

# newsletter



## Upward and Onward!

by Doug Huestis, PMS Chair

### Pacific Masters Swimming continues to lead the Nation!

Our registration total for 2001 topped out at 9,703 — just missing the goal of 10,000 plus we set for the year.

In addition USMS passed the 40,000 member mark for the first time, reaching a total of 40,505 registered for the year. Now according to my trusty calculator that means Pacific Masters Swimming accounts for 'approximately' 23.95 % of the total!

So here is my challenge to all Coaches, Race Directors, Team Registrars, and all you as yet 'un-registered' Masters Swimmers: Our goal for Pacific Masters Swimming's "percentage" of the total number of USMS registered swimmers is to be 25 % by the end of 2002. Let's show the rest of the Nation who is not only the BEST, but the biggest by a long shot!!

### Do You Know Who's 'Running The Show' ??

I would like to take this opportunity to thank all the Officials, meet and open water Directors, Coaches, Team representatives and Pacific Masters Committee Chairs who give countless hours of their own time (and in a lot of cases — their own unreimbursed money) to help this great organization run smoothly. I know I speak for the entire Executive Council in saying "without your dedication, we would not be anywhere as successful a venture as we are — if at all."

### A Heartfelt Farewell To The Chief!

Finally, I would urge you all to personally "THANK" our now Past-President of USMS — our own **Nancy Ridout**. She has guided this organization to levels it has never seen — and leaves a legacy of an Organization that is quite possibly the best run, most organized in the entire realm of 'nonprofit and member-run' organizations in the entire Nation. We, as well as all of USMS, owe her countless thanks for a job well done.

So, the next time you see her; let her know how much you appreciate what she has brought to and done for Masters Swimming. But seeing as how she recently had shoulder surgery, refrain from the usual and customary 'pat on the back'. A smile and a thank-you will do just fine and will send the same message!!

### Call for Service Award Nominations

Every year we recognize those volunteers who have given so generously of their time and energy to make Pacific Masters Swimming an organization that we're all very proud of. One of the ways we recognize these people is through our annual service awards. Nominations can be made by any Pacific Masters Swimming member. Nominations must be in writing and received by Doug Huestis, 9 Escondido Ave., San Francisco, CA 94132, no later than February 20, 2002. The awards will be presented at the short course championships in April.

### Contributor of the Year:

One award will be given out to recognize outstanding contributions to Masters Swimming during 2000 in support and leadership, recruitment of members, program development, and promotion of Masters Swimming at the club, association, or national level. The recipient must have been a member of PMS in 2001. The 2000 award recipient was **Nancy Ridout**.

### Distinguished Service:

This award recognizes outstanding and consistent contributions to Masters Swimming, in leadership, program development, recruitment of members, and promotion of Masters Swimming. PMS may give out any number of awards in this category. The recipient must be currently registered with PMS. Last year's winners were **Julie Paque** and **Dale Finch**.

### Personal Achievement:

This award is for long term dedication to our program, with a noticeable improvement in a swimmer's skills and times. The recipient must have been a member of PMS during 1999, 2000, and 2001; active in local competitions; and showing improvement in at least one of the following categories: Top Ten rankings, Open Water Points competition, or other significant indications of personal achievement. Last year's recipients were **Heidi Renner** and **Alice Tokars**.

### Appreciation:

The purpose of this award is to express special thanks to individuals or groups who have made significant contributions to PMS. Nominees need not be registered members, but they must have contributed significantly toward the conduct, leadership, or support of PMS. Last year's recipients were **Dennis Horan** and **Lois and Harrison Race**.

## POOL MEETS

### Don't Waste Your Base TAM's 1650 Postal

January & February, 2002  
Sanction # 38-02-01

**Location:** You may swim this 1650 event any time during the months of January and February in the comfort of your own 25 yd. pool. All you need is someone to count your laps and record your splits. You may enter this as an individual and/or as a four-person team relay (4 x 1650, men, women or mixed in age groups 19+, 25+, 35+, etc.).

**Rules:** All USMS and PMS rules apply. Swimmers may swim no more than 2 to a lane in a "split fashion" (no circle swimming). A split sheet with 50 yd. splits, signed by at least one timer, must be attached to the entry form. Times not entered to the 1/100th will be rounded up.

**Entries:** Swimmers may enter on an official TAM 1650 entry form or a consolidated entry form. Enter relays by filling out the relay form and attaching photocopies of the individual entries.

**Entry Fees:** For individual 1650 swim: \$6.00 for USA entries and \$10.00 for international entries. \$4.00 per relay team.

**Mail** your entry, a copy of your 2002 USMS card and a check payable to Tamalpais Aquatic Masters to TAM 1650, 1000 Fourth Street, Suite 875, San Rafael, CA 94901.

**Deadline:** Entries must be postmarked by March 10, 2002. To receive an official entry form and a split sheet, mail a SASE the above address.

**Awards:** First through third for individual event and first place for relays.

**T-Shirts:** T-Shirts are available for \$15.00 S, M, L and XXL are \$16. Please indicate the size (on your check).

**Information:** Jon Steiner (415) 459-2000; fax: (415) 459-3668; email: lawjls@aol.com.



*"The Dorothy Donnelly USMS Service Award" was presented to Tillie and George Cunningham (CRUZ) for long time service and dedication to USMS by PMS Chairman Doug Huestis (BMW).*

### Monterey Bay Masters MONTEREY BAY MASTERS CLAMBAKE

Saturday, January 19, 2002

Sanction #: 38-02-02

**Location:** Pattullo Swim Center, 1148 Wheeler St., Seaside.

**Directions:** Take CA-1 to CA-218 (Canyon Del Rey) in Seaside and head east. Proceed to Hilby (fourth light) and turn left. Go straight on Hilby, across Fremont Blvd., and straight one more block to Wheeler. Turn right and the pool is on the left. Ample free parking at the pool and on adjacent streets.

**Facility:** Indoor six-lane, 25-yard competition pool and separate small warm-up/warm-down pool. A snack bar will be available.

**Time:** Optional swimmer's clinic begins at 9:15 A.M. and ends at 10:00 A.M. Warm-up starts at 10:00 A.M., meet starts at 11:00 A.M. A Masters swimmers social will be held at the completion of the meet. (Details will be given at the meet.)

**Check-in:** Check-in opens at 9:45 A.M. Check-in closes at 10:30 for events #1-8 and approximately 30 minutes before the expected start of all other events.

**Entries:** Mail a consolidated entry form. Include a copy of your 2002 USMS registration card **OR** you may register for USMS/PMS at the meet. Relays will be deck-entered on PMS relay cards available at the meet.

**Entry Fees:** \$15 includes participation in the swimmer's clinic and up to five individual events. Day-of-event entry fee is \$20. All relays are "Dollar" relays (\$1 per team entry). Swimmers may enter all three relays. Make checks payable to SEA.

**Mail to:** SEA, PO Box 950, Seaside CA 93955  
**Deadline:** Entries must be received by January 12, 2002.

**Awards:** First place ribbons will be awarded. Special Iron Lung awards will be given to swimmers completing all of the following three events: 400 IM, 200 Fly or Back or Breast, and 500 Free.

**Meet Director:** Cary McGregor (831) 656-4578 day, or (831) 384- 9757 evenings.

**Events:** (Odd - Women, Even - Men)

- 1 - 2 400 yd. IM
- 3 800 yd Mixed Free Relay
- 5 - 6 200 yd. Butterfly
- 7 - 8 200 yd. Backstroke
- 9 - 10 50 yd. Breaststroke ----->
- 11 - 12 100 yd. Freestyle

*The award is named after Dot Donnelly — USMS's first Executive Secretary and long time 'voice' of the USMS National Office. The Cunninghams's are the first Pacific Masters Swimming recipients. Congratulations.*

### Fog City Masters Winter Quadrathon Meet

Sunday, January 27, 2002

Sanction # 38-02-03

**Location:** Herbst Natatorium at St. Ignatius College Preparatory School, 2001 37th Avenue, San Francisco. Located off Sunset Blvd. between Quintara and Rivera Streets.

**Facility:** Indoor, 25-yard x 8-lane competition pool. 5 competition lanes with 2 lanes available for warm-up/down throughout the meet. There will be breaks in the competition (between events) to ensure that swimmers have rest between events. Electronic Timing with touch pads will be used. Bleachers are available.

**Time:** Warm-up will start at 1:00 P.M., meet starts at 2:00 P.M.

**Check In:** 1:15 P.M. for 500 Freestyle deck entries. 1:30 P.M. for 500 Freestyle pre-entered swimmers. 2:00 P.M. for all other events.

**Entries:** This is a cardless meet. Send your entry on a consolidated entry form with a copy of your (year 2002) USMS card.

**Entry fees:** Flat fee of \$15.00 (for 1 to 4 events) Make checks payable to St. Ignatius College Prep

**Mail to:** Diane Davis/Aquatics, 2001 37th Ave., San Francisco, CA 94116.

**Deadline:** Entries must be postmarked by January 16, 2002 or received by January 17, 2002. Late and deck entries (accepted until check in time on the day of the meet) are a flat fee of \$30.00 (for 1 to 4 events).

**Awards:** Raffle

**Meet Director:** Diane Davis  
(415-731-2522).

**Meet Referee:** Michael Moore.

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

- 1-2 500 yd. Free
- 3-4 100 yd. Free
- 5-6 200 yd. Free
- 7-8 50 yd. Free

- 
- 13 - 14 200 yd. IM
  - 15 - 16 50 yd. Butterfly
  - 17 - 18 100 yd. Backstroke
  - 19 - 20 200 yd. Breaststroke
  - 21 - 22 50 yd. Freestyle
  - 23 400 yd. Mixed Medley Relay
  - 25 - 26 100 yd. Butterfly
  - 27 - 28 50 yd. Backstroke
  - 29 - 30 100 yd. Breaststroke
  - 31 - 32 200 yd. Freestyle
  - 33 - 34 100 yd. Individual Medley
  - 35 - 36 400 yd. Freestyle Relay
  - 37 - 38 500 yd. Freestyle

## POOL MEETS

### San Mateo Masters Marlins 17th Annual PMS Indoor Relays

**Sunday, February 3, 2002**

Sanction #38-02-05

**Location:** Oceana High School, 401 Paloma Ave., Pacifica.

**Directions:** From I-280, take Hwy 1 South. Exit on Paloma Ave. The high school is located on the east side of Hwy 1.

**Facility:** 25 yds., indoor pool. Eight competition lanes, 2 lanes available for warm up throughout the meet. Snack bar available.

**Time:** Warm-up 8:00 A.M. - 8:45 A.M. Meet starts at 9:00 A.M.

**Entries: DECK ENTRIES ONLY.** The following items are required by 8:30 A.M.: (1) An official "Team List" with release signatures; a copy of this release form has been sent to all teams. (2) A photocopy of each swimmers 2002 USMS card; (3) A PMS yellow relay card for each relay (first two events, all other events by 10:00 A.M.); and (4) A \$15 per swimmer surcharge.

**Entry Fees:** \$15 surcharge per swimmer, which allows you to swim in any/all relays. No other fees apply. Make checks payable to San Mateo Master Marlins.

**Awards:** Team awards to top three clubs.

**Meet Director:** Dale Finch (650) 654-1554 or dfinch@ix.netcom.com

**Referee:**

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

All events will be swum slow to fast

1-3*	800 yd. Ind/Mixed Free (4x200)
4-5	200 yd. Medley (4x50)
6-7	400 yd. Freestyle (4x100)
9**	100 yd. Freestyle (4x25)
11	400 yd. Mixed Medley (4x100)
13**	400 yd. Ind. Medley (4x100 IM)
15	200 yd. Mixed Freestyle(4x50)

\* All individual and mixed will be seeded together by time; each swimmer may only swim once.

\*\* Denotes Special Events

### University of San Francisco Masters Valentines Affair

**Saturday, February 9, 2002**

Sanction #38-02-04

**Location:** USF Koret Health and Recreation Center. Corner of Turk and Parker Sts., San Francisco.

**Directions:** From the **Bay Bridge** take Fell Street exit. Once freeway ends, stay on Fell approx. 1 mile. Turn R on Masonic, L on Turk (third light). Turn L into free parking just after Parker (2nd light). From **280 North** take 19th Ave. exit. Stay on 19th approx. 3 miles. Turn R on Geary, and follow directions from GG Bridge. From the **GG Bridge**, stay to the right and take 19th Ave. Turn R on Anza, R on 14th Ave., R on Geary to Stanyon, R on Stanyon, L on Turk and enter free parking area on the right. **South Bay (101 North):** After Cesar Chavez exit stay in the left lanes and take the left branch towards Civic Center. Take the Fell St. exit. Proceed similar to directions above from Bay Bridge.

**Facility:** Indoor 25 yd. x 50 m. pool. Eight competition lanes, 2 warm-up/down lanes available throughout meet. Electronic timing. Snack bar open from 9 A.M.

**Time:** Warm-up from 8:00-8:45 A.M. Meet begins at 9:00 A.M.

**Check In:** Pre registered swimmers must check in by 8:30 A.M. for first two events. Deck entries for the first two events accepted no later than 8:15 A.M. Swimmers in later events must check in at least 30 minutes before the estimated start of the event. Check in at Hagen Gym between 7:30 A.M. and 9:00 A.M. Check in on the pool deck after 9:00 A.M.

**Entries:** All entries must be on a consolidated entry form and accompanied by a copy of the swimmer's 2002 USMS registration card. Relays must be on official yellow relay entry cards.

**Entry fees: Pre-entry:** \$5.00 surcharge plus \$2.00 per event; **Deck/late entry:** \$5.00 surcharge plus \$3.50 per event; Relays: \$4.00 per event, deck entry only. Make checks payable to University of San Francisco Masters. Mail to USF Masters, Attn. E. Tosta, PO Box 330017, San Francisco, CA 94133-0017.

**Deadline:** Entries must be postmarked by Wednesday, January 30, 2002 or hand delivered to the Koret Center at USF by Friday, February 1, 2002. For hand delivery, please put entries in an envelope addressed to Cathy Huang.

**Awards:** Participation goodies will be distributed to all swimmers. This will include an accomplishment sheet to affix your individual results stickers.

**Meet Directors:** Barbara Byrnes bgbyrnes@pacbell.net or Bryan Andrews andrewsb@surfbest.net.

**Referee:** Bud Meyer

**Information:** Cathy Huang (415) 422-6247 or Elmer Tosta (415) 422-2384.

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

11	200 yd. Mixed Medley Relay
12	200 yd Mixed Special Relay*

All events will be swum slow to fast

1-2	200 yd. Freestyle	13-14	50 yd. Breaststroke
3-4	50 yd. Butterfly	15-16	200 yd. Backstroke
5-6	200 yd. Breaststroke	17-18	50 yd. Freestyle
7-8	50 yd. Backstroke	19-20	200 yd. IM
9-10	200 yd. Butterfly		* Special Event



photo courtesy Ann Hirsch

*Left to right: Dixie Germolis, Ann Hirsch, Donna Monroe, Jean Duncan, Walnut Creek Masters Teammates at the Short Course Meters Championship, Clark memorial Pool. Combined ages - 280!*



## POOL MEETS

### Walnut Creek Masters 15th Annual Intensive Training Camp

**March 1, 2, 3, 2002**

Sanction #38-02-06

**Location:** Clarke Swim Center, Heather Farm Park, Walnut Creek.

**Directions:** From I-680 N take Ygnacio Valley Rd. East 2 mi. to N. San Carlos. Turn L. and follow signs to the park. From I-680 S take Geary exit. Turn L. on N. Main, L. on Treat, R. on Bancroft, R. on Ygnacio Valley Rd., R. on N. San Carlos and follow signs.

**Description:** This training camp is a full weekend dedicated to enhancing your competitive swimming performance through strenuous conditioning, stroke and distance specificity and stroke technique instruction in an atmosphere conducive to serious swim training. The camp will consist of two in-water workouts per day (morning is general conditioning, afternoon is sprint, mid-distance, distance specific). Each morning session is followed by a hearty breakfast. Optional stroke schools will be conducted Friday evening and Sunday morning, free to all interested campers.

**Coaching Staff:** The 2002 Camp Staff includes: Kerry O'Brien, Mike Heaney, Steve Stahl, and Susan Strong, coaching staff of the 1999, 2000, & 2001 National Champion Walnut Creek Masters. Brian Stack, Veteran Instructor at Terry Laughlin's Total Immersion Swim Camps, and the 1997 Pacific Masters Swimming Coach of the Year. Dr. Jim Miller, Coach of the 2000 Long Course National Champion Virginia Masters.

**Check It Out!** - TRAC VIDEO has been contracted to provide our underwater videotaping. All swimmers will again get to keep their tape. Other highlights include: Dryland Training Demonstration, Massages and Team Dinner (both at a nominal cost) and more.

**Entries:** Limited to 50 USMS registered swimmers. Clinic fee \$150. Optional dinner \$20. T-Shirt at no extra charge if registered by February 8, 2002. For registration form, call Kerry O'Brien (510) 943-5856.

### Rinconada Masters Spring Meet

**Saturday, March 9, 2002**

Sanction #38-02-07

**Location:** Rinconada Pool. Embarcadero and Newell Road, Palo Alto.

**Directions:** Turn west off Hwy. 101 on Embarcadero to Newell. Park on Embarcadero Rd. or behind pool. From 280, exit Page Mill east. Page Mill becomes Oregon Expressway east of El Camino Real. Turn North (left) on Middlefield, east (right) on Embarcadero to Newell.

**Facility:** 14 lane x 25 yard pool (10 competition, 3 warm-up/down lanes, 1 buffer lane). Snack bar available.

**Time:** Warm-up 7:30-8:45 A.M. Meet starts 9:00 A.M.

**Check In:** Swimmers in events #1-2 must check in before 8:30 A.M. All other swimmers must check in at least 30 minutes before the estimated start of the event.

**Entries:** This will be a cardless meet. Swimmers must use the consolidated entry form in this newsletter or request an entry form by sending a SASE to Nan Blackledge at the address below.

**Entry Fees:** \$2.00 per event (\$3.00 late or deck entries) plus \$6.00 surcharge per swimmer. **No refunds.** Maximum 5 events per person. **Mail entry,** check payable to Rinconada Masters and a copy of your 2002 USMS registration card to Nan Blackledge, 501 Portola Rd., P.O. Box 8005, Portola Valley, CA 94028, (650) 424-4376.

**Deadline:** Entries must be Postmarked by Friday, February 23, 2002 or received by Wednesday February 28, 2002. **NO DECK ENTRIES** for 500 Free.

**Awards:** Ribbons 1st through 6th in each age group. Special Memorial award for Women's 70-74 Sylvia Bailey Award (400 IM).

**Meet Director:** Jim Shaw (650) 529-1173

**Referee:** Bud Meyer

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

All events will be swum slow to fast

1	2	500 yd.	Free
Event #3 will not start before 10:30 A.M.			
3	4	200 yd	Breast
5	6	50 yd.	Free
7	8	100 yd	Fly
9	10	50 yd	Free Novice*
11	12	100 yd	Back
13	14	200 yd.	Free
15	16	50 yd.	Back Novice*
17	18	200 yd.	IM
19	20	100 yd.	Breast
21	22	50 yd.	Fly
23	24	400 yd.	IM
25	26	100 yd.	Free
A	B	1650 yd	Fly**

\* Novice: no prior competitive masters experience.

\*\* Special Event - This is a note-worthy event. Records are kept. Entry is free. Must be completed in 45 minutes.

### Strawberry Canyon Masters Invitational Meet

**Saturday, March 23, 2002**

Sanction # 38-02-08

**Location:** Spieker Aquatics Complex, UC Berkeley, Bancroft Way at Dana Street. Limited \$5 indoor parking available at Bancroft Way @ Ellsworth.

**Directions:** From I-80 East or West, take University Ave. exit and head east. Continue on University Ave. until you reach Oxford Street. Take a right on Oxford, go past Bancroft Way (one way street), and take the next left onto Durant Avenue. Take another left on Ellsworth, cross Bancroft Way, and drive directly into the covered parking facility. Metered parking and free weekend permit parking available on neighboring streets.

**Course:** Outdoor, 25-yard, 20-lane pool. Eight lanes will be used for competition and ten lanes for warm-ups. **NOTE:** During the 500 free only, 16 lanes will be used for competition and four for warm-ups.

**Time:** Warm-ups begin at 7:30 A.M. First event begins at 9:00 A.M.

**Check in:** The 500 free is pre-seeded; no deck entries for the 500. All other events will be deck-seeded. All swimmers in the 500 freestyle must check in by 8:30 a.m. All others must check in at least 30 minutes prior to the expected starting time of each event. Swimmers who do not check in will not be allowed to swim. The meet will be seeded slowest to fastest.

**Entries:** Swimmers are limited to five (5) events, excluding the relay. This is a cardless meet.

**Fees:** \$5.00 surcharge per swimmer. \$2.00 per event if pre-entered, \$3.00 per event if deck-entered. Relays are \$4.00 per team. Make checks payable to SCAM.

**Mail:** Consolidated Entry Form, a photocopy of your 2002 USMS registration card, and your entry fee to Sari Paikoff, 3040 1/2 Dohr St. Berkeley, CA, 94702 No refunds.

**Deadline:** Entries must be postmarked no later than March 9 (or received by March 13). Please do not send mail requiring a signature for receipt.

**Awards:** All participants will receive a goodie bag. Prize drawings will be held for every event throughout the meet. The more events you enter, the more chances you have of winning.

**Snack bar:** will be open during the meet.

**Meet director:** Sari Paikoff, (510) 917-2617

**Referee:**

**Events:** (Odd=Women; Even=Men)

1 - 2	500 Freestyle
3 - 4	200 I.M.
5 - 6	100 Butterfly
7 - 8	100 Backstroke
9 - 10	200 Freestyle Relay
11 - 12	200 Freestyle
13 - 14	100 Breaststroke
15 - 16	100 Freestyle
17 - 18	100 I.M.

## POOL MEETS

### Santa Cruz Masters Aquatics and the University of California-Santa Cruz PMS 2002 Short Course Championships

Friday, Saturday, Sunday, April 12, 13, 14, 2002

Sanction #: 38-02-09

**Location:** East Field House, UCSC Campus.

**Directions:** Take Hwy 1 (Mission St.) north from Hwy 17/Hwy 1 interchange to Bay St. Turn right (away from ocean) and follow Bay up the hill straight through Campus entry. Turn left at Hagar Drive 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, and walk the 400 yards up the hill. **DO NOT PARK AT THE POOL ON FRIDAY** unless you buy a parking permit at the entrance to campus or bring lots of quarters. Meters are closely monitored and non-meter zones are **VIGOROUSLY TICKETED** (\$25.00).

Facility: UCSC Swim Complex, Santa Cruz, CA. Seven lanes for competition and one lane for warm-up throughout the meet for each of the two swim courses. Additional warm-up breaks during the meet. Snack bar will be available all three days. Concessionaires will have quality comestibles for your eating pleasure.

**Time/Check In:** FRIDAY check-in and warm-up begin at 8:30 A.M. Women's 1650 starts at 10:00 A.M on both courses. Men's 1650 will start after the conclusion of the women's heats.

SATURDAY AND SUNDAY Check-in and warm-up at 7:30 A.M. Meet starts at 9 A.M., with the women's heats on both courses. **PLEASE NOTE:** You must check-in anew each day, and have checked in one-half hour (30 min.) prior to the start of your event or you will be scratched!

**Entries:** This is a cardless meet. Use a consolidated entry form and follow all directions. Enclose copy of your 2002 registration card! Maximum of 5 events per day, 7 events for three day meet, excluding relays.

**Entry Fees:** Fee is \$10 for one individual event, \$20 for 2- 4 events and \$25 for 5-7 events; \$4 per relay. There will be no refunds. Make check payable to "U.C. REGENTS" and send with consolidated race entry card, and 2002 USMS registration photocopy to: PMS CHAMPIONSHIPS, c/o Santa Cruz Masters, P.O. Box 8422, Santa Cruz, CA 95061.

Deadline: No late or deck entries. Entries must be postmarked no later than Saturday, March 30th and/or received no later than Wednesday April 3rd, 2002.

**Seeding:** Individual events will be seeded from slowest to fastest. It's our intention to swim ALL events one to a lane. However, if overwhelmed with entries, we will go two-to-a-lane for the 500, 1000, and 1650 freestyle. Anyone who wishes to swim only one per lane can do so after all two-to-a-lane heats have been swum.

Scoring: Individual events: 9-7-6-5-4-3-2-1 (eight places). Relays: 18-14-12-10-8-6-4-2 for each age group (eight places). \*NOTE: only two relay teams per swim club may score per age group of a relay.

Awards: Ribbons to first through eighth place. High point awards for each sex and age group. Team trophies will be awarded to the top teams in each PMS team size division.

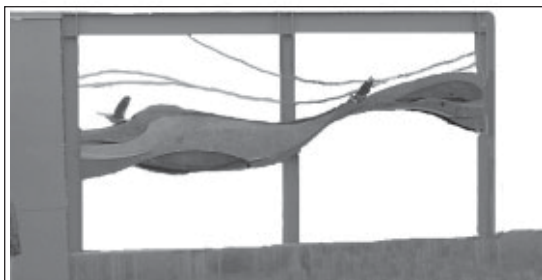
T-Shirts: Commemorative t-shirts or hats will be offered for sale.

Program: with entries and entered times on sale for \$3 per copy.

Timing plan: CRUZ Masters will provide one timer per lane throughout meet. Additional timers for all three days will be requested from those present. We suggest that each team bring a "designated timer", a non-competitor to assist.

Meet Director: Joel Wilson (831) 425-5762.

	Saturday, April 13, 2002	Sunday, April 14, 2002
Referee: Bud Myer		
Schedule of Events	9 -10 1000 yd. freestyle	29-30 500 yd. freestyle
Friday, April 12, 2002	11-12 100 yd. butterfly	31-32 100 yd. breaststroke
1- 2 1650 yd. freestyle	13-14 50 yd. breaststroke	33-34 200 yd. butterfly
3 - 4 800 yd. free relay	15 400 yd. mixed free relay	35-36 100 yd. backstroke
5 - 6 400 yd. I.M.	17-18 50 yd. freestyle	37-38 200 yd. free relay
7 - 8 200 yd. freestyle	19-20 200 yd. backstroke	39-40 100 yd. freestyle
	21-22 50 yd. butterfly	41-42 200 yd. I.M.
	23-24 200 yd. breaststroke	43-44 50 yd. backstroke
	25-26 100 yd. I.M.	45-46 400 yd. medley relay
	27 200 yd. mixed medley relay	



"Swimming Through the Air", by artist Bill Ware of Palm Desert is Pleasanton, CA, newest public art at the Dolores Bengston Aquatic Center. "Swimming Through the Air" depicts a swimmer in water, seemingly mimicking the flight of a bird overhead. (ed.note: Please see this sculpture. A black and white photo cannot do it justice. It *is* beautiful.)

# 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																																
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Event No.</th> <th>Est. Time</th> <th>Distance-Stroke</th> <th>Event No.</th> <th>Est. Time</th> <th>Distance-Stroke</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table>				Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-Stroke																							
Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-Stroke																											

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

Name of Meet/Event	Date of Meet/Event	Signature
--------------------	--------------------	-----------

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
- 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  
 March - April Newsletter is  
 January 15, 2002  
 Please submit creative writing  
 and photos to  
 Newsletter Editor  
 Joanne Berven  
 4854 Andrea Ct.  
 Livermore, CA 94550  
 jdnevreb@earthlink.net

### 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

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

## 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.

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

# 2002 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

	LC Long Course Mtrs.	OW Open Water	SC Short Course Yds.	SCM Short Course Mtrs.
Jan. 1 - Feb. 28	TAM	TAM Postal 1650 Jon Steiner, 1000 Fourth St., Suite 875, San Rafael, CA 94901, (415) 459-2000 x 30, lawjls@aol.com		
Jan. 19	SMBM	Masters Clambake, Cary McGregor, P.O. Box 950, Seaside, CA 93955, (831) 656-4578 (d), (831) 384-9757 (eves), cmcgregor@rocketmail.com		
Jan. 27	FCM	Quadrathlon, Diane Davis/Aquatics, 2001 37th Ave., San Francisco, CA 94116.		
Feb. 3	SMMM	Pacifica Indoor Relays Dale Finch, 76 Elm St., San Carlos, CA 94070, (650) 654- 1554, dfinch@ix.netcom.com		
Feb. 9	USF	Valentine's Day Affair Elmer Tosta, 2130 Fulton St., San Francisco, CA 94117, (415) 422-2384		
Mar. 1-3	WCM	Intensive Training Camp Kerry O'Brien, 41 Mayo Lane, Walnut Creek, CA 94596, (925) 943-5856 ob@gateway.net		
Mar. 9	RINC	Spring Short Course Meet, Nan Blackledge, 501 Portola Rd. #8005, Portola Valley, CA 94028, (650) 424-4376		
Mar. 23	SCAM	SCAM Invitational Sari Paikoff, 3040 Dohr St., Berkeley, CA 94702, Calamese2001@yahoo.com		
Mar. 21-31	NZ	World Championships		
Apr. 12-14	CRUZ	PMS Championships Joel Wilson, P.O. Box 8422, Santa Cruz, CA 95061, (831) 425- 5762, openwatr@got.net		
Apr. 27	SMMM	Open Water Clinic #1 Thomas Huggins, 146 Seal Rock Dr., San Francisco, CA 94121, (415) 668-4840, swimmingfly@earthlink.net		
May 4	SMMM	Open Water Clinic #2 Thomas Huggins, 146 Seal Rock Dr., San Francisco, CA 94121, (415) 668-4840, swimmingfly@earthlink.net		
May 11	SMMM	Parkside Aquatic Park (1 mile) Thomas Huggins, 146 Seal Rock Dr., San Francisco, CA 94121, (415) 668-4840, swimmingfly@earthlink.net		
May 14-17	HI	USMS Nationals		
May 18	RCM	Spring Lake (1 mile) Jim McCray, P.O. Box 337, Healdsburg, CA 95448, (707) 528-4718		
June 1	DAM	Lake Berryessa (1, 2 mile) Tariq Kadir, P.O. Box 921, Davis, CA 95617, (916) 801-7738, tkadir@inreach.com		
June 7-8	WCM	Long Course Invitational Kerry O'Brien, 41 Mayo Lane, Walnut Creek, CA 94596, (925) 943-5856, ob@gateway.net		
June 29	TVM	Shadow Cliffs (3/4, 1-1/2 mile) Ron Emhoff (entries), 7730-C Canyon Meadow Circle, Pleasanton, CA 94588		
June 30	BMW	Splash and Dash Doug Huestis, 9 Escondido Ave., San Francisco, CA 94132, (415) 681-5496, klencke@itsa.ucsf.edu		
July 6	RCM	Lake Sonoma (2 mile) Jim McCray, P.O. Box 337, Healdsburg, CA 95448, (707) 528- 4718		
July 12-14	CRUZ	PMS Championships Joel Wilson, P.O. Box 8422, Santa Cruz, CA 95061, (831) 425-5762, openwatr@got.net		
July 20	TOC	Trans Tahoe Relay Scott Williams, 524 Post St., San Francisco, CA 94102, (415) 775- 3088 x 1241, swilliams@olyclub.com		
Aug. 3	CRUZ	Santa Cruz Pier (1 mile) Lifeguard Headquarters (entries), #1 Municipal Wharf, Santa Cruz, CA 95060, (831) 420-6015		
Aug. 4	CRUZ	Pier-to-Pier (10K) Joel Wilson, P.O. Box 8422, Santa Cruz, CA 95061, (831) 425- 5762, openwatr@got.net		
Aug. 4	CRUZ	Cruz Cruise (2 mile) Scott Patterson, 108 Anthony St., Santa Cruz, CA 95060, (831) 426-1043		
Aug. 16-19	CLEV	USMS Nationals		
Aug. 18	MAM	2 x 1 Relay Vincent Pon, 25625 Crestfield Dr., Castro Valley, CA 94552, (510) 287- 0792, vpon88@hotmail.com		
Aug. 24	TCAM	Pinecrest Lake (1, 2 mile) John Brunolli, 22636 Cedar Pines Ave., Twain Harte, CA 95370, (209) 532-2761, jbrunol@lodelink.com		
Sept. 8	RAD	Whiskeytown (1, 2 mile) Pete O'Neill, 4429 Moyvane Dr., Redding, CA 96001, (530) 225-0020 ex 726, poneill@jett.net		
Sept. 11-15	USMS	National Convention		
Sept. 21	RAMS	Folsom Lake (1, 2 mile) Nancy Kelley, 4065 Silver St., Rocklin, CA 95677-1534, (916) 624-0715, nancyk@vfr.net		
Oct. 6	SAC	29th Pentathlon Andrew Brenan, P.O. Box 188205, Sacramento, CA 95818, (916) 923- 5174, revols@earthlink.net		
Oct. 20	SMMM	Meters Pentathlon Dale Finch, 76 Elm St., San Carlos, CA 94070, (650) 654-1554, dfinch@ix.netcom.com		
Dec. 7	SNM	Reno Winners Meet Gwen Shonkwiler, 3315 Thornhill Dr., Reno, NV 89509, (775) 323- 2174, gwen@ses.unr.edu		

## PACIFIC MASTERS SWIMMING OFFICERS

Chairman:  
Doug Huestis  
9 Escondido Ave.  
San Francisco, CA 94132  
chairman@pacificmasters.org

Administrative Vice-Chair:  
Rick Windes  
1543 La Salle Avenue  
San Francisco, 94124-2154  
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  
mwmoore@pacificmasters.com

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@pacificmasters.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