

Pacific Masters Swimming

newsletter



Renew Now And Be All Set For 2007!

Your membership expires on December 31st. By renewing now, your membership will continue through 2007 with no gaps in benefits and you will avoid last minute hassles in rejoining later. Up to date USMS registration is mandatory for club and event liability insurance coverage. You may change your club affiliation upon renewal with no transfer forms, fees, or waiting period. When you receive your 2007 membership card, make several copies of it for event entry purposes and as a backup in case yours is lost. You can get a duplicate card from the PMS Office for a \$2 fee.

The good news is the 2007 membership fees remain the same as in 2006 - \$35. Your total fee is made up of a national (USMS) portion and a local (PMS) portion. The not so good news is that USMS anticipates raising their portion of the dues in 2008, probably in the neighborhood of \$5. The 2007 total fee is \$35. \$20 of this fee goes to USMS which earmarks \$8 for the magazine, and \$15 stays here in PMS). *Swimmers who have reached the age of 90 pay no membership fee.*

Renew - continued on next page

United States Masters Swimming, Inc. Pacific Masters Swimming, Inc. 2007 Membership Application <input type="checkbox"/> Renewal 2006 number if known: _____ <input type="checkbox"/> New Registration YOU MUST PAY FEE OF \$35 (Fee includes: USMS = \$20, PMS = \$15)	PLEASE PRINT CLEARLY. Your name on this form and on meet entry forms must be identical.			
	Last Name _____		First Name _____	
Mailing Address _____			Home Phone No. _____ () _____	
City _____	State _____	Zip _____	Work Phone No. _____ () _____	
Date of Birth _____ Month _____ Day _____ Year 19 _____		Age _____	Sex _____	e-mail address _____
CLUB (Indicate Club affiliation or Unattached) _____			Today's Date _____ Month _____ Day _____ Year 20 _____	
"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."				
Signature _____ I wish to contribute to the following foundations <i>and have added the additional amount to my 2007 registration fees.</i> <input type="checkbox"/> \$1 or () The US Masters Swimming Foundation. <input type="checkbox"/> \$1 or () Pacific Masters Swimming. <input type="checkbox"/> \$1 or () The International Swimming Hall of Fame.			I am a Masters Coach <input type="checkbox"/> I am a Certified Official <input type="checkbox"/>	
Mail to: Nancy Ridout 580 Sunset Parkway Novato, CA 94947 (415) 892-0771 registrar@pacificmasters.org Registration Expires 12/31/07				

Renew - from previous page

Message from the Chair

by Michael Moore, PMS Chair

Services and Benefits of Membership include:

- The opportunity to meet and train with some of the most experienced coaches in the area.
- The benefit of coaching and training with USMS member clubs throughout the country while traveling or vacationing.
- A subscription to USMS Swimmer, a bi-monthly national swimming publication which runs concurrently with your membership.
- The PMS Newsletter (inserted within USMS Swimmer) featuring up-to-date information on events occurring in our area.
- Web sites www.PacificMasters.org and www.usms.org which provide up-to-date and archived information on swimming, training, discussion forums, Web-based publications, membership, event calendars, links to other swimming sites, and places to swim.
- The privilege of participating in any PMS and USMS sanctioned postal, pool, open water event, or clinic.
- Liability insurance for your club and event sponsors and personal secondary accident insurance.
- Borrowing privileges from the PMS video library.
- A central PMS Office to answer any of your swimming questions (register rar@pacificmasters.org or 415-892-0771).
- Member based (optional) email service with updates and current swimming information.
- Toll-free access to the USMS National Office (1-800-550-SWIM and usms@usms.org)

At the bottom of this form you will find an opportunity to contribute to three tax-deductible groups, the USMS Endowment Fund, Pacific Masters Swimming, and the International Swimming Hall of Fame. Just \$1 from each of us can make a difference to the ongoing missions of these organizations.

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

Summary of XI FINA Masters Worlds Championships for USMS

In a world gone wrong, athletic events allow us to compete in an arena where we can cheer for each other, we can celebrate each other accomplishments and admire the records that others set. It gives us a chance to meet people from other lands and talk about our common interests

In March 2004, the FINA Bureau, awarded the XI FINA World Masters Championships to United States Aquatic Sports. The World Masters championships includes all the aquatic disciplines; swimming, diving, open water swimming, synchronized swimming. Pacific Masters Swimming took a lead role in the management of the World championships

Pacific Masters membership increased 8.4% over the prior June year-to-date, resulting in the highest numbers in our history. Over 170 Olympians competed at the championships. A few had not competed in years - Debbie Meyer said it was her first major meet since '68 - she enjoyed it so much she said to her 82 year old father, "We're going to Perth" "What do you mean we?" "You're swimming the 50."

There were articles written about the championships in newspapers all over the world! In San Francisco, all the major TV stations did a story on the world championships.

Over 3,300 international athletes traveled from 74 countries to attend Worlds at Stanford, the largest international swimming meet ever in the Western hemisphere. There were over 1,300 Pacific Masters swimmers who competed. They competed with the best in the World while staying home.

The goal of the meet was to have the best competitive conditions for the athlete. For the athlete, it was seamless. The registration process took less than 10 minutes for most competitors. The marshalling area went well. For Americans, it was different having to sit and wait to be led to the blocks - the coaches loved it. They could see their swimmers there and not worry

There were 7424 athletes who entered the meet. 5535 Swimmers signed up. 922 Open Water Swimmers, 200 divers, 319 Synchronized Swimmers; 996 Water Polo Players - 74 teams - this was the first time women competed in multiple age groups. There was three 50+ women's teams. They were all Bay Area teams.

One hundred sixty one people or teams broke world records. This was over 50% higher than the previous high water mark of 105. I saw very few events, but I did make it a point to see the fastest heat of the 200-239 Mixed Freestyle relay as some of my friends from Walnut Creek Masters were swimming in it with a very fast team and a chance for a World Record. Walnut Creek broke the World Records by a second and half to come in third. Four teams broke the world record. Ten teams broke the meet record - an entire heat. The championships set a very high standard for a competitive meet.

Walnut Creek covered all the timing positions for one day. They also had the most points of any team.

Swimmers met other swimmers from all over the world. The tent village became the place to meet. Friendships were made. For the closing ceremony, Anne Cribbs called the Australian consulate asking if there could be a representative from the consulate where there would be a ceremonial passing of the FINA flag. Consul General David Lawson said he was happy to receive the flag as he had competed on a BMW relay team on relay day.

The relay day was originally set up as short day we thought would be much fewer competitors and maybe allow for the officials to have half a day off. There were almost 1500 team entries, many of those were from Pacific. Relay day did prove to be a very popular day with the athletes.

This was not a one man show - we had over 1000 people volunteer. Enough cannot be said about the sports heads:

o **Barry Fasbender** who ran the Swimming. He had major surgery in May and then came back. Over 5000 swimmers were his responsibility.

o **Phylis Quinn** and her open water committee - they had possibly the best ever open water competition. The water was warm (for an open water event), the course was great - it had flat water, a chute to swim through and then rough water.

And a **big thank you to Stanford** - an incredible facility with a great staff - They set standard for future World Championships.

Thank you to everyone who volunteered at the meet and to everyone who swam. It was a great meet!!!

POOL MEETS

Monterey Bay Masters The Bob Walthour III, Invitational Masters Clambake

Saturday, January 20, 2007

Sanction # 38-07-02

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 am.

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

Entries: Mail a consolidated entry form, a copy of your 2007 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 14, 2007. 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 28, 2007

Sanction # 38-07-03

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 2007 USMS Card.

Entry fees: Flat fee of \$20.00 (for 1 to 4 events) if postmarked by Friday - January 19, 2007 or received at the pool by Monday, January 22, 2007. Late and deck en-tries (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

The Olympic Club 1500 SCM Swim Meet

Saturday, January 27, 2007

Sanction # 38-07-04

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

Directions: yahoo maps.com or mapquest.com (downtown San Francisco)

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

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

Time: Warm ups start at 8:00 a.m. The meet will start promptly at 9:00 a.m..

Check In: The meet will be pre seeded and preliminary heat assignments will be made. Heats 1 - 8 must check in by 8:30 a.m.; Heats 9 - 16 must check in by 11:30 a.m.

Eligibility: All USMS swimmers must have a current 2007 USMS registration card and must enter the number on their entry forms.

Entries: Mail a consolidated entry form, completely filled out including best short course meters time for the 1500 freestyle, ("No Time" entries will be accepted.), a copy of your 2007 USMS registration, and your check payable to The Olympic Club and send to: The Olympic Club 1500, 665 Sutter St., San Francisco, CA 94102, Attn. Scott Williams

Entry Fees: Total entry fee is \$25.00.

Deadline: Entries must be postmarked by midnight, January 17, 2007. No late entries will be accepted. No refunds will be made. Entries will be limited to 100 total swimmers on a first received basis. Entries not accepted will be returned.

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

Awards: 1st thru 3rd in each division Officials: Referee: TBD

Meet Directors:

Scott Williams,
swilliams@olyclub.com
415-345-5215;
Lauren Welting,
lwelting@olyclub.com
415-345-5213

POOL MEET

University of San Francisco Masters 2007 Short Course Valentines Affair Saturday, February 12, 2007

Sanction #38-07-05

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

Directions: From the Bay Bridge take the 9th Street Civic Center exit. Stay right on offramp, and go straight onto Harrison (one way). Go one block west, R on 9th Street. When crossing Market Street, bear L onto Hayes Street. Take Hayes Street 3 blocks to Franklin Street. Turn R on Franklin Street, L on Turk Street. Continue west on Turk Street. Parking lot entrance is on the left immediately after the intersection of Parker Street and Turk Street. **From the South Bay (101 North):** From Hwy 101 North take Mission Street Exit (exit is on the L side). Exit on 9th Street Civic Center. Turn L onto 9th Street. When crossing Market Street, bear L onto Hayes Street. Take Hayes Street 3 blocks to Franklin Street. Turn R on Franklin Street, L on Turk Street. Continue west on Turk Street. Parking lot entrance is on the L immediately after the intersection of Parker Street and Turk Street. **From the GG Bridge,** stay to the right and take 19th Ave. Turn R on Anza, R on 14th Ave., R on Geary to Stanyon, R on Stanyon, L on Turk and enter free parking area on the right. From **280 North** take 19th Ave. exit. Stay on 19th approx. 3 miles. Turn R on Geary, and follow directions from GG Bridge.

Facility: 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:

o Enter this meet online by going to <http://usf.mastersswim.com/> Online entries accepted until 11:59 pm Wed. February 7, 2007.

To enter via surface mail:

o Mailed entries must be on a completely filled out consolidated entry form and accompanied by a copy of the swimmer's 2007 USMS registration card. Failure to provide a copy of the USMS card will result in a \$3 look-up fee per PMS rules.

o Entry must be postmarked by Wed. January 31, 2007 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.

o 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:

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 \$3.50 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: bgbyrnes@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

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• **Deadline for pool and**
• open water swim
• information for the
•

• **January-February**
• Newsletter is
•

• **November 6, 2006**
•

• Please submit creative writing
• and photos to Newsletter Editor
• Joanne Berven
• 4854 Andrea Court
• Livermore, CA 94550
• newsletter@pacificmasters.org
•

MEMBER COMMENTARY

Open Water Notes

Leianne Crittenden, Walnut Creek Masters

So I was asked to swim the Trans Tahoe Race this year. Since my favorite event is the 50 free (or the 50 breaststroke, depending on the day), this presented new opportunities, and new challenges.

I had only swum two open water races --ever. One was Lake Del Valle, the closest one near my home, and it looked like a good bet, because it was a lake setting, in Livermore, where it gets HOT! None of this ocean water or Sierra runoff, where the water temperature is still below 70 degrees in August. The second race was in Italy in the Adriatic after the last FINA World Championship. Since it was the Adriatic, they promised that the water would be warm. I was already there, so I did it as a lark, and it was fun, and I thought, "Okay -- Tahoe, lots of people do that swim, this will be good...."

So I thought, isn't this what Masters swimming is about? Broadening your horizons, and doing new things? But I started talking to people and they started making me really nervous. First, it was their shocked expression when I told them I was going to do this. "You know, it's 11 miles?" they'd say and I thought, well there are six people on a team, so this will be like a workout, right (except no wall or stopping between sets)? Then they told me about how I really needed to get out my ski gear, including the parka and gloves. That Tahoe weather was unpredictable, and that I needed at least three swimsuits, to change into after I swam each leg, because it was a really long swim and the water would be cold and I would get cold and the thermos of coffee or tea or soup would not be enough to warm me up....you get the idea.

And I started to get a little worried and I thought "I've made a big mistake...I'd better do some of these open water swims before the Tahoe swim...."

The open water swims are very very different than the meets that Pacific Masters puts on. Like the meets in pools, they are quite organized, with lifeguards making sure that all competitors actually finish, and identifying numbers and caps required for competition, so that they can assure that every one is accounted for. But they are also quite relaxed. They draw a very different crowd than the pool meets. There are some pool swimmers, but many swimmers are only open

water racers or triathletes. At every race I went to there was a registration table for new Masters swimmers.

These are the people who are just getting warmed up after 1200 meters or so. A pool race of less than a mile really does not appeal to these folks. They get in the water, many without warming up, and they just go and go and go....They do not want to see lane lines or wall, they like just swimming for the enjoyment and sense of accomplishment it gives them. They enjoy the personal satisfaction of completing a challenging course. They don't mind a little green algae down their suit or fish between their toes (literally), with cold showers afterwards (no locker rooms with hair dryers for these folks!).

I got up to the second Beryessa race (I was not clued in that there are generally two races -- one and two miles --and many competitors finish, then turn right around and swim again, without a second thought about it). All of the venues are not marked on the GPS system, since they are usually in a park or on a river or at a lake, and so I think I was the very last entrant that signed up before they folded their tables.

This race is one of the largest Pacific Masters sponsored events all year (bigger than PMS Championship meets, with Trans Tahoe being the second largest), and there were lots of people enjoying the beautiful weather, the wonderful refreshing lake water and just having fun! It was a hard swim for me, since I worry about which side of the buoy you need to turn around (just follow all the others) and which buoy is the turn (just follow all the others), and how you actually finish the race (you mean you have to stagger up a beach without any shoes?), and how you make sure that your ID tag does not fall off in the lake....All of these worries are of course surmountable, and everyone is very helpful.

Every open water race I went to, they finished with some kind of food and socializing afterwards while people waited for results. Just like the pool races, they all know each other and enjoy swapping stories about memorable open water swims. Hearing about the Santa Cruz ones made me shiver just to think about, but these guys like this stuff. And they

get up early to do these races - I was usually home by late morning or early afternoon....

The Tahoe swim was really fun, I can best describe it like Bay to Breakers but on water. Like Bay to Breakers, it has a venerable tradition, and many regular participants. It takes a fair amount of planning, since it starts early and you need a boat to pilot you (since the Coast Guard is monitoring the race, but they are not going to watch out for 700 crazy swimmers starting at 8 am). Yes, there are 700 swimmers in this event and they range from the ultra competitive teams recruited from the finest distance swimmers, to the crazies out for a delightful day. The race starts off from the beach and the first swimmer has the nerve wracking task of meeting up with his boat. So of course, many boats have flags, balloons, pirate insignia or other bright markings to make it easier to find them. The sun is not even over the mountains when it starts and it really was magical to see. And it was a delightful day. I was assured that this was "very very unusual," but it was 90 degrees outside and 70 in the cool blue beautiful water. Of course, the night before we were treated to a beautiful show of lightning and thunder, so I tend to think that some of those stories about the ski parkas and gloves were true....It was a lot of fun, but I still have not figured out if they were pulling my leg in Italy when they were asking me if I brought my jellyfish repellent ("I didn't sign up for jellyfish - if there are jellyfish I won't be going in there...!").

Since I was turning into an aficionado this summer, I did do the Open water swim at this year's World Championships (hey, it was only ten minutes from my house - why not?). And it was challenging, but according to my teammates (who actually do these kinds of swims), that race was a real open water swim with challenging swells and winds.

It's a good thing I had all that practice this summer!

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	

Rev 9/02

PACIFIC MASTERS SUPPLIES AND SERVICES

VIDEO TAPE LIBRARY How to Borrow Tapes:

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Select any two bulleted videos

Eddie Reese (2005)

- Freestyle (DVD, 2 copies)

David Marsh (2004)

- Swimming Faster Freestyle (DVD)
- Training and Race Strategies for Sprint Freestyle (DVD)
- Richard Quick and Milt Nelms (2003) Championship Winning Swimming
- Freestyle (1 copy VHS, 1 copy DVD)
- Backstroke (1 copy VHS, 1 copy DVD)
- Breaststroke (VHS)
- Butterfly (VHS)
- Start (VHS)
- Walls, Underwater Swimming (VHS)
- Posture, Line and Balance (VHS)

June Quick Instruction (2003)

- Swimmers' Shoulder: Prehab and Rehab (VHS)
- Pilates for Swimmers (VHS)

Michael Collins and Gerry Rodrigues (2003)

- Open Water Swimming (DVD, 2 copies)

John Moffett

From the Fast Lane

- Basic Training (VHS)
- Advanced Technique (VHS)

Mike Bottom

From the Bottom Up

- Backstroke (VHS)
- Breaststroke (VHS)

Bill Sweetenham

21st Century Swimming

- Backstroke (VHS)
- Individual Medley (VHS)
- Starts, Turns, Finishes (VHS)
- Advanced Drills (VHS)

Adrian Moorhouse, Nick Gillingham

- Ultimate Breastroke (VHS)

John Trembley

- Swimming Fastest II (VHS)

Matt Wren

- Core Stabilization (VHS)
- Shoulder Stabilization (VHS)

Scott Volkens

- Core Body Strength (VHS)

Bob Anderson (1987)

- Stretching (VHS)

Benny Vaughn

- Clinical Sports Massage (VHS)

Terry Laughlin

- Total Immersion (VHS)

Dr. Marty Hull

- How Swimming Works, New Ideas in Freestyle and Backstroke (1996) (VHS)
- Water: How to be Safe in It Swim Fast in It (VHS)
- Fluid Swimming: Exercises To Improve Range of Motion (VHS)

Melon Dash, Transpersonal Swimming Institute

- How to Overcome Fear of the Water (VHS)

PRICE LIST

USMS Membership Forms free online at www.pacificmasters.org	
Membership Card Replacement	2.00
2006 USMS Rule Book	
(2007 USMS Rule Book when available)	8.00
2006 USMS Mini Rule Book (rules only)	
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Pad -100 Consolidated Entry Forms	3.50
Video and audio tape deposit	50.00
Video/audio tape mailing charge	per order 5.00

2006 Meeting Dates are: October 18, November 15. The October meeting place will be at Heather Farms Community Center Office. From I-680 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 information about the meeting place for November, contact Michael Moore if you are interested in attending, and he can provide you the location.



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/)

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.

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USMS/PMS #	Phone ()	Total	

2006 -2007 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

PACIFIC MASTERS SWIMMING OFFICERS

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

Sat	12/2/06	SNM	Reno Winners Meet, Gwen Shonkwiler, gwenshonk@sbcglobal.net
2007 Tentative Meet Schedule			
Sat	1/27/07	TOC	Olympic Club 1500, Scott Williams, swilliams@olyclub.com
Sun	1/28/07	FOG	Fog City Quadrathlon, Diane Davis, ddavis@siprep.org
	1/1/07-2/28/07	TAM	Postal 1650, Jon Steiner, lawjls@aol.com
Sat	2/10/07	USF	Valentine's Affaire, Cathy Huang, huangc@usfca.edu
Sun	2/25/07	SMMM	Relay Meet, Cindy Lee, cindyswimlee@earthlink.net
Fri-Sun	3/2-4/2007	WCM	Intensive Training Camp, Kerry O'Brien, swim4wc@netscape.net
Sat	3/17/07	RINC	Spring Short Course Meet, Jim Shaw, jshaw45@sbcglobal.net
Sun	3/24(25?)/2007	SCAM	Strawberry Canyon Masters Invit., Sarah Trejo, strejo127@gmail.com
Fri-Sun	4/20-22/2007	WCM/TVM	PMS Short Course Championships, Kerry O'Brien, swim4wc@netscape.net
Sat	4/28/07	MELO	Menlo Long Course Meet
Sat	5/12/07	SMMM	Parkside Aquatic Mile, Joel Swartz, joelgdtschwartz@yahoo.com
Th-Sun	5/17-20/2007	Federal Way, WA	USMS SC Championships
Sat	5/19/07	RCM	Spring Lake 1-mile, Jim McCray, jmccray@sonic.net
Sat	6/2/07	DAM	Lake Berryessa 1 & 2 mile, Molly Koch, mollymunz@yahoo.com
Sat	6/9/07	TVM	Del Valle 0.75- & 1.5-mile, Bill McCracken, mccracmiler@pacbell.net
Sun	6/10/07	BMW	Splash & Dash
Fri-Sun	7/TBA/2007	CRUZ	PMS Long Course Championships, Joel Wilson, openwatr@got.net
Sat-Sun	7/14/07	RCM	Russian River 1-mile, Jim McCray, jmccray@sonic.net
Sat	7/21/07	TOC	30th Annual Trans Tahoe Relays, Scott Williams, swilliams@olyclub.com
Sat	8/4/07	CRUZ	Santa Cruz Pier Swim, Roughwater Swim, rgould@santa-clarita.com
Sat	8/5/07	CRUZ	Pier-to-Pier, Paul Wrangell, pwrangel@pacbell.net
Sun	8/5/07	CRUZ	Cruz Cruise 2-mile, Paul Wrangell, pwrangel@pacbell.net
Fri-Fri	8/10-13/2007	The Woodlands, TX	USMS LC Championships
Sat	8/11/07	SNM	Donner Lake 2.7-mile, Laura Hanson, laurahanson888@hotmail.com
Sun	8/19/07	MAM	Manatee 2 x 1 mile Relay, Gordon Jacoby, gdjacoby@aol.com
Sat	8/25/07	TCAM	Pinecrest 1- and 2-mile PMS Open Water Championships (1-mile), Sheila Monaghan, sam2@sonnet.com
Sun	9/9/07	RAD	Whiskeytown 1- and 2-mile, Terri Misslin, tmisswimr@aol.com
Sun	9/23/07	SMMM	Short Course Meters Pentathlon, Cindy Lee, cindyswimlee@earthlink.net

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

Administrative Vice-Chair:
Barbara Thomas
48 White Pine Lane
Danville, 94506
administration@pacificmasters.org

Operations Vice-Chair:
Barry Fasbender
845 Talisman Dr.
Palo Alto, 94303
operations@pacificmasters.org

Treasurer:
Jennifer Zeitler
5802 Madison Avenue
Richmond, 94804
treasurer@pacificmasters.org

Secretary:
Karen Duggan
510 Mt. Dell Drive
Clayton, 94517
secretary@pacificmasters.org

Member-at-Large:
Bill Grohe
189 Galewood Circle
San Francisco, 94131
At-Large@pacificmasters.org

Registrar and PMS Office
Nancy Ridout
580 Sunset Parkway
Novato, 94947
(415) 892-0771
registrar@pacificmasters.org

Communications Co-Chairs:
Newsletter
Joanne Berven
4854 Andrea Ct.
Livermore, 94550
newsletter@pacificmasters.org

Webmaster
Michael Moore
350 Wayland
San Francisco, 94134

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