

Pacific Masters Swimming

newsletter



Message from the Chair

by Michael Moore, PMS Chair



As we roll around to the end of the year, there are a few things that come to mind at this time.

First I would like to remind our Pacific Masters swimmers to stop and give thanks for all the blessings they have in their lives. Hopefully, your swimming is one of the things you count as a blessing, whether you swim for fitness, racing or just plain camaraderie.

Start now to set your goals for next year, whether they involve specific time goals or improvement in other areas, like improving stroke technique or swimming specific events or meets.

This month I also want to remind you again that the FINA World Championships are closer than we all realize, and will begin in August. Qualifying times are posted on the website <http://www.2006finamasters.org/index.php?topic=meetinfo> You may enter times that you have swum over the last two years, and no proof of times is required. All entry times must be times for long course (50 meters). If you need to convert your times from short course yards or short course meters to long course, you may use the conversion tables at: <http://www.swimmingworldmagazine.com/results/conversions.asp> If the time you swim at the meet does not meet the qualifying times, no time will be recorded.

If you plan on staying at a hotel, please be sure to check for rooms on the website. The Local Organizing Committee has negotiated discounted room rates, but as usual, these are going fast. <http://www.2006finamasters.org/index.php?topic=hotels>

This may be the largest aquatic competition ever held, and it will be exciting to take part in it! This type of event does not run itself, so please volunteer to help in whatever way you can. Many hands make a lighter load, and there are many ways you can help, even if it is for a limited amount of time. If you can help, please send an email to volunteers@2006FINAMasters.org, and they will contact you.

One way you can welcome our swimming colleagues is to host a dinner for six at your home on the Saturday before the meet starts. If you are willing to do this, please contact Leianne Crittenden at LeianneC@aol.com. We would like to start matching swimmers with local hosts once they enter (online entries are available in January). We hope that through these dinners we can make swimmers from around the world feel welcome in California and make their trip more memorable. Who knows, you may make some new friends and go visit them for a swim meet!

Remember, at this time of year it is also time to register your team and swimmers for USMS and Pacific Masters. If you plan to change teams before the FINA Championships you will need to be registered as an unattached swimmer for 60 days prior to the registration deadline of June 3rd. While no team scores will be kept, you must be affiliated with a team in order to compete. Besides, there is a whole day devoted to relays!

Call for Service Award Nominations

At this time of year, we also call for nominations for service awards to recognize those individuals that have made significant contributions during the past year to Masters Swimming. A complete list of award winners is on the PMS website.

Nominations are due by February meeting (2/15/06). Nominations must be in writing and should be sent to Michael Moore (by email at chairman@pacificmasters.org or by mail to 350 Wayland, San Francisco, CA 94134).

The categories are as follows:

Contributor of the Year. This award recognizes outstanding individual contributions that support masters swimming in the areas of support, leadership, recruitment, program development, and/or promotion of masters swimming at the club, LMSC or national level. The recipient must be a member of PMS. Last year's winner was Michael Moore for his role as Chair of both Pacific Masters and the Local Organizing Committee for the FINA World Championships.

Distinguished service. This award is given for outstanding and consistent contributions to Pacific Masters Swimming, in the areas of leadership, recruitment, program development, and/or promotion of masters swimming. PMS may give out more than one award in this category to currently registered PMS members. Last year's winner was Dore Schwab in recognition of his thirty years of service to Masters Swimming as a deck official at meets, as Zone and LMSC Chair.

Personal achievement. This award is for long-term dedication to our program with a noticeable improvement in a swimmer's skills and times. The recipient must have been a member of PMS during 2003, 2004, and 2005, active in local competitions, and showing improvement in at least one of the following categories: Top Ten Rankings, Open Water Points competition, or other significant indications of personal achievement. Last year's winner was Leianne Crittenden for her significant improvement over a short period of time (from unranked in 50 meter free in 2003 to FINA champion a year later)

Appreciation award. This award expresses special thanks to individuals or groups that have made significant contributions to PMS. Nominees need not be registered members, but must have contributed significantly toward the conduct, leadership or support of PMS. There were six recipients last year: Joel Wilson for his ongoing readiness to host meets and open water swims in Santa Cruz in support of PMS Swimming, Dan Corrigan, for his fifteen years of calm competence as clerk of the course at PMS Championship meets, Tsunami Masters for their fundraising

Chair cont under Valentine Meet

2005 OPEN WATER POINTS WINNERS

PMS annually sponsors a season-long competition in our Open Water events. The top three people in each age group receive a commemorative prize, while the top 6 are listed below. Congratulations to all the winners. Next year your name could be on this list -- there's no coupon to fill out! Just participate as many of the swims that you can, and place in the top 10 of each race. I add the points from only your highest qualifying swims (half the total possible; this year seven) and age-up people when applicable. Many age groups have fierce competitions, with lots of people swimming both races offered on a day. This year Tri Valley Masters' Ron Emhoff swam in ever race offered. Points are calculated according to the following 1st -10th values: 22-18-16-14-12-10-8-6-4-2. Please send a representative to the next PMS meeting to claim your award or email Marcia Benjamin at msbenjamin@earthlink.net

19-24			35-39			55-59					
1	Alicia Koht	SMMM	118	1	Brian Kohlmeier	UNAT	142	1	Joel Wilson	CRUZ	146
2	Elizabeth Fandell	VACA	106	2	Robert Childs	TOC	76	2	James Burror	AAM	118
3	Stephanie Miller	CRUZ	102	3	John Walker	USF	74	3	David Harmer	TCAM	100
4	Alexandra Lee	WCM	72	4	Todd Arris	TOC	48	4	Dan Nadaner	STAN	70
5	Jennifer Malinak	UNAT	50	5	J. Chris Beale	UNAT	46	5	David Harcos	AAM	66
6T	Monica Carney	CRUZ	44	6T	Sean Killion	USF	44	6	James Fair	ECYM	64
6T	Ashley Yamahata	UNAT	44	6T	Tom Montoya	WCM	44	60-64			
6T	Sharon Olson	RAD	44	6T	Roque Santos	WCM	44	1	Kate Coleman	SCAM	154
1	Jonathan Larsen	TVM	44	40-44			2	Daniela Barnea	STAN	80	
2	Travis Carranza	UNAT	40	1	Lisa Hazen	UNAT	154	3	Glenda Carroll	TAM	76
3T	Jared Rondoni	CRUZ	32	2	Cindy Clements	TAM	130	4	Mary Cantini-Norkin	USF	72
3T	Matt Roper	DAM	32	3	Elizabeth Tiedemann	UNAT	100	5	Theresa Wistrom	SRM	48
5	Brian Baier	DAM	30	4	Heike Mansoor	UNAT	98	6	Connie Clark	LVTC	32
6T	Matthew Davie	STAN	22	5	Susan Preston	STAN	58	1	Alex Johnston	UNAT	132
6T	Scott Lathrope	UNAT	22	6	Lauren Eisenberg	CRUZ	38	2	Ross Shoemaker	SMMM	80
6T	Ryan Pigg	UNAT	22	1	John Schmitz	SUNY	120	3	Len Goldstein	UNAT	38
6T	Robert Steele, Jr.	TCAM	22	2	Andrew Hitchings	UNAT	76	4	John Anderson	VACA	36
6T	Michael Clemmens	UNAT	22	3	David Brancamp	SNM	72	5	Jerry Lowden	UNAT	30
25-29			4	Darryl Johnson	SAC	62	6T	Allan Cartwright	LNLM	22	
1	Susan Crown	SCAM	146	5T	John Engs	OAK	44	6T	Mike Jones	TCAM	22
2	Keri Thorne	SCSC	138	5T	John Witte	BMW	44	6T	Richard Todd	TCAM	22
3	Shawna Schwendinger	TVM	66	45-49			6T	John Trull	SRM	22	
4T	Anjuna Malley	CRUZ	32	1	Kathy Morlan	VACA	146	65-69			
4T	Helen Salcedo	WCM	32	2	Marguerite Meyer	TOC	102	1	Susan Munn	DAM	154
6T	Dawn Chapman	TVM	20	3	Linda Curtis	TVM	82	2	Charlotte Jenkins	UNAT	142
6T	Natalie Gorbunoff	SCAM	20	4	Kristine Buckley	SERC	72	3	Dot Myers	SAC	132
1	Trevor Gillis	SCSC	148	5	Lindabeth Schmucker	DAM	68	4	Patricia Durham	SMMM	110
2	Matthew A. Davis	UNAT	130	6	Phyllis Quinn	TOC	52	5	Sally Morner	WCM	66
3	Todd Schwendinger	TVM	70	1	Sandy Mac Donald	SAC	154	6	Susan Springer	STAN	60
4	Nathaniel Leachman	DAM	56	2	Alexander Knibbs	BMW	138	1	Kent Price	STAN	154
5	Benjamin Phipps	UNAT	54	3	Brian Skuse	BMW	126	2	Ralph Brott	UNAT	146
6T	Pieter De Hart	NVM	46	4	James Silk	TVM	98	3	John Fleming	UNAT	130
6T	Ian Kearns	UNAT	46	5	Ken Skulina	TVM	58	4	Emory Haworth	WCM	112
30-34			6	Mark Stone	CRUZ	50	5	Robert Fewster	TVM	100	
1	Michelle Deasy	TOC	88	50-54			6	Lloyd Kearns	UNAT	88	
2	Virginia Justus	CRUZ	80	1	Diane Davis	DAM	140	1	Donna Monroe	WCM	150
3	Margaret Reece Gazda	CHIC	72	2	Valerie Armento	UNAT	88	2	Barbara Robben	UNAT	86
4	Meghan Hays	SMMM	66	3	Nancy Littlefield	SMMM	48	3	Barbara Callison	RINC	22
5	Karla Rees	MVM	38	4	Mary Saal	USF	44	1	Stan Morner	WCM	62
6	Eileen Castillo	HTUB	36	5T	Pauline Yeckley	FOG	40	2	William Grohe	USF	60
1	Brad Winsor	DAM	132	5T	Debee Holland-Olson	RAD	52	3T	Don Brown	WCM	22
2	Jamie Marian	TVM	94	1	Bill Adkison	RHMS	140	3T	Roger Campbell	SMMM	22
3	Dean Atchison	TSUN	72	2	James Knight	SCSC	132	3T	John Eastman	SCAM	22
4	Clifford Shaw	SCSC	50	3	Ron Emhoff	TVM	130	3T	Alan Schmeiser	UNAT	22
5	Staffen Westerberg	SCAM	46	4	Mike Ryder	SNM	128	70-74			
6	Joe Dowd	SMST	44	5	Leslie Harder	RAMS	66	1	Donna Monroe	WCM	150
35-39			6	Timothy Bodkin	SMMM	62	2	Barbara Robben	UNAT	86	
1	Beth White	SCSC	96	55-59			3	Barbara Callison	RINC	22	
2	Marta Bechhoefer	CRUZ	82	1	Marianne Brems	MELO	154	1	Stan Morner	WCM	62
3	Juliet Cox	MAM	78	2	Rosemary Mc Nally	SMMM	98	2	William Grohe	USF	60
4	Lisa K. Goldman	SCAM	64	3	Sheila Monaghan	TCAM	88	3T	Don Brown	WCM	22
5	Liz Seymour	PTWN	62	4	Carol Riddell	SCAM	84	3T	Roger Campbell	SMMM	22
6	Cynthia Hertzner	CRUZ	48	5	Trudy Molina	AAM	74	3T	John Eastman	SCAM	22
			6	Alena Soldatova	UNAT	50	3T	Alan Schmeiser	UNAT	22	
						75-79					
						1	Ann Lambertson	SMMM	60		
						2T	Eloise Danto	MVM	22		
						2T	Marilyn Mutzner	TCAM	22		
						1	Dick Lewis	UNAT	132		
						2	Luman Sutton	SAC	36		
						80-84					
						1	Margery Meyer	TOC	44		
						1	Fred Rogers	USF	124		
						2	Stan Aldrich	SAC	76		
						3	Tom Mc Call	SCAM	44		
						85-89					
						1	Richard Smith	WCM	22		

POOL MEETS

Monterey Bay Masters: The Bob Walthour III, Invitational Masters Clambake

Saturday, January 21, 2006

Sanction # 38-06-02

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 Fremont 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 a.m.

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

Entries: Mail a consolidated entry form, a copy of your 2006 USMS registration, and your check payable to SEA, P.O.Box 950, Seaside, CA 93955. Swimmers are limited to a maximum of five events.

Entry fees: \$20.00 for up to five events plus \$5.00 surcharge to offset meet costs. Same day registration is \$25.00 plus \$5.00 surcharge to offset meet costs

Awards: Ribbons 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.

Deadline: Entries must be received by Sunday, January 15, 2006. Same day entries are accepted with a \$5.00 penalty.

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

FOG City Winter Quadrathon Meet Sunday, January 29, 2006

Sanction # 38-06-03

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 12:30 p.m., meet starts at 1:30 p.m.

Check In: 12:45 p.m. for 500 Freestyle deck entries. 1:00 p.m. for 500 Freestyle pre-entered swimmers. 1:30 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 2006 USMS Card.

Entry fees: Flat fee of \$20.00 (for 1 to 4 events) if postmarked by Friday January 20, 2006 or received at the pool by Monday, January 23, 2006.

Deadline: Monday January 23, 2006. Late and deck entries (accepted until check in time on the day of the meet) is a flat fee of \$35.00 (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

Don't Waste Your Base TAM's 1650 Postal January & February 2006

Sanction # 38 -06-01

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, 2006

Eligibility: All swimmers registered with USMS for 2006 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 2006 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, 2006.

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 MEET

University of San Francisco Masters 2006 Short Course Valentines Affair

Saturday, February 11, 2006

Sanction #38-06-04

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: 25 yd by 50 m heated indoor pool. There will be 8 lanes for competition and 2 warm-up / warm-down lanes available throughout the meet. Electronic timing will be used. Snack bar available from 9 a.m.

Parking: Free parking available in the Koret Parking Lot, located at the corner of Turk and Parker Streets

Time: Warm-up from 8:00-8:45 a.m. Meet begins at 9:00 a.m.

Check In: All pre-registered swimmers in the first two events must be checked in by 8:30 a.m. Swimmers who deck enter the first two events must do so by 8:15 a.m. Swimmers in later events must check in at least thirty minutes before the estimated start of the event. Check in upstairs at the Alumni Lounge between 7:30 a.m. and 9:00 a.m. Check in on the pool deck after 9 a.m.

Entries: Entries are limited to a maximum of 5 individual events, excluding relays. Individual event entries can be via on line; surface mail; or deck enter the day of the meet.

Relays are deck entry only and must be on official yellow relay entry cards.

To enter on line:

• Enter this meet online by going to <http://www.mastersswim.com/pc/meet/usf>

To enter via surface mail:

• Mailed entries must be on a completely filled out consolidated entry form and accompanied by a copy of the swimmer's 2006 USMS registration card. Failure to provide a copy of the USMS card will result in a \$3 look-up fee per PMS rules.

• Entry must be postmarked by Wed. February 1, 2006 or hand delivered to the Koret Center at USF by Fri. Feb 3, 2006. For hand delivery please put entry in an envelope addressed to: Cathy Huang.

• Make checks payable and mail to: **University of San Francisco Masters,** Attn: E. Tosta, P.O. Box 330017, San Francisco, CA. 94133-0017

To Deck Enter:

• All deck entries must be completed no later than 45 minutes prior to the start of the entered event. Swimmers who deck enter the first two events must do so by 8:15 a.m. *Every year we process a large number of deck entries. To help us start the meet on time, please preregister!*

Entry fees: On line Entry Event Fee: \$4.00 Surcharge plus \$2.50 per event.

The cost of the on line meet entry system is \$1.00 per swimmer plus 5% of the events fee, which is added to your total.

Mailed Entry Event Fee: \$5.00 Surcharge plus \$2.75 per event. Please note that a discount is offered for on line entry.

Deck/Late Entry: \$5.00 surcharge plus \$5.00 per event

Relays: \$4.00 per event, deck entry only
Awards: Participation awards and goodie bags

Meet Directors: Barbara Byrnes: bgyrnes@pacbell.net (415) 824-7489
Duke Dahlin: ddahlin@pacific.edu (415) 929-6651

Information: Cathy Huang (415) 422-6247

Referee: Bud Meyer

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

• • • • •
• **Deadline for pool and** •

open water swim •

information for the •

March - April •

Newsletter is •

January 6, 2006 •

Please submit creative writing •

and photos to Newsletter Editor •

Joanne Berven •

4854 Andrea Court •

Livermore, CA 94550 •

newsletter@pacificmasters.org •

Chair cont from front page

efforts providing the Red Cross with \$20,000 for tsunami victims, The Olympic Club for their sponsorship of fitness clinics and Mile swims, as well as their financial contribution to the Masters Olympic Training Camp Program, Joan Alexander for her ongoing support as Zone Representative for Oceana, a member of the USMS Governance project and as PMS Secretary, and Brian Stack for his work promoting Masters Swimming through the Manatee program, coaching clinics and as chair of the coaches committee.

Please think back over the year and send in your nomination to recognize those you think have done a good job. Masters swimming is accomplished by people that really love swimming - no matter what their level of competence, speed or grace - and their dedication should be recognized.

I hope that you and yours have a prosperous and healthy New Year.

POOL MEETS

San Mateo Masters Marlins 21st Annual PMS

Indoor Relays

Sunday, February 26, 2006

Sanction #38-06-05

Location: Oceana High School, 401 Paloma Ave., Pacifica.

Directions: From I-280, take Hwy 1 South. Exit on Paloma Ave. The high school is located on the east side of Hwy 1.

Facility: 25 yds., indoor pool. Eight competition lanes, 2 lanes available for warm up throughout the meet. Snack bar available.

Time: Warm-up 8:00 a.m. - 8:45 a.m. Meet starts at 9:00 a.m.

Entries: This meet is deck entered. Please send a Team List to the meet director (cindyswimlee@earthlink.net) by Friday, February 4. The file, TeamListRelays06.xls, can be downloaded from the San Mateo Master Marlins website (www.sanmateomarlins.org). The following items are required by **8:30 a.m.:**

1. "TEAM LIST" with release signatures
2. 2006 USMS Card (or photocopy) for each swimmer.
3. Yellow card for each relay (First two events, remainder by 10:00a.m.)
4. \$15.00 per swimmer surcharge

***Note:** High school charges \$5.00 a day for upper lot parking. There will be limited parking in lower lot as well as street parking at no cost.

Entry Fees: \$15 surcharge per swimmer which allows you to swim in any/all relays. No other fees apply. Make checks payable to San Mateo Master Marlins.

Awards: Team awards to top three clubs.

Meet Director: Cindy Lee (650) 728-0704
E-mail: cindyswimlee@earthlink.net

Referee: TBD

Events: (Odd=Women, Even=Men)

All events will be swum slow to fast

1-3*	800 yd	Ind/Mixed Free*	(4x200)
5-6	200 yd	Medley	(4x50)
7-8	400 yd	Free	(4x100)
9**	100 yd	Mixed Free**	(4x25)
11	400 yd	Mixed Medley**	(4x100 IM)
13	200 yd	Mixed Free	(4x50)
15-16-17	400 yd.	Pace Line* **	

* All individual and mixed will be seeded together by time; each swimmer may only swim once.

** Denotes Special Events

NOTE: PACE LINE RELAY All 4 swimmers begin in the water, and when the race starts, they swim in-trail. After 50 yds, the LEAD swimmer pauses at the wall, allowing the 2nd swimmer to become lead, while he becomes 4th in line. This continues until all swimmers have swum as lead twice. Final time is when the 4th swimmer finishes after 400 yds.

Rinconada Masters Spring Short Course Meet

Saturday March 11, 2006

Sanction No: # 38-06-07

Location: Rinconada Pool. Embarcadero and Newell Road. Palo Alto. HWY 101 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 7:30a.m. - 8:45 a.m.. Meet starts at 9:00 a.m..

Check in: Swimmers in events #1-2 must check in before 8:30 a.m.. All others must check in at least 30 minutes before the estimated start of their event. Relays must submit final cards by 10:30 a.m..

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; \$4.00 per relay. (No Refunds) Relay entries should be on PMS yellow cards. Alternates are acceptable.

Deadline: Entries must be Postmarked by Friday February 24, 2006, or received by Wednesday March 1, 2006. No DECK ENTRIES for 1000 Free or Mixed Free Relays.

Mail entry, and check payable to Rinconada Masters and a copy of your 2006 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). Special Caps for Swimmers breaking records in the meet.

Meet Director: Jim Shaw 650-529-1173

Referee: Bud Meyer

Starter: Dennis Horan

(Timing equipment by Larry Rice)

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 a.m..		
3	200 yd	Mixed Free Relay
5 - 6	200 yd	Breast
7 - 8	50 yd	Free Novice*
9 - 10	50 yd	Free
11 - 12	100 yd	Fly
13 - 14	100 yd	Back
15 - 16	200 yd	Free
17 - 18	50 yd	Back Novice*
19 - 20	200 yd	IM
21 - 22	100 yd	Breast
23 - 24	50 yd	Fly
25 - 26	400 yd	IM
27 - 28	100 yd	Free

A - B 1650 yd Fly Special-event, records are kept.

Entry is free. Event must be completed within 45 mins.

*Novices are those with no prior competitive masters experience.



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

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.

Cut here

Consolidated Entry Form • Pacific Masters Swimming					
Name (as it appears on registration card)		Sex M <input type="checkbox"/> F <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: <input style="width: 100px;" type="text"/>	
Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-
			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. How Swimming Works, New Ideas in Freestyle & Backstroke - Dr. Marty Hull, 1996

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

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

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/)

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 2006 Rule Book	8.00
USMS Mini Rule Book (rules only)	5.00
USMS Decals (each)stickon or static cling	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

2006 Meeting Dates are tentative at press time: The meeting place MAY be at Heather Farms Community Center Club House, Walnut Creek. Watch the weekly email UPDATE for specifics

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			

2006 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

Sat	1/21/06	MBAY	Clambake, Ken Fittro, backstrider@aol.com
Sun	1/29/06	FCM	Fog City Quadrathlon Diane Davis, ddavis@siprep.org
Jan. 1 - Feb. 28		TAM	Postal 1650, Jon Steiner, lawjls@aol.com
Sat	2/11/06	USF	Valentine's Affair, Barbara Byrnes, bgbyrnes@pacbell.net
Sun	2/26/06	SMMM	Pacifica Indoor Relays, Cindy Lee, cindyswimlee@earthlink.net
Fri-Sun	3/3-5/06	WCM	Intensive Training Camp, Kerry O'Brien, swim4wc@netscape.net
Sat	3/11/06	RINC	Spring Meet, Jim Shaw, jshaw45@sbcglobal.net
Sat-Sun	3/11-12/06	**	Senior Games
Sun	4/2/06	SCAM	Short Course Invitational, Sarah Trejo, strejo127@gmail.com
Fri-Sun	4/7-9/06	WCM/TVM	PMS SC Championships, Kerry O'Brien, swim4wc@netscape.net
Sat	4/22/06	MELO	Menlo Worlds Qualifying Meet, Tim Sheeper, tim@teamsheeper.com
Sat	5/13/06	SMMM	Parkside Aquatic Mile, Joel Swartz, joelgdtsswartz@yahoo.com
Sat	5/20/06	RCM	Spring Lake 1 mile, Bert Whitaker, bert@lifeguardsforlife.org
Sat	6/3/06	DAM	Lake Berryessa 1 & 2 mile, Race Director, damswim@dcn.davis.ca.us
Sat	6/10/06	TVM	Lake Del Valle .75/1.5 miles, Joe Couto, josephrcouto@yahoo.com
Sun	6/11/06	BMW	Splash and Dash, Terry Horn, terryhorn@sbcglobal.net
Sat	6/24/06	RCM	Lake Sonoma 2 miles PMS Open Water Championship, Bert Whitaker, bert@lifeguardsforlife.org
Fri-Sun	7/7-9/06	CRUZ	PMS LC Championships, Joel Wilson, openwatr@got.net
Sat	7/22/06	TOC	Trans-Tahoe Relay, Scott Williams, swilliams@olyclub.com
Sat	7/29/06	CRUZ	33rd Annual Roughwater Swim 1 mile, Roughwater Swim, rgould@santa-clarita.com
Sun	7/30/06	CRUZ	Cruz Cruise 2 miles, Paul Wrangell, pwrangel@pacbell.net
Fri-Fri	8/4-11/06	USMS	XI FINA World Masters (3K=8/11)
Sun	8/13/06	SNM	Donner Lake 2.7 miles, Laura Hanson, laurahanson888@hotmail.com
Sun	8/20/06	MAM	2 x 1 Relay at Quarry Lakes, Gordon Jacoby, gdjacoby@aol.com
Sat	8/26/06	TCAM	Pinecrest Lake 1 & 2 mile, Sheila Monaghan, sam2@sonnet.com
Sun	9/10/06	RAD	Whiskeytown Lake 1 & 2 Mile, Greg Tyler, gtyler@stimpel.net
Sat	9/23/06	DACA	Ocktoberfest Lake 1 & 2 Mile, Jerry Koch, lockdrive@aol.com
Sun	9/24/06	SMMM	SCM Pentathlon, Cindy Lee, cindyswimlee@earthlink.net
Sun	10/1/06	**	Tiburon Mile, Bob Placak, rcptibmile@placak.com
Sat	10/7/06	SAC	SCM Sprint Pentathlon, Andrew Brenan, Andy@Brenan.net
Fri-Sun	10/13-15/06	WCM	PMS SCM Championships, Kerry O'Brien, swim4wc@netscape.net
Sat	12/2/06	SNM	Reno Winners Meet, Gwen Shonkwiler, gwenshonk@sbcglobal.net

** Not PMS sanctioned

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