qualifications and accomplishments. One of her nominations states that "she squeezes every ounce of ability out of each swimmer."

Ken Fittro (Seaside Dolphins Aquatic Club Masters). Ken has been a focus of efforts to grow Masters swimming on the Monterey Peninsula. Hosting two PMS meets provided exposure to local swimmers. One nominee notes that his workouts motivate both individuals and the team, and show outstanding technical knowledge.

Doug Huestis (Fog City Masters). Doug was the 1996 PMS Coach of the Year, and his continuing dedication to our sport led FOG to nominate him this year. FOG has grown tremendously in the two years Doug has been coaching. Perhaps this is due in part to his "ease, grace, and control" or "interesting, balanced, and very well planned" workouts.



Marie McSweeney

photo courtesy of Nancy Ridout

**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 Cadjew 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: # 99-OW13

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 temp. 75 degrees.

Time: Check-in and race-day registration 6:30 - 7:45 a.m. One- half mile swim starts at 8:15 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 7, 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.

**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 weekends. Hickey Gym and Pool are located just south of the parking structure.

Facility: Hickey Gym Pool 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.

**The Infamous
Skip and Go Naked
Tri Valley Masters**



photo courtesy Bob Kaehms and eastbay sports.com

Left to right: Alan Cartwright, Greg Brown, Bob Kaehms, Dave Sanders, RobSmith, and Bob Snodgrass



POOL MEETS

San Mateo Master Marlins Short Course Meters Meet

Sunday, October 8, 2000

Sanction #38-00-18

Location: Joinville Swim Center, 2111 Kehoe Ave., San Mateo. From San Francisco, take US 101 South, exit on Third Avenue east. Turn right at Norfolk St., and go one-half mile to Kehoe Avenue. Turn left on Kehoe and the pool is at the second stop sign. From the South Bay, take US 101 north and exit on Kehoe Avenue (just after Hwy. 92 interchange). From the East Bay on Hwy. 92 (San Mateo Bridge), take US 101 north and first exit is Kehoe Ave.

Facility: Outdoor, 25-meter x 6-lane competition pool. Separate small warm-up/down pool will be available throughout the meet. Snack bar available.

Check In: All swimmers in events 1 - 4 must check-in by 9:00 a.m. All others must check in as soon as possible and at least 30 minutes prior to the start of your event.

Age: Age on December 31, 1999 determines age for this meet.

Time: Warm-up at 8:30 - 9:30 a.m., meet starts at 9:30 a.m.

Entries: Use standard entry cards accompanied by a consolidated card. Enclose a photocopy of your 2000 USMS Registration Card. Deck entries allowed.

Entry fees: \$10.00 for one to a maximum of five individual events. No charge for relays, relays will be deck entered. Please enter appropriate meter times for seeding purposes. Make checks payable to SMMM and mail to: Dale Finch, 76 Elm St., San Carlos, CA 94070.

Deadline: Entries must be postmarked by Monday, October 2, 2000. Late and deck entries are \$15 for one to a maximum of five individual events.

Awards: 1st through 3rd places for individual events, and 1st for relays will be given.

Meet Director: Cindy Lee, (650) 728-0704. For questions contact Dale Finch (650) 654-1554; dfinch@ix.netcom.com

Referee: Rick Beebe

Events: (Odd=Women, Even=Men)

- 1-2 400 m Freestyle *
- 3-4 100 m Backstroke
- 5-6 50 m Freestyle
- 7-8 100 m Butterfly
- 9-10 50 m Breast
- 11 200 m Mixed Free Relay
- 13-14 50 m Fly
- 15-16 100 m Freestyle
- 17-18 50 m Backstroke
- 19-20 100 m Breast
- 21-22 100 m Individual Medley*
- 23 200 m Mixed Medley Relay

* Men and women seeded together.

Healdsburg Masters Swimming The 2000 Pacific Masters Short Course Meters Championships

Friday, Saturday, Sunday, November 3-5, 2000

Sanction # 38-00-19

Location: Healdsburg Community Pool, 360 Monte Vista Avenue, Healdsburg, CA Take Highway 101 to the Dry Creek Road exit. Proceed east on Dry Creek Road to Healdsburg Avenue and turn right. Turn left on to Monte Vista Avenue. After two stop signs, the pool and pool parking are on the right. Pool phone: (707) 433-1109.

Facility: 6-lane 25-meter course outdoor pool for competition with 1 additional lane for warm-up and warm-down throughout the meet. Bleacher seating and lawn seating. Electronic timing. Full snack bar. Information on overnight accommodations in the Healdsburg area can be obtained from the Healdsburg Chamber of Commerce, (800) 648-9922 or on the Internet at www.healdsburg.org. A snack bar will be available each day of the meet.

Check-In: All swimmers must check in each day for their events. 1500 m Free must be checked in by 1:30 pm. 800 m. Free and 400 m. IM must be checked in by 8:30 am. For all other events, swimmers must be checked in 30 minutes prior to the start of their event. See registration and check-in times for each day below.

Entries: This is a cardless meet. No late or deck entries will be accepted. Submit entries on a consolidated entry form. Enter event times in meters for accurate seeding purposes. Entry fees are \$10 for one event, \$20 for 2-4 events and \$25 for 5-7 events. Swimmers may enter no more than five individual events per day and seven for the weekend. Relays will be deck- entered at a total of \$4.00 per relay. All events will be seeded slow to fast.

Deadline: Entries must be postmarked by October 24, 2000 or received by October 29, 2000. Mail entries, a copy of 2000 USMS card, and a check payable to Healdsburg Swim Club to: PMS Championships, c/o Healdsburg Swim Club, P.O. Box 824, Healdsburg, CA 95448

Awards: Distinctive awards will be given for the top three teams. Ribbons for 1st - 8th in all individual events.

Meet Directors: Theresa Wistrom (707) 433-1886; TWistrom@Compuserve.com and Tami Vallee (707) 838-3481.

Referees: Anneliese and Walt Eggert

Special Note: The 800 m. and the 1500 Free will be seeded women and men together. Only the first 48 entries will be accepted for the 800 m. and 1500 m. events.

Individual Events: (Odd = Women, Even = Men)

Friday, November 3

Check-in begins 1:00 p.m.

Warm-up 1:00 - 1:45 p.m.

First Event 2:00 p.m.

1-2 1500 m. Free

Saturday, November 4

Check-in begins 7:30 a.m.

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

First Event 9:00 a.m.

3-4 800 m. Free

5-6 400 m. Free Relay

7-8 100 m. Back

9-10 200 m. Fly

11-12 50 m. Breast

13-14 100 m. Free

15-16 200 m. IM

17-18 50 m. Fly

19-20 100 m. Breast

21-22 200 m Medley Relay

23-24 400 m. Free

Sunday, November 5, 2000

Check-in begins 7:30 a.m.

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

First Event 9:00 a.m.

25-26 400 m. IM

27 400 m. Mixed Medley Relay

29-30 200 m. Free

31-32 50 m. Back

33-34 200 m. Breast

35-36 100 m. Fly

37-38 50 m. Free

39-40 100 m. IM

41-42 200 m. Back

43 200 m. Mixed Free Relay

POOL MEET

Chabot Community College/San Mateo Master Marlins Mid-distance Pentathlon

Sunday, October 22, 2000

Sanction # 33-00-21

Location: Chabot Community College, 25555 Hesperian Blvd, Hayward, CA. Take Highway 880 to SR92 or from the Peninsula; take SR92 Eastbound across the San Mateo Bridge to Hesperian Blvd and go north on Hesperian Blvd 2 blocks to the College. Entrance to the pool is from Hesperian Blvd.

Facility: 22-lane, outdoor heated pool. 8 lanes will be used for competition and 12 lanes for warm-up. Snack bar available throughout meet.

Time: Warm-up 8:45-9:45 a.m.. Meet starts at 10:00 a.m. Deck entries and check-in will close at 9:30. No exceptions! Deck-seeded, slow to fast.

Entries: \$10.00 for one to five events, if **post-marked by Saturday, October 14, or received by Monday, Oct. 16, 2000.** \$15.00 for late or deck entries. Use standard pink or blue cards accompanied by the consolidated entry form and a copy of your 2000 USMS card.

Make checks payable to: San Mateo Master Marlins

Mail entries to: Dale Finch, 76 Elm Street, San Carlos, CA 94070

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

Meet Director: Ross Shoemaker, (510)-723-6939

For more info: Dale Finch, (650)-654-1554; dfinch@ix.netcom.com

Referee: Michael Moore

Events: Odd = Women, Even = Men

1-2	100 yd Fly
3-4	100 yd Back
5-6	100 yd Breast
7-8	100 yd Free
9-10	200 yd IM



Officials' View

It looks different
From, above the water
Which seems choppy
Instead of embracing
And the effort
Of the competition
Doesn't translate
To poolside

They look to technique
As a 'yes or no' standard
Instead of a form
Of enhancement.

And time and winning
Become numbers
To be written
Then forgotten
Rather than progress
To the self determined
Measure and goals
That is the painful fun
We call
Masters swimming

Dore Schwab

Warriors

We see the same faces
On bodies losing
The battle with gravity
and aging
But still smiling
And still swimming
Balming their wrinkles
for drag
Providing the excuses
Never needed before

It's nice to see them
Still testing themselves
And competing
Against two clocks

Dore Schwab

Local Swimmer going to the Olympics

Follow a masters and Olympic swimmer as he trains for the Summer Olympics in Sydney Australia. Sergey Mariniuk, Olympic swimmer, current Decathlon Club coach, former Santa Clara Masters and age group coach, is going to the Olympics for the third time to compete in the 400 IM. Sergey has created a mini web site highlighting training techniques, preparation for competition, and his current workout diary. While at the Olympics, digital camera in hand, Sergey will be updating the site with his insights from Olympic Village and swimming competition.



To access this site go to
<http://www.readygo.com/olympics/>.

Sergey's first Olympic completion was at the Barcelona Olympics in 1992 when he was on the USSR team. He finished 5th in the 400IM. After Sergey's native Moldova split from the Soviet Union Sergey competed for the Moldavian team at the Atlanta Olympics in 1996. He finished 7th in the 400IM in Atlanta. This year he will join his Moldavian teammates for his third Olympic Games.

Diabetes

Do you or someone you know have diabetes? Do you or your team mates know what to do if there should be a problem?

Aerobic exercise is not only good for health but it is also good for diabetes. Aerobic exercise makes the insulin work harder and faster, reduces body fat, and helps with weight loss.

When you exercise, your body uses glucose that is stored in your muscles and liver. After exercise, your body restores glucose to your muscles and liver by removing it from your blood. This can go on for as long as 10 to 24 hours. During this time your blood glucose levels may fall too low.

Exercise also makes you sweat. Yes, even in the water! Sweating means that you are losing fluid.

So what to do? Eat a snack and drink fluids that contain a carbohydrate. Sports drinks that are no more than 10% carbohydrate or diluted fruit juice are a good choice.

If you are in the water and start to feel dizzy or have difficulty, be sure to let someone know right away. Get something sweet. If you are swimming with someone with diabetes, watch to make sure that the snack or drink helps. If it doesn't or they fall unconscious, call 9-1-1 right away.

OPEN WATER

Photos courtesy of Nancy Ridout



Rick Windes, (SFRP) VP PMS, Marie McSweeney (TAM), and Dore Schwab (TAM) listening to Nancy Ridout, (TAM), USMS President, PMS Registrar, offering her congratulations and thanks to Marie McSweeney, 2000 Coach of the Year, presented at the PMS LC Championships, Santa Cruz, July 9, 2000.

.....

TAHOE RELAYS, JULY 16, 2000



Swimming the swim



Now it's your turn...

These photos are courtesy of Bob Kaehms and his website www.eastbaysports.com Check them out for more photos and other events



Future swimmers, Lilly Scorso and Bobby Kaehms, checking results



Finish line - where is my team?

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
--------------------	--------------------	-----------

Rev 3/99

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 2000 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		

PMS MEETING

PMS Meetings happen once a month except for July and December. Currently they are held at the San Ramon Olympic Pool offices.

You are always welcome to come and meet and be one that helps make the decisions. Find out what is going on in the Pacific region. Be a part of the action.

Directions to San Ramon Olympic Pool and Aquatic Center:

From 680 North, take Alcosta Blvd exit, make a left at the first light, then a right at the second light (San Ramon Valley Blvd). Take a right at Pine Valley Rd, going back under the freeway. Go to Broadmoor Dr and turn left. Watch for the stop signs at Westchester and at Millbridge. The pool, driveway and office are beyond California High School.

From 680 South, take Bollinger Canyon off ramp. Make a right and then a left onto San Ramon Valley Blvd. Go to Montevideo and make a left. Take a right at Broadmoor Dr., go several blocks and turn into the parking lot by the pool.

Deadline for
 pool and open water swims
 for the
 November- December Newsletter is
September 15th.
 Please submit creative writing,
 news
 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.

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, Sacramento Pentathlon, SCY,
Andrew Brenan, (916) 9235174.
- 8 SMMM, Meters Meet, SCM,
Thomas Huggins, (650) 522-6565.
- 11-15 USMS Convention, Kissimee, FL
- 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.

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

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.
© Pacific Masters Swimming

PACIFIC MASTERS SWIMMING OFFICERS

Chairman:
Julie Paque
2203 Rock St..
Mountain View, 94043
chairman@pacificmasters.org

Administrative Vice-Chair:
Rick Windes
1543 La Salle Avenue
San Francisco, 94110-4851
administration@pacificmasters.org

Operations Vice-Chair:
Barry Fasbender
845 Talisman Dr.
Palo Alto, 94303
operations@pacificmasters.org

Treasurer:
Clarine Anderson
88 Yerba Buena Ave.
Los Altos, 94022
treasurer@pacificmasters.org

Secretary:
Joan Alexander
532 Ridge View Court
Pleasant Hill, 94523
secretary@pacificmasters.org

Member-at-Large:
Michael Moore
350 Wayland
San Francisco, 94134
swim@hooked.net

Registrar and PMS Office
Nancy Ridout
580 Sunset Parkway
Novato, 94947
(415) 892-0771
registrar@pacificmasters.org

Communications Co-Chairs:
Newsletter
Joanne Berven
4854 Andrea Ct.
Livermore, 94550
newsletter@pacificmasters.org
Webmaster
Michael Moore
350 Wayland
San Francisco, 94134
swim@hooked.net