

# newsletter



## Message from the Chair



by Michael Moore, PMS Chair

## Coach of the Year

Every year Pacific Masters honors one coach who has demonstrated outstanding qualities.



Alan Liu, MVM 2003

Pacific Masters Swimming has many good coaches who has demonstrated outstanding coaching qualities. We try to honor an exceptional coach each year with the "**Coach of the Year**" award.

The criteria for the award will be considered first, since January 1 of the preceding year, and second, over the coach's career with his or her club. Outstanding contributions to his or her club and its individuals are measured by the following competitive and non-competitive factors:



Sharleen Van Boer RHMS, 2001

Competitive factors shall include club and individual performance at Pacific Masters and USMS Championships, in any sanctioned course, as well as relay and individual Pacific Masters, USMS and World records that reflect the coach's skill and inspiration.

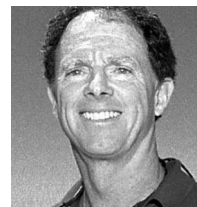
Non-competitive factors shall include club vigor, size and growth, club participation and volunteering, and club having hosted well-run events.

It shall include outstanding service to Pacific Masters, USMS and to other public or private community organizations; outstanding professional contributions, such as participation in clinics and published works.



Marie McSweeney, TAM 2000

Nominations may be made by any registered Pacific Masters club officer in the form of a written statement addressing both the criteria above and the instructional and inspirational qualities of the coach. The nominating letter and a maximum of four supporting letters from registered Pacific Masters swimmers shall be submitted to the Chairman at or before May meeting of Pacific Masters (May 11th, this year).



Joel Wilson, CRUZ 2002

## OPEN WATER POINTS

Congratulations to the winners of the PMS annual Open Water Awards competition. The top three (with ties) in each age group will or have already received their awards. If you haven't please contact Marcia Benjamin at 510-357-7753 or at msbenjamin@earthlink.net to discuss how we can connect. t

This contest was wildly competitive again this year, and remains among the most popular activities sponsored by PMS. Points are accumulated during the Open Water season in each of our 15 swims, with the exception of relays. According to PMS rules, I tabulate the best 7 finishes from the 14 swims available (half the total, rounded up if necessary). If you age up during the summer, your accumulated points age up with you.

This competition rewards the swimmers who persist, as points are awarded through 10th place. (Points are awarded as follows from 1st through 10th: 22-18-16-14-12-10-8-6-4-2.) Many swimmers score in the top three without an individual victory; but all their 5ths, 6ths, and 7ths add up. Some are surprised to hear that they won, but lots of people count every point (and all of their competition's), and even plan the summer vacations around this competition, so as not to miss an opportunity. Usually there is at least one swimmer who competes in all possible swims: this year three people did all but one. Start planning your 2005 season and good luck!

WOMEN/MEN			WOMEN/MEN			WOMEN/MEN		
NAME	TEAM	PTS	NAME	TEAM	PTS	NAME	TEAM	PTS
<b>19-24</b>			<b>40-44</b>			<b>60-64</b>		
1 Elizabeth Fandell	VACA	118	1 Cindy Clements	TAM	128	1 Kate Coleman	SCAM	154
2 Stephanie Miller	CRUZ	88	2 Heike Mansoor	UNAT	108	2 Susan Garfin	SCAM	150
3 Samantha Grant	DAM	36	3 Elizabeth Tiedemann	UNAT	84	3 Susan White	TCAM	128
4 Sarah Trejo	SCAM	32	4 Terri Maginnis	RAMS	76	4 Mary Cantini-Norkin	DC	86
5 Margarita De Jesus	USF	28	5 Denise Berro	SAC	66	5 Dee Brown	UNAT	42
6 Laura Lee Hanson	SNM	24	6 Kate Christensen	TOC	64	6 Glenda Carroll	TAM	32
1 Joe Takeuchi	UNAT	54	1 Bill McCracken	TVM	144	1 Alan Cartwright	LNM	154
2T Matt Roper	DAM	44	2 Nigel Kileen	BMW	74	2 John Fleming	UNAT	122
2T Devin Spicer	UNAT	44	3 James Silk	TVM	66	3 Lloyd Kearns	UNAT	102
4T Michael Noble	EMBY	36	4T Alan Eagleton	MELO	64	4 Ross Shoemaker	SMMM	92
4T Nathan Rust	UNAT	36	4T Chris Tainty	CRUZ	64	5 Michael Sullivan	LAMV	62
4T Todd Schwendinger	TVM	36	6 Brook Heath	WCM	62	6T Alex Johnston	UNAT	40
						6T John D. Anderson	VAM	40
<b>25-29</b>			<b>45-49</b>			<b>65-69</b>		
1T Virginia Justus	CRUZ	76	1 Kathy Morlan	VACA	154	1 Charlotte Jenkins	TAM	154
1T Michela Van Noord	TCAM	76	2 Ellen Lippolis	VACA	86	2 Susan Munn	DAM	146
3 Lena Mughannam	BMW	60	3 Linda Curtis	TVM	68	3 Susan Springer	STAN	96
4 Heidi Kirkpatrick	RAMS	56	4 Lindabeth Schmucker	DAM	58	4 Dot Myers	SAC	88
5 Susan Crown	SCAM	52	5T Mindy Hamway	WCM	44	5 Patricia Durham	SMMM	80
6 Alice Wong	SCAM	42	5T Marguerite Meyer	TOC	44	6 Janet Olsen	RAMS	40
1 Sean Bertain	SMMM	90	1 Sandy MacDonald	SAC	154	1 Kent Price	STAN	154
2T Trevor Gillis	SCSC	44	2 Ron Emhoff	TVM	138	2 Ralph Brott	BMW	146
2T P. Matt Robertson	TEME	44	3 John Morales	SRM	110	3 Emory Haworth	WCM	120
4 Bryan Stedman	SAC	38	4 Warren Schenstrom	SRM	84	4 Peter Orth	SFBS	116
5 Kris Babylon	TEME	30	5 Bill Adkison	RHMS	78	5 Robert Fewster	TVM	112
6 Holden Hardcastle	USF	26	6T Bob Placak	TOC	44	6 David Gilmer	DAM	48
			6T Ken Skulina	HTUB	44			
			6T Brian Skuse	BMW	44	<b>70-74</b>		
1 Michelle Deasy	TOC	128				1 Donna Monroe	WCM	154
2 Margaret Reece Gazda	CHIC	76	<b>50-54</b>			2 Barbara Robben	UNAT	110
3 Annie Alesna	TCAM	74	1 Barbara Lightfoot-Nielsen	VAM	124	3 Ann Lambertson	SMMM	50
4 Shelley Hoef	RINC	58	2 Diane Davis	DAM	116	1 Edward Friel	TCAM	146
5 Stephanie Schwab	EMBY	56	3 Pauline Yeckley	FOG	100	2 Pierre Hathaway	CVM	88
6 Jill Baker	RAMS	46	4 Jeanne Nash	TCAM	54	3 William Grohe	USF	36
1T Bill Romanelli	UNAT	118	5 Kathleen Anderson	UNAT	38	4T Roger Campbell	SMMM	22
1T Greg Farney	UNAT	118	6 Camille Panighetti	CHIC	36	4T Barry Galvin	USF	22
3 Brad Winsor	DAM	76	1 Fred Farley	RINC	138	<b>75-79</b>		
4 Scott Johnston	MVM	66	2 James Knight	SJAM	134	1 Nyla Crain	DAM	22
5 Andrew Abbott	TVM	48	3 Leslie Harder	RAMS	112	1 Dick Lewis	UNAT	150
6 Robert Hardie	TCAM	46	4 Noel Laverty	SAC	62	2 Luman Sutton	SAC	58
			5 Ken Gohr	SNM	46	3 Don Stupfel	SMMM	16
			6 James Sweeney	SMMM	44	<b>80-84</b>		
1 Maureen Chalmers	CRUZ	120				1 Margery Meyer	TOC	22
2 Liz Seymour	PETT	62	<b>55-59</b>			1 Fred Rogers	USF	154
3T Lisa Goldman	SCAM	56	1 Marianne Brems	MELO	154	2 Richard Smith	WCM	44
3T Sandie Easton	TOC	56	2 Sheila Monaghan	TCAM	138			
5 Karen Challburg	VAM	52	3 Rosemary McNally	SMMM	78			
6 Denise Ausley	SMMM	48	4 Carol Riddell	SCAM	54			
1 Brian Kohlmeier	SCAM	140	5 Linda Nowell	SERC	50			
2 Robert Childs	TOC	74	6 Jane Lee	RAMS	44			
3 Kit Grattan	UNAT	66	1 Joel Wilson	CRUZ	154			
4 Bruckner Chase	UNAT	52	2 Chuck Kight	RAMS	132			
5 Ernesto Gonzalez	TSUN	46	3 James Burror	AAM	114			
6 Donald Dasher	UNAT	44	4T Bill Dick	TOC	78			
			4T David Harmer	TCAM	78			
			6 Vladimir Ivan	MVM	58			

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

# POOL MEETS

## Rinconada Masters

### Spring Short Course Meet

Saturday March 12, 2005

Sanction No: 38-05-08

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

HWY 101m exit Embarcadero west to Newell. Park on Embarcadero Rd. or turn right on Newell. From 280, exit Page Mill east. Page Mill becomes Oregon Expwy east of El Camino Real. Turn north (left) on Middlefield, east (right) on Embarcadero to Newell.

**Facility:** 14 lane x 25 yd pool (8 competition, 5 warm-up /down, 1 buffer). Note: Timing system is push button only with no pads. Snack Bar available.

**Time:** Warm-up 7:30am - 8:45 am. Meet starts at 9:00 am.

**Check -in:** Swimmers in events #1-2 must check in before 8:30 am. All others must check in at least 30 minutes before the estimated start of their event.

**Entries:** This will be a cardless meet. Swimmers may swim up to 5 individual events. You **must** use the consolidated entry form in the Pacific Master Swimming newsletter or request an entry form from Nan Blackledge. ( See below)

**Entry Fees:** \$2.00 per event, ( \$3.00 late or deck entries) plus \$6.00- surcharge per swimmer. **(No Refunds)** Entries must be **Postmarked by Friday February 25, 2005, or received by Wednesday March 2, 2005. NO DECK ENTRIES** for 1000 Free. Mail entry, and check payable to Rinconada Masters and a copy of your 2005 USMS registration card to: Rinconada Spring Meet, c/o Nan Blackledge, 501 Portola Road, P.O. Box 8005, Portola Valley, CA 94028, 650-424-4376

**Awards:** Ribbons 1st through 6th in each age group. Special Memorial Awards: Women's 70-74 Sylvia Bailey Award (400 IM), Men's 75-79 Willard Johnson Award (1000 Free) **( Please return award Plaques each year)**

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

**Referee:** To be announced

**Starter:** To be announced  
(timing equipment by Larry Rice)

**Special Caps for Swimmers breaking records in the meet.**

Events: (Odd - Women, Even-Men)

All events will be swum slow to fast.

1 - 2 1000 yd. Free

**Event #3 will not start before 11 AM.**

3 - 4 200 yd. Breast

5 - 6 50 yd. Free

7 - 8 100 yd. Fly

9 - 10 50 yd. Free Novice. \*

11 - 12 100 yd. Back

13 - 14 200 yd. Free

15 - 16 50 yd. Back Novice\*

17 - 18 200 yd. IM

19 - 20 100 yd. Breast

21 - 22 50 yd. Fly

23 - 24 400 yd. IM

25 - 26 100 yd. Free

A - B 1650 yd. Fly \*\*

\*Novices are those with no prior competitive masters experience.

\*\*Special-event, records are kept. Entry is free. Event must be completed within 45 mins.

## Strawberry Canyon Masters

### Invitational Meet

Saturday, March 19, 2005

Sanction #38-05-09

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

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

**Course:** Outdoor, 25-yard, 20-lane pool. Eight lanes will be used for competition and ten lanes for warm-ups. NOTE: During the 500 free only, 16 lanes will be used for competition and four (4) for warm-ups.

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

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

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

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

**Mail:** Consolidated Entry Form, a photocopy of your 2005 USMS registration card, and your entry fee to: Sarah Trejo, Meet Director, 608 Judah Street #3, San Francisco, CA 94111

\*\*No refunds.

**Deadline:** Entries must be postmarked no later than March 4 (or received by March 9). Please do not send mail requiring a signature for receipt.

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

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

**Meet Director:** Sarah Trejo, (510) 318-1436

Assistant Meet Director: Joan Spangler (510) 243-0536

Referee: TBD

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

1-2 500yd Freestyle

3-4 200yd I.M.

5-6 100yd Butterfly

7-8 100yd Backstroke

9-10 200yd Freestyle Relay

11-12 200yd Freestyle

13-14 100yd Breaststroke

15-16 100yd Freestyle

17-18 100yd I.M.

Deadline for pool and open water swims for the

**May - June**  
Newsletter is

**March 15, 2005**

Please submit creative writing and photos to Newsletter Editor

Joanne Berven  
4854 Andrea Ct.

Livermore, CA 94550

newsletter@pacificmasters.org



## POOL SWIM

### Fresno Dolphins Masters April Showers Meet

Saturday, April 2, 2005

Sanction #38-05-11

**Location:** Central High School, East Campus Aquatics Complex

**Directions:** From 99 North or South, exit at Ashlan and head West. Continue on Ashlan until you reach Cornelia. Left on Cornelia (you will see the high school down the block on the right). Proceed to the stop sign at Dakota, and turn right. Turn into the second parking lot entrance on your right (it is the fenced-in parking lot). Pool is at the end of the parking lot.

**Course:** Outdoor, 25-yard, by 50 meter pool. Eight lanes will be used for competition. Electric timing system will be used.

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

**Check in:** Swimmers in the first 8 events must be checked in by 8:30 am. All other races must be checked in for by 9 am. Deck entries will be allowed. Swimmers who do not check in will not be allowed to swim. The meet will be seeded slowest to fastest.

**Entries:** Swimmers are limited to five (5) events, excluding the relays.

**Fees:** \$6.00 surcharge per swimmer. \$2.00 per event if pre-entered, \$3.00 per event if deck entered. Relays are \$4.00 per team. Please make checks payable to FDST.

**Mail:** Consolidated Entry Form, a photocopy of your 2005 USMS registration card, and your entry fee to: Skye Flocco, Meet Director, 1710 East Fir Ave. #204, Fresno, CA 93720 **NO REFUNDS**

**Deadline:** Entries must be postmarked no later than March 22 (or received by Friday, March 25). Please do not send mail requiring a signature for receipt. Entries received after the postmarked/receipt deadlines will be charged for "deck entry" fees (additional \$1 per event).

**Awards:** Ribbons will be awarded for 1st - 3rd.

**Snack Bar:** Will be open during the meet.

**Meet Director:** Skye Flocco (559) 276 - 6396 (until 6 pm), (559) 349 - 6715 (after 6 pm)

**Referee:** TBD

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

1-2	500 yd	Freestyle
3-4	50 yd	Backstroke
5-6	100 yd	Butterfly
7-8	50 yd	Breaststroke
9-10	200 yd	Freestyle Relay
11-12	100 yd	Freestyle
13-14	50 yd	Butterfly
15-16	100 yd	Backstroke
17-18	50 yd	Freestyle
19-20	100 yd	Breaststroke
21-22	200 yd	Individual Medley

## OPEN WATER SWIMS

### San Mateo Master Marlins Open Water Clinics and One Mile Swim

Saturdays, April 16, April 23 and  
May 14, 2005

Sanction #: Pending

**Location of Clinics:** Joinville Aquatic Center, 2111 Kehoe Ave, San Mateo, CA

**Location of Swim:** Parkside Aquatic Park, San Mateo, CA

**Directions:** From 101 N, exit at Kehoe Ave. From 101 S, exit at 3rd Ave. East. Crossover freeway, turn right on Norfolk, proceed to Kehoe Ave and turn left. Follow Kehoe to Joinville Aquatic Center. To proceed to Parkside Aquatic Park turn right on Roberta Ave (just past Joinville Aquatic Center) and go 0.4 miles. Turn left into Parkside Aquatic Park.

**Clinic Check-in Times:** 7:45 A.M. check-in. 8:00 A.M. - 9:00 A.M. classroom time; 9:00 A.M. - 11:00 A.M. in water instruction and video; 11:30 A.M. short open water swim.

**Open Water Swim Check-in and Race Day Registration:** Begins at 7:00 A.M. and closes at 8:30 A.M. Race start is at 9:00 A.M.

**Clinic Descriptions: Clinic#1:** We will focus on the fundamentals of open water freestyle. Time will be spent in the classroom and in the pool at Joinville Aquatic Center and at the open water course at Parkside Aquatic Park.

**Clinic#2:** We will focus on strategies and techniques used in both lake and open water swims.

**OW Swim Course Description:** One mile salt water triangular course; in water start and sandy beach exit. Expected water temp. 55-75 degrees. For current water temp. contact Joel Swartz prior to race day [openwater@sanmateomarlins.org](mailto:openwater@sanmateomarlins.org).

**Swim Divisions and Awards:** Awards in 5 yr age divisions: 19-24, 25-29, 30-34, 35-39, etc. Special awards to oldest finisher, first female and first male.

**Clinic Registration:** Must pre-register. Registration closes with first 25 entries for each clinic.

**Entry fee: Clinic fees** are \$20 per clinic or \$15.00 per clinic if pre-registered for Parkside Aquatic One Mile Swim.

**Open Water Swim fee** is \$25 if pre-register by May 6; \$30 on race day. Make checks payable to SMMM. Send entries and a copy of your 2005 USMS card to SMMM, Joinville Aquatic Center, 2111 Kehoe Ave, San Mateo, CA 94403. Consolidated entry forms are available on the Pacific master Website ([www.pacificmasters.org](http://www.pacificmasters.org)) or in this magazine. If race cancels for any reason refunds will be less \$5 for processing.

**Contact information: For OW Clinics** Thomas Huggins, 650-522-7460 (Joinville Aquatic Center), [thuggins@cityofsanmateo.org](mailto:thuggins@cityofsanmateo.org).

**For OW Swim** Joel Swartz, [openwater@sanmateomarlins.org](mailto:openwater@sanmateomarlins.org).

**Clinic Deadline:** No deadline for clinic entries, but registration closes at 25 participants.

**Swim Deadline:** Postmarked by May 6, 2005.

**Amenities:** Swim entry fee includes short sleeve t-shirt, post-race beverages and snacks. Picnic tables and BBQ grills are available at Parkside Aquatic Park. Locker rooms with showers at Joinville Aquatic Center.

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

Saturday, June 4, 2005

Sanction # (1-mile) and (2-mile)

**Location:** Lake Berryessa, in the hills above Napa at Oak Shores Park off Knoxville-Berryessa Rd., on West shore of the lake.

**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. Directions are on web site and in the brochure.

**Course:** One and two-mile buoys mark courses 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. USA Swimming Youth Swimming: 500-yard swim 8-10 years old and 1-mile 11 & up.

**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 a.m.

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

**Entries:** Entry fees include swim cap, official Berryessa mug, pre and post-race refreshments. Only those that pre-register are eligible for raffle prizes.

**Entry fees:** For 1- Mile and 2- Mile swims are \$25 if postmarked by Monday May 23, 2005 (\$35 late and race day). Pre-race day entry fees for combined 1 and 2- Mile is \$40 (\$50 late and race day). Send entries, with a photocopy of 2005 USMS card to DAM, P.O. Box 921, Davis, CA 95617. For official entry form or to register on DAM's website at [www.damfast.org](http://www.damfast.org).

**Deadline:** postmarked by May 23, 2005. Race day registrations are accepted but a \$10 late fee will be imposed.

**Awards:** Commemorative awards to the 1st three finishers in each age and gender group. Special awards are given to 1st man and woman overall in the 2 and 1 mile. Awards to top three men and women finishers in combined and wetsuit (no age group) categories.

**Custom T-shirts:** May be ordered on entry form for an additional \$12 each prior to May 23, 2005. A limited number of T-shirts will be available on race day for \$15 each.

**Traditional Post Swim Picnic:** An onsite food service will be providing a tasty meal 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 are available.

**Race Director:** Laurel King (530) 304-3108; email [laurel@outdoormind.net](mailto:laurel@outdoormind.net)

**Online Registration Web Site:** <http://www.damfast.org> All information and online registration will be available on the web site by March 15, 2005

**Paper Registration Form Request:**

**Online Form Request:** <http://www.adventuresports.com/outside/berryessa/e-mail.htm>

**Phone:** Laurel King at 530-304-3108. Registration forms will be available April 1, 2005

**By Mail:** send a SASE to P.O. Box 921, Davis, CA 95617, Attn.: Race Director,

# CHAMPIONSHIP MEET

## Tri Valley Masters and the Walnut Creek Masters

### 2005 Pacific Masters Short Course Championships

Friday, Saturday, & Sunday, April 29, 30, & May 1, 2005

Sanction # 38-05-10

**Pool:** Dolores Bengston Aquatic Center. 25 yd x 50 meter outdoor heated pool. Sixteen lanes are available for competition. 25 yd x 25 meter outdoor, heated pool with eight lanes available for warm-up and warm-down. Locker rooms and additional restrooms are available.

**Location:** 4455 Black Ave, Pleasanton, CA 94566. Carpooling is strongly recommended, particularly on Friday. Parking is available in the pool parking lot. Limited parking is available on adjacent streets. NO OVERNIGHT OR RV PARKING PERMITTED. Additional parking space is available Saturday and Sunday in the Alisal Elementary parking lot located on Black Ave. Please note signs and avoid parking in restricted areas.

**Directions:** From I-580, exit at Santa Rita. Head south about 2 miles to Black Ave. Turn right on Black Ave. Pool is located on the right. From I-680 take Bernal exit. Go east about 1 mile, turn left at Main Street. Drive through downtown Pleasanton. Main Street becomes Santa Rita road. Turn left on Black Ave., pool is on the right.

**Time:** Check-in and warm-up at 7:00 a.m. Meet starts at 8:30 a.m. with the women's heats on both courses. Note that on Friday the men's 1650 will start after the conclusion of the women's heats.

PLEASE NOTE: You must check-in each day and have checked in 45 minutes prior to the estimated start of your event or you will be scratched! However, the check-in deadline for the first event each day is 30 minutes before the scheduled start of the meet.

**Entries:** Enter this meet online by going to: 'www.swimmeetentries.com'. You may also access meet registration with swimmeetentries.com via the PMS web site or through the Tri Valley Masters web site: www.trivalleymasters.com or the Walnut Creek Masters web site: www.swim4wc.org. Follow directions as given at the site. You may also mail a consolidated entry. Be sure to enclose photocopy of your 2005 USMS registration card! Maximum of 5 events per day, 7 events for three day meet, excluding relays.

**Online Entry Event Fees:** 1 event: \$10; 2-4 events: \$25; 5-7 events: \$30. The cost of using the Meet Online Entry System is \$1.50 + 6.5% for each entry transaction requiring payment of a meet entry fee (For any number of swimmers per transaction). You may enter more than one family member or an entire team in the same transaction. For example, an individual person entering 2-4 events online will pay \$25 event fee + \$3.13 for total fees of \$28.13.

#### Schedule of Events:

(Odd = Women, Even = Men):

#### FRIDAY, APRIL 29

1-2	1650 yd.	freestyle
3	800 yd.	mixed free relay
5-6	400 yd.	I.M.
7-8	200 yd.	freestyle

#### SATURDAY, APRIL 30

9-10	500 yd.	freestyle
11-12	50 yd.	backstroke
13-14	200 yd.	breaststroke
15-16	100 yd.	butterfly
17-18	200 yd.	medley relay
19-20	100 yd.	IM
21-22	200 yd.	backstroke
23-24	50 yd.	fly
25-26	400 yd.	freestyle relay

#### SUNDAY, MAY 1

27-28	100 yd.	backstroke
29-30	50 yd.	breaststroke
31-32	200 yd.	butterfly
33-34	100 yd.	freestyle
35	200 yd.	mixed freestyle relay
37-38	200 yd.	IM
39-40	50 yd.	freestyle
41-42	100 yd.	breaststroke
43	400 yd.	mixed medley relay
45-46	1000 yd.	freestyle

**Mailed Entry Event Fees:** 1 event: \$15; 2-4 events: \$30; 5-7 events: \$35. Please note that a discount is offered for on-line entry. Fees for RELAYS are \$4.00 per relay. All fees payable to "Walnut Creek Masters". You will be charged a \$3 look-up fee if you do not enclose a copy of your registration card.

**Deadline:** Mailed entries must be postmarked no later than Saturday, April 16, and / or received no later than Wednesday, April 20. On-line entries must be submitted by midnight, April 20. No entries accepted after that date. Meet directors are forbidden to accept late entries so plan ahead! Enter now! Mail your check, consolidated entry, and 2005 USMS registration photocopy to: Debbie Santos, 1244 Oak Knoll Dr., Concord, CA 94521. Phone: 925-521-0522

**Snack Bar:** Available throughout the meet.

**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. We intend to swim all events one-to-a-lane. However, if overwhelmed with entries, we will swim two-to-a-lane for the 500, 1000, and 1650 Freestyle. If you wish to swim one-to-a-lane, write "one per lane" on the check-in sheet at the meet. All one-per-lane heats will swim after the two-to-a-lane heats.

**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 will be presented to first through eighth place finishers. 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:** Available for \$5.00

**Timing:** The Hosts will provide one timer per lane throughout the meet. Additional timers for all three days will be requested from those present. Teams with a large number of swimmers may be assigned a lane for the entire meet. Two-to-a-lane events will be hand timed.

**Head Referee:** Millie Nygren

**Meet Directors:** John King, 925-930-6854; Bob Snodgrass, 510-618-3468

**Accommodations:** Full hotel information is available at <http://www.trivalleymasters.com>

# 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:** 72-99, 100-118, 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		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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# 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 Volkens (Mobility and Flexibility).

8. **Australian Swim Coaches Teaching Association** with Coach Bill Sweetnham 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 Trembley

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

## 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 2005 Rule Book	8.00
USMS Mini Rule Book (rules only)	5.00
USMS Decals (each) <sup>stickon or static cling</sup>	0.50
PMS Luggage Tag for PMS Card	2.00
Video and audio tape deposit	50.00
Video/audio tape mailing charge (per 1 or 2 tapes order)	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/)).

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

## ORDER FORM

Please send check (separate checks, payable to Pacific Masters Swimming, for video deposit and mailing) and completed form to Pacific Masters Swimming, 580 Sunset Pkwy, Novato, CA 94947.

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

# 2005 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

LC Long Course Mtrs. OW Open Water SC Short Course Yds. SCM Short Course Mtrs.			
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.4/29-5/01/05WCM/TVM			
Sat.	5/14/05	SMMM	PMS SCY Championships, Kerry O'Brien, swim4wc@netscape.net
Sat.	5/21/05	RCM	Parkside Aquatic Park (1 mile), Joel Swartz, joelgdtschwartz@yahoo.com
Sat.	6/4/05	DAM	Spring Lake (1 mile), Bert Whitaker, redwoodcoastopenwater@yahoo.com
Sat.	6/12/05	BMW	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
Fri.-Sun. 7/8-10/05 CRUZ			
Sun.	7/17/05	RAMS	PMS LC Championships, Joel Wilson, openwatr@got.net
Sun.	7/17/05	RAMS	Folsom Lake (1, 2 mile), Terri Maginnis, pmaginnis@ncbb.net
Sat.	7/23/05	TOC	Trans Tahoe Relay, Lauren Welting, lwelting@olyclub.com
Sat.	7/30/05	CRUZ	Santa Cruz Pier (1 mile), Roughwater Swim, rgould@santa-clarita.com
Sun.	7/31/05	CRUZ	Pier-to-Pier (10K), Joel Wilson, openwatr@got.net
Sun.	7/31/05	CRUZ	Cruz Cruise (2 mile), Paul Wrangel, pwrangel@pacbell.net
Sun.	8/7/05	SNM	Donner Lake, Gwen Shonkwiler, gwen@unr.edu
Sun.	8/21/05	MAM	2x1 mile Relay, Larry Taggesell, taggela@msn.com
Sat.	8/27/05	TCAM	Pinecrest Lake, John Brunolli, brunolli@bonespt.com
Sun.	9/11/05	RAD	Whiskeytown (1, 2 mile), Greg Tyler, tmisswimr@aol.com
Sun.	9/18/05	SCM	Meters Pentathlon, Cindy Lee, cindysswimlee@earthlink.net
Sun.	9/25/05	LMN	Tiburón Mile, Bob Placak, rctibmile@placak.com
Sun.	10/1/05	SAC	32 nd Annual Pentathlon, Andrew Brenan, revols@earthlink.net
Sat.-Sun. 10/7-9/05 WCM			
PMS SCM Championships, Kerry O'Brien, swim4wc@netscape.net			
Sat-Sun	10/15-16/05	SRM	Wine Country SCM Invitational, Catherine Davis, swimmr@comcast.net
Sun	10/23/05	MVM	SCM Meet, Chris Campbell, christopher.s.campbell@lmco.com
Sat.	12/03/05	SNM	Reno Winners Meet, Gwen Shonkwiler,

**2005 Meeting Dates** are tentative at press time: March 16, April 13, May 11, June 15, July 20, August 24, September 28, October 19, November 16. **Meeting Place:** Heather Farms, Walnut Creek. Directions: From 680 North take Ygnacio Valley Rd. to San Carlos, make a left turn at the stop light, go past Heather, and turn into parking lot at first building on your left.

## PACIFIC MASTERS SWIMMING OFFICERS

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

Administrative Vice-Chair:  
Barbara Thomas  
48 White Pine Lane  
Danville, 94506  
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

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