

# newsletter



## Who's running this show anyway?

by Doug Huestis, PMS Chair

This edition of my bimonthly missive is a combined "Thanks" to our various Committee Chairs; and also a "we could use some more help" from all of you Masters swimmers out there.

As you know Pacific Masters Swimming is a volunteer run organization — and without the energy and sacrifices of those individuals in their service and dedication to this organization, it would not be the smooth running system that it is. If most of you think we have 'professionals' running the show - thanks for the compliment, but it is run by regular folks —just like you. And I would ask that some more of you attend our monthly meetings in Danville to help run "your organization."

### So who are these people anyhow??

Well, our Zone Representative is the energetic **Joan Alexander**. She keeps us apprised of what is going on in the other Zones across the United States. Chair of the Records Committee is also our Registrar, **Nancy Ridout**. Most of you have had a question or two for her over the years regarding day-to-day details about Masters. She is our 'main source' for that!

Our Coaches Chair is **Brian Stack** (though we are trying to get Kerry O'Brien to commit to being Co-Chair, hint, hint Kerry). Brian is the one who gets the Coaching Clinics organized and is a valuable resource for helping elevate the coaching standards in our LMSC. Our Communications Committee is in two parts: **Joanne Berven** is the Editor for our Newsletter, the one you are reading now. Without her we would be lost as far as "what's happening" in Pacific Masters. For the Web side of the equation we have the hard working, accomplished **Michael Moore**, our own "Web Meister". His weekly e-mail updates are widely appreciated and timely!

For Fitness Committee we have a void at the present — we really need for someone who is interested in organizing Fitness Clinics to contact me !! Our Health & Safety Chair is **Carol Berendsen**; she is in charge of organizing and/or putting on Safety Clinics, Certification Renewals, and generally making sure all our swimmers are in a safe environment. For the Hospitality Committee we have **Cindy Baxter and Ann Kay** — let me tell you, the 'sumptuous repast' that they present us at our monthly meetings make the long drive to get there well worth it. Did I mention all those attending our Monthly meetings get to indulge? Hint, Hint!

In charge of the Equipment Committee is **Heidi Renner** — she is responsible for the 'equipment' needed to run our meets makes it from one meet site to another. The Legislation/Rules Committee is ably run by **Alan Levinson**. His wisdom and thoroughness is well appreciated and respected within our organization. For the Marketing/Public Relations Committee we have Co-Chairs: **Michael Moore and Dore Schwab**; both bringing years of experience and ideas in how to 'get the message out' about Masters Swimming and promoting our healthy lifestyle!

The Meet Operations Chair is **Barry Fasbender**. His responsibility is to make sure that all meets are run according to the rules so all swimmers have the best environment to do their best and have their efforts count. He also is the new Chair of the Championship Committee at the National level with USMS. The Chair of the Officiating Committee is **Cindy Baxter** replacing longtime Chair **Joan Smith**, who's services and energy we will miss. Cindy will be making sure all our Officials are up on the latest developments as far as rule changes and such.

So when and how does our meet schedule come into effect? That work is done by our Scheduling Chair, **Marcia Benjamin**. She makes sure we have a schedule that makes sense and allows everyone a chance to perform their best during 'their season'. And talking about 'seasons' — the Open Water Committee is run by none other than the extremely hard working and competent **Jim Wheeler**. Our 'Summer season' would not be as organized without his dedication!

Finally we have the Ad Hoc Top Ten Computer Interface Committee - -chaired by **Barry Fasbender**. His mission is no less than making computers be actually easy to use and extract data from. Truly a daunting task!

These are the Committees and their Chairs — the next time you see any of them at the pool, by the lake, or in your own practice — be sure too 'thank' them for their dedication to Pacific Masters Swimming. And then ask them when the next Monthly Meeting is, and how to get there!!

## POOL AND OPEN WATER MEETS

### Redwood Coast Masters Spring Lake One Mile Open Water Swim

**Saturday, May 18, 2002**

Sanction # OW-0201

**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 2002 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 3, 2002.

**T-Shirts:** All pre-entries postmarked by May 3, 2002 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

### Davis Aquatic Masters Lake Berryessa Annual One and Two Mile Swims

**Saturday, June 1, 2002**

Sanction # OW-0202, 0203

**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. Carpooling is strongly encouraged.

**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 11:15 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 if postmarked by May 15, 2002 (\$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, check and a photocopy of 2002 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](http://www.damfast.org).

**Deadline:** postmarked by May 15, 2002

**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 \$8 each prior to May 15, 2002. A limited number of T-shirts will be available on race day for \$14 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:** Herb Marsden (530) 902-3061; email [herbmars@hotmail.com](mailto:herbmars@hotmail.com)

### Walnut Creek Masters Invitational Long Course Swim Meet

**Friday & Saturday, June 7 & 8, 2002**

Sanction #38-02-10

**Location:** Clark Swim Center, Heather & Marchbanks Dr., Walnut Creek. From 680 North take Ygnacio Valley Rd. to San Carlos, make a left turn at the stop light, turn left on Heather. From 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. (Absolutely no diving during warm-up). Outdoor heated pool. A snack bar will be available during this meet.

**Time:** Warm-ups for the 800 free at 5 P.M. Friday evening. Meet starts at 5:30 P.M. We will run two to a lane only if necessary. Warm-ups for Saturday at 7:45-8:45 A.M., meet begins at 9:00 A.M.

**Check in:** The 800 m free on Friday night is pre-seeded. No deck entries will be accepted for the 800. **NO EXCEPTIONS.** Call Charlene O'Brien, (925) 934-5657, Thursday, June 6th 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. Any swimmer failing to check-in will not be allowed to swim that event.

**Entries:** All entries must be on pink or blue entry cards, accompanied by a Consolidated Entry Card. Make sure you enter "METER TIMES".

**Entry fee:** \$4.00 for each event when postmarked by June 1, 2002 and received by June 4, 2002. Those entries received after the deadline and deck entries will be charged \$4.50 per event. There is also a \$5.00 surcharge per swimmer to offset meet expenses. Enclose cards, copy of your 2002 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 awarded 1st through 3rd place.

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

**Referee:** John Duncan

**Meet procedure:** All events will be run slow to fast. Manual timing will be used.

**Events:** Odd = women, even = men.

1-2	800 m. Free (Friday Only)
3-4	400 m. IM (Saturday)
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

Visit our  
award winning website  
[www.pacificmasters.org](http://www.pacificmasters.org)

## POOL AND OPEN WATER MEETS

### Tri Valley Masters Shadow Cliffs Open Water Swims

**Saturday, June 29, 2002**

Sanction: # OW-0205, 0206

**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:** 0.75 mile and 1.5 mile loop courses. Expected water temp. 75°.

**Time:** Check-in and race-day registration 6:30 - 7:45 A.M. 0.75 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. Add \$5 for late and race day entries. Mail consolidated form or official entry form with a copy of your 2002 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 June 22, 2002.

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

**Race Information:** Barbara Thomas (925) 648-1750, bthomas@crosslinkcapital.com

### Burlingame Masters Watersports (BMW) Splash and Dash Long Course Meters

**Sunday, June 30, 2002**

Sanction # 38-02-11

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

**Directions:** From 101 take the Broadway exit (west), Take a left (south) at the light onto Carolan Ave and continue for approximately 1 mile. Turn left (east) at Oak Grove Ave. Entrance to a small parking lot is found on Oak Grove Ave. Street parking is also available.

**Facility:** 8-lane, 50 meter by 25-yard outdoor, heated pool. 6 lanes for competition, 1 lane for warm-up/warm-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. Warmups 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 2002 USMS card. Relays will require a yellow entry card.

**Entry fees:** Flat fee of \$10.00 for 1 individual event, \$15.00 for 2 or more individual events if pre-entered. Make checks payable to: Burlingame Aquatic Club. Mail to: BMW Splash and Dash, c/o Doug Huestis, 9 Escondido Ave., San Francisco, CA 94132.

**Late entry fee or deck entries:** Flat fee of \$20.00 for 1 event, \$30.00 for 2 or more individual events. Relay entry fee of \$4.00 per relay.

**Deadline:** Pre-entries must be postmarked by Wednesday, June 19, 2002 or hand delivered to Coach Doug at the Burlingame Aquatic Club Pool by Friday, June 21, 2002.

**Meet Director:** Doug Huestis 415-681-5496

**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)

### Redwood Coast Masters Lake Sonoma Two Mile Swim

**Saturday, July 6, 2002**

Sanction #OW-0204

**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 A.M. Swim caps and finish tags will be provided and must be worn. Two hour cut-off time.

**Entries:** Mail consolidated form or official entry form with your estimated one mile time, a copy of your 2002 USMS registration card and a check payable to Redwood Coast USLA to: Redwood Coast 2 Mile Swim, P.O. Box 337, Healdsburg, ca 95448.

**Entry fees:** Pre-race entries are \$20 per person, Late entries and race-day registration are \$25.

**Deadline:** Pre-race entries must be postmarked by June 21, 2002.

**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

**Online race information:**

www.lifeguardsforlife.org



*Counting laps for the Postal Swim on the last Sunday in January!*

Photo by Dale Beriven

**Sierra Nevada Masters  
Donner Lake 2.5 mile Swim**  
is back.

Save the date: **Sunday, August 11.**

Check their website [www.snmasters.org](http://www.snmasters.org) for details and links to local dining and accommodations.

Race director: Brandon Carter  
[bcswim@reno.quik.com](mailto:bcswim@reno.quik.com)

# LONG COURSE CHAMPIONSHIP MEET

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

Friday, Saturday, & Sunday, July 12, 13, & 14, 2002

Sanction: #38-02-12

**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. Additional warm-up breaks during the meet. Snack bar will be available all three days. Concessionaires will have quality goods for your shopping pleasure.

**Time/Check In:** Friday check in and warm-up begin at 10:00 A.M. Meet starts at 11:00 A.M. Saturday and Sunday check-in and warm-up at 7:30 A.M. Meet starts at 9 A.M. **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:** Use the consolidated entry form as this is a cardless meet. Be sure to enclose a photocopy of your 2002 USMS registration card!! Maximum of 5 events per day, 7 for the 3 day meet, excluding relays.

**Please Note:** This meet is long course meters. To convert SC yards times to LC times convert your SC time to seconds, multiply by 1.1, add the difference in the number of turns between SC and LC and you will have your LC time in seconds. Convert to minutes and seconds.

**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:** entries must be postmarked no later than Wednesday, June 26 and/or received no later than Monday, July 1. Meet directors are forbidden to accept late entries so plan ahead! **ENTER NOW!**

**Age Groups:** Individual events: 19-24, 25-29, etc. Relay events based on sum of the four swimmers' ages, 76-99, 100- 119, 120-159, 160-199, etc. In forty year increments. Age determined by your age on December 31, 2002.

**Relays:** Deck entered on yellow relay cards. Swimmers may swim only once in each relay event. Cards must show correct first and last names and correct age for each swimmer.

**Seeding:** Individual events will be deck seeded from SLOWEST TO FASTEST. It's our intention to swim ALL events one-to-a-lane. However, if overwhelmed with entries, we might swim two-to-a-lane for the 400 m, 800 m, and 1500 m Freestyles.

**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. \*NOTE\* Only two relay teams per 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.

**Program:** 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.

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

**Referee:** Bud Myer

**Schedule of Events** (odd = women, even = men):

### Friday, July 12

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

### Saturday, July 13

- 7-8 400 m. freestyle
- 9-10 50 m. backstroke
- 11-12 200 m. breaststroke
- 13-14 100 m. butterfly
- 15-16 200 m. medley relay
- 17-18 800 m. freestyle
- 19-20 50 m. butterfly
- 21-22 200 m. backstroke
- 23-24 400 m. freestyle relay

### Sunday, July 14

- 25-26 100 m. backstroke
- 27-28 50 m. breaststroke
- 29-30 200 m. butterfly
- 31-32 100 m. freestyle
- 33 200 m. mixed freestyle relay
- 35-36 200 m. I.M.
- 37-38 50 m. freestyle
- 39-40 100 m. breaststroke
- 41 400 m. mixed medley relay
- 43-44 800 m. freestyle



photo by Dale Berven

*Keep On Swimmin'*

## Santa Cruz Championships

by Dore Schwab

The sun suddenly  
Broke through  
The chilling fog  
And lent  
A holiday feel  
To the proceedings

Colors took on vibrance  
And conversations  
Seemed lighter  
With more laughter  
Accenting the thoughts

The post swim  
Warmdowns  
Were fun  
Wet bodies  
Shook off the  
Cool breeze  
Which lingered  
Unaware that it  
Was no longer  
Relevant to  
The events

I lied...  
Half an hour later  
It's still Santa Cruz  
As the fog and wind  
Returned and ruled.



photo by Joanne Berven

*Planning the next race...  
Becky Watkins and Dave Knapp  
(TVM) at the Pacifica Relays.*

## The Olympic Club Trans Tahoe 26th Annual Invitational Rough Water Relay Swim

**Saturday, July 20, 2002**

Sanction # OW-pending

**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 19 and again at 7:30 A.M. before the race on July 20. 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' 2002 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

## And the rest is just sand...

Contributed by Carol Berendsen

A philosophy professor stood before his class and had some items in front of him. When class began, wordlessly he picked up a large empty mayonnaise jar and proceeded to fill it with rocks right to the top, rocks about 2" in diameter.

He then asked the students if the jar was full. They agreed that it was. So the professor then picked up a box of pebbles and poured them in to the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks. The students laughed.

He asked his students again if the jar was full? They agreed that yes, it was. The professor then picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

Now," said the professor, "I want you to recognize that this is your life. The rocks are the important things - your family, your partner, your health, your children - anything that is so important to you that if it were lost, you would be nearly destroyed. The pebbles are the other things in life that matter, but on a smaller scale. The pebbles represent things like your job, your house, your car. The sand is everything else. The small stuff.

If you put the sand or the pebbles into the jar first, there is no room for the rocks. The same goes for your life. If you spend all your energy and time on the small stuff, material things, you will never have room for the 20 things that are truly most important.

Pay attention to the things that are critical in your life. Play with your children. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party and fix the disposal." Take care of the rocks first - the things that really matter.

Set your priorities. The rest is just pebbles and sand.

# 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.

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### 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	Birthdate	
Club	Club Abbr.	Entry Fee	

For a Cardless Meet, enter your times in the table below

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

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

Name of Meet/Event	Date of Meet/Event	Signature
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Rev 3/99

# PACIFIC MASTERS SUPPLIES AND SERVICES

## 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"> <li>1. How Swimming Works, New Ideas in Freestyle &amp; Backstroke - Dr. Marty Hull, 1996</li> <li>2. From the Fast Lane (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique</li> <li>3. Swim Power, Unlock Your Ultimate Potential (Technique, Training &amp; Tips) - SteveTarpinian</li> <li>4. Water: How to Be Safe In It, Have Fun In It, Move Powerfully In It, Swim Fast IN It - Dr. Marty Hull</li> <li>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</li> <li>6. Swimming Fastest II - John Trembley</li> <li>7. Swim Smarter/Swim Faster - Richard Quick</li> <li>8. Swim Smarter/Swim Faster II (Starts &amp; Turns) - Richard Quick</li> <li>9. Forbes Carlisle Seminar - Taped at the Olympic Club, 1995</li> <li>10. From the Bottom Up - Mike Bottom (3 tapes) Freestyle, Backstroke, Breastroke</li> <li>11. Excellence in Swimming Stroke Technique -</li> </ol> | <ol style="list-style-type: none"> <li>12. Stretching - Bob Anderson</li> <li>13. Clinical Sports Massage - Benny Vaughn</li> <li>14. Gettin' Better - John Nabor</li> <li>15. Red Cross Swimming &amp; Diving Skills</li> <li>16. ASCA World Clinic, 1992 (4 tapes) Freestyle, Backstroke, Breastroke, Butterfly</li> <li>17. Weight Training for Adult Swimmers - from Rinconada Masters 50+ Clinic</li> <li>18. Masters Starts &amp; Turns - ASCA</li> <li>19. Gold Medal Series (4 tapes) - Don Gambriel Freestyle, Backstroke, Breastroke, Butterfly</li> <li>20. Classic Swimming Series (4 tapes) - Don Gambriel, Men's Swimming, Women's Swimming, Swimming Techniques, Coaches Techniques</li> <li>21. Breaking the Mental Barrier (audio tapes)</li> </ol> |  |
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**Deadline for**  
 pool and open water swims  
 for the  
 July-August Newsletter is  
 May 15, 2001  
 Photos are especially desired.  
 Submit photos with name(s), team,  
 event and photographer  
 Newsletter Editor  
 Joanne Berven  
 4854 Andrea Ct.  
 Livermore, CA 94550  
 newsletter@pacificmasters.org

### PRICE LIST

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Name - Please print clearly	Item	Quantity	Price
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# 2002 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

May 4	SMMM	Open Water Clinic #2 Thomas Huggins, 2111 Kehoe Ave., San Mateo, CA 94403, (650) 522- 7460, swimmingfly@earthlink.net
May 11	SMMM	Parkside Aquatic Park (1 mile), Thomas Huggins, 2111 Kehoe Ave., San Mateo, CA 94403, (650) 522-7460, 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), Herb Marsden, P.O. Box 921, Davis, CA 95617, (530) 902- 3061, herbmars@hotmail.com
June 7-8	WCM	Long Course Invitational, Kerry O'Brien, 41 Mayo Lane, Walnut Creek, CA 94596, (925) 943-5856, swim4wc@netscape.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. 11	SNM	Donner Lake 2.5 mi Open Water Swim, Brandon Carter, 2475 Robb Drive #731, Reno, NV 89523, bcswwim@reno.quik.com
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@lodalink.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
Sept. 29	SMMM	Meters Pentathlon, Dale Finch, 76 Elm St., San Carlos, CA 94070, (650) 654-1554, dfinch@ix.netcom.com
Oct. 6	SAC	29th Pentathlon, Andrew Brenan, P.O. Box 188205, Sacramento, CA 95818, (916) 923- 5174, revols@earthlink.net
Oct. 12-13	WCM	SCM Championship Meet, Kerry O'Brien, 41 Mayo Lane, Walnut Creek, CA 94596, (925) 943-5856, swim4wc@netscape.net
Dec. 7	SNM	Reno Winners Meet, Gwen Shonkwiler, 3315 Thornhill Dr., Reno, NV 89509, (775) 323- 2174, gwen@scs.unr.edu

2002 Pacific Masters Meeting Dates: Apr.24, May 22, June 26, July 24, Aug. 28, Sept.25, Oct. 23, Nov. 20. All meetings will be held at the Oak Hill Park Community Center, Danville, CA. All are welcome. **Directions:** On I680, take Stone Valley Rd. EAST. Go approximately 2 miles. Oakhill Park is on the right, just before Monte Vista High School. Parking lot is in front of the building.

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

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