

Pacific Masters Swimming

newsletter



It's That Time! - 2010 Renewal Information

2009 was an impressive year for Pacific Masters Swimming. We reached our highest ever membership by the end of July (over 10, 100) and are looking at an end-of-year total of 11,000 members and 128 clubs. Pacific Masters is looking forward to serving you again in 2010 and planning a program that will meet or exceed your goals.

Your membership expires on December 31st. By renewing now, your membership will continue through 2010 with no gaps in benefits and you will avoid last minute hassles in rejoining later. You may change your club affiliation upon renewal with no transfer forms, fees, or waiting period. Up to date USMS registration is mandatory for club and event liability insurance coverage. We recommend that you make a copy of your card in case of loss or theft but you can also print a duplicate card, at any time, by logging on to www.usms.org/reg and following the instructions. If you are not online, you can get a

duplicate card from the PMS Office for a \$2 fee. You have two options to renew your membership: 1) online with a credit card that allows you to print a copy of your card and be ready to go in minutes at www.usms.org/reg or 2) complete the form below and mail it in with your check. In either case, a card will be mailed to you as soon as possible. If you don't receive your card within 7-10 days, please notify the PMS Office right away.

US Masters has increased their portion of the annual fee by \$2; Pacific Masters has not increased its portion. The 2010 fee will be \$42. \$27 of this fee goes to USMS and \$15 stays here in Pacific for programs and services. *Swimmers who have reached the age of 90 pay no membership fee, but do need to submit a signed membership application form. This cannot be done online.*

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United States Masters Swimming, Inc. Pacific Masters Swimming, Inc. 2010 Membership Application <input type="checkbox"/> Renewal 2009 number if known: <input type="checkbox"/> New Registration	PLEASE PRINT CLEARLY. Your name on this form and on meet entry forms must be identical.		
	Last Name		First Name
Mailing Address			Circle Hme/Wrk/Cell Phone No. ()
City	State	Zip	Circle Hme/Wrk/Cell 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."			
Use of Image/Likeness: I grant permission to U.S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.			
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 2010 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.			
Mail to: Nancy Ridout 580 Sunset Parkway Novato, CA 94947 (415) 892-0771 registrar@pacificmasters.org Registration Expires 12/31/10			revised 9/20/09

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You'll notice new exciting benefits from US Masters Swimming including a new brand, club services, a new look to the web site, promotional items such as stickers, redesigned brochures, a new look and add-ons to the magazine, and an Executive Director and staff working to keep you fit and in the pool.

Pacific Masters will continue to offer you a choice of over 125 clubs with which to train, a bi-monthly newsletter inserted in Swimmer magazine to keep you informed about our upcoming activities, weekly Pacific Masters updates to those who indicate an email address, our Pacific Masters web site with membership information, event calendar and entry information, results, a list of member clubs and contacts, borrowing privileges from our video library of the most current training videos, and the ability to participate in our sanctioned pool, postal, and open water events. Notably, we offer you a central PMS Office to answer any of your swimming questions (registrar@pacificmasters.org or 415-892-0771 voice, 415-898-3467 fax).

At the bottom of both this form and the online 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.

Swimming is enjoying a wave of wide-spread awareness, excitement, and opportunity. The state of adult fitness is a national concern. US Masters Swimming through Pacific Masters offers everyone 18 or older a fantastic opportunity to stay fit through the finest physical activity there is - swimming! US Masters and Pacific Masters are committed to offering a program that will continue to provide you the opportunity and benefits of Swimming for Life.

Davis Aquatic Masters

Inaugural DAM Brute Squad Postal Swim

Sanction. # 38-09-19

Event: The Brute Squad events - 200 yd Butterfly, 400 yd IM and 1650 yd Free.

Rules 1. All 3 events must be swum in this specific order; 200 yd Fly, 400 yd IM, 1650 yd Free. 2. All 3 events must be completed within a 90 minute consecutive window. Ex. If you start your 200 yd Fly at 6:00 am, your 1650 yd Free must be completed by 7:30 am, on the same day. 3. Swimmers may rest between events as long as desired, provided Rule 2 is followed. 4. The recorded time begins at the start of the 200 yd Fly and ends at the finish of the 1650 yd Free. Resting time between swims is included in the cumulative time. 5. Results and awards are based on cumulative times.

Date: As per rules, the Brute Squad must be swum between Nov. 1 and Nov. 30, 2009. All individual and relay entries must be received by Monday, Dec. 7, 2009.

Objective: To offer a 25-year DAM tradition to our fellow 'Masters' swimmers. Swim the 3 most beloved, short course events in 90 minutes - 200 Fly, 400 IM, 1650 Free in their entirety in any 25-yard pool you choose. Event results are sent in electronically or by mail so you can compare yourself to other swimmers completing the same 3 events. If two or more swimmers report the same cumulative time, a tie will be declared.

Location: You may swim the Brute Squad in any 25-yard length pool.

Eligibility: This is a PMS-sanctioned event and all participants must be registered for 2009 with USMS (or the equivalent organization for non-U.S. swimmers). A copy of your current 2009 or 2010 registration card must accompany your entry.

Individual Events: Men and women compete separately in age groups of five-year increments: 18-24, 25- 29, 30-34,...100+. The swimmer's age on the day he or she actually completes his or her Brute Squad events will determine his or her age group.

Relay Events: Relay events will be contested in 3 categories: 3 men, 3 women, or 2 mixed (2 men + 1 woman -or - 2 women + 1 man). Each relay member MUST also enter the individual event and be registered with the same PMS Club. Unattached swimmers are not permitted on relays. The youngest relay member's age shall determine the relay's age group. Age groups are 18+, 25+, 35+, ... 95+. The cumulative times for the individual swims will be the relay time.

Fees: Individual entry \$10. Relay entry \$15. Fees are nonrefundable and are payable by check or money order only, to Davis Aquatic Masters.

Awards: The top 5 finishers in each age group in the individual event and the top 3 relay teams in relay events will receive special Awards.

Rules: Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. No more than two swimmers may share a lane. If a lane is shared, each swimmer must stay on his or her side of the lane during the entire race (i.e. no circle swimming).

An adult acting as a starter/head timer/referee shall be present at all times during the swim. Each swimmer must have a verifier to count laps and record cumulative splits every 100, for all 3 events. The timing of the event may be done with a stopwatch or electronic timing device. Cumulative split times must be recorded to the nearest second (final times for Brute Squad records to the nearest 100th). A split sheet must be kept for each swimmer and a copy included with the entry form. One person may serve as a counter for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

Split Sheets: Use the split sheet for this event: <http://www.damfast.org/longdist>

T-shirts: Fabulous long-sleeved T-shirts celebrating your participation in the Inaugural Brute Squad Postal Swim are available for you to order. This is NOT a T-shirt you will see at every meet! Cost: \$15.00

Results: Complete results will be available by mail or via the internet. Preliminary results will be posted on the DAM and PMS websites at www.damfast.org and www.pacificmasters.org by December 25, 2009, for two weeks. All corrections must be sent to the event director during those two weeks. Final results will be posted approximately one week later.

Relay Entry Forms: Please visit www.damfast.org to download forms or send a SASE to: 2009 Brute Squad Postal Swim, c/o Davis Aquatic Masters, PO Box 921 Davis, CA 95617

Questions: Contact Sharon Blaha, DAMBruteSquad@gmail.com

POOL MEET

Sierra Nevada Masters

16th Annual Reno "Winners" Meet

Saturday, December 5, 2009

Sanction. #38-09-15

Facility: 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 a.m. Check-in for the remaining events is 12:30 p.m.

Time: 11:00 a.m. warmup and 12:00 p.m. start

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 Wednesday, November 25, 2009. Consolidated entry forms must be filled out completely, including age as of December 5, 2009. There will be no refunds.

Late Entries: Fees for entries postmarked after 11/25/09 or any deck entries will be \$3.00 per swimmer and \$3.00 per individual event. **Deck entries will not be accepted after 11:30 AM on meet day.**

Make checks payable to: Sierra Nevada Masters and mail to: Gwen Shonkwiler, 3035 Comstock Drive, Reno, NV 89512

Age groups: Individual: 18-24, 25-29, 30-34...Relays: 18+, 25+, 35+...100+

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

POSTAL MEET

The Jon Steiner Memorial Mile

TAM's 1650 Postal January & February 2010

Sanction # 38-10-01

What You Need: A 25 yard/25 meter/50 meter pool and someone to time you (who can count to 66)

Distance: 1650 yards/1500 meters

Date: Anytime between December 19, 2009 and February 28, 2010

Eligibility: All swimmers registered with USMS for 2010 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 one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted.

Entry: You may enter online at www.tammasters.org/PoolMileEntry, by using the entry form located at the same website, 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 relay form at www.tammasters.org/PoolMileEntry. Meter times may be converted to yard times by dividing by 1.02. Each individual entry must be accompanied by a copy of the swimmer's 2010 USMS Card. Mail entries to TAM 1650, c/o Jon Haveman, 204 Ross St, San Rafael, CA 94901.

Entry Fees: For individual entries: \$12.00. 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 \$4 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).** Relays are \$4 each and must be paid by credit card.

Postmark Deadline: All entries must be postmarked by March 10, 2010.

Mass Team Entries: In order to make entering easier for teams with many participants, an excel spreadsheet can be provided that indicates the information required and that is prepopulated for swimmers on the team who have participated in past Postal 1650 swims. Entries submitted in this way are also eligible for the \$4 discount. Contact jon@haveman.org for a spreadsheet for your team.

Awards: 1-3 place ribbons for individuals. Awards, results, and T-shirts will be sent/posted in mid April..

Team Award: Each year, the team with the highest percentage of membership participating in the event will receive a trophy. Three teams will win, one each from among small, medium, and large team entries. Simply inform the event director (jon@haveman.org) that your team is participating and of the total membership of your team. Note that your team must be recognized by USMS.

Information: For more information or questions please contact Jon Haveman at (415) 457-1228, email: jon@haveman.org



POOL MEETS

The Olympic Club

1500 SCM Swim Meet

Saturday, January 16, 2010

Sanction: # 38-10-03

Location: The Olympic Club, 665 Sutter Street, San Francisco, CA 94102

Directions: Yahoo.com or Mapquest.com (downtown San Francisco)

Course: Multi-lane, 25-meter 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.

Rules: Current USMS and Pacific Masters Swimming rules will govern the meet. USMS warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-Course. All events are timed finals. The heats will be seeded slowest to fastest, regardless of age.

Eligibility: All USMS swimmers must have a current 2010 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 a.m.; Heats 9-16 must check in by 11:30 a.m.**

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, Wednesday, January 6, 2010. **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, 524 Post Street, San Francisco, CA 94102, Attn. Lauren Welting

Awards: 1st thru 3rd in each division

Officials: Referee: TBD

Meet Director: Paul Carter pcarter@olyclub.com 415-345-5215

FOG City

Winter Quadrathlon Meet

Sunday, January 24, 2010

Sanction # 38-10-04

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 12:00 p.m., meet starts at 1:00 p.m. Check In: 12:15 p.m. for 500 Freestyle deck entries. 12:30 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 2010 USMS Card.

Entry fees: Flat fee of \$20.00 (for 1 to 4 events) if postmarked by Tuesday - January 19, 2010 or received at the pool by Wednesday, January 20, 2010. Late and deck entries (accepted until check in time on the day of the meet) is a flat fee of \$35.00 (for 1 to 4 events). Make checks payable to St. Ignatius College Prep.

Mail to: Diane Davis/Aquatics, 2001 37th Ave., San Francisco, CA 94116

Awards: Raffle

Meet Director: Diane Davis (415-682-5044)

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

Tamalpais Aquatic Masters

33rd Annual

2010 USMS One Hour Postal

National Championship

Sanction #TBD

Date: The One Hour Postal must be swum in its entirety during January 2010. All individual entries must be received by February 10, 2010. All relay entries must be received by February 20, 2010.

Objective: To swim as far as possible in one hour in any pool you choose that is 25 yards or longer. Event results are sent electronically or by mail so you can compare yourself to other swimmers doing the same event. Some people do the One Hour Postal for competition, while others do it for fitness; all who wish to participate are welcome. The recorded distance (total yards swum) that you submit determines the order of finish. If two or more swimmers report the same distance, a tie will be declared.

Location: You may swim the One Hour Postal in any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five yard increment. Submit the distance in yards.)

Eligibility: This is a USMS-sanctioned event and all participants must be registered for 2010 with USMS (or the equivalent organization for non-U.S. swimmers).

Fees: \$7.00 for each individual entry (\$10.00 for non-US swimmers) and \$18.00 for each relay entry. Fees are non-refundable and are payable by check or money order only - no cash, or by credit card if entering on-line. Foreign entrants must submit fees in U.S. funds via international money order or bank check drawn on a bank with a U.S. affiliate.

Awards: The top 10 finishers in each age group in the individual event and the top 6 relay teams in each relay age group will receive USMS Long Distance National Championship medals.

Further information will be found elsewhere in this magazine

POOL MEET

University Of San Francisco Masters

2010 Valentine's Affair

Saturday, February 6, 2010

Sanction # 38-10-05

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.

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

University of San Francisco, Koret Recreation Center, 2926 Turk St, Corner of Turk and Parker Streets, San Francisco

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

Entries: Entries are limited to a maximum of 5 individual events, excluding relays. Individual event entries can be via on line; surface mail; or deck enter the day of the meet. Relays are deck entry only and must be on official yellow relay entry cards.

To enter on line: Enter this meet online by going to <https://www.clubassistant.com/meets.cfm> Online entries accepted until 11:59 pm Wed. February 3, 2010.

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 2010 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 27, 2010 or hand delivered to the Koret Center at USF by Fri. January 29, 2010. 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!*

On line Entry Event Fee: \$5.70 Surcharge plus \$2.65 per event. The online processing fee of \$1.50 plus 5% is included in these fees. Your credit card will be charged by "ClubAssistant.com Event Billing" for this meet.

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 Fee: \$5.00 surcharge plus \$5.00 per event

Relays Fees: \$4.00 per event, deck entry only.

Awards: Participation awards and goodie bags

Meet Referee: TBD

Meet Directors: Duke Dahlin: ddahlin@pacific.edu (415) 929-6651; Matt Chappell: mdc1313@gmail.com (415) 648-7167

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
13	200 yd	mixed Centipede Relay*
15-16	50 yd	breast
17-18	200 yd	back
19-20	50 yd	free
21-22	200 yd	IM

* Special Event

Amazing Lake Tahoe Swim.

On Friday August 28th, PMS and Loch Ness Master swimmer Patti Bauernfeind swam from Camp Richardson South Lake to Incline Village North Lake Tahoe. This is 22 miles at 6200 feet elevation. She is only the 13th recorded swimmer to do this. The previous best time for the full 22 miles was 10 hrs 55 min. Patti did the swim in 10 hrs 39min 38 sec 99 hundredths (10:39.38.99).

We started from Camp Richardson at 3:30 AM. It was very dark with no moon. The water temperature was 67 degrees F. With glow sticks on Patti and on our Kayak (paddled by Erin Stone) and the support boat/crew maned by Jan & Dale Sollom Brotherton, Cynthia Lait, & Steve Small. Patti started off with a stroke count of about 79 or 80. And through out the swim never varied from from 72 to 78. We planned a nourishment schedule of every half hour for the first six hours and every 20 minutes after that. However, with the support crew assessment, we changed to 20 minutes at 5 hours in. And this helped Patti tremendously. Patti swam strong all day. With 3 miles to go and the record in site she upped pace swimming at around 2.2 MPH. We finished at the Incline Village Hyatt beach among a cheering crowd.

The water conditions were great. A very light 2 MPH wind at the start that died to 0 MPH about 45 minutes after the start. And stayed that way all day. It could not have been a better day for this type of swim. The air temp at the start was about 45 F, dropped to 39 F, and then rose to 84 mid day.

After the swim, on the drive back in the car, Patti just had to stop for Ice Cream. Just think, almost 11 hours in cold water, and you want ice cream for a treat. What a truly amazing lady she is.

At the end of the day Ron Emoff and Pat Small fixed a great meal for Patti and the kayak/boat crew. A lot preparation goes into a swim like this. Patti trained for a year. And without a knowledgeable support crew, one could not attempt such a swim. Congratulations to Patti for great swim.

Stephen Small

Deadline for pool and open water swim information for the January-February Newsletter is **November 6, 2009**

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-Stroke
			Email (Optional)		
"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. For Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."					
Name of Meet/Event		Date of Meet/Event		Signature	

Rev 9/02

PACIFIC MASTERS SUPPLIES AND SERVICES

VIDEO LIBRARY

How to Borrow DVD's:

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 DVD 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.

New DVD's for the PMS Library

- Getting' Better with **David Marsh**, Head Coach Mecklenburg AC, 2007
 1. Tips, Drills, & Skills for Faster Freestyle
 2. Tips, Drills, & Skills for Faster Backstroke
 3. Tips, Drills, & Skills for Faster Breaststroke
 4. Tips, Drills, & Skills for Faster Butterfly
 5. Tips, Drills, & Skills for Faster Starts
 6. Tips, Drills, & Skills for Faster Turns
- Go Swim Backstroke, with **Aaron Piersol**, 2007
- In the Fast Lane, **Frank Busch**, Head Coach U. of Arizona, 2006
 1. Fast Lane Freestyle
 2. Fast Lane Backstroke
 3. Fast Lane Breaststroke
 4. Fast Lane Butterfly
 5. Fast Lane Starts & Finishes
 6. Fast Lane Turns & Breakouts
- Lane Lines to Shore Lines, Your Complete Guide to Open Water Swimming, Gary Emich & Phil DiGirolomo, 2007
- Becoming a Champion Swimmer, **Richard Quick**, Head Coach Auburn University, 2006
 1. Becoming a Champion Swimmer: Freestyle
 2. Becoming a Champion Swimmer: Backstroke
 3. Becoming a Champion Swimmer: Breaststroke
 4. Becoming a Champion Swimmer: Butterfly
 5. Becoming a Champion Swimmer: Starts & Turns
- Personal Best – Butterfly, **Bob Bowman**, Head Coach U of Michigan, & **Michael Phelps**, 2006
- **Eddie Reese** On, Head Coach Univeristy of Texas, 2005
 1. Eddie Reese On Freestyle
 2. Eddie Reese On Backstroke
 3. Eddie Reese On Breaststroke
 4. Eddie Reese On Butterfly
- The Swim: Technique & Training for Triathletes, **Trip Hedrick and Clark Campbell**, 2005
- Swimming Faster, **David Marsh**, Head Coach Auburn University, 2004
 1. Swimming Faster Freestyle
 2. Swimming Faster Backstroke
 3. Training & Race Strategies for Breaststroke & Butterfly
 4. Training & Race Strategies for the Individual Medley
 5. Training & Race Strategies for Middle Distance & Distance
 6. Training & Race Strategies for Sprint Freestyle
- Championship Winning Swimming, **Richard Quick**, Head Coach Stanford University, 2003
 1. Posture, Line & Balance
 2. Championship Winning Freestyle
 3. Championship Winning Backstroke
 4. Championship Winning Breaststroke
 5. Championship Winning Butterfly
 6. Championship Winning Walls: Underwater Swimming
 7. Championship Winning Starts
 8. Championship Winning Turns for All Strokes
- **June Quick** Instructional Series, 2003
 1. Swimalates: Pilates for Swimmers
 2. Swimmer's Shoulder, Prehab & Rehab
- Open Water Swimming, **Michael Collins & Gerry Rodrigues**, 2003

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
2010 USMS Rule Book	8.00
2010 USMS Mini Rule Book (rules only)	5.00
Video/DVD deposit	50.00
Video/DVD mailing charge per order	5.00

DVD ORDER FORM

Please send two checks, payable to Pacific Masters Swimming, 580 Sunset parkway, Novato, Ca 94947; one for \$5 to help defray mailing costs and one for \$50 to cover damage and loss. This check will be sent back upon the timely return of the DVDs in good condition.

DVD title - 1	DVD title - 2	Deposit:	\$50
Name (Please Print)		Mailing	5
Address		Total	\$55
City/ ZIP			
USMS/PMS #	Phone ()		

2009 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

Sat 12/05/09 SNM Reno Winners Meet, SCY

* recognized

** non-sanctioned

*** tentative

TENTATIVE 2010 MEET SCHEDULE

12/19/2009-2/28/2010	TAM	Postal 1650
January	TAM	One Hour Postal
Sat 1/16/10	TOC	Olympic Club 1500
Sun 1/24/10	FOG	Fog City Quadrathlon
Sat 2/6/10	USF	Valentine's Affair
Sat 3/13/10	RINC	Rinconada Masters Spring Meet
Fri-Sun 4/16-18/10	TVM/WCM	PMS Short Course Championships
Sat 5/15/10	SMMM	Parkside Mile
Th-Sun 5/20-23/2010	Atlanta	USMS SC Championships
Sat 5/22/10	RCM	Spring Lake 1 Mile
Sat 6/5/10	DAM	Lake Berryessa 1 & 2 Mile
Sat 6/12/10	TVM	Lake Del Valle
		.75 & 1.5 Mile (USMS National Championship)
Fri-Sun 7/9-11/10	CRUZ	PMS Long Course Championships
Sat 7/17/10	TOC	31st Annual Trans Tahoe Relays
Sat 7/31/10	CRUZ	37th Annual Roughwater Swim
** 7/31-8/7/10	Sweden	World Masters Games
Sun 8/1/10	CRUZ	Cruz Cruise 2-Mile
Sat 8/7/10	SNM	Donner Lake
** 8/9-12/10	San Juan	USMS LC Championships
Sun 8/15/10	TTST	Hot August Chill (3 swims)
Sat 8/21/10	MAAC	4th Annual Summer SCM Meet
Sun 9/12/10	RAD	Whiskeytown Lake
		1 & 2 Mile (PMS Open Water Championship)
** 9/15-19/10	USAS	USMS Convention, Dallas
Sat 9/25/10	SMST	Sierra Marlins Cold Water Classic (Lake Natoma)
Sun 9/26/10	MVM	7th Annual Alan Liu Memorial SCM
Sat 10/3/10	SAC	38th Annual SCM Pentathlon
Fri-Sun 10/8-10/10	WCM	PMS Short Course Meters Championship
November	DAM	Brute Squad Postal Meet

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2009 Meeting Dates:

Nov 18 annual meeting

2010 Meeting Dates: Jan 20, Feb. 17(cc), March 17, Apr. 21(cc), May 12, June 16(cc), July 14, Aug. 18(cc), Sept 8, Oct 20(cc), Nov. 17.

Directions: 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. Meetings are held at Heather Farms, Walnut Creek, CA unless otherwise announced.

(cc) meetings will be via conference call.

For information on Hawaii Open Water Swims go to

<http://www.hawaiimastersswim.org/index.html>