

newsletter



Do the Right Thing — in Three Part Harmony

by Doug Huestis, PMS Chair

I accepted the task of being Pacific Masters Chairman because I not only have been a long time Masters swimmer and wanted to 'give back' to the organization in any way I could, I also have enjoyed working with some of the finest, and hardest working individuals that also believe in the Masters way of life. This organization has as its foundation a respect for honest hard work and the abundance of the philosophy of 'fair play'.

That being said I have become aware of a few things that, if we put our collective efforts to work on and make better, will make Pacific Masters Swimming even better and stronger. Mind you these are not a 'laundry list' of problems — just reflections and ruminations.

Do the Right Thing — Part One

As you may remember I previously wrote about surpassing 10,000 registered Masters Swimmers for 2001 as one of my 'Goals'. Obviously if you are reading this you are registered for 2001, and I really don't need to talk to you about the need to do so.

However, as a Masters Coach myself I did a little informal snooping around in my own team and found that, somehow, some swimmers who had been training with the team, had not as yet registered for this year. After talking with some of them I came to the conclusion that they were not trying to pull a fast one — but were just misinformed. Perhaps you have some swimmers on your team who also are unclear as to the need to register.

Here are some typical responses:

- 1) "You mean I have to register every year?"
- 2) "I registered last ("some month last year") — isn't it (registration) good for a year from that?"
- 3) "But I don't plan on ever swimming in competition"
- 4) "I only attend practices every once in awhile — do I still have to register?"
- 5) "Our (Club, Organization) has its own insurance policy — so I (we) don't need to register"

Well, I'm sure you get the picture. I suspect a lot of teams have a similar situation. The reason I suspect as much is, if for no other reason, there are a fair number of swimmers who 'deck register' for PMS at swim meets — and a lot of these swimmers are in pretty good shape. Which would lead one to surmise that 1) they are in 'great shape' without the hassle of having to train (ie, work out with a team) and just decided to show up at a swim meet to see if they wanted to get involved with this 'Masters thing'; or more likely — 2) have been training with a masters team, but just haven't gotten around to registering yet. So I need your help in helping them 'Do the Right Thing'.

Do the Right thing — Part Two

My second reflection is regarding "Officials" — I know it can be frustrating to swim a great swim, then have an official give you one of those 'yellow slips' that just nullified that heroic effort on your part. I know because I've gotten some myself — once even while being in contention for High Point winner at PMS Long Course Championships. OUCH!!

However, I did deserve it — and that's my point. These officials spend a lot of time and training to ensure that they 1) know the rules backwards and forwards and 2) apply the 'same standards' to all swimmers to ensure fair play and a level playing field. So the next time you are pulled over; er, pulled aside — realize that this is a real person talking to you who is just trying to do the best job he or she can to ensure everyone has an equal chance.

Now I'm not going to suggest "Have you hugged an Official Today" — but a smile and/or 'thank -you' will be very much appreciated by these hard working individuals. So 'Do the Right Thing' and realize they are just trying to do their job as best they can. And if you think you can do it better we would be glad to help you become a carded official.

And while on the subject of 'rules' — I suspect there is some confusion regarding the new "whistle blasts" procedure for starts at swim meets. Rather than try to disseminate all the nuances of the procedure I would suggest that if you are in the least bit confused, just show up one or two heats before your first race and observe what the swimmers and starter do as far as those 'whistle blasts'. It's really not all that difficult to understand.

And lest you think it (the new 'whistle procedure') is some kind of gigantic "Pavlovian Experiment" in mind control by those fine folks at FINA — rest assured it is not. I know this as I have yet to see any salivating swimmers assuming the starting position at any meet — yet.

Do the Right Thing — Part Three

Lastly, there have been some emails going back and forth lately regarding 'Check-ins' and 'No-shows'. As you know we try to keep meets flowing and on-time. But we need your help to make it so.

What would be most helpful is just abiding by common courtesy, respect and common sense. The courtesy of showing up for an event you checked-in for; the respect for the other swimmers in the meet by informing the starter if you will not be able to swim

Continued on next page

OPEN WATER MEETS

Redwood Coast Masters Spring Lake One Mile Open Water Swim

Saturday, May 12, 2001

Sanction # OW-01-01

Location: Spring Lake, Santa Rosa, CA.

Directions: From Hwy 101, take Hwy 12 East. Turn right on Mission Blvd., left on Montgomery Dr., right on Channel Dr., right on Violette Rd., into park. Parking Fee \$3.00.

Course: One mile loop course swim from a small sand beach in Spring Lake. Expected water temperature 68 -70 degrees.

Time: Check-in, packet pick-up and race day registration from 7:30 - 8:30 A.M. Race begins at 9:00 A.M. No late starters.

Swim Procedure: There will be three wave starts five minutes apart. All swimmers must wear the provided swim caps and race finish tags. The color of the swim cap will designate wave number and the finish tags will be collected in the chute at the finish line. There will be a one hour cut-off time. No individual escorts. Safety craft will patrol.

Entries: Indicate estimated one-mile swim time on entry. Send entry form or consolidated card, a photocopy of 2001 USMS card and a check payable to **Redwood Coast USLA** to Redwood Coast One Mile Swim, P.O. Box 337, Healdsburg, CA 95448. For official entry form, send SASE to above address.

Entry fees: \$20 entry fee for pre-entries, \$25 entry fee for late and race day entries. Entry fee is non-refundable and non-transferable.

Deadline: Entries must be postmarked by May 5, 2001.

T-Shirts: All pre-entries postmarked by May 5, 2001 will receive a T-shirt. Indicate size on entry form. T-shirts will be on sale on race day.

Awards: Awards will be presented to the first overall male and female finishers and to 1st through 3rd in each age division.

Race Information: (707) 528-4718

Email:

redwoodcoastopenwater@yahoo.com

OPEN WATER CLINIC SERIES

Sponsored by San Mateo Master Marlins
The third and final clinic will be held on June 2 before and after the Lake Berryessa Swim. It will include pre-race preparation and post-race evaluation. This clinic will begin at the Joinville pool and will include a bus ride to the Lake Berryessa Swim - time tba.

For more information please contact Thomas Huggins, (650) 522-7460.

To register, fill out a standard PMS registration form and send with \$30 to SMMM-Joinville Pool, 2111 Kehoe Avenue, San Mateo, CA 94403.

Davis Aquatic Masters Lake Berryessa Annual One and Two Mile Swims

Saturday, June 2, 2001

Sanction # OW-02-01

Location: Oak Shores Park off Knoxville-Berryessa Rd., on west shore of Lake Berryessa.

Directions: Turn E. onto Knoxville-Berryessa Road from Hwy 128 at Turtle Rock Cafe. Entrance to Oak Shores Park is 0.6 mi. N. of Park Headquarters and two miles N. of Spanish Flat.

Course: One and two mile courses are marked by buoys at 200 yard intervals. Expected water temperature: 65-70 degrees.

Divisions: Masters 2 Mile, Masters 1 Mile, Masters combined 2 and 1 Mile, Masters Wetsuit 2 Mile, and Masters Wetsuit 1 Mile.

Time: Race day registration and check-in begins at 7:00 A.M. and closes at 9:00 A.M. for 2 mile swim and 10:30 A.M. for all 1 mile swims. The two mile starts at 9:30 A.M., one mile at 11:00 A.M.

Swim Procedure: Deep water starts. No late starters. Caps are provided and are mandatory. No individual escorts. Safety craft will patrol. Cut-off times: 1 hour for one mile, 2 hours for two mile.

Entries: Entry fees include swim cap, official Berryessa mug, post-race refreshments, eligibility for raffle prizes.

Entry fees: For 1 Mile and 2 Mile swims is \$25 (\$30 late and race day). Pre-race day entry fees for combined 1 and 2 Mile is \$35 (\$40 late and race day). Send entries, with a photocopy of 2001 USMS card to **DAM**, P.O. Box 921, Davis, CA 95617. For official entry form send a SASE to the above address, Attn: Race Director, or check DAM's website at www.damfast.org.

Deadline: postmarked by May 15, 2001

Awards: Commemorative medals will be awarded to the 1st three finishers in each age and gender group. Special award to 1st man and woman overall in 2 and 1 mile. Awards to top three men and women finishers in combined and wetsuit (no age group) categories.

T-shirts: May be ordered on entry form for an additional \$6 each prior to May 15, 2001. A limited number of T-shirts will be available on race day for \$12 each.

Traditional Post Swim Picnic: On-site food service will be providing a burger, chips, and a drink at the event. Lunches should be pre-ordered - only a limited number will be for sale on race day. Details are on the official entry form. Picnic tables, BBQ grills and restroom facilities available.

Race Director: Tariq Kadir (530) 758-8665 or (916) 801-7738; email tkadir@inreach.com

Redwood Coast Masters Lake Sonoma Two Mile Swim

Saturday, July 7, 2001

Sanction #OW-01-03

Location: Yorty Creek Recreation Area in Lake Sonoma.

Directions: Hwy 101 North to Cloverdale. Exit S. Cloverdale Blvd and head west, turn right on S. Cloverdale, left on W. Brookside, left on Foothill, and veer right on Hotsprings Rd. **Use caution on Hotsprings Rd.**

Course: Two-mile, loop course. Expected water temperature: 70-75°.

Time: Check-in and race-day registration from 6:30 A.M. - 7:30 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, Late entries and race-day registration are \$25. Mail consolidated form or official entry form with your estimated one mile time, a copy of your 2001 USMS registration card and a check payable to **Redwood Coast USLA** to: Redwood Coast 2 Mile Swim, P.O. Box 337, Healdsburg, CA 95448.

Deadline: Pre-race entries must be postmarked by July 1, 2001.

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

T-Shirts: All pre-entries (postmarked by July 1, 2001) will receive a T-shirt. Indicate size (L or XL) on order form.

Race Information and fax line: (707) 528-4718

Email:

redwoodcoastopenwater@yahoo.com



Chair's message from front page

an upcoming listed event; and the common sense in being in the 'starting area' before your race so you can move to the starting block in a timely manner.

If you are in the least bit confused — feel free to ask questions. I find that most Masters are exceedingly helpful and want to put Masters swimmers (and swimming) in the best light. As far as 'checking-in' you may want to check yourself in, as opposed to having someone do it for you. This way you won't have others suffer because 'I got caught in traffic' or that 'multimillion dollar deal took longer than I thought to sign off on'. So **'Do the Right Thing'** — and give others the same respect you expect for yourself.

**The Olympic Club
Trans Tahoe
25th Annual
Invitational Rough
Water Relay Swim**

Saturday, July 21, 2001

Sanction # OW-04-01

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 20 and again at 7:30 A.M. before the race on July 21. 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' 2001 USMS cards.

Deadline/fees: Pre-race entries are \$150.00 per team, **postmarked by May 30th**, From June 1st to June 13th the entry fees will be \$180.00; after June 13th but before July 6th, \$200.00 After July 6, \$400 + staff decision. For the Official Entry and Roster Form, contact The Olympic Club, 524 Post St., San Francisco, CA 94102.

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

Race Info: Scott Williams 415-775-3088
email: swilliams@olyclub.com

**Manatee Masters
2x1 Open Water Relay
Swim**

Sunday August 19, 2001

Sanction#: OW-10-01

Location: Lake Del Valle, Livermore, CA.

Directions: 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. Gates open at 6:00 A.M.

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

Time: Check-in and race day registration from 7:00-8:00 A.M. **Teams must register together.** Mandatory pre-race meeting at 8:15 A.M. Race begins at 8:30 A.M. No late starters.

Race Procedure: Fluorescent 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 \$45 per team. Mail consolidated form or official entry form with a copy of each participant's 2001 USMS registration card and a check payable to **MAM**, c/o Vince Pon, 25625 Crestfield Drive, Castro Valley, CA 94552.

Deadline: Postmarked by July 31, 2001. Late and race day entries are \$55.

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 & Caps and Goodies: New for 2001, all **Preregistered** swimmers will receive a 15th-Annual Manatee 2X1 T-shirt, in addition to the racing cap with their registration. Complimentary beverages, food and snacks will be available to participants

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

**Walnut Creek Masters
Invitational Long
Course Meet**

Friday & Saturday, June 8-9, 2001

Sanction # 38-01-12

Location: Clark Swim Center, Heather & Marchbanks Dr., Walnut Creek, CA.

Directions: From I 680 North, take Ygnacio Valley Rd. to San Carlos, make a left turn at the stop light, turn left on Heather. From I-680 South, take No. Main St. turnoff, turn right at signal (Main St.) to Ygnacio Valley Rd., turn left at stoplight and proceed as above.

Facility: 8 lanes of 50 meters for competition plus one warm-up lane during competition. Snack bar will be available during the meet.

Check-in: The 800 m. Free on Friday night is pre-seeded; two to a lane only if necessary. No deck entries will be accepted for the 800.

No exceptions. Call Charlene O'Brien, (510) 934-5657, Thursday, June 7th between 6 P.M. - 9 P.M. for estimated start time. The Saturday events are deck seeded and late entries (deck entries) are permissible. All swimmers in the first 4 events must check-in by 8:30 A.M. All others are urged to check-in early. You must check-in at least 30 minutes prior to the expected start of your event.

Time: Warm-ups for the 800 free at 5 P.M. Friday evening. Meet starts at 5:30 P.M. Warm-ups for Saturday at 7:45 - 8:45 A.M., meet begins at 9:00 A.M.

Entries: All entries must be on a pink or blue entry cards, accompanied by a Consolidated Entry Card. Make sure to enter "meter times."

Deadline: Postmarked by June 1, 2001 or received by June 5, 2001.

Entry fees: \$3.00 for each event. Those entries received after the deadline and deck entries will be charged \$3.50 per event. There is also a \$3.00 surcharge per swimmer to offset meet expenses. Enclose cards, copy of 2001 USMS card and entry fee and make checks payable to Walnut Creek Masters. Mail to **Walnut Creek Masters**, P.O. Box 8039, Walnut Creek, CA 94596.

Awards: Ribbons for 1st - 3rd place.

Meet Director: John King, (925)930-6854

Referee: John Duncan

Events: (Odd=Women, Even=Men)

Friday, June 8, 2001

1-2 800 m. Free

Saturday, June 9, 2001

3-4 400 m. IM

5-6 200 m. Free

7-8 100 m. Breast

9-10 200 m. Fly

11-12 100 m. Back

13-14 200 m. IM

15-16 100 m. Free

17-18 200 m. Breast

19-20 100 m. Fly

21-22 200 m. Back



POOL MEETS

Burlingame Aquatic Club Splash and Dash Long Course Meters

Sunday, July 1, 2001

Sanction # 38-01-13

Location: Burlingame High School, 400 Carolan Ave., Burlingame, CA.

Directions: From 101 take the Broadway exit WEST (to the right). Take a left at the light (south) onto Carolan Ave. The high school is approximately 1 mile on the left. A small parking lot and street parking are available.

Facility: 8-lane, 50 meter by 25 yard outdoor, heated pool. 6 lanes for competition, 1 lane for warm-up/down, 1 buffer lane. Colorado Timing system and scoreboard. Limited locker room facilities. Snack bar available.

Check In: will begin at 7:15 A.M. and will close at 8:30 A.M. No deck entries will be accepted after 8:30 A.M. Warm-ups begin at 7:30 A.M. and end at 8:45 A.M. Meet starts at 9 A.M.

Entries: This is a cardless meet. Send your entry on a consolidated entry form with a copy of your 2001 USMS card. Relays will require a yellow entry card.

Deadline: Pre-entries must be postmarked by Wednesday, June 20, 2001 or hand delivered to the Burlingame Aquatic Club Pool by Friday June 22, 2001.

Entry fees: \$2.00 per event plus a \$5.00 surcharge; relays \$4.00 each. Late entry fee is \$4.00 per event. Make checks payable to **Burlingame Aquatic Club**. Mail to BAC Splash and Dash, c/o Tiffany Forbes, Meet Director, 545 Clarinda Ave. #6, Daly City, CA 94015.

Meet Director: Tiffany Forbes, (650) 558-1298.

Meet Referee: Michael Moore

Starter: Rick Windes

Events: (Odd=Women, Even=Men)

- 1-2 200 m. Medley Relay
- 3-4 50 m. Backstroke
- 5-6 50 m. Butterfly
- 7-8 50 m. Kick*
- 9-10 50 m. Breaststroke
- 11-12 50 m. Freestyle
- 13-14 200 m. Freestyle Relay

* special event (10 minute break after this event if necessary)

Warriors

by Dore Schwab

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

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

West Coast Aquatic Masters The 2001 Pacific Masters Long Course Championships

Friday, Saturday, Sunday, July 13, 14, 15, 2001

Sanction #38-01-14

Location: Frank Fiscalani International Center, San Jose, CA.

Directions: Take 680 to McKee Rd. exit west, turn right onto Jackson Ave. Continue to 2nd gate of Independence High School, turn into car park, proceed to back. Pool is located to the left of the gym.

Facility: 8 lane, 50 meter outdoor, heated pool. Separate 6 lane, 25yd pool will be used for warm-up during the meet. A full snack bar will be available during the meet. Bleacher space for 1000 spectators.

Check-In: This meet is deck seeded, slow to fast. Swimmers must check in at least 30 minutes before the expected start of your event each day. See registration and check in times for each day below.

Entries: This is a cardless meet. **No Late Or Deck Entries.** Submit your entries on a PMS Consolidated Entry Form and a photocopy of your 2001 USMS card. Make sure you enter meter times.

Deadline: Entries must be postmarked by June 29th or received by July 6th, or hand deliver by July 6th to 638 Kotake Ct., San Jose, CA 95127.

Entry fees: \$5 (pool use fee) + \$10 for one event, \$20 for 2-4 events and \$25 for 5-7 events. Relays will be deck entered on PMS cards for \$4 each and must be submitted **prior** to start of meet each day. Checks payable to: **West Coast Aquatics** and mail to: PMS Championships, c/o West Coast Aquatics, PO Box 32188, San Jose, CA 95152.

Timing plan: Each participating club must provide 2 timers during the meet.

Awards: Medals will be awarded for 1st – 3rd places in each individual event and ribbons for 4th – 8th. Ribbons will be awarded for 1st - 8th places in each relay. Team awards will be awarded to the top teams in each team size division. Goodie bags to first 300 swimmers who check in on Saturday morning

Meet Director: Isla Wallace (408) 926-6621, fax (408) 928-9970
Email: islawallace@mailops.com

Referee: Bud Meyer

Starters: Dennis Horan & John Duncan

Events: (Odd=Women, Even=Men)

Friday July 13th

Check-in/ Warm ups 11:30 A.M.-12:30 P.M.

Meet starts 1:00 P.M.

- 1-2 1500 m. Free
- 3-4 800 m. Free Relay
- 5-6 400 m. IM
- 7-8 200 m. Free

Saturday July 14th

Check-in/Warm ups

7:45 A.M.-8:45 A.M.

Meet starts 9:00 A.M.

- 9-10 800 m. Free
- 11-12 100 m. Fly
- 13-14 50 m. Breast
- 15 400 m. MX Free Relay
- 17-18 50 m. Free
- 19-20 200 m. Back
- 21-22 50 m. Fly
- 23-24 200 m. Breast
- 25 200 m. MX Medley Relay

Sunday July 15th

Check in/Warm ups

7:45 A.M.-8:45 A.M.

Meet starts 9:00 A.M.

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

My Friend Della Sehorn



1926-2001

*Della Sehorn
World Corporate Games,
Concord, CA 1989*

Photo courtesy Elfriede Rogers

Della was always laughing—we laughed right along with her, because to tell the truth, we couldn't help it. She had a special joy about her! When I tried to put words to why Della was so special, the words "interested" and "attentive," "lively" and "fun" immediately came to mind. All the guys at swim practice (no matter their ages) would flirt outrageously with Della, but she could give it right back to them in equal measure! When a new swimmer met Della, she instantly befriended him or her and that person knew that he/she was important and cared about. Age was never a question. My two daughters joined Masters in their teens and soon had a good buddy 45 years older than they. Della gave special gifts to us. None of us who tasted her homemade peanut brittle will ever eat that confection again without the thought of her coming into our minds. Many of us treasure the Christmas stockings lovingly knitted by Della. When I was at Della's house

the morning before she died, I noticed in a basket next to her chair a half-finished stocking for Kieren, the latest Los Altos Masters baby—she was working at giving her love right until the end. But the best gift Della gave us was her love and joy of life. Every year a Pacific Masters swimmer receives an award titled "Thanks for the joy you give to Masters Swimming." Della, of course, received that award—in 1997. Kristy King and I had to wheedle and prod Della to even walk over to the award presentation. She was completely surprised when her name was called out. While she treasured her friends and always made us feel more special when we were with her, she actually did not realize how special she herself was. One Masters Nationals, Della finished second four different times and jokingly referred to herself as the "Silver Queen." Yes, Della you are our Masters Queen, but we will always think of you as "golden." We love you and will miss you.
Love, Carolyn (Boak)



Aldo Da Rosa (Rinc)

Morgan Hill California, a growing town of 30,000, is also experiencing growth in its masters swim program. Morgan Hill is home to two masters swim teams, the MHM (Morgan Mill Masters) and the MHSC (Morgan Hill Swim Club) masters clubs.

Both teams are more actively participating in masters meets and open water swims, including the annual Alcatraz and Lake Berryessa events.

The town of Morgan Hill is currently in the planning stages for a new 50 meter aquatics center...just in time to accommodate both the growing masters and youth swim programs. Keep your eyes and ears open...you will be hearing more from the masters of Morgan Hill.

Rinconada Meet Swimmers



Karen Bair (MHSC)

The MHSC masters swim team (Morgan Hill Swim Club) was formed 2 years ago and is coached by John Kramer.

Photos and Text by
Peter Kepetanic,
Morgan Hill



Tim Thornton (MHM)

The MHM masters club is coached by Chris Henry. Many long time masters swimmers have heard of the name Tim Thornton. He started the team 15 years ago, and has been swimming ever since. He continues to turn in winning performances every year.

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

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.

- | | |
|---|---|
| <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 11. Excellence in Swimming Stroke Technique - 12. Stretching - Bob Anderson | <ol style="list-style-type: none"> 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 20. Classic Swimming Series (4 tapes) - Don Gambriel, Men's Swimming, Women's Swimming, Swimming Techniques, Coaches Techniques 21. Breaking the Mental Barrier (audio tapes) |
|---|---|

Deadline for
pool and open water swims
for the
July-August Newsletter is
May 15, 2001
Please submit creative writing
and photos to
Newsletter Editor
Joanne Berven
4854 Andrea Ct.
Livermore, CA 94550
nevreb@home.com

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 2001 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			

2001 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

May 12	RCM	Spring Lake, OW, Jim Mc Cray, (707) 528-4718
May 17-20	SCSC	USMS Nationals
May 23	PMS	PMS Meeting, OakHill Park, Danville
June 2	DAM	Lake Berryessa (1, 2 mile), OW, Tariq Kadir, (530) 758-8665
June 8-9	WCM	Invitational, LC, Kerry O'Brien, (925) 943-5856
June 27	PMS	PMS Meeting, OakHill Park, Danville
July 1	BMS	Splash and Dash, LC, Tiffany Forbes, (650) 558-1298
July 7	RCM	Lake Sonoma, OW, Jim Mc Cray, (707) 528-4718
July 13-15	WEST	PMS Championships, LC, Isla Wallace (408) 926-6621
July 21	TOC	Trans Tahoe Relay, OW, Scott Williams, (415) 775-3088 x 1241
July 25	PMS	PMS Meeting, OakHill Park, Danville
July 28	SFBSA	Aquatic Park Challenge, OW, Gary Emrich, (650) 359-3773 (cancelled)
Aug. 4	CRUZ	Santa Cruz Pier, OW Championship, Rick Gould, (925) 931- 5345
Aug. 5	CRUZ	Pier-to-Pier, OW Championship, Joel Wilson, (831) 425-5762
	CRUZ	Cruz Cruise, OW Championship, Joel Wilson, (831) 425-5762
Aug. 11	SNM	Donner Lake, OW, Mike Ryder
Aug. 16-19	PN	USMS Nationals
Aug. 19	MAM	2 x 1 Relay, OW, Vincent Pon, (510) 523-3304
Aug. 25	TCAM	Pinecrest Lake, OW, John Brunolli, (209) 532-2761
Aug. 29	PMS	PMS Meeting, OakHill Park, Danville
Sept. 9	RAD	Whiskeytown (1, 2 mile), OW, Pete O'Neill, (530) 225-0020 x 726
Sept. 12-16	USMS	National Convention
Sept. 15	TVM	Shadow Cliffs (0.5, 1.5 mile), OW, Suzanne Van Cleve, (925) 463-2146
Sept. 22	RAMS	Folsom Lake (1, 2 mile), OW, Nancy Kelley, (916) 624-0715
Sept. 26	PMS	PMS Meeting, OakHill Park, Danville
Sept. 29	SFRP	Swim SF, SCY, Tod Hill, (415) 647-4271
Oct. 7	SAC	Sacramento Pentathlon, SCY, Andrew Brenan, revols@earthlink.net
Oct. 14	SMMM	Meters Meet, Dale Finch, (650) 654-1554
Oct. 19	HMSW	PMS Championships (1500), Theresa Wistrom, (707) 433-1886
Oct. 20-21	WCM	PMS Championships , SCM, Margee Curran, (925) 256-7940
Oct. 24	PMS	PMS Meeting, OakHill Park, Danville
Nov. 28	PMS	PMS Meeting, OakHill Park, Danville
Dec. 1	SNM	Reno Winners Meet , SCY, Steve Lintz, (775) 849-2179

For information on Hawaii Open Water/Roughwater Competitions, go to www.hawaiimastersswim.org or www.wrswim.com (Roughwater)

PACIFIC MASTERS SWIMMING OFFICERS

Chairman:
Doug Huestis
67 Fortuna Ave.
San Francisco, CA 94115
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
mwmoore@best.com

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