

newsletter



JOIN/RENEW your PMS Membership TODAY

By renewing now (November 1st), your membership will continue through 2005 with no gaps in benefits and you will avoid last minute hassles in rejoining later.

Each swimmer's total annual dues include local and national portions, which are combined into one registration fee. At this year's USMS Convention and at the September 29th PMS meeting, it was determined that there will be no increase in fees, for either individuals or clubs, for 2005. *Swimmers who have reached the age of 90 pay no membership fee.*

Current USMS registration is mandatory for club and event sponsor liability insurance coverage. You may change your club affiliation upon renewal with no transfer forms, fees, or waiting period. When you receive your 2005 membership card, make several copies of it for event entry purposes and as a backup in case yours is lost.

At the bottom of your form you will find an opportunity to contribute to a tax-deductible group, the USMS Endowment Fund (to provide for research and projects which further the goals of Masters swimming).

USMS is perhaps the best kept secret in adult fitness, and it also continues to be the best bargain. USMS and PMS are committed to offering a program that will continue to provide you great benefits and enjoyment.

Services and Benefits of Membership include:

- The opportunity to meet and train with some of the most experienced coaches in the area.
- The benefit of coaching and training with our member clubs throughout the country while traveling or vacationing.

continued inside **Benefits**

<p>United States Masters Swimming, Inc.</p> <p>Pacific Masters Swimming, Inc.</p> <p>2005 Membership Application</p> <p><input type="checkbox"/> Renewal 2004 number if known: _____</p> <p><input type="checkbox"/> New Registration</p> <p>YOU MUST PAY FEE OF \$30 (Fee includes: USMS = \$12, PMS = \$10, USMS Official Publication = \$8)</p> <p>(SEP. / OCT. REDUCED 2005 FEE \$20 if joining for the remainder of the calendar year)</p> <p>Make check payable to Pacific Masters Swimming</p> <p>Mail to: Nancy Ridout 580 Sunset Parkway Novato, CA 94947 (415) 892-0771 registrar@pacificmasters.org</p> <p><small>Registration Expires 12/31/05</small></p>	<p>PLEASE PRINT CLEARLY. Your name on this form and on meet entry forms must be identical.</p>				
	Last Name		First Name		Middle Initial
	Mailing Address			Home Phone No. ()	
	City	State	Zip	Work Phone No. ()	
	Date of Birth Month Day Year 19		Age	Sex	e-mail address
	CLUB (Must be USMS chartered or you will be registered as "Unattached")			Today's Date Month Day 20 Year	
	<p>"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."</p>				
	Signature _____				
	<p>I wish to contribute \$1 (or \$____) to the United States Masters Swimming Foundation. I <i>have added</i> this amount to my 2005 Registration fees. <input type="checkbox"/></p> <p>I am a Masters Coach <input type="checkbox"/></p> <p>I am a Certified Official <input type="checkbox"/></p>				

revised 9/30/04

The Chair's Message

Best wishes for a Happy Holiday Season.

As we enter the holiday season, I would like to thank all of the volunteers and members of Pacific Masters Swimming for all the everything they have done to make Pacific Masters swim program the well rounded program that it is.

All the members of the committee deserve a special thanks for the work that each one of them puts in so that Pacific has a program for competitive swimmers and swimmers who just want to become more fit.

Pacific is always in need of more volunteers, Pacific Masters is made up of volunteers who have a passion for the sport. I ask each of you to come the Pacific Masters Annual meeting that will be November 17th at the Danville Community Center (Directions are on the web page). There will be a potluck dinner. It will be a great time to break bread together.

In two years we will have the XI FINA World Masters Championships in our back yard at Stanford University. I challenge each of you to look at the qualifying time and work to make those times in your favorite events. Hopefully, you will compete at Stanford. Not just to compete, but to meet other swimmers from around the world who have the passion for the sport that we have here in Pacific.

Swimming is the BEST exercise there is for aerobic fitness. I am glad that you have chosen to participate.



The Open Water Season has many venues. One of the first swims was held on May 22 at Spring Lake, near Healdsburg and sponsored by the Redwood Coast Masters.

Watching the first wave of swimmers coming to the finish line, these participants and spectators at Pinecrest Lake enjoyed the 1 and 2 mile swims sponsored by the Tuolumne County Aquatic Masters on August 21.

Photos courtesy of Peter Kapetanic.



I encourage you to rejoin for the 2005. Joining Pacific Masters is part of your commitment to the swimming community that is the best in the United States. It is also a commitment to yourself that this year you will go to the pool the X amount of times per week you said you would. It is also a commitment to have the best organized swim program for adult swimmers in the United States.

May you all have wonderful and happy holiday season.

michael

continued from front page **Benefits**

- A subscription to the official USMS Publication, a bi-monthly national swimming publication which runs concurrently with your membership.

- The PMS Newsletter (inserted within the official USMS Publication) featuring up-to-date information on events occurring in our area.

- Web sites www.PacificMasters.org and www.usms.org which provide up-to-date and archived information on swimming, training, discussion forums, Web-based publications, membership, event calendars, links to other swimming sites, and places to swim.

- The privilege of participating in any PMS and USMS sanctioned postal, pool, open water event, or clinic.

- Liability insurance for your club and meet sponsors.

- Secondary accident insurance.

- Borrowing privileges from the PMS video tape library.

- A central PMS Office to answer any of your swimming questions (registr@pacificmasters.org or 415-892-0771).

- Member based (optional) email service with updates and current swimming information.

- Toll-free access to the USMS National Office (1-800-550-SWIM and usms@usms.org)

Convention Highlights

By Barry Fasbender

The House of Delegates approved Douglas Murphy Communications Inc. as the new publisher for the USMS National Publication. The first issue of our new magazine will be the March/April 2005 issue. The House of Delegates acknowledged the many years of service to USMS by Sports Publications Inc. and in particular, the Editor in Chief of SWIM magazine **Phil Whitten**.

June Krauser is retiring from the office of FINA Representative in 2005. **Nancy Ridout** was elected as our new FINA Representative upon June's retirement.

Scott Williams of The Olympic Club is the Speedo USMS Coach of the Year.

Joan Alexander and **Chris Meier-Windes** received the Dorothy Donnelly USMS Service Award.

The 2006 USMS Short Course Yards National Championships was awarded to the Coral Springs Aquatic Complex, Coral Springs, FL. The tentative meet dates are May 4-7, 2006.

There is no 2006 USMS Long Course Meters National Championships due to the 2006 FINA World Championships being held at Stanford in August 2006.

New Rules Adopted at Convention

By Barry Fasbender

Breaststroke Kick. All up and down movements of the legs and feet must be simultaneous. The position of the legs and feet need not be on the same level, but they shall not alternate in relation to each other. The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. Only one breaststroke or whip kick is permitted per arm pull, except that a single breaststroke or whip kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke or whip kick is permitted prior to the first arm pull. A scissors kicking movement is not permitted.

New Lower Age for Competition. To be eligible for competition including participation in warm-ups, members must be 18 year of age or over.

NQT May be Required for 800 or 1500 at USMS National Championships. The Championship Committee may limit either the 800-meter or the 1500-meter freestyle to only those who meet the National Qualifying Time for that event.

Events 400 and Up may be Seeded by Time Only at USMS National Championships. Events 400 yards/meters and longer shall be deck seeded by one of the following methods: (a) by entry time only, (b) by age group, the oldest age group first slowest heats seeded first within each age group, then by time, or (c) by a combination of (a) and (b). The USMS Championship Committee shall make all seeding decisions.

Events 400 meters or Longer may be Seeded Women and Men together or two-to-a-lane at USMS National Championships. For any freestyle event 400 meters or longer, men and women may be seeded together at the discretion of the Championship Committee. Competitors of the same gender may be required to swim two-to-a-lane in the meet day is projected to last longer than 12 hours...

Size Division Eliminated for Team Awards at USMS National Championships. The organization conducting the national championship meet shall provide awards to the first through tenth place winners in the women's, men's, and combined categories.

Don't Waste Your Base
TAM's 1650 Postal January & February 2005

Sanction # 38 -05-01

What You Need: A 25 yard/25 meter/50 meter pool and someone to time you (who can count to 66)

Distance: 1650 yards/1500 meters
Date: Anytime during the months of January and February, 2005

Eligibility: All swimmers registered with USMS for 2005 are eligible to participate.

Rules: All USMS and PMS rules apply. A split sheet with 50 yard/meter splits must be signed by at least by one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted.

Entry Fees: For individual entries: \$6.00 for U.S. entries, \$10.00 for international entries. For relay entries: \$4.00 for each four (4) person relay entry. Checks should be made payable to Tamalpais Aquatic Masters. Entry fees are not refundable or transferable.

Entry Forms: You may enter using a consolidated entry form and attaching a split sheet with 50 yard/meter splits signed by at least one timer. Enter relays by filling out the relay form and attaching photocopies of the four (4) individual entries. A copy of your current USMS card must accompany all individual entries. Mail entries to TAM 1650, 1000 Fourth Street, Suite 875, San Rafael, CA 94901.

Age Divisions: 18-24, 25-29, 30-34, etc., male and female.

Relays: Four (4) person relay entries will be accepted in the following age groups: 18+, 25+, 35+, etc., male, female and mixed (each person swims the 1650; relay entries are scored on total time for the four (4) 1650s). There is a \$4.00 entry fee for each four (4) person relay entry.

Postmark Deadline: All entries must be postmarked by March 10, 2005.

Awards: Awards will be given for 1-3 place for individual events and first place for relays.

T-shirts: T-shirts are available for \$15 each. XX large are \$16. If you wish to order a T-shirt, please indicate the size you want on your check.

Information: For more information or questions please contact Jon Steiner at (415) 459-2000, Fax: (415) 459-3668, email: lawjls@aol.com

POOL MEETS

Sierra Nevada Masters 11th Annual Reno "Winners" Meet

Saturday, December 4, 2004

Sanction #38-04-23

Location: Northwest Pool in Reno, NV

Directions: Take Interstate 80 to Reno. Exit on West McCarran Blvd. Go north about two miles to Kings Row. Turn right at the light on Kings Row and then right again on Apollo Drive. The pool will be on your left.

Facility: 8 lane, 25 yd indoor, heated pool. One lane will be used for warm-up during the meet, with 6 lanes for competition. Seating is limited so bring your own chairs. A small snack bar will be available during the meet.

Time: 11:00 a.m. warm-up and noon start.

Check-in: This meet will be deck seeded, slow to fast. Swimmers in events 1-13 must check-in by 11:30 A.M. Check-in for the remaining events is 12:30 P.M.

Entry fee: Pre-entry: \$3.00 per swimmer (pool use fee) and \$2.00 per individual event. Late/deck entry will be \$3.00 per swimmer and \$3.00 per individual event. Relays: No fee. There will be no refunds.

Entries: Send your entries on a completely filled out including age PMS Consolidated Entry Form. Swimmers are limited to 5 individual events. 2004 or 2005 USMS registration is required and a photocopy of such must accompany the entry form. Make checks payable to: Sierra Nevada Masters and mail to: Gwen Shonkwiler, 4775 Summit Ridge Dr. #1034, Reno, NV. 89503

Deadline: Entries must be postmarked by Friday, November 19, 2004 or received by Wednesday, November 24, 2004. Deck entries will not be accepted after 12:00 noon on meet day.

Awards: Ribbons 1st-3rd in each age group for individual events. No awards for relays.

Meet Director: Steve Lintz (775) 334-2203 (D), (775) 849-2179 (E)

Referee: Rick Kaufmann

Events: Please note that this meet usually attracts fewer than 100 swimmers and entering back-to-back events is not advised.

- 1 - 2 200 Yd. Free
- 3 - 4 100 Yd. Back
- 5 - 6 50 Yd. Fly
- 7 - 8 100 Yd. Free
- 9 - 10 50 Yd. Breast
- 11 - 12 200 Yd. Individual Medley
- 13 200 Yd. Mixed Free Relay
- 15 - 16 50 Yd. Back
- 17 - 18 100 Yd. Fly
- 19 - 20 50 Yd. Free
- 21 - 22 100 Yd. Breast
- 23 - 24 100 Yd. Individual Medley
- 25 200 Yd. Mixed Medley Relay
- 27 - 28 500 Yd. Free

Monterey Bay Masters The Bob Walthour III, Invitational Masters Clambake

Saturday, January 22, 2005

Sanction # 38-05-02

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

Location: Pattullo Swim Center, 1148 Wheeler St., Seaside, CA. Take CA-1 to CA-218 (Canyon Del Rey) in Seaside, and head east. Proceed to Hilby Avenue (fourth light), and turn left. Go straight on Hilby, across Freemont Blvd., and straight one more block to Wheeler St. Turn right, and the pool is on the left. Ample free parking at the pool, at the adjacent church parking lot, at the adjacent youth center parking lot, and on Wheeler St.

Facility: Pattullo Swim Center is an indoor facility with a six lane competition pool and a separate small warm-up/warm-down pool. Snack/Coffee bar available. T-shirts will be available for purchase.

Time: Warm-up 9:00 am. Meet begins promptly at 10:00 am.

Check-in: Check-in opens at 8:00 am. Check-in closes 30 minutes before the expected start of each event.

Entry fees: \$15.00 for up to five events. Same day registration is \$25.00

Entries: Mail a consolidated entry form, a copy of your 2005 USMS registration, and your check payable to SEA, P.O.Box 950, Seaside, CA 93955. Swimmers are limited to a maximum of five events.

Deadline: Entries must be received by Sunday, January 16, 2005. Same day entries are accepted with a \$10.00 penalty.

Awards: Medals will be awarded for up to sixth (6th) place in each age group, for each event. A special "Iron Lung Award" will be awarded for any swimmer completing 3 out of 4 of the following events: 500 freestyle, 200 fly, 400 IM, or 1000 freestyle.

Meet Director: Ken Fittro (831) 394-0533; backstrider@aol.com.

Meet Referee: TBA

Events: (Odd=Women, Even=Men)

- 1-2 50 yd. Backstroke
- 3-4 200 yd. Freestyle
- 5-6 100 yd. Breaststroke
- 7-8 500 yd. Freestyle
- 9-10 50 yd. Freestyle
- 11-12 200 yd. Breaststroke
- 13-14 100 yd. Backstroke
- 15-16 200 yd. Butterfly
- 17-18 100 yd. Individual Medley
- 19-20 50 yd. Breaststroke
- 21-22 200 yd. Backstroke
- 23-24 100 yd. Butterfly
- 25-26 400 yd. Individual Medley
- 27-28 50 yd. Butterfly
- 29-30 200 yd. Individual Medley
- 31-32 100 yd. Freestyle
- 33-34 1000 yd. Freestyle

Lap Counters will be provided for the 500/1000 freestyles

The Olympic Club 1650 Swim Meet

Sunday January 23, 2005

Sanction: # 38-05-03

Location: The New Olympic Club, 665 Sutter St., San Francisco, 94102

Directions: Yahoo.com or Mapquest.com (downtown San Francisco)

Parking: Paid parking in The Olympic Club Garage with discount for meet participants

Course: Multi-lane, 25-yard heated indoor pool. Eight lanes will be used for competition. Warm-up / cool down lanes will be available throughout the meet. Electronic timing will be used.

Time: Warm-ups from 8:00 am The meet will start promptly at 9:00 am.

Eligibility: All USMS swimmers must have a current 2005 USMS registration card and must enter the number on their entry forms. Swimmers who enter as "Pending" or "Applied For" must be prepared to present their card or register before being permitted to checkin, unless the Meet Director determines that they are validly pending. Swimmers may register at the meet.

Check-In: The meet will be preseeded and preliminary heat assignments will be made. Heats 1 - 8 must checkin by 8:30 am; Heats 9 - 16 must check in by 11:30 am.

Entries: Consolidated Entry Forms must be completely filled out including best short course time for the 1650 freestyle. "No Time" entries will be accepted.

Deadline: Entries must be postmarked by midnight, January 17, 2005. No late entries will be accepted. No refunds will be made. Entries will be limited to 100 total swimmers on a first received basis. Entries not accepted will be returned

Fees: Total entry fee is \$25.00. Make check payable to The Olympic Club and send to: The Olympic Club 1650, 665 Sutter Street, San Francisco, CA 94102, Attn. Scott Williams

Awards: 1st thru 3rd in each division

Snack Bar: A snack bar will be available throughout the meet.

Referee: Michael Moore

Meet Directors: Scott Williams swilliams@olyclub.com 415-345-5215; Laureen Welting lwelting@olyclub.com 415-345-5213

POOL MEETS

FOG City Masters

Winter Quadrathlon Meet

Sunday, January 30, 2005

Sanction # 38-05-04

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 2005 USMS Card.

Entry fees: Flat fee of \$15.00 (for 1 to 4 events) if postmarked by Friday - January 21, 2005 or received at the pool by Monday, January 25, 2005. Late and deck entries (accepted until check in time on the day of the meet) is a flat fee of \$30.00 (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.

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



Leianne Crittenden, WCM had raced against Wiki Leigh Royden, NEM when both were age group swimmers. They met up again at the Savannah, GA USMS Long Course Nationals earlier this year and came in 1-2 in the 50 free.

photo courtesy Leianne Crittenden

University of San Francisco Masters

2005 Short Course Valentines Affair

Saturday, February 12, 2005

Sanction # 38-05-05

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

Directions: **From the Bay Bridge** take the 9th Street Civic Center exit. Stay right on offramp, and go straight onto Harrison (one way). Go one block west, R on 9th Street. When crossing Market Street, bear L onto Hayes Street. Take Hayes Street 3 blocks to Franklin Street. Turn R on Franklin Street, L on Turk Street. Continue west on Turk Street. Parking lot entrance is on the left immediately after the intersection of Parker Street and Turk Street. **From the South Bay (101 North):** From Hwy 101 North take Mission Street Exit (exit is on the L side). Exit on 9th Street Civic Center. Turn L onto 9th Street. When crossing Market Street, bear L onto Hayes Street. Take Hayes Street 3 blocks to Franklin Street. Turn R on Franklin Street, L on Turk Street. Continue west on Turk Street. Parking lot entrance is on the L immediately after the intersection of Parker Street and Turk Street. **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. **From 280 North** take 19th Ave. exit. Stay on 19th approx. 3 miles. Turn R on Geary, and follow directions from GG 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 2005 USMS registration card. Relays must be on official yellow relay entry cards.

Entry fees: Pre-entry: \$5.00 surcharge plus \$2.50 per event. Deck/late entry: \$5.00 surcharge plus \$5.00 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, February 2, 2005 or hand delivered to the Koret Center at USF by Friday, February 4, 2005. 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, (415) 824-7489, bgbyrnes@pacbell.net; or Bryan Andrews, (415) 647-3537, andrews_bryan@yahoo.com.

Referee: Bud Meyer

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

Events: (Odd=Women, Even=Men)

All events will be swum slow to fast

- 1-2 200 yd. Freestyle
- 3-4 50 yd. Butterfly
- 5-6 200 yd. Breaststroke
- 7-8 50 yd. Backstroke
- 9-10 200 yd. Butterfly
- 11 200 yd. Mixed Medley Relay
- 12 200 yd. Mixed Centipede Relay*
- 13-14 50 yd. Breaststroke
- 15-16 200 yd. Backstroke
- 17-18 50 yd. Freestyle
- 19-20 200 yd. IM

* Special Event



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 18 years old.

Individual Events: 18-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

Short Course (yards) Relays: 18+, 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"/>	
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

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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Rev 9/02

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. **Championship Winning Swimming**, Richard Quick and Milt Nelms, 10 tapes including 2-a) Freestyle, 2-b) Backstroke, 2-c) Breaststroke, 2-d) Butterfly, 2-e) Walls: Turns for all Strokes, 2-f) Starts, 2-g) Underwater Swimming - The Fifth Competitive Stroke, 2-h)

2. **Open Water Swimming**, Skills, Techniques, and Tactics, Michael Collins & Gerry Ridrigues - DVD format only

3. **21st Century Swimming**, v.2 Backstroke, v.5, IM, v.6 Starts, Turns, Finishes, v.7 Advanced Drills

4. **Ultimate Breaststroke**, featuring Adrian Moorhouse and Nick Gillingham.

5. **Core Stabilization & Shoulder Stabilization** (2 tape set with book), Matt Wren MS, PT

6. **Basic Training from the Fast Lane** - Coach John Tremblay, 1992

7. **Core Body Strength** with Coach Scott Volkers (Mobility and Flexibility).

8. **Australian Swim Coaches Teaching Association** with Coach Bill Sweetnam v2. Backstroke, v5. Individual Medley, v6. Starts, Turns, Finishes, v7. Advanced Drills

9. **How Swimming Works**, New Ideas in Freestyle & Backstroke - Dr. Marty Hull, 1996

10. **From the Fast Lane** (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique

11. **Water: How to Be Safe In It, Have Fun In It, Move Powerfully In It, Swim Fast IN It** - Dr. Marty Hull

12. **Fluid Swimming: The Importance of Range-Of Motion in Swimming, Stretching Exercises to Improve ROM, Strengthening Exercises to Use It Better** - Dr. Marty Hull

13. **Swimming Fastest II** - John Tremblay

14. **Forbes Carlisle Seminar** - Taped at the Olympic Club, 1995

15. **From the Bottom Up** - Mike Bottom (3 tapes) Freestyle, Backstroke, Breaststroke

16. **Stretching** - Bob Anderson

17. **Clinical Sports Massage** - Benny Vaughn

18. **Weight Training for Adult Swimmers** - from Rinconada Masters 50+ Clinic

19. **Classic Swimming Series (4 tapes)** - Don Gambriel

20. **Breaking the Mental Barrier** (audio tapes)

21. **Residential Pools by SwimEx**, Aquatic Therapy, Sports & Conditioning Pools

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Membership Card Replacement	2.00
USMS/PMS Registration Forms	free
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USMS/PMS Records, Top Ten, and PMS member teams can be found on the PMS website (www.pacificmasters.org/). Building a Successful Masters Club and Places to Swim can be found on the USMS web site (www.usms.org/).

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 • **Deadline for pool and** •
 • open water swims for the •
 • **January - February, 2005** •
 • Newsletter is •
 • **November 15, 2004** •
 •
 • Please submit creative writing •
 • and photos to Newsletter Editor •
 • Joanne Berven •
 • 4854 Andrea Ct. •
 • Livermore, CA 94550 •
 • nevreb@comcast.net •

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2004- 2005 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

Sat. 12/04/04 SNM Reno Winners Meet Affair (SCY), Steve Lintz, lintz@ci.reno.nv.us

2005 Pacific Masters Swimming Event Schedule

January - February	TAM	Postal 1650, Jon Steiner, lawjls@aol.com
Sat. 1/22/05	MBAY	Clambake, Ken Fittro, backstrider@aol.com
Sun. 1/23/05	TOC	The Mile, Scott Williams, swilliams@olyclub.com
Sun. 2/1/05	FCM	Fog City Quadrathlon, Diane Davis, ddavis@siprep.org
Sat. 2/12/05	USF	Valentine's Day Affair, Bryan Andrews, andrews_bryan@yahoo.com
Sun. 2/27/05	SMMM	Pacifica Indoor Relays, Cindy Lee, cindyseimlee@earthlink.net
Fri.-Sun. 3/4-6/05	WCM	Intensive Training Camp, Kerry O'Brien, swim4wc@netscape.net
Sat. 3/12/05	RINC	Spring Short Course Meet, Jim Shaw, jshaw45@sbcglobal.net
Sat. 3/19/05	SCAM	Invitational, Kevin William, coachkevin@usms.org
Sat. 4/02/05	FDM	SCY Meet, Skye Flocco, skyepf@hotmail.com
Sat. 4/16/05	SMMM	Open Water Clinic #1, Thomas Huggins, thuggins@cityofsanmateo.org
Sat. 4/23/05	SMMM	Open Water Clinic #2, Thomas Huggins, thuggins@cityofsanmateo.org
Fri.-Sun. 4/29-5/01/05	WCM/TVM	PMS SCY Championships, Kerry O'Brien, swim4wc@netscape.net
Sat. 5/14/05	SMMM	Parkside Aquatic Park (1 mile), Joel Swartz, joelgdtswartz@yahoo.com
Thurs-Sun 4/19-22/05	USMS	SC Nationals, Ft. Lauderdale, FL
Sat. 5/21/05	RCM	Spring Lake (1 mile), Bert Whitaker, redwoodcoastopenwater@yahoo.com
Sat. 6/4/05	DAM	Lake Berryessa (1, 2 mile), Laurel King, laurel@outdoormind.net
Sun. 6/12/05	BMW	Splash and Dash, Doug Huestis, klencke@itsa.ucsf.edu
Sat. 6/18/05	TVM	Lake Del Valle (.75mi, 1.5 mi), "Race Director", tvmswim@sbcglobal.net
Sat. 6/25/05	RCM	Lake Sonoma (2 mile), Bert Whitaker, redwoodcoastopenwater@yahoo.com

2004 Meeting Date: November 17. This is the Annual Meeting for Pacific Masters Swimming. A Potluck Dinner will be held prior to the meeting and will begin at 7 PM The meeting is at the Oak Hill Park Community Center, Danville, CA. 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.

2005 Meeting Dates are tentative at press time: January 19, February 16, March 16, April 13. May 11. June 15, July 20, August 24, September 28, October 19, November 16. The meeting place has yet to be confirmed.

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

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