

# newsletter



## Message from the Chair

by Michael Moore, PMS Chair



Pacific Masters will have many activities during the second half of 2003. Only about 20% of our 10,000 will take part in one of Pacific Masters competitive events during the year.

If you have never been to an open water swim, you should consider swimming at one. One can go to the swim and swim as hard as one can to compete. One can also go the event and swim the event at an easier pace, much like you can cycle through the Napa valley in competition, or you can take the same route and enjoy the ride.

To point out a few races for those who have not participated, you should consider:

The **TriValley Masters Lake Del Valle Open Water Swim** on July 27. There is the .75 mi and the 1.5 mile, distances that are not too difficult for the Master swimmer who is swimming on a regular basis.

The **Manatee Masters 2x1** is a great race to go to with a friend. Ask one of your swimming buddies, or significant other, or relative to swim with you in the event. It is only a mile and it gives you a reason to train just a little harder.

**Pinecrest, Whiskeytown and Folsom** lakes all will have one mile swims. One mile swims are a little easier than the two mile swims and a great initiation to open water swimming.

For swimmers who like to see the line and the bottom of the pool and the cross at the end of the lane, you should consider these swims:

**Mountain View Masters** will be hosting a Medley Mania on September 7th at Eagle Pool in Mountain View. This is the first meet hosted by Mountain View in quite a while. There will be six relays at the meet and three individual medleys. This is a great chance to get your team together to try to get a USMS Top Ten relay time.

And for those swimmers who like to combine swimming with night life, the last meet of the year is the **Reno Winners Meet** hosted by Sierra Nevada Masters. It normally starts about noon, is a quick meet, which leave a lot of time for a nice dinner followed by the Reno nightlife.

### The Pacific Masters Update

The Pacific Masters Update, an electronic newsletter, is sent out on a weekly basis. This is Pacific's way to keep in touch with you between the bi-monthly newsletter. If you have not subscribed and wish to, go to:

<http://www.pairlist.net/mailman/listinfo/pacmasterupdate> where you can subscribe. If you are currently a subscriber and wish to unsubscribe, you can go to the same URL to change your subscription (then chose unsubscribe).



photo by Peter Kapelanic

**Swimmers of the Year:** Front L-R, Daniella Barnea STAN, Bobbie Callison RINC, Gloria Stupel SMMM, William Johnston WCM. Second row L-R: Helen Salcedo SCAM, Laureen Welting TOC, Ann Hirsch-Piscatta WCM, Ed Cazalet TAM, Cindy Lee, SMMM, Suzanne Heim-Bowen WCM, Susan Munn DAM, Mergery Sharpe STAN, Laura Val TAM. Back row L-R: Bob Strand TOC, Dick Peterson SMMM, Roger Campbell, SMMM Brian Volpp WCM, Jim Clemmons MAM. Richard Garrett BMW, Aldo DaRosa RINC, David Boatwright WCM.

## OPEN WATER MEETS

### The Olympic Club 27th Annual Trans Tahoe Invitational Rough Water Relay Swim

**Saturday, July 19th, 2003**

Sanction # OW-0310

**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-minute leg, then a 15-minute leg, and 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 is 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 18th and again at 7:00 A.M. before the race on July 19th. 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. A copy of all team members' 2003 USMS cards must accompany this form.

**Deadline/fees:** Pre-race entries are \$250 per team, postmarked by May 22nd, Before June 13th the entry fees will be \$275, and Between June 14 and July 9, entry fees will be \$300 and After July 9th (by staff decision) the entry fees are \$400. For the Official Entry and Roster Form, contact The Olympic Club website [www.olyclub.com](http://www.olyclub.com).

**Awards:** Three deep in each division. Swim caps and t-shirts to all participants.

**Race Info:** Scott Williams, Race Director,  
e-mail: [swilliams@olyclub.com](mailto:swilliams@olyclub.com),  
phone: (415) 775-3088 ext. 1241.  
Website: [www.olyclub.com](http://www.olyclub.com) (click on visitor)

### Tri-Valley Masters Del Valle 0.75 and 1.50 Mile Swims

**Sunday, July 27, 2003**

Sanction # OW-0313, 0314

**Location :** Del Valle Regional Park, Livermore, CA. Del Valle Regional Park is located on Del Valle Road off Mines Road south of Livermore (parking fee \$6). Exit I-580 eastbound or westbound in Livermore at North Livermore Avenue. Head south and proceed through town (North Livermore Avenue will become South Livermore Avenue in town). About 1.5 miles outside town, turn right at Mines Road, go about 3.5 miles and continue straight on Del Valle Road (Mines Road turns left). The park entrance is about four miles ahead.

**Course Description:** 0.75 mile and 1.50 mile loop courses. Expected water temperature is 75 degrees.

**Check-In :** Check-in and race-day registration 6:15 – 7:30 A.M.

**Times:** 0.75 mile swim start begins at 8:00 A.M. and 1.50 mile swim begins at 8:45 A.M.

**Entries:** Mail a consolidated entry form, a copy of your 2003 USMS registration card and your check payable to **Tri-Valley Masters** to: Tri-Valley Masters, C/O Glenn Abersold, 1291 Echo Summit Street, Livermore, CA 94551

**Entry fees:** Pre-race entries are \$20.00 for one event and \$30.00 for both 0.75 mile and 1.50 mile events.

**Deadline:** Saturday, July 19, 2003. Late and race day entries are \$25.00 for one event and \$35.00 for both 0.75 mile and 1.50 mile events.

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

**Race Information:** Glenn Abersold  
(925) 785-1717;  
[tvmswim@sbcglobal.net](mailto:tvmswim@sbcglobal.net)

### Santa Cruz Masters and The Santa Cruz Surf Life Saving Association The 30th Annual Roughwater Swim

**Saturday, August 2, 2003**

Sanction #: OW0307

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

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

**Time:** Check-in and race-day registration begins at 9:30 A.M. Race begins at 11:00 A.M.

**Swim Procedure:** Pre-race instructions at 10:45 A.M. Contestants will receive a siren start. Three wave start system will be used. A one-hour cut-off time will be enforced.

**Entries:** Mail consolidated card or entry form, a copy of your 2003 USMS registration card, and a check payable to **SCSLSA** to: Santa Cruz Roughwater Swim, 323 Church St., Santa Cruz, CA 95060.

**Entry Fees:** Pre-race entries are \$25.00 per person. Late entries and race-day registration are \$30.00.

**Deadline** is July 21, 2003.

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

**Race Information:** (831) 420-6012

### Santa Cruz Masters The CRUZ Cruise 2 mile Open Water Swim

**Sunday, August 3, 2003**

Sanction #OW-0309

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

**Course:** Two-mile swim out along the west side of the wharf, swimming right in a clockwise triangle pattern ending back at the wharf, finishing at the original start. Expected water temperature: 59 degrees.

**Time:** Check-in at 7:00 – 8:00 A.M. Race begins at 8:30 A.M.

**Entries:** Mail PMS consolidated entry form, a copy of your 2003 USMS registration card, and a check payable to **Santa Cruz Masters Aquatics** to: Paul Wrangell, 120 Dufour St., Santa Cruz, CA, 95060.

**Entry fees:** Entries are \$20.00 per person. Entry fee is non-refundable. Late and race-day entries are \$25.00.

**Deadline:** July 23, 2003

**Awards:** Ribbons to top 3 finishers in each age group and gender division.

**Race Information:** Scott Patterson, (831) 426-1043 or Paul Wrangell, (831) 429-1217.



*Look for the PMS trailer at the Open Water Events. It has everything that the meet organizers need to set up the open water course. The identifying sign (on each side) are brand new, thanks to Allan Cartwright LNM, the "Trailer Guy".*

## OPEN WATER MEETS

### Santa Cruz Masters Pier to Pier 10 K Open Water Swim United States Masters 2003 National Championship

**Sunday, August 3, 2003**

**Sanction #:** OW-0305

**Location:** Capitola to Santa Cruz

**Course:** The 10 K swim begins on the beach east of the Capitola Wharf and finishes on the beach west of the Santa Cruz Wharf. Expected water temperature 60 degrees. Course marked by anchored boats and by buoys.

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

**Time:** Check-in at 6:45 A.M., pre-race instructions at 7:15 A.M. Race begins at 8:00 A.M. Race start is fog dependent.

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

**Entries:** Swimmers must attach a list of their open water swims (with times) completed in the past year. Mail entry form, list of swims, copy of 2003 USMS registration card, and a check payable to **Santa Cruz Masters** to: Santa Cruz Masters Aquatics, P.O. Box 8422, Santa Cruz, CA, 95061.

**Entry fees:** Entries are \$55.00 per person and must be received by July 21, 2003.

**Deadline:** Entries received after July 21 will be returned. Entry fee is non-refundable.

**Awards:** USMS National Championship Awards in each age group and commemorative certificates to all swimmers.

**Race Director:** Must contact Joel Wilson for additional important information. Phone (831)425-5762 or email [openwatr@got.net](mailto:openwatr@got.net).

### Sierra Nevada Masters 23rd Annual Donner Lake Open Water Swim

**Sunday August 10, 2003**

**Sanction #** OW-0308

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

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

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

**Time:** Check-in and race day registration

6:45 – 8:00 A.M. Race begins at 8:30 A.M.

**Swim procedure:** Pre-race instructions at 8:15 A.M. followed by a beach start. A 2 hour 15 minute race time limit will be strictly enforced. A fifty-minute time limit for the first mile will also be enforced. Non-motorized individuals escorts are permitted. Life jackets and "man in water" flags are required on all craft.

**Timing** for this year's event will be provided by Finish Line Productions utilizing the ChampionChip system. You will be issued a timing chip and ankle strap at check-in to be worn around the ankle during the swim. As you cross mats placed at the finish line your time will be recorded based on your assigned chip number. You will be unable to exit the finish area until you return your timing device and will be charged \$30.00 if you fail to do so.

**Entries:** Mail consolidated entry forms or official race entry forms, a copy of your 2003 USMS registration card, a self-addressed stamped envelope (for confirmation of entry) and a check payable to **SNM** to: Sierra Nevada Masters, c/o Gwen Shonkwiler, 3315 Thomhill Dr, Reno, NV 89509. To receive an official race entry form, mail a SASE to this address.

**Entry Fees:** \$25 per person if **received** by Tuesday, August 5, \$40 per person, if received after August 5 or on race day. Entry fee is non-refundable. Fees include an after race lunch provided by Jack's Barbecue Pit.

**Deadline:** Tuesday, August 5, 2003

**Awards:** Special Awards to the top 19+ and top 40+ male and female finishers. Awards to the top three finishers in each age division. Participants in wet suits are ineligible for awards. Post-race refreshments will be provided.

**T-Shirts:** Short Sleeve and Long Sleeve T-shirts will be sold race day.

**Race director:** Nenad Rodic,  
[antoniusproximo@hotmail.com](mailto:antoniusproximo@hotmail.com),  
(775) 827-8033.

### Manatees Aquatic Masters 2x1 Open Water Relay

**Sunday, August 17, 2003**

**Sanction #** OW0306

**Location:** Lake Del Valle, Livermore, CA

**Directions:** To reach the site from the Bay Area, take Interstate 580 east toward Stockton. Exit at the North Livermore Avenue. Turn right on North Livermore Avenue (which turns into South Livermore Avenue and then into Tesla Road). Turn right on Mines Road and continue to Del Valle Road. Turn right on Del Valle Road and go to the park entrance. Turn right just past the gate and continue to East Beach where the swim begins and ends. There is a park fee of \$6.00/car. Exact change is appreciated, as change is limited. Carpooling is highly recommended. Anticipate a 20-30 minute delay at the gate.

**Course:** Course will be laid out using a satellite navigation system (G.P.S.) to locate the primary turn buoys.

**Time:** Gates open at 6:00 A.M. Registration begins at 7:00 A.M. and all swimmers must check in by 8:00 A.M. **ALL TEAMS MUST REGISTER TOGETHER.** Mandatory pre-race briefing will be at 8:15 A.M. The race will begin at 8:30 A.M. **NO LATE STARTERS WILL BE ALLOWED.**

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

**Safety:** Water temperature is expected to be approximately 75 degrees. The course will be patrolled by safety boats and paddle boards. No personal escorts permitted. A cut-off time of 2 hours will be strictly enforced.

**Entries:** \$45.00 per team. Register early for your free tee-shirt! race day entries: \$55.00 per team. Entry fee is non-refundable. There is a 250-team limit, so register early. A photocopy of your 2003 PMS/USMS registration card *must* accompany your entry.

**Mail entries** to: MAM, c/o Larry Taggesell, 781 Central Ave., Apt C, Alameda, CA 94501

**Deadline:** Postmarked on or before Saturday, August 2, 2003

**Age Divisions:** 19-24, 25-34, 35-44, etc.; men, women and mixed. No entrants under age 19. Age group is the sum of ages on race day divided by 2 (and rounded down).

**Awards:** Awards will be given to the first men's team, first women's team, first mixed team, and to the first three places in each age group. Special awards will be given for the first mother/daughter, mother/son, father/daughter, father/son, brother/sister, brother/brother, sister/sister, grandparent/grandchild, and spouse/significant other.

**T-Shirts & Caps and Goodies:** preregistered swimmers will receive a *17th Annual Manatee 2X1* Tee-Shirt, in addition to the racing cap with their registration. Fluorescent caps, identifying the number 1 and number 2 swimmer on each team, will be provided and must be worn. Complimentary beverages, food and snacks will be available to participants.

**Race Information:** Larry Taggesell, meet director, at (510) 263-0268



George Cunningham  
presents

Rebecca Pinto  
MELO

Peggy Luchessi Award

photo by Peter Kapetanic



## OPEN WATER

### Tuolumne County Aquatics Pinecrest Lake One and Two Mile Swims

**Saturday, August 23, 2003**

Sanction # OW-0311, 0312

**Location:** Pinecrest Lake is located in Pinecrest approximately 30 miles east of Sonora.

**Directions:** From Hwy. 99 at Manteca take Hwy. 120 east through Escalon and Oakdale. Follow signs to Sonora and continue approximately 30 miles past Sonora on Hwy. 108. Take the Pinecrest exit and proceed to the beach at the southeast side of the lake.

**Course:** The swims will consist of a one and two mile loop course. Anticipated water temperature 65-69 degrees. Pinecrest Lake is an alpine lake situated at an altitude of 5616 feet.

**Time:** Race day registration and check-in opens at 6:30 A.M. All swimmers must check in by 8:00 A.M. for the two-mile swim and by 10:00 A.M. for the one-mile swim. The two-mile swim begins at 8:30 A.M. The one mile swim will begin at 10:30 A.M.

**Swim Procedure:** Deep water wave starts based on estimated time.

**Entries:** Mail consolidated form, a copy of your 2003 USMS registration card with your estimated one and/or two mile times and a check payable to Tuolumne County Aquatics, c/o John Brunolli, 22636 Cedar Pines Ave., Twain Harte, CA 95383

**Entry fees:** \$25 (\$30 late and race day) for the two or one-mile swim. \$30 (\$35 late and race day) for entering both the two and one-mile swims. Entry fee includes a commemorative item and finishers medal.

**Deadline:** Postmarked by August 16, 2003

**Awards:** Awards given to top three men and women finishers in each age group. Awards also given for overall male and female swimmer as well as top team.

**T-shirts:** May be ordered on entry form for an additional \$10 each prior to August 16, 2003. A limited number of T-shirts will be available on race day for \$15 each.

**Race Director:** John Brunolli, 209-586-8944; e-mail: [brunolli@bonespt.com](mailto:brunolli@bonespt.com)



*New PMS banner - look for it at the open water meets. Many thanks to Allan Cartwright LNM for procuring it.*



**Deadline for**  
pool and  
open water swims  
for the  
**September-October**  
Newsletter is  
**July 15, 2003**

Please submit  
creative writing  
and photos to  
Newsletter Editor  
Joanne Berven  
4854 Andrea Ct.  
Livermore, CA 94550  
[jdnevreb@attbi.com](mailto:jdnevreb@attbi.com)

### Sunday, August 24

43-44	1500 m Free
45-46	100 m Individual Medley
47-48	200 m Fly
49-50	50 m Breast
51-52	200 m Back
53-54-55	4X50 m Free Relay

## POOL MEET

### San Francisco Tsunami Masters 2003 IGLA Championships International Gay and Lesbian Aquatics

**Friday, Saturday, Sunday, August 22, 23, 24, 2003**

Sanction # 38-03-13

**Location:** Avery Aquatic Center, Stanford University, Stanford, California USA

**Directions:** From Highway 101 North & South, Take the Embarcadero Road exit west towards Stanford. At El Camino Real, Embarcadero turns into Galvez Street. Cross El Camino Real and continue on Galvez. Turn left on Nelson Road and proceed into the Varsity Parking Lot. The Avery Aquatic Center entrance is at the front right of the Varsity Lot. For Additional directions go to <http://gostanford.ocsn.com> click on Facilities and choose the Avery Aquatic Center option.

**Facility:** The Avery Aquatic Center offers four separate pools, two 9-lane x 25-meter courses for the swimming competition, one 8-lane 25-yard course for warm up throughout the meet.

**Time:** Friday & Saturday: Warm-up 7:30-8:45 A.M. in competition pool, meet begins at 9 A.M. Sunday: Warm-up 7:30-8:15 A.M. in competition pool, meet begins at 8:30 A.M..

**Check-In:** Same day positive check in for the 400, 800, 1500 Freestyle and the 400 IM. For these events, you must check in 30 minutes before the estimated start of the event. The 1500 and 800 freestyle events will be swum men and women combined, slowest to fastest. The 400 free and 400 IM will be swam women first, then men, slowest to fastest. General check in will be Thursday night and each day of competition. Championship seeding will be used for the remainder of the events. No false start rule will be enforced.

**Entries:** This is a cardless meet. Competitors are strongly encouraged to register online at [www.IGLA2003.org](http://www.IGLA2003.org). Swimmers may enter a maximum of 5 events. For online registration, please fax a copy of your Masters Swimming registration card or FINA registration card to 415-487-3538. For mail entries, enclose a check for \$50 made out to San Francisco Tsunami Masters, a copy of your Masters/FINA Swimming registration card, and an Online or Consolidated Entry Form. Mail to: IGLA2003 c/o Geoff Glaser, 814 Steiner Street, San Francisco, CA 94117

**Entry Fees:** Fee is \$50.00 per swimmer for one to five individual events and up to five relays.

**Deadline:** Entries must be received by Tuesday July 22, 2003. **No late or deck entries.**

**Scoring:** Individual events: 9-7-6-5-4-3-2-1. Relays: Double

**Awards:** Medals for first through third place. Ribbons for fourth through eighth place. Team trophies will be awarded to the top team in each size division. A Team must be must be an IGLA member in good standing to qualify for team trophies. More information on the website.

**Concessions:** Commemorative items and food service will be offered for sale.

**Meet Director:** Joe Healy (415) 621-9964

**Referee:** Michael Moore

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

### Schedule of Events:

#### Friday, August 22, 2003

1-2	800 m Free
3-4-5	4x100 m Medley Relay
7-8	100 m Free
9-10	200 m Breast
11-12	100 m Fly
13-14	50 m Back
15-16-17	4x200 m Free Relay
19 - 20	400 m Individual Medley

#### Saturday, August 23, 2003

21-22	200 m Individual Medley
23-24	200 m Free
25-26	100 m Back
27-28	50 m Fly
29-30-31	4X100 m Free Relay
33-34	100 m Breast
35-36	50 m Free
37-38	400 m Free
39-40-41	4x50 m Medley Relay

## Redding Swim Team Whiskeytown One and Two Mile Swims 2003 Pacific Masters Swimming Open Water Championships

**Sunday, September 7, 2003**

Sanction #: pending

**Location:** Brandy Creek Beach, Whiskeytown Lake. I-5 N to Redding, 299 W approximately 15 mi. Left at Whiskeytown Visitors Center and follow signs to beach.

**Note:** National Park Service requires a \$5.00 parking permit for all vehicles. It is available at the Brandy Creek turnoff; automated dispenser.

**Course:** One and two mile triangular courses. Expected water temperature 70 degrees.

**Time:** Check-in and race-day registration begins at 8:00 a.m. and ends 45 minutes before the start of each race. (One-mile start: 10:45 a.m. Two-mile start: 11:45 a.m.)

**Swim Procedure:** Beach start. Cut-off times of one hour (one mile) and two hours (two mile) will be enforced.

**Entry fees:** Pre-race entries are \$17.00 per race, \$25 for both. Add \$10 for late and race day entries.

**Entries:** Mail consolidated form or official entry form with a copy of your 2003 USMS registration card and a check (payable to Redding Swim Team) to: Redding Swim Team, c/o Terri Misslin, 2193 Cadjew St., Redding, CA 96003.

**Deadline:** Postmarked by August 28, 2003.

**Awards:** PMS Championship awards will be given for first through fifth place in each 5-year age division.

**Race Information:** Greg Tyler (530) 223-6605 or Terri Misslin (530) 221-5550.

## Rocklin Aquatic Masters Swimming Folsom Lake Open Water 1 Mile and 2 Mile Swims and NEW Novice 500 Yard Swim

**Saturday, September 20, 2003**

Sanction #: pending

**Location:** Beals Point, Folsom Lake, Granite Bay, California

**Directions:** From I-80, Douglas Boulevard exit, travel East approximately 6 miles. Turn right on Auburn-Folsom Road (head toward Folsom). Turn left at Beals Point entrance, approximately 2 miles. Follow signs to Beals Point swim area.

**Course Description:** Both the 1-mile and 2-mile swims will use the same course. The 500 yard swim is an "out and back" loop. Anticipated Water Temperature 70-75 degrees

**Registration and Check-in:** 7:30-11:00 a.m.: 500 yard check-in closes at 8:30 a.m. Check-in by 9:00 a.m. for 2-mile swim. Check-in by 11:00 a.m. for 1-mile swim.

**Special Note:** The 500 yard swim is a novice event. Swimmers who enter the 500 yard swim will not be allowed to enter the 1-mile or 2-mile swims. The 500 yard event is not part of the open water points competition; no open water points will be given.

**Start Time:** All swims are water starts with the following anticipated start times: 500 yard - 9:00 a.m.; 2-mile - 9:30 a.m.; 1-mile - 11:45 a.m.

**Entries:** Mail consolidated form, a copy of your 2003 USMS registration and a check payable to RAMS and mail to RAMS, P.O. Box 1993, Rocklin, CA 95677-1993

**Entry fees:** \$25.00 fee for pre-registration, \$35.00 fee to swim both the one- and two-mile swims. \$15.00 for 500 yard novice event. Race day entries will be accepted with an additional \$5.00 fee. Entry fee includes cap and a commemorative item.

**Deadline:** September 13, 2003 or postmarked by 9-10-03

**Awards:** Given to the top 3 male and female age group finishers in each event as well as top overall male and female finishers for the 1-mile and 2-mile and combined 1 and 2-mile races. Participation awards will be given to all 500 yard swim participants.

**Information and Meet Director:** Terri Maginnis, [ptmag@surfbest.net](mailto:ptmag@surfbest.net); 916-663-2790 or check the RAMS web site for updates at <http://www.ramsswim.org>

## Mountain View Masters Medley Mania SCM Meet

**Sunday, September 7, 2003**

Sanction No: # 38-03-14

*Note: Until the pool length has been certified, events swum in this pool shall not count for USMS Records and Top Ten.*

**Location:** Eagle Park Pool, 651 Franklin Street, Mountain View, CA. (Along Shoreline Blvd., between Church Street and High School Way). **From HWY. 101**, exit Shoreline Blvd. Turn south towards downtown Mountain View. Turn left on Church Street. Pool is on the right. **From HWY. 280**, exit HWY. 85 north. Exit El Camino Real north into Mountain View. Turn right on Shoreline, then right on High School Way. Pool is on the left. The MVM website ([www.mvm.org](http://www.mvm.org)) has a link to a map.

**Facility:** 8 lane x 25 meter outdoor pool with bulkhead. 4 lane x 20 yard shallow end available for continuous warm up and warm down. Snack Bar available. On-site massage available for \$1.00 per minute.

**Time:** Warm-up from 7:30 A.M. - 8:45 A.M. Heats of the 800 m Freestyle start at 9:00 A.M. Following completion of the 800 m Freestyle, there will be an additional 50 minute warm up period. Events 3, 4 and 5 (the 800 m Freestyle Relays) will begin no earlier than 12:00 Noon.

**Check In:** Swimmers in events #1 and 2 must check in before 8:30 A.M. Relay cards for events 3, 4, and 5 must be turned in by 11:30 A.M. Swimmers for all other events must check in at least 30 minutes before the estimated start of the event. Entry closures for all events will be announced during the meet, well in advance.

**Entries:** This will be a cardless meet. You must use the consolidated entry form in the Pacific Masters Swimming newsletter or from the PMS website ([www.pacificmasters.org](http://www.pacificmasters.org)). Please submit short course meter times for proper seeding. Swimmers may swim up to 5 individual events and 3 relays. **Preregistration is required for events 1 and 2, the Women's and Men's 800 m Freestyle. No late or deck entries will be accepted!** These two events will be limited to a total of 8 heats. Only the first 64 total entries received, men or women, will be accepted. All other events may be deck-entered.

**Entry Fees:** \$2.50 per individual event plus a surcharge of \$5.00 per swimmer for preregistered entries, and \$3.50 per event with a \$5.00 per swimmer surcharge for late or deck entries. All relays will be deck-entered at a cost of \$4.00 per relay.

**Entries:** Mail entry, check (payable to **Mountain View Masters**), and a copy of your 2003 USMS registration card to: Mountain View Masters Swim Meet, c/o David Connell, 567 Dublin Way, Sunnyvale, CA 94087, (408) 781-2527. There will be **NO REFUNDS** of entry fees.

**Deadline:** Must be postmarked by Friday, August 29, or received by Tuesday, September 2, 2003.

**Awards:** Ribbons 1st through 8th in each age group.

**Meet Director:** David Connell (408) 781-2527 and Kirk Kozlowski

**Referee:** Michael Moore

**Events:** (Odd—Women, Even—Men)

*Notes: All events will be seeded and swum slow to fast. Events 1 and 2, the Women's and Men's 800 m Freestyle, will be seeded by time and swum together, regardless of gender. So will events 3, 4 and 5, the 800 m Freestyle Relays. Each swimmer may participate in only one 800m Free Relay. Events 3, 4 and 5 will not start before 12:00 Noon.*

- |         |   |
|---------|---|
| 1 - 2   | 800 m Freestyle                         |
| 3 - 4   | 800 m Women's and Men's Freestyle Relay |
| 5       | 800 m Mixed Freestyle Relay             |
| 7 - 8   | 50 m Butterfly                          |
| 9 - 10  | 50 m Backstroke                         |
| 11 - 12 | 200 m Individual Medley                 |
| 13      | 400 m Mixed Medley Relay                |
| 15 - 16 | 50 m Breaststroke                       |
| 17 - 18 | 50 m Freestyle                          |
| 19 - 20 | 100 m Individual Medley                 |
| 21 - 22 | 400 m Women's and Men's Freestyle Relay |
| 23 - 24 | 400 m Individual Medley                 |

# 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.
Street		F <input type="checkbox"/>	
City	State	no. of events entered:	
Phone	*Age	Zip	
Club	Club Abbr.	Birthdate	
Entry Fee			

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

T-Shirt size:

Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-Stroke
			Email (Optional)		

"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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# 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.

- |  |   |  |
|--|---|--|
| <p>1. <b>21st Century Swimming</b>, v.2 Backstroke, v.5, IM, v.6 Starts, Turns, Finishes, v.7 Advanced Drills</p> <p>2. <b>Ultimate Breaststroke</b>, featuring Adrian Moorhouse and Nick Gillingham.</p> <p>3. <b>Core Stabilization &amp; Shoulder Stabilization</b> (2 tape set with book), Matt Wren MS, PT</p> <p>4. <b>Basic Training from the Fast Lane</b> - Coach John Tremblay, 1992</p> <p>5. <b>Core Body Strength</b> with Coach Scott Volkers (Mobility and Flexibility).</p> <p>6. <b>Australian Swim Coaches Teaching Association</b> with Coach Bill Sweetnam v2. Backstroke, v5. Individual Medley, v6. Starts, Turns, Finishes, v7. Advanced Drills</p> <p>7. <b>Ultimate Breaststroke</b> with Adrian Moorhouse, and Nick Gillingham</p> <p>8. <b>How Swimming Works</b>, New Ideas in Freestyle &amp; Backstroke - Dr. Marty Hull, 1996</p> <p>9. <b>From the Fast Lane</b> (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique</p> <p>10. <b>Swim Power, Unlock Your Ultimate Potential</b> (Technique, Training &amp; Tips) - Steve Tarpinian</p> | <p>11. <b>Water: How to Be Safe In It, Have Fun In It, Move Powerfully In It, Swim Fast IN It</b> - Dr. Marty Hull</p> <p>12. <b>Fluid Swimming: The Importance of Range-Of Motion in Swimming, Stretching Exercises to Improve ROM, Strengthening Exercises to Use It Better</b> - Dr. Marty Hull</p> <p>13. <b>Swimming Fastest II</b> - John Trembley</p> <p>14. <b>Swim Smarter/Swim Faster</b> - Richard Quick</p> <p>15. <b>Swim Smarter/Swim Faster II</b> (Starts &amp; Turns) - Richard Quick</p> <p>16. <b>Forbes Carlisle Seminar</b> - Taped at the Olympic Club, 1995</p> <p>17. <b>From the Bottom Up</b> - Mike Bottom (3 tapes)Freestyle, Backstroke, Breastroke</p> <p>18. <b>Excellence in Swimming Stroke Technique</b></p> <p>19. <b>Stretching</b> - Bob Anderson</p> <p>20. <b>Clinical Sports Massage</b> - Benny Vaughn</p> <p>21. <b>Gettin' Better</b> - John Nabor</p> <p>22. <b>Red Cross Swimming &amp; Diving Skills</b></p> <p>23. <b>ASCA World Clinic, 1992</b> (4 tapes) Freestyle, Backstroke, Breastroke, Butterfly</p> | <p>24. <b>Weight Training for Adult Swimmers</b> - from Rinconada Masters 50+ Clinic</p> <p>25. <b>Masters Starts &amp; Turns</b> - ASCA</p> <p>26. <b>Gold Medal Series</b> (4 tapes) - Don Gambрил Freestyle, Backstroke, Breastroke Butterfly</p> <p>27. <b>Classic Swimming Series</b> (4 tapes) - Don Gambрил</p> <p>28. <b>Breaking the Mental Barrier</b> (audio tapes)</p> <p>29. <b>Residential Pools</b> by SwimEx, Aquatic Therapy, Sports &amp; Conditioning Pools</p> |
|--|---|--|

### PRICE LIST

Membership Card Replacement	2.00
USMS/PMS Registration Forms	free
USMS Brochures (up to 20)	free
Pad -100 Consolidated Entry Forms	3.50
USMS 2003 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

**USMS/PMS Records, Top Ten, and PMS member teams** can be found on the PMS website ([www.pacificmasters.org/](http://www.pacificmasters.org/)). Building a Successful Masters Club and Places to Swim can be found on the USMS web site ([www.usms.org/](http://www.usms.org/)).

## 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			

# 2003 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

Fri.-Sun.	July 11-13	CRUZ	PMS LC Championships, Joel Wilson, (831) 425-5762, openwatr@got.net
Sat.	July 19	TOC	Trans Tahoe Relay, Scott Williams, (415) 775-3088 (d) (415) 499-5104, swilliams@olyclub.com
Sat.	July 27	TVM	Lake Del Valle (0.75, 1.5 mi), Glenn Abersold, (925) 785-1717, tvmswim@sbcglobal.net
Sat.	Aug. 2	CRUZ	Santa Cruz Pier (1 mile), Rick Gould, (661) 255-4978, rgould@santa-clarita.com
Sun.	Aug. 3	CRUZ	Pier-to-Pier (10K), Joel Wilson, (831) 425-5762, openwatr@got.net
Sun.	Aug. 3	CRUZ	Cruz Cruise (2 mile), Scott Patterson, (831) 426-1043, scottcp@sasquatch.com
Sun.	Aug. 10	SNM	Donner Lake, Gwen Shonkwiler, (775) 323-2174, gwen@scs.unr.edu
Wed.-Sun.	Aug. 13-17	USMS	USMS Nationals, Rutgers NJ
Sun.	Aug. 17	MAM	2 x 1 Relay, Larry Taggesell, (510) 263-0268, taggela@msn.com
Fri.-Sun.	Aug. 22-24	TSUN	IGLA Championships, Joe Healy, (415) 621-9964, jhealysfo@aol.com
Sat.	Aug. 23	TCAM	Pinecrest Lake (1, 2 mile), John Brunolli, (209) 586-8944, brunolli@bonespt.com
Sun.	Sept. 7	RAD	Whiskeytown (1, 2 mile), Terry Misslin, (530) 221-5550, tmisswinr@aol.com
Sun.	Sept. 7	MVM	SCM Medley Mania, David Connell, (408) 781-2527
Wed.-Sun.	Sept. 10-14	USMS	National Convention, San Diego
Sat.	Sept. 20	RAMS	Folsom Lake (1, 2 mile), Terri Maginnis, (916) 663-2790, ptmag@surfbest.net
Sat.	Sept. 27	RINC	PMS SCM 1500 Championships, Jim Shaw, (650) 529-1173, jfs45@aol.com
Sun.	Sept. 28	SMMM	Meters Pentathlon, Cindy Lee, (650) 522-7460
Sat.-Sun.	Oct. 4-5	RINC	PMS SCM Championships, Jim Shaw, (650) 529-1173, jfs45@aol.com
Sun.	Oct. 12	SAC	30th Annual Pentathlon, Andrew Brenan, (916) 801-2627 (d) (916) 923-5174, (e) revols@earthlink.net
Sat.	Dec. 6	SNM	Reno Winners Meet, Gwen Shonkwiler (775) 323-2174, gwen@scs.unr.edu

**2003 Meeting Dates:** ~~July 23~~ (cancelled), Aug. 27, Sept. 24, Oct. 22, Nov. 19. All meetings will be held at the Oak Hill Park Community Center, Danville, CA and begin at 7:30 PM. All are welcome. **Directions:** On I 680, 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 swims, send SASE to: The Waikiki Roughwater Swim Committee, 95-230 Waioleka #39, Honolulu HI 96789

## PACIFIC MASTERS SWIMMING OFFICERS

Chairman:  
Michael Moore  
350 Wayland  
San Francisco, 94134  
chairman@pacificmasters.org

Administrative Vice-Chair:  
Richard Smith  
4309 Surita St.  
Sacramento, 95864  
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:  
Bill Grohe  
189 Galewood Circle  
San Francisco, 94131  
At-Large@pacificmasters.org

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.org

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.  
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