

Pacific Masters Swimming

newsletter



Message from the Chair

by Michael Moore, PMS Chair

Welcome back from the holiday season. We have a full year planned and calendared, with the short course season in full swing. Check the calendar on the website for updates to the meet schedule as the seasons progress.

COACH OF THE YEAR 2005 NOMINATIONS

Every year, Pacific Masters recognizes the outstanding coach of the year. Coaches are important and we need to recognize them. Many times coaches are there for their swimmers in ways they had not foreseen. For Masters coaches, this aspect can carry over beyond swimming, and in to the things that make an adult swimmer's life in the pool more difficult and challenging than coaching age group swimmers: injuries, illness and even death, divorce, job issues and family issues. And through it all, rain or shine, in shorts or rain gear, the coaches are always there!

Take some time to think about whether your coach would qualify for this award. We are fortunate in our LMSC, because there are so many terrific and caring coaches that love swimming and Masters swimmers, so that receiving this award makes it a true honor for the recipient.

It is time again to honor the Coach of the Year. Past winners include:

- Patti Scott-Baier (Tuolumne County Aquatic Masters 2005)
- Alan Liu (Mountain View Masters - 2004)
- Scott Williams (The Olympic Club- 2003)
- Joel Wilson (CRUZ - 2002)
- Sharleen Van Boer (Rolling Hills - 2001)
- Marie McSweeney (TAM -2000)

The award is based on a coach's activities since January 1, 2005, and also their activities over their career. These activities are measured on a competitive as well as a non-competitive basis, taking into account:

Competitive: Club and individual performance at Pacific meets and championships as well as USMS National Championships in any sanctioned course that reflects the coach's skill and inspiration (including relay and individual records on a Pacific, USMS or World record basis)

Non-Competitive: Club size, growth and vigor; participation in volunteering, and club participation in hosting well-run events.

Other Factors to Consider: Service to Pacific Masters, USMS or other public or private community organizations, and outstanding professional services, including publications or participation in clinics or other activities

Nominations: Nominations may be made by any registered Pacific Masters club officer, in a written statement setting out how their nominee meets these qualifications, as well as the instructional and inspirational qualities of the coach. This nomination also needs supporting letters from up to four registered Pacific swimmers. Send these materials by [DATE] to Michael Moore (by email at chairman@pacificmasters.org or by mail to 350 Wayland, San Francisco, CA 94134.

FINA CHAMPIONSHIPS UPDATE

We are getting there, but we still need some help. In particular, we need people to help staff the Palo Alto office. Any time you can spare would help. If you can help out, please contact us at: 1-650-856-3200

See the website for information on how to win prime real estate for your team at this meet based on the number of entrants as well as the number of volunteers.

You can now register for the meet online (deadline for online entries is 3 June 2006). You can also register by mail then. Remember, if you enter early you can still change your times (but not the registered events) until June 3, 2006.

I hope people are training for this meet, we think that it may be the largest competitive aquatics event ever, and we hope our Pacific Masters do their best!

To facilitate that goal, our long course season starts earlier than usual, with the first long course meet held by Menlo Masters at the end of April. Check the Pacific Masters website for more updates on long course events that will be held before the entry deadline.

I wish you all good luck in your endeavors, and look forward to receiving this year's nominations.
michael

POOL EVENTS

Rinconada Masters

Spring Short Course Meet

Saturday March 11, 2006

Sanction No: # 38-06-07

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

Directions: 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, 1 buffer, 5 warm-up /down). Note: Timing system is push button only with no pads. Snack Bar available.

Time: Warm-up 7:30 a.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. 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. No Refunds

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 AM.

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.

Strawberry Canyon Masters

Invitational Meet

Sunday, March 19, 2006

Sanction # 38-06-08

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 venue. 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 7:00 a.m. The 500 Free will begin at 8:30 a.m., and all other events will follow.

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 8:00 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 UC Regents.

Mail: Consolidated Entry Form, a photocopy of your 2006 USMS registration card, and your entry fee to: Sarah Trejo, Meet Director, 1138 High Ct., Berkeley, CA 94708-1625.

****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, STrejo127@gmail.com

Assistant Meet Director: Ben Swiggett, ben.swiggett@markettools.com

Referee: John Duncan

Events: (Odd=Women; Even=Men)

1-2 500 yd Freestyle

3-4 200 yd I.M.

5-6 100 yd Butterfly

7-8 100 yd Backstroke

9-10 200 yd Freestyle Relay

11-12 200 yd Freestyle

13-14 100 yd Breaststroke

15-16 100 yd Freestyle

17-18 100 yd I.M.

Visit our
website
<http://www.pacificmasters.org>

SHORT COURSE CHAMPIONSHIP MEET

Tri Valley Masters and the Walnut Creek Masters

2006 Pacific Masters Short Course Championships

Friday, Saturday, & Sunday, April 7, 8, & 9, 2006

Sanction # 38-06-09

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: '<http://tvm.mastersswim.com>'. You may also access online meet registration with 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 your entries using a consolidated entry form. If you mail, you MUST use the consolidated entry form. No faxed entries. Be sure to enclose photocopy of your 2006 USMS registration card! Incomplete entries cannot be accepted. Maximum of 5 events per day, 7 events for three day meet, excluding relays.

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. 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, or if we need to lookup a handwritten registration number.

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 \$1.00 per swimmer entered + 5% of the event fees. Note that total online entry fees are lower than mailed entry fees.

Deadline: Mailed entries must be postmarked no later than **Saturday, March 25**, and/or received no later than **Wednesday, March 29**. On-line entries must be submitted by **midnight, March 29**. 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 2006 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. Fees for RELAYS are \$4.00 per relay. Swimmers may swim only once in each relay event. Cards must show correct first and last names and correct age for each swimmer. Team relay tabs are acceptable with a blank check payable to Walnut Creek Masters.

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.

Accommodations:

Partial information below. Full hotel information on the Tri Valley Website. Ask for Tri Valley Masters rate!

Courtyard by Marriott: Approx. 3 miles from pool, Reservations: 925-463-1414

Residence Inn - By Marriott Pleasanton Approx. 6 miles from pool, Reservations: 1-800-331-3131

Four Points by Sheraton: Approx. 3 miles from pool, Reservations: 925-460-8800

Head Referee: Millie Nygren

Meet Directors: John King, 925-930-6854; Bob Snodgrass

Schedule of Events:

(Odd = Women, Even = Men):

FRIDAY, APRIL 7

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

SATURDAY, APRIL 8

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, APRIL 9

27-28	100 yd	Backstroke
29-30	50 yd	Breaststroke
31-32	200 yd	Butterfly
33-34	100 yd	Freestyle
35	200 yd	Mixed free 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

POOL MEET

Menlo Masters Long Course World's Qualifying Meet Saturday April 22, 2006

Sanction # 38-06-10

Location: Sacred Heart Schools, 150 Valparaiso Avenue, Atherton, CA. Entrance to pool on Park Lane.

Directions: From 101 take the Marsh Road exit (WEST), Take Marsh Road until it T's into Middlefield Road. Turn left (SOUTH) on Middlefield. Turn right on Glenwood Avenue. Glenwood becomes Valparaiso once El Camino Real is crossed. Turn right on Emilie, turn left on Park Lane. Entrance and parking is 200 meters on the left.

Directions: From 280. Take the Sand Hill Road exit toward Menlo Park (EAST). Turn left (NORTH) on Santa Cruz Ave. Merge left onto Alameda de las Pulgas. Turn right on Valparaiso Ave. Turn left on Elena. Turn right on Park Lane, entrance and parking 400 meters on the right.

Facility: 9-lane, 50 meter by 25 yard outdoor, heated pool. 8 lanes for competition, 1 lane for warm-up/warm-down. Colorado Timing system and scoreboard. Bleachers, lawn, picnic tables, snack bar and locker room available.

Check In: Check in and registration will begin at 7:00 a.m. Warm ups will be from 7:00 a.m. to 7:45 a.m. 400 Free will begin at 8:00 a.m. You must check in at least 30 minutes before the expected starting time of each event.

Entries: This is a cardless meet. Deck entries will be accepted one hour before event is projected to begin. Send your entry on a consolidated entry form with a copy of your 2006 USMS card. 400 Free may be swum two per lane. No deck entries for 400 Free. Please submit meter times for seeding purposes.

Deadline: Pre-entries must be postmarked by Wednesday April 12, 2006 or hand delivered to the Menlo Masters pool by Monday April 17, 2006.

Entry Fees: \$15 for 1 or 2 events. \$20 for 3 or more events if pre-entered. Late or Deck entries \$20 for 1 or 2 events, \$25 for 3 or more events. Make checks payable to: Team Sheeper. Mail to: Menlo Masters World's Qualifying Meet, 3517 Edison Way, Suite A, Menlo Park, CA 94025

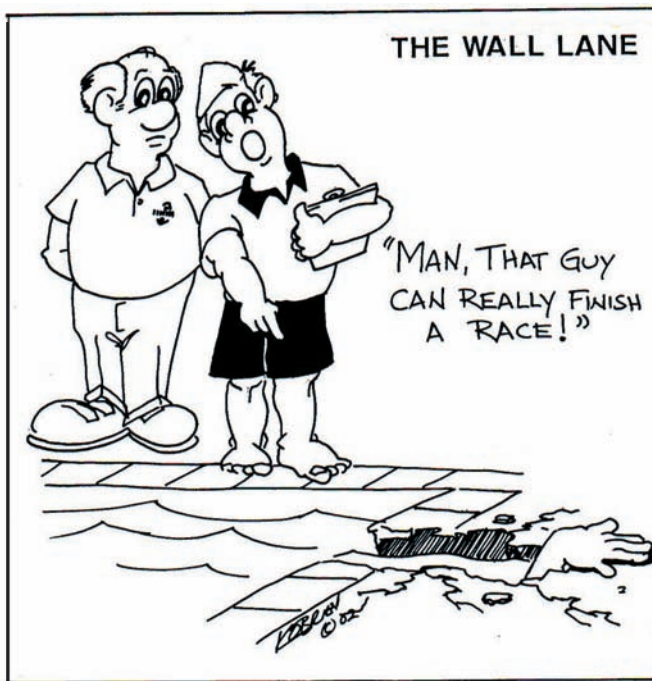
Awards: Ribbons to the top three finishers in each age group

Meet Director: Tim Sheeper (650) 369-7946 or email tim@teamsheeper.com

Meet Referee: TBD

Events: (Odd=Women, Even=Men)

- 1-2 400 m. Freestyle
- 3-4 100 m. Backstroke
- 5-6 200 m. Freestyle
- 7-8 50 m. Breaststroke
- 9-10 100 m. Freestyle
- 11-12 200 m. Individual Medley
- 13-14 50 m. Butterfly
- 15-16 100 m. Breaststroke
- 17-18 50 m. Freestyle
- 19-20 200 m. Backstroke
- 21-22 100 m. Butterfly



the Wall Lane, by Kerry O'Brien

Long Course

By Dore Schwab

The pool looks shorter
From the deck
In the water
The faraway wall
Appears to recede
With each stroke
Can't help but
Discourage
The swimmers heart

Yet soon the rhythm
Of the trained body
Takes hold - the long
Smooth pulls - glides
(Uninterrupted by
Intricate flip turns)
Excites and encourages
A freedom that
Brings the pool
To manageable size

Gracie Hiddleston passed away Jan. 14, 2006 at the age of 97. She was a Woodland nurse, community volunteer, hospice worker and competitive swimmer with the Pacific Masters. A long time water safety instructor for the Masters program. In 1995, Woodland designated their municipal pool as the Grace "Patches" Hiddleston pool and in 2005 she competed in the Nevada State Senior Games setting new records in the 95-99 age group.

She refused to let advancing age curb her enthusiasm to volunteer and to serve others. The big thing Gracie showed everybody was love and service, that's what set her apart.

from Joan Smith

2006 Meeting Dates are: March 15, April 19, May 17, June 21, July 19, August 23, September 27, October 18, November 15. The meeting place will be at Heather Farms Community Center Club House or the classroom at the pool, 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.

OPEN WATER SWIMS

San Mateo Master Marlins Parkside Aquatic Park Mile

Saturday May 13th, 2006

Sanction #: Pending

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.

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.

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.

Swim Divisions and Awards: Awards in 5 yr age divisions: 18-24, 25-29, 30-34, 35-39, etc. Special awards to oldest finisher, first female, first male, and youngest finisher.

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 2006 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.

For Swim Information: Joel Swartz, openwater@sanmateomarlins.org. 650/728-9351

Early entry deadline: Postmarked by May 6, 2006.

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 20, 2006

Sanction # Pending

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 Violetti Rd., into park. Parking Fee \$3.00.

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 before May 14, 2006 **Mail:** Indicate estimated one-mile swim time on entry. Send entry form or consolidated card, a photocopy of 2006 USMS card and a check payable to Redwood Coast USLA to: Spring Lake One Mile Swim, P.O. Box 337, Healdsburg, CA 95448. For official entry form, 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, 2006. Online entries close May 14, 2006.

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)



Starting out at Donner Lake

Photo by Peter Kapetanac

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• **Deadline for pool and**
• **open water swim**
• **information for the**
• **May - June**
• **Newsletter is**
• **March 6, 2006**
• Please submit creative writing
• and photos to Newsletter Editor
• Joanne Berven
• 4854 Andrea Court
• Livermore, CA 94550
• newsletter@pacificmasters.org
•

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	

Rev 9/02

PACIFIC MASTERS SUPPLIES AND SERVICES

VIDEO TAPE LIBRARY How to Borrow Tapes:

No charge to clubs. Charge to PMS members is a \$5.00 mailing fee per order and \$50.00 deposit (payable in two separate checks). Two tape maximum per order for a two week borrowing period from the date of initial mailing to receipt by PMS office. If late, damaged or lost, clubs must pay full replacement cost and individuals must forfeit deposit checks. Temporary suspension of PMS membership for bounced checks or late replacement payments. Please tell PMS office about suggestions for new tapes.

1. Championship Winning Swimming, Richard Quick and Milt Nelms, 10 tapes including 2-a) Freestyle, 2-b) Backstroke, 2-c) Breastroke, 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 Trembley
14. Forbes Carlisle Seminar - Taped at the Olympic Club, 1995
15. From the Bottom Up - Mike Bottom (3 tapes)Freestyle, Backstroke, Breastroke

16. Stretching - Bob Anderson
17. Clinical Sports Massage - Benny Vaughn
18. Weight Training for Adult Swimmers - from Rinconada Masters 50+ Clinic
19. Classic Swimming Series (4 tapes) - Don Gambriel
20. Breaking the Mental Barrier (audio tapes)
21. Residential Pools by SwimEx, Aquatic Therapy, Sports & Conditioning Pools

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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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2006 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

		LC Long Course Mtrs.	OW Open Water	SC Short Course Yds.	SCM Short Course Mtrs.	
Sat	3/11/06		RINC	Spring Meet, Jim Shaw, jshaw45@sbcglobal.net		
Sat-Sun	3/11-12/06		**	Senior Games		
Sun	3/19/06		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		
Thu-Sun	5/11-14/06		USMS	SC Championships, Coral Springs, FL		
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 0.75/1.5 miles, Joe Couto, josephrcouto@yahoo.com		
Sun	6/11/06		BMW	Splash and Dash, Terry Horn, terryhorn@sbcglobal.net		
Sat	6/17/06		FDM	Fresno Dolphin LC Meet		
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, 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)		
Sat	8/12/06		SNM	Donner Lake 2.7 miles, Laura Hanson, laurahanson888@hotmail.com		
Sun	8/20/06		MAM	2 x 1 Relay, 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		
Thu-Sun	9/13-17/06		USMS	USAS Convention, Dearborn, MI		
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		MVM	Alan Liu Memorial SCM Meet		
Sun	10/1/06		**	RCP 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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