

Pacific Masters Swimming

newsletter



Renew Now And Be All Set For 2008!

Your membership expires on December 31st. By renewing now, your membership will continue through 2008 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 2008 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.

USMS has raised its portion of the dues by \$5; PMS has not raised its dues. The 2008 total membership fee is \$40. \$25 of this fee goes to USMS for administrative, insurance, and magazine costs and \$15 stays here in PMS for administrative and program costs. Swimmers who have reached the age of 90 pay no membership fee, but do need to submit a membership application form.

USMS anticipates going online for registration sometime in 2008. We will keep everyone posted on the progress. Currently, you still need to complete the form and mail it in with your check.

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 (registrar@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*.

United States Masters Swimming, Inc. Pacific Masters Swimming, Inc. 2008 Membership Application <input type="checkbox"/> Renewal 2007 number if known: <input type="checkbox"/> New Registration YOU MUST PAY TOTAL FEE OF \$40 (Fee includes: USMS = \$25 (\$8 for magazine costs), PMS = \$15) REDUCED END OF YEAR 2008 FEE \$25 if joining 9/1 - 10/31 Full Fee 2008 Memberships accepted after 11/1/07 Make check payable to Pacific Masters Swimming Mail to: Nancy Ridout 580 Sunset Parkway Novato, CA 94947 (415) 892-0771 registrar@pacificmasters.org Registration Expires 12/31/08	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 _____	Age _____	Sex _____	e-mail address _____
Month _____ Day _____ Year 19 _____			
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 am a Masters Coach <input type="checkbox"/> I am a Certified Official <input type="checkbox"/>	
I wish to contribute to the following foundations <i>and have added the additional amount to my 2008 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.			
			revised 10/01/2007

Message from the Chair

by Michael Moore, PMS Chair

Pacific Masters will Miss Two of its Members

We lost two very special Masters Swimmers this summer, and wanted to remember them with you.

ANITA HAZEN



Anita Hazen passed away on August 12 after a short battle with pulmonary fibrosis. She was 79. Anita had not swum for several years, but many of you know her daughter Lisa, who swims for Santa Clara. Anita was a character and a big booster for competitive swimming, whether as an age group mom, sitting through endless swim meets with her daughters Karen and Lisa (who swam on

Arden Hills), or as a masters swimmer in her own right (who was so well regarded for her help in putting on the races in past years, that the 2007 Maui Channel Swim was named in her honor). For many years, she made sure that the Senior Games in Sacramento were run according to USMS rules, so that participants' times would count in the USMS records.

She was a champion in her swimming, just like she raised her children to be champions. After they finished, she went out and won her own medals!

In 1988 at the FINA World Championships in Brisbane, she placed 8th in 100 LCM free, 7th in 200 free, 7th in 400 free and 8th in 800 free. In 1994 at FINA Worlds in Montreal, she finished 8th in 50 free, 7th in 100 free, 5th in 200 free, 5th in 400 free, and 4th in 800 free. In 1996 she was in the top ten in every SCY freestyle event for Pacific Masters 65-69 women, and at the FINA World Championships at Sheffield, England she placed as follows: 50 free- 9th, 100 free- 5th, 200 free - 3rd, 800 free- 3rd. In 2000, at the FINA Championships in Munich, she was still going strong, placing 11th in 100 free, 8th in 200 free, 13th in 400 free and 7th in 800 free.

Anita had 69 USMS Top Ten rankings, chalked up from 1993 to 2000 in freestyle events, at the same time her daughter Lisa was also earning top ten rankings - an unusual mother-daughter pair of champions! We last saw her at the 2006 FINA World Championships Open Water Swim in Alameda, not swimming, but chatting with everyone and working the crowd, like usual.

Outside of swimming, she was also a community activist, working on Loaves and Fishes, meals for homeless and needy. She was also a musician, busy at the Jazz Festival and music society in Sacramento, and she played four string banjo with the Sacramento Banjo Band, appearing on their CD "Strumming with the Stars." As if she weren't busy enough, she also kept her nursing license current, and was a member of the Sacramento Medical Auxiliary.

Her husband Andy and her daughters Lisa and Karen, and son John miss her and we will too. Donations can be sent in her memory to Jesuit High School, P.O. Box 254647, Sacramento, CA 95865-4647 or Mercy Foundation, 3400 Data Drive, Rancho Cordova, CA 95670-7956.

She always said what she thought. She knew everyone and everyone knew her. She was a pepper! Many people in Pacific and USMS miss her. We raise our glasses to you, 'Nita!

BARBARA THOMAS 1959-2007, RIP
PACIFIC MASTERS VP ADMINISTRATION



Barbara Thomas passed away Tuesday morning August 14, at the age of 48, after a very short illness. She had had a cough during most of the summer and had been seeing a doctor about it. At the beginning of August it turned worse and she had problems

breathing. She worsened quickly and she was admitted to the ICU. It was later determined that she had contracted a virulent form of lung cancer. She leaves behind her husband William and sixteen year old son Will; her brother, Russ; her mother, Polly; and her sister Marie, who all will greatly miss her comical phone calls during her daily BART rides. Donations may be made in her memory to Deerfield Academy, Mr. Tom Henry, 7 Boyden Lane, Deerfield, MA 01342.

Barbara worked at Crosslink Capital, from 2000 to 2007, and recently started a new job at Saints VC. She enjoyed life to the fullest, especially when she played golf, and was thrilled to get an eagle before her son. She also enjoyed her referee "calls" with Mustang soccer in Danville, and her "extra" time with the East Bay Astronomical Society.

Her husband Bill said she loved working with Pacific Masters, and several of her swim colleagues attended her very crowded memorial service. Besides sitting on the USMS Finance Committee, she was very active in Pacific as she was the Vice President of Administration. She was also the Treasurer of the XI FINA World Masters Championships. When the FINA LOC had an idea to have a relay day, Barbara went to work on the schedule to do a proof of concept. There were many hours spent trying to guess how many swimmers would swim and which events they would swim in. She was the one who made it happen, by helping the LOC demonstrate to the FINA Masters Committee that a relay day could be done. If you were there, you remember what a terrific day it was!

At Worlds, if you gave her any job, she did it, with a smile on her face. She always turned the most challenging task into something that we could get done. She was a pleasure to work with, and always had practical common sense ideas that made the tasks easier. She would do any job needed to make it a success: if we needed someone to pick up copying she was there. She spent a couple of nights copying meet sheets, finishing at 2 am, but the sheets were there so the swimmers would have their sheets available.

We will miss her.

POOL MEETS

Sierra Nevada Masters

14Th Annual Reno "Winners" Meet

SATURDAY, DECEMBER 1, 2007

Sanctioned #38-07-23

Location: Northwest Pool in Reno, Nevada. Eight lane, 25 yd. indoor, heated pool. Two lanes will be used for continuous warm-up/down during the meet, with 5 or 6 lanes for competition, depending on the number of entrants per event. Seating is limited so bring your own chairs and a small snack bar will be available during the meet.

Directions: Coming into Reno from the east or west on I-80 exit on West McCarran Blvd. Go north about two miles to the intersection of Kings Row. Turn right onto Kings Row and then right again on Apollo Way. The pool will be on your left.

Check-in: This meet will be deck seeded, slow to fast. Swimmers in Events 1-13 must check-in by 11:30 AM. Check-in for the remaining events is 12:30 PM.

Entries: Send your entries on a PMS Consolidated Entry Form and a photocopy of your USMS Card. Entry fee is \$3.00 per swimmer (pool use fee) and \$2.00 per individual event. No fees for relays. Entries must be postmarked by Friday, November 23, 2007 or received by Monday, November 26, 2007. Consolidated entry forms must be filled out completely, including age as of December 1, 2007. There will be no refunds.

Late Entries: Fees for entries received after 11/26/07 or any deck entries will be \$3.00 per swimmer and \$3.00 per individual event. Deck entries will not be accepted after 12:30 PM on meet day.

Make Checks Payable To: SIERRA NEVADA MASTERS and mail to: Gwen Shonkwiler, 1678 Lone Oak Trail, Reno, NV 89523

Awards: Ribbons 1st-3rd in each age group for individual events. No awards for relays.

Meet Director: Steve Lintz (775) 334-2262 (D) 849-2179 (E)

Referee: Rick Kaufmann

Order Of Events: Please note that this meet usually attracts fewer than 100 swimmers and entering back-to-back events is not advised.

Events: (Odd=Women, Even=Men)

1	2	200 Yd	Free
3	4	100 Yd	Back
5	6	50 Yd	Fly
7	8	100 Yd	Free
9	10	50 Yd	Breast
11	12	200 Yd	Individual Medley
13		200 Yd	Mixed Free Relay
15	16	50 Yd	Back
17	18	100 Yd	Fly
19	20	50 Yd	Free
21	22	100 Yd	Breast
23	24	100 Yd	Individual Medley
25		200 Yd	Mixed Medley Relay
27	28	500 Yd	Free



Monterey Bay Masters

The Bob Walthour III, Invitational Masters Clambake

Saturday, January 12, 2008

Sanction # 38-08-02

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 a.m. Meet begins promptly at 10:00 a.m.

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 2008 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 2, 2008. 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

POOL MEETS

Jon Steiner Memorial Mile TAM's 1650 Postal January & February 2008

Sanction # 38-08-01

What You Need: A 25 yard/25 meter/50 meter pool and someone to time you.

Distance: 1650 yards/1500 meters

Date: Anytime between December 22, 2007 and February 29, 2008

Eligibility: All swimmers registered with usms for 2008 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. Meters times may be converted to yards times by dividing by 1.02.

Entry: You may enter online at *www.tammasters.org/PoolMileEntry*, by using the entry form below or a consolidated entry form. A split sheet with 50 yard/meter splits signed by at least one timer must be attached to the entry form. Enter relays online or by filling out the attached relay form. **Each Individual Entry Must Be Accompanied By A Copy Of The Swimmer's 2008 USMS Card.** Mail entries to TAM1650, c/o Jon Haveman, 204 Ross St, San Rafael, CA 94901.

Entry Fees: For individual entries: \$10.00. For relay entries: \$4.00 for each four (4) person relay entry in addition to the individual swimmers' entry fees. Checks should be made payable to "Tamalpais Aquatic Masters". Entry fees are not refundable or transferable. Credit cards will be accepted with online entry. A \$2 discount is available for online entries, which we strongly encourage: *www.tammasters.org/PoolMileEntry* If you have previously participated in the 1650, you need only enter your name and date of birth online (it's much easier than filling out this clumsy form).

Postmark Deadline: All entries must be postmarked by March 10, 2008.

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).

Postmark Deadline: All entries must be postmarked by March 10, 2008.

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 \$17. 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 Haveman at (415) 457-1228, email: jon@haveman.org

The Olympic Club 1500 SCM Swim Meet

Saturday, January 19, 2008

Sanction # 38-08-03

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

Directions: YahooMaps.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.

Eligibility: All USMS swimmers must have a current 2008 USMS registration card and must enter the number on their entry forms. Swimmers who enter as "Pending" or "Applied For" must be prepared to present their card or register before being permitted to check-in, unless the Meet Director determines that they are validly pending. Swimmers may register at the meet.

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

Entries: Consolidated Entry Forms must be completely filled out including best short course meters time for the 1500 freestyle. "No Time" entries will be accepted. Entries must be postmarked by midnight, January 9, 2008. 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.

Fees: Total entry fee is \$25.00. Make check payable to The Olympic Club and send to: The Olympic Club 1500, 665 Sutter St., San Francisco, CA 94102, Attn. Scott Williams

Awards: 1st thru 3rd in each division

Snack Bar: Asnack bar will be available throughout the meet.

Officials: Referee: TBD

Meet Directors: Scott Williams
swilliams@olyclub.com
415-345-5215;

Lauren Welting
lwelting@olyclub.com,
415-345-5213

FOG City Winter Quadrathon Meet Sunday, January 27, 2008

Sanction # 38-08-04

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 2008 USMS Card.

Entry fees: Flat fee of \$20.00 (for 1 to 4 events) if postmarked by Tuesday - January 22, 2008 or received at the pool by Wednesday, January 23, 2008. Late and deck entries (accepted until check in time on the day of the meet) are 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 (415-682-5044)

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

POOL MEET

University of San Francisco Masters 2008 Short Course Valentine's Affaire

Saturday, February 9, 2008

Sanction # 38-08-05

Location: University of San Francisco, Koret Recreation Center Corner of Turk and Parker Streets, San Francisco.

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.

Directions:

From the North Bay (Golden Gate Bridge): Take 19th Avenue exit. Turn right on Anza St., right on 14th Avenue, and right on Geary Blvd. Go east on Geary to Stanyan and turn right. Turn left on Turk. Parking lot entrance is on the right, just before the light at the intersection of Parker and Turk Streets.

From the East Bay (Bay Bridge): After crossing the Bay Bridge, follow signs to 101 North - Golden Gate Bridge. Take Octavia Blvd / Fell Street exit. Continue on Octavia Blvd, crossing Market Street. Left on Fell Street, and continue west on Fell St. for several miles. Right on Stanyan Street, and then right on Turk Street. Parking lot entrance is on the right immediately before the intersection of Turk and Parker Streets.

From the South Bay (101 North): Follow signs to 101 North - Golden Gate Bridge. Take Octavia Blvd / Fell Street exit. Continue on Octavia Blvd, crossing Market Street. Left on Fell Street and continue west on Fell St. for several miles. Right on Stanyan Street, and then right on Turk Street. Parking lot entrance is on the right immediately before the intersection of Turk and Parker Streets.

(280 North): Take the 19th Avenue exit, stay in left lanes. Go north on 19th Ave. approx. 3 miles, through Golden Gate Park (becomes Park Presidio Blvd). Make a right on Geary Blvd. Go east on Geary. Turn right on Stanyan. Turn left on Turk. Parking lot entrance is on the right, just before the light at the intersection of Parker and Turk Street

Warm-up from 8:00 a.m. to 8:45 a.m. Meet will start at 9:00 a.m.

Check-in: All pre-registered swimmers in the first two events must be checked in by 8:30 AM. Swimmers who deck enter the first two events must do so by 8:15 AM. 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 AM and 9:00 AM. Check in on the pool deck after 9 AM.

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

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 enter only and must be on official yellow relay entry cards.

To enter on line:

Enter this meet online by going to <http://usf.mastersswim.com/>. Online entries accepted until 11:59 pm Wed. February 6, 2008.

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

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 2008 USMS registration card. Failure to provide a copy of the USMS card will result in a \$3 look-up fee per PMS rules.

Deadline: Entry must be postmarked by Wed. January 30, 2008 or hand delivered to the Koret Center at USF by Fri. Feb 1, 2008. 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 AM. Every year we process a large number of deck entries. To help us start the meet on time, please preregister!

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 Referee: Bud Meyer

Meet Director: Duke Dahlin: ddahlin@pacific.edu; (415) 929-6651

Information: Cathy Huang (415) 422-6247

Events (deck seeded slow to fast):

Odd = Women, Even = Men

1 - 2	200 yd	free
3 - 4	50 yd	fly
5 - 6	200 yd	breast
7 - 8	50 yd	back
9 - 10	200 yd	fly
11	200 yd	mixed medley relay
12	200 yd	mixed Centipede Relay*
13 - 14	50 yd	breast
15 - 16	200 yd	back
17 - 18	50 yd	free
19 - 20	200 yd	IM

* Special Event

• • • • •
• **Deadline for pool and** •
• open water swim •
• information for the •
• **January-February** •
• Newsletter is •
• **November 6, 2007** •
• 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.

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)

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/)

PRICE LIST

USMS Membership Forms free online at www.pacificmasters.org	
Membership Card Replacement	2.00
2007 USMS Rule Book (2008 USMS Rule Book when available)	8.00
2006 USMS Mini Rule Book (rules only)	
(2007 USMS Rule Book when available)	5.00
Video deposit	50.00
Video mailing charge	per order 5.00

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	

2007 - 2008 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

Sat 12/1/07 SNM Reno Winners Meet,
Gwen Shonkwiler,
gwenshonk@sbcglobal.net

2008 Tentative Meet Schedule

Dec-Feb	12/22/07-2/28/08	TAM	Postal 1650
Sat	01/12/08	MBAY	The Clambake ?
Sat	01/19/08	TOC	Olympic Club 1500
Sun	02/03/08	FOG	Fog City Quadrathlon
Sat	02/09/08	USF	USF Valentine's Affaire
Sat	02/23/08	MBAY	Clambake
Sun	02/24/08	SMMM	Relay Meet
Fri-Sun	3/7-9/08	WCM	Intensive Training Camp
Sat	03/15/08	RINC	Rinconada Masters Spring Meet
Sun	03/30/08	SCAM	Strawberry Canyon Masters Invit.
Fri-Sun	4/11-13/08	WCM/TVM	PMS Short Course Championships
Th-Fri	4/17-25/08	Perth, Australia	XII FINA World Masters
Sat-Sun	5/1-4/08	Austin, TX	USMS SC Championships
Sat	05/10/08	SMMM	Parkside Aquatic Mile
Sun	05/17/08	RCM	Spring Lake 1-mile
Sat	05/31/08	MELO	Menlo Long Course Meet
Sun	06/01/08	TVM	Del Valle 0.75- & 1.5-mile
Sat	06/07/08	DAM	Lake Berryessa 1 & 2 mile
Sat	06/28/08	RCM	PMS OW Championships, Lake Sonoma 2-mile
Fri-Sun	7/10-12/08	CRUZ	PMS Long Course Championships
Sun	07/19/08	TOC	31st Annual Trans Tahoe Relays
Sat	07/26/08	RCM	Russian River 1-mile
Sat	08/02/08	CRUZ	35th Annual Roughwater Swim
Sun	08/03/08	CRUZ	Cruz Cruise 2-mile
Sat	08/09/08	SNM	Donner Lake 2.7-mile
Th-Sun	8/14-17/08	Mt. Hood, OR	USMS LC Championships
Sat	08/16/08	FOAM	Lake Natoma Salmon Swim 1- and 2-mile
Sat	08/23/08	MAAC	2nd Annual Short Course Meters
Sun	09/07/08	RAD	Whiskeytown 1- and 2-mile
Sun	09/14/08	MVM	Alan Liu Memorial SCM
Wed-Sun	9/24-28/08	USMS	USAS Convention, Atlanta, GA
Sat	09/27/08	SMST	Folsom Lake 1- and 2-mile
Sat	10/04/08	SAC	34th Annual Sprint Pentathlon
Sun	10/05/08	*	Tiburon Mile
Fri-Sun	10/10-12/08	WCM	PMS SCM Championships
Sat	12/06/08	SNM	Reno Winners Meet

* non-sanctioned

2007 Meeting Date: November 14. This annual meeting place will be at Heather Farms Community Center, Walnut Creek unless, 7:30 pm. Dinner is served 7 - 7:30 pm. 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 right around the curve.

2008 Meeting Dates: January 16, WC, Feb. 13, cc, March 12, WC, April 2, cc*, May 14, WC, June 18, cc*, July 23, WC, Aug. 20, cc*, Sept. 17, WC, Oct. 15, cc*, Nov. 19, WC, Annual Meeting
(cc)*meetings will be via conference call.

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