

OPEN WATER MEETS

San Mateo Master Marlins Parkside Aquatic Park One Mile Swim Saturday, May 14, 2005

Sanction #: OW-0504
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 Norfork, 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.

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.

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.

Entry fee: \$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) or in this magazine. If race cancels for any reason refunds will be less \$5 for processing.

Contact information: Joel Swartz, openwater@sanmateomarlins.org.

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.

Redwood Coast Masters Spring Lake One Mile Open Water Swim

Saturday, May 21, 2005

Sanction # OW-0503

Location: Spring Lake, Santa Rosa, CA.

Directions: From Hwy 101, take Hwy 12 East. Turn right on Mission Blvd., left on Montgomery Dr., right on Channel Dr., right on Violette Rd., into park. Parking Fee \$4.00.

Course: One mile loop course swim from a small sand beach in Spring Lake. Expected water temperature 68 -70 degrees.

Time: Check-in, packet pick-up and race day registration from 7:30 - 8:30 a.m. Race begins at 9:00 a.m. No late starters.

Swim Procedure: There will be wave starts five minutes apart. All swimmers must wear the provided swim caps and race finish tags. The color of the swim cap will designate wave number and the finish tags will be collected in the chute at the finish line. There will be a one hour cut-off time. No individual escorts. Safety craft will patrol.

Entries: *Online:* go to www.lifeguardsforlife.org *Mail:*

Indicate estimated one-mile swim time on entry. Send entry form or consolidated card, a photocopy of 2005 USMS card and a check payable to Redwood Coast USLA to: Redwood Coast One Mile Swim, P.O. Box 337, Healdsburg, CA 95448. Please visit www.lifeguardsforlife.org for printable entry forms, course maps, and driving directions.

Entry fees: \$25 entry fee for pre-entries, \$30 entry fee for late and race day entries. Entry fee is non-refundable and non-transferable.

Deadline: Entries must be postmarked by May 6, 2005. Online entries close May 15, 2005.

T-Shirts: All participants will receive a free T-shirt. Indicate size on entry form. T-shirts will be on sale on race day.

Awards: Awards will be presented to the first overall male and female finishers and to 1st through 3rd in each age division.

Race Information: (707) 528-4718

Email: redwoodcoastopenwater@yahoo.com

Website: www.lifeguardsforlife.org (map to event location available and downloadable entry forms)

Davis Aquatic Masters

Lake Berryessa Annual One and Two Mile Swims

Saturday, June 4, 2005

Sanction # OW-0501(1-mile) and OW-0502(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.

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

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

POOL MEET

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

Sunday, June 12, 2005

Sanction # 38-05-13

Location: Burlingame High School, 1 Mangini Way., Burlingame, CA. Entrance to pool on Oak Grove Ave.

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

Facility: 8-lane, 50 meter by 25-yard outdoor, heated pool. 5 lanes for competition, 2 lanes for warm-up/warm-down, 1 buffer lane. Colorado Timing system and scoreboard. Limited locker room facilities.

Check In: will begin at 7:15 A.M. and will close at 8:30 A.M. No deck entries will be accepted after 8:30 A.M. Warmups begin at 7:30 A.M. and end at 8:45 A.M. Meet starts at 9 A.M.

Entries: This is a cardless meet. Send your entry on a consolidated entry form with a copy of your 2005 USMS card. Relays will require a yellow entry card.

Deadline: Pre-entries must be postmarked by Wednesday, June 1, 2005 or hand delivered to the Burlingame Aquatic Club Pool by Friday, June 3, 2005.

Entry fees: Flat fee of \$10.00 for 1 individual event, \$15.00 for 2 or more individual events if pre-entered. Late entry fee or deck entries: Flat fee of \$15.00 for 1 event, \$20.00 for 2 or more individual events. Relay entry fee of \$4.00 per relay (relays 'deck entry' only). Make checks payable to: "BAC". Mail to: BAC/BMW Splash and Dash, Post Office Box 281, Burlingame CA 94010

Meet Director: John Paul Sekulich (650) 558-1298 (or) email: jp_sekulich@hotmail.com

Meet Referee: Michael Moore

Events: (Odd=Women, Even=Men)

- 1 200 m. Mixed Medley Relay
- 3-4 50 m. Butterfly
- 5-6 200 m. Butterfly
- 7-8 50 m. Backstroke
- 9-10 200 m. Backstroke
- 11-12 50 m. Breast
- 13-14 200 m. Breast
- 15-16 50 m. Free
- 17-18 200 m. Free
- 19 200 m. Mixed Free Relay

OPEN WATER MEETS

The Olympic Club The 29th Annual Trans Tahoe Invitational Rough Water Relay Swim

Saturday, July 23rd, 2005

Sanction # pending

Location and Course: Approximately 11.5 miles across Lake Tahoe from Sand Harbor, NV to Skylandia Beach, CA. Altitude: 6,200 ft. Expected water temperature: 55-65 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 is not permitted.** Pilot boats must conform to stated safety and emergency procedures. **Check-in:** Check-in is required at the Captains' meeting at 8:00 p.m. on July 22nd and again at 7:00 a.m. before the race on July 23rd. 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 18: Divisions: Women's 114+, 180+, 240+, and 300+ Men's 114+, 180+, 240+; and 300+ Mixed (3 men, 3 women) 114+, 180+, 240+, 300+, 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' 2005 USMS cards must accompany this form. ABSOLUTELY NO REFUNDS.**

Deadline/fees: Pre-race entries are \$300 per team, postmarked by May 6th. Before June 6th the entry fees will be \$350, and before July 9th, entry fees will be \$400 and After July 9th (by staff decision) the entry fees are \$450.

For the Official Entry and Roster Form, refer to The Olympic Club website www.olyclub.com. Go to the OC events site and click on Trans Tahoe Relay.

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

Race Info: Scott Williams, Race Director, e-mail: swilliams@olyclub.com, phone # 415-345-5215. Lauren Welting Co-Race Director e-mail lwelting@olyclub.com 415-345-5213. **Website:** www.olyclub.com (click on OC events)

Redwood Coast Masters Lake Sonoma Two Mile Swim

Saturday, June 25, 2005

Sanction #OW-0505

Location: Yorty Creek Recreation Area in Lake Sonoma.

Directions: Hwy 101 North to Cloverdale. Exit S. Cloverdale Blvd and head west, turn right on S. Cloverdale, left on W. Brookside, left on Foothill, and veer right on Hotsprings Rd. Use caution on Hotsprings Rd.

Course: Two-mile, loop course. Expected water temperature: 68-70°

Time: Check-in and race-day registration from 6:30 a.m. - 7:30 a.m.

Swim Procedure: Wave starts begin at 8:00 a.m. Swim caps and finish tags will be provided and must be worn. Two hour cut-off time.

Entries: Online: go to www.lifeguardsforlife.org. Mail consolidated form or official entry form with your estimated one mile time, a copy of your 2005 usms registration card and a check payable to Redwood Coast USLA to: Redwood Coast 2 Mile Swim, P.O. Box 337, Healdsburg, CA 95448.

Entry fees: Pre-race entries are \$25 per person, late entries and race-day registration are \$30.


Deadline: Pre-race entries must be postmarked by June 10, 2005.

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

T-Shirts: The first 200 entries will receive a free T-shirt. Indicate size (L or XL) on order form.

Race Information: Fax line: (707) 528-4718; Email: redwoodcoastopenwater@yahoo.com

Online race information and map to event location: www.lifeguardsforlife.org



Visit our
website www.pacificmasters.org

LONG COURSE CHAMPIONSHIPS

Santa Cruz Masters Aquatics And The University Of California-Santa Cruz 2005 Pacific Masters Long Course Swimming Championships

July 8, 9, 10, 2005

Sanction # 38-05-14

UCSC Swim Complex-Santa Cruz, California

Pool: One of Northern California's finest and fastest. Great locker and shower facilities. Spectacular view. Beautiful beaches, Boardwalk, Redwood parks. Seven lanes for competition and one lane for warm-up throughout the meet. Warm-up breaks during the meet.

Location: East Field House, UCSC Campus. Take Highway 1 (Mission St.) north from Highway 17 and Highway 1 interchange to Bay St. Turn right and follow Bay up the hill straight through campus entry. Turn left at Hagar Dr. and go up the hill. Drop off your passengers and gear at East Field House/Pool and return down Hagar to the big parking lot. Park and lock your car, stroll back up the hill along the path to the pool about a 1/4 mile walk. **Do not park at the pool on Friday!!** Meters are closely monitored and non-meter zones are vigorously ticketed (\$25.00).

Time: Friday: Check-in and warm-up begin at 9 a.m. Meet starts at 10 a.m.

Saturday and Sunday: Check-in and warm-up at 7:30 a.m. Meet starts at 9 a.m. Please Note: You must check-in anew each day, and have checked in 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.

Rules: 2005 USMS Rules will govern this meet. You must be 2005 USMS registered.

Entries: Enter this meet online at <http://mastersswim.com/pc/meet/cruz> You may access mastersswim.com via the PMS web site or through the Santa Cruz Masters web site: cruzswim.org. Follow directions as given at this site. You may also snail mail a consolidated entry. Be sure to enclose photocopy of your 2005 registration card!! Maximum of 5 events per day, 7 events for three-day meet, excluding relays.

Fees: On-Line Entry: 1 event: \$10; 2-4 events: \$25; 5-7 events: \$30. Please note that a discount is offered for on-line entry. The cost of using the Online Meet Entry system is \$1.00 per swimmer + 5% of the events fee.

Go to <http://mastersswim.com/pc/meet/cruz> to enter online. Excluding relays. **Fee for RELAYS** is \$4 per relay. All fees payable to "U.C. REGENTS".

Mailed Entry: 1 event, \$15; 2-4 events, \$30; 5-7 events, \$35. Please note that a discount is offered for on-line entry.

Deadline: Mail-in entries must be postmarked no later than Saturday, June 25, and/or received no later than Wednesday, June 29. Meet directors are forbidden to accept late entries so plan ahead! Enter now! ***** Mail your check, consolidated race entry, and USMS registration photocopy to: PMS LONG COURSE CHAMPS, Box 8422 Santa Cruz, CA 95061

On-line entries must be submitted by Wednesday, June 29 midnight. No entries accepted after that time.

Snack Bar: Available all three days. Concessionaires will have quality goods for your shopping pleasure. Commemorative items will be offered for sale.

Age Groups: Individual events: 18-24, 25-29, etc. Relay events based on sum of the four swimmers' ages, 72-99, 100-119, 120-159, 160-199, etc. Age determined by your age on December 31, 2005.

Please Note: This meet is long course meters. To convert SC yards times to LC meters times conversion tables can be found at swiminfo.com.

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 will swim most events one-to-a-lane. However, we will swim two-to-a-lane for the 400 m, 800 m, and 1500 m Freestyles. If you wish to swim one-to-a-lane, your heat will swim after the two-to-a-lane heats. Please declare your intentions on your entry form and write "one per lane" on the check-in sheet at the meet.

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 donation to UCSC Men's and Women's Swimming.

Timing: CRUZ Masters will provide one timer per lane during the meet. Swimmers from all teams are expected to assist with timing duties, too. Let's all be good sports and lend a hand. Two-to-a-lane events will be hand timed. Split times on the way for Top-Ten or Records are not allowed by USMS in such events.

Referee: Leonard "Bud" Meyer

Meet Director: Joel Wilson: 831.425.5762; openwatr@got.net

Accommodations: Contact Meet Director for an email or fax list of accommodations.

Schedule of Events (odd # events for women, even # events for men):

Friday, July 8

1-2	1500 m	freestyle
3-4	800 m	free relay
5-6	400 m	I.M.

Saturday, July 9

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

Sunday, July 10

25-26	100 m	backstroke
27-28	50 m	breaststroke
29-30	200 m	butterfly
31-32	100 m	freestyle
33-34	200 m	freestyle relay
35-36	200 m	I.M.
37-38	50 m	freestyle
39-40	100 m	breaststroke
41-42	400 m	medley relay
43-44	800 m	freestyle

One Swimmer's Experience

High Altitude, High Intensity Camp at the Olympic Training Center

By Leianne Crittenden, with comments and review by Nancy Ridout, Rick Powers, Steve Thompson, Jim Clemmons, John Morales and Scott Boyle

(ed.note: This is the first installment of Leianne's report. It will be continued in future issues.)

Three Pacific Masters swimmers were selected for this year's USMS High Altitude Training Camp at the Olympic Training Center in Colorado Springs. Thanks to the sponsorship of The Olympic Club, as well as H2O Velocity, and to USA Swimming for their enthusiastic and supportive staff, 9 men and 9 women were selected for the eighth USMS High Altitude Training Camp. Pacific Masters sent Jim Clemmons (MAM), John Morales (SRM), and Leianne Crittenden (WCM). Pacific also provided coaches Scott Boyle (Sports Psychology), Steve Thompson (Flexibility and Strength Trainer) and Rick Powers (DAM) and most important, the Director, Nancy Ridout (TAM), who kept the tight schedule running smoothly.

The camp packed a lot of information and swimming into the four-day, sixteen-hour-a-day curriculum. Participants flew in to Colorado Springs from around the country on Saturday, and headed for lectures immediately after dinner. Sheila Taormina was the guest USA Swimming National Team Athlete. Sheila was a 1996 Olympic gold medallist in the 800 m free relay, a triathlete in both 2000 and 2004 games, and is now training for a spot on the Modern Pentathlon team in 2008. Sheila's story of making the Olympics in 1996 as a long shot, and how she persevered to do her best, was really terrific to hear. She is an amazing gal.

We started in on stroke mechanics presentations from the USA Swimming biomechanics staff, then had lectures on the individual strokes from the coaches (Bob Bruce from Central Oregon, Rick Powers from Davis, and Mark Moore from Mission Viejo). These classes were followed by stroke drills and stretching exercises

in the pool. It is all kind of a blur, but in between the pool sessions, we also had presentations on nutrition, sports psychology, physiology, flexibility, energy production from muscles and biomechanics.

As part of the four hours of daily swim time, we also:

- had sessions in the Flume, where each of us swam at world record pace for as long as we could
- blood testing for levels of lactate (pricking our ear after each of five progressive 200 m freestyle swims) and heart rates (we swam the 200s with heart monitors to measure heart rates) to determine recommended workout paces and racing strategies for the various energy systems used in optimal training.
- extensive videotape analysis of our strokes

As you can tell, it was a very

acid make the muscles sore. The lactic acid dissipates from your muscles in around 40 minutes (in a shorter time if you swim down). If you are a sprinter and produce large amounts of lactic acid, you need to swim down slowly after a race for 25-30 minutes to clear your system. If you are a distance swimmer, you need to swim down for less time, due to lower lactate levels (go figure!) but at 80% speed after your race.

Nutrition:

Per the USA Swimming Nutritionist, in order to produce and replenish muscle energy, swimmers need to have a diet composed of 60% carbohydrates, 25% fats and 15% protein. Take a look at what you are eating, and see if that Atkins low carb thing is really doing as much good as you think. The Atkins Low Carb diet is not recommended for athletes.

One of the reasons you get sore after workouts is micro tears in your muscles. These can be healed more quickly if you take in carbohydrates within 30 minutes to two hours after a workout. Suggested carbohydrates include: Gatorade or PowerAde, a bagel with peanut butter, yogurt or fruit. Make sure that these calories are included in your daily requirements, and are not additional. They did not recommend taking Advil or Tylenol, but suggested trying carbohydrates.

Psychology:

Set goals and write them down to make them tangible. The goals should be things that are in your control and should be realistic. They should include performance goals (such as what time you want to do), as well as process goals (how you want to, or what it will take, to do something: like "consistently keep your head down in breaststroke", and should be goals that do not involve the clock). Your goals should also include the plan on how to achieve them, and what steps you will take, so that once you get to the big race, you know with confidence that you have done all the things necessary to achieving your goals. Focus on what you can control, and not on factors you cannot control (like hurricanes in Savannah or other competitors). (to be continued)



Rick Powers (DAM), Nancy Ridout (TAM), Leianne Crittenden (WCM), Steve Thompson, Scott Boyle, Jim Morales (SRM), and Jim Clemmons (MAM) at the Olympic Training Center.

Photo courtesy of Leianne Crittenden

intensive learning session and a great experience, with a very congenial group of swimmers and coaches, who all felt privileged to participate.

Some takeaways that apply to Masters Swimmers:

Physiology:

Muscles store sugar in the form of glycogen. Those stores are quickly depleted, and a chemical reaction restores energy from the muscles.

Depending on the type of muscles you have, you may produce high amounts of lactate (indicating that your muscles are producing lactic acid, and large amounts of energy for a short time - and that you are a sprinter), or you may produce less lactate and be able to swim for long periods of time. Lactic acid does not make your muscles sore, the byproducts from the chemical reaction producing the lactic

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, 100-119, 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 highly visible 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.

C u t

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.
		F <input type="checkbox"/>		
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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Rev 9/02

2005 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

Sat.	5/14/05	SMMM	Parkside Aquatic Park (1 mile), Joel Swartz, joelgdtschwartz@yahoo.com
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, John Paul Sekulich jp_sekulich@hotmail.com
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	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 Wrangell, pwrangel@pacbell.net
Sun.	8/7/05	SNM	Donner Lake, Laura Hanson, laurahanson888@hotmail.com
Sun.	8/21/05	MAM	2x1 mile Relay, Larry Taggesell, taggela@msn.com
Sat.	8/27/05	TCAM	Pinecrest Lake, Sheila Managhan, sam2@sonnet.com
Sun.	9/11/05	RAD	Whiskeytown (1, 2 mile), Greg Tyler, tmisswimr@aol.com
Sun.	9/18/05	SCM	Meters Pentathlon, Cindy Lee, cindywimlee@earthlink.net
Sun.	9/25/05		Tiburon 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.	10/29/05	TCAM	Invitational Short Course, Patty Scott-Baier, rrb@goldrush.com
Sat.	12/03/05	SNM	Reno Winners Meet , Gwen Shonkwiler, gwen@unr.edu

2005 Meeting Dates are May 11, June 15, July 20, August 24, September 28, October 19, November 16. The meeting place will be at Heather Farms Community Center Club House, Walnut Creek. From I680 take the Ygnacio Valley off ramp, head east. Left at San Carlos and take the second left at the Community Center sign. Parking to the left around the curve.

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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The Pacific Masters Swimming Newsletter is published six times a year as an insert in the bimonthly USMS SWIMMER Magazine, for swimmers registered with Pacific Masters Swimming.
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