

Pacific Masters Swimming

newsletter



Michael Moore, PMS Chair

I hope you have all had a great holiday season and a very Happy New Year! It is hard to believe that 2009 is here and that on January 1st for long course and short course meters we all aged up a year - and some aged up into a new age group. For this year I am at the top of my age group

GOALS Last year when writing this section, my daughter asked me if I just rewrote last year's paragraph. Well kinda. It is always good to sit down at some point to look at what we have done and what we want to accomplish. As I said last year "Even though it is past the first of the year, I urge every one to set swimming goals for the year. The goals do not have to be competitive, but you should write them down ("are you going to commit to swim so many times per month? Is this the year to do a little cross training and lift weights?") *It is also the time to try something different ("is this the year for me to work on my 100 backstroke by racing several times? Should I try to actually do a 400 IM?"). It is also the time to be realistic. What do I have going on this year? Am I going to be incredibly busy at work, so that just making workouts will be a challenge? Are my kids going to be doing activities that will need a lot of my attention?*

This year we have the 2009 United States Masters Swimming Short Course Nationals coming to our region. Clovis North High School will be the location of the championships. The pools are very fast and the nationals are always known for great competition. *Since this venue is midway between the two largest LMSCs, we are expecting a great meet with lots of participants. Come and join the fun, with a great pool and wonderful competition!*

The day after the short course yards championships is the 2009 US Masters Swimming One Mile Open Water Championships that will be held. The lake is about 20 miles from the Clovis North High School. *This is the first Nationals that has also had an Open Water Championship event in the same area at the same time. We hope this will make the meet even more attractive to distance swimmers. Even if you are not a distance swimmer -- try something new this time-- open water swims are lots of fun.*

Go the Distance is Masters Swimming program to keep track of your swimming. One can also use it to compare your distance against swimmers of your age group, club or LMSC. Every month you send your results to Mary Sweat. She does a great job of logging all the swimmers and sending you a personal reminder and encouragement of staying with the program. Information can be found about Go The Distance at <http://www.usms.org/fitness/content/gothedistance> *Check out these results and see who you know that is doing this program. Maybe you and some workout buddies set some group goals (and hopefully some great rewards for yourselves!).*

I would encourage you to make the goals measurable and to ease into them if you need to. If you are going to do flip turns off the wall, it might be ambitious to say you will do all flip turns in practice. Start with a manageable number - you will do 10 in practice the first week, 15 the second and so on keep doing that until all the turns are flip turns. Make sure you are challenged, but also make your goals something that you can achieve -- with some effort. Otherwise you will not fulfill them.

When you make your goals, be flexible. I started out in the Go the Distance program and set a goal to swim 250 miles for year. At the beginning of October, I was just under 200 miles. Making 250 miles was not going to be a problem as I had been doing about 25 miles in a "normal" month. Well . . . like a NASCAR driver blowing an engine, I separated my shoulder, so instead of swimming, I have been kicking in the water and I do not kick near as fast as I swim. (But I have my 2009 goal in place for Go the Distance). We are in this for FUN and FITNESS. *We are also in this for the long haul, and, as adults we are supposed to realize this-- so as difficult as it is to be patient and heal, that will affect making my goals for this year realistic ones!*

For those who have never competed at a local meet or open water event, I encourage you to go to one and compete. *Try something new, that is what Masters is about-- give yourself the chance to try something different from what you usually do. Believe me, people at these events will encourage and support you. And who knows, you might even like it!* It is fun to be there with your friends. Everyone wants you to do well. For Open Water meets, you can just swim and enjoy the scenery. Try it. *Open water events are different than meets -- people hang out and socialize afterwards while results are tabulated -- there is usually food for people while they wait -- and they socialize.... it is different than being at a meet, but is also the same in some senses, and always fun; plus you are usually home in the early afternoon.*

The UPDATE is Pacific Masters email list where we send out information related to Masters swimming, with an emphasis on Pacific Masters to swimmers. When you register, you are automatically sign up for the list. It is very easy to unsubscribe. There is no charge for this service anyone can sign up. If you are not currently on the list and wish to get on the list, please go to <http://six.pairlist.net/mailman/listinfo/pacmasterupdate> to sign up.

Information about upcoming meetings, and meets will be sent out. Also information about meet results and records broken will also be sent out on the list.

I hope everyone has a great 2009 and best wishes for the new year.

michael

POSTAL EVENT

POOL MEETS

TAM

The Jon Steiner Memorial Mile 1650 Postal

January & February 2009

Sanction # 38-09-01

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, 2008 and February 28, 2009

Eligibility: All swimmers registered with USMS for 2009 are eligible to participate.

Rules: All USMS and PMS rules apply. A split sheet with 50 yard/meter splits must be signed by at least by one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted.

Entry: You may enter online at www.tammasters.org/PoolMileEntry, or by using 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. Each individual entry must be accompanied by a copy of the swimmer's current 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 a clumsy form).*

Postmark Deadline: All entries must be postmarked by March 10, 2009.

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

New Award: Each year, the team with the highest percentage of membership participating in the event will receive a trophy. Simply inform the event director (jon@haveman.org) that your team is participating and of the total membership of your team.

T-shirts: T-shirts are available for \$16 each. XX large are \$18. 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

FOG City

Winter Quadrathon Meet Sunday, January 25, 2009

Sanction #: 38-09-02

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 2009 USMS Card.

Entry fees: Flat fee of \$20.00 (for 1 to 4 events) if postmarked by Tuesday, January 20, 2009 or received at the pool by Wednesday, January 21, 2009. 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

BEAR Swimming

This BEAR Don't Hibernate Meet

Sunday, March 1, 2009

Sanction #: 38-09-04

Location: Contra Costa College Swimming Pool, Contra Costa College, 2600 Mission Bell Drive, San Pablo, California 94806

Directions: From I-80 East or West Exit El Portal Dr. Head west on El Portal. Turn Right on Castro Dr. Pool is on the left side. Pool parking lot is for coaches and officials only. Use the college designated parking lots for parking.

Time: Meet begins at 9:00 a.m. Sunday. Warm-ups from 7:30-8:45 a.m.

Course: Outdoor heated pool, 25 Yards by 50 Meters, up to 10 lanes with ten lanes available for warm up during the competition.

Check In: Swimmers in events #1-3 must check in before 8:30 am. All other events close 30 minutes prior to start of event.

Entries: This will be a cardless meet. Swimmers may swim up to 5 individual events. You **must** use the consolidated entry form in the Pacific Master Swimming newsletter or download at BEAR Swimming website at www.bearswimming.com

Entry Fees: \$4.00 per event plus \$5.00 one time surcharge per swimmer and \$4.00 per relay; surcharge \$10.00 for deck entries. Entries must be **Postmarked by Friday February 13, 2009, or received by Thursday February 19, 2009.** There are no refunds. Make check payable to 'BEAR Swimming' and mail entries with a copy of you 2009 USMS registration card to: **BEAR Swimming, c/o Rick Vasquez, 1563 Solano Ave #373, Berkeley, CA 94707**

Meet Director: Rick Vasquez 510 233 4232, Volunteers welcome. Call to sign up.

Referee: TBD. **Timing:** David Cottom

Events: ODD numbers are Women and EVEN numbers are Men. All relays are offered in women's, men's, and mixed genders. Each swimmer may only participate in one relay of each type.

1-2	200 yd.	Free Relay
3	200 yd.	Mixed Free Relay
5-6	200 yd.	IM
7-8	50 yd.	Back
9-10	100 yd.	Free
11-12	50 yd.	Breast
13-14	100 yd.	IM
15-16	50 yd.	Fly
17-18	400 yd.	Free Relay
19	400 yd.	Mixed Free Relay
21-22	100 yd.	Back
23-24	50 yd.	Free
25-26	100 yd.	Breast
27-28	200 yd.	Free
29-30	100 yd.	Fly
31-32	200 yd.	Medley Relay
33	200 yd.	Mixed Free Relay

POOL MEET

University of San Francisco Masters 2008 Short Course Valentine's Affair Saturday, February 7, 2009

Sanction # 38-09-03

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 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.

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 entry 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 p.m. Wed. February 4, 2009.

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 2009 USMS registration card. Failure to provide a copy of the USMS card will result in a \$3 look-up fee per PMS rules. Entry must be postmarked by Wed. January 28, 2009 or hand delivered to the Koret Center at USF by Fri. Jan. 30, 2009. For hand delivery please put entry in an envelope addressed to Cathy Huang.

Make checks payable and mail to:

University of San Francisco Masters, Attn: E. Tosta,
P.O. Box 330017, San Francisco, CA. 94133-0017

To Deck Enter:

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

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 \$4.00 per event, deck entry only

Awards: Participation awards and goodie bags

Meet Referee: John Duncan

Meet Directors: Duke Dahlin: ddahlin@pacific.edu
(415) 929-6651; Matt Chappell: mcd1313@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 |
| 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

**March-April Newsletter is
January 6, 2009**

Please submit creative writing
and photos to Newsletter Editor

Joanne Berven
4854 Andrea Court
Livermore, CA 94550
newsletter@pacificmasters.org

**Rinconada Masters
Spring Short Course Meet
Saturday March 14, 2009**

Sanction No: # 38-09-05

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

Directions: HWY 101 exit Embarcadero west to Newell. Park on Embarcadero Rd. or turn right on Newell. From 280, exit Page Mill east. Page Mill becomes Oregon Expwy east of El Camino Real. Turn north (left) on Middlefield, east (right) on Embarcadero to Newell.

Facility: 14 lane x 25 yd pool (8 competition, 5 warm-up/down, 1 buffer). Note: Timing system is push button only with no pads. Snack Bar available.

Time: Warm-up 7:30 a.m - 8:45 a.m. Meet starts at 9:00 a.m.

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

Entries: This will be a cardless meet. Swimmers may swim up to 5 individual events.

Option 1 - **Online Entry** - Due by midnight Wednesday, March 11

Enter at: <http://rincmastersswim.com> to receive immediate confirmation of acceptance via email. The "billing information" email must be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost to enter this meet is a \$5.00 surcharge plus \$4.00 per event. In addition the cost of using Online Meet Entries is \$1.00 per swimmer plus 5% of the total entry fees to cover processing. Please note that the processing fee is in addition to the entry fees. Online meet entry fees are paid to Swim Connection LLC. Online Meet Entry is in no way required of PMS swimmers.

Option 2 - **Mail In Entry** - You must use the consolidated entry form in the Pacific Master Swimming newsletter or request an entry form from Bobbie Callison, (See below)

Entry Fees: \$4.00 per event plus \$5.00 surcharge per swimmer; \$10.00 surcharge for late or deck entries.

Entries must be Postmarked by Friday February 27, 2009, or received by Wednesday March 4, 2009.

No DECK ENTRIES for 1000 Free. Mail entry, and check payable to Rinconada Masters and a copy of your 2009 USMS registration card to: Rinconada Spring Meet, Bobbie Callison, 450 San Luis Ave., Los Altos, CA 94024 , (650)-948-2339

Awards: Ribbons 1st through 6th in each age group.

Special Memorial Awards: Women's 70-74 Sylvia Bailey Award (400 IM), Men's 75-79 Willard Johnson Award (1000 Free), Women's 70-74 Sally Scholer Award (50 Fly), Women's 80-84 Bernice Silber Award (100 Back) (Please return award Plaques each year)

Meet Director: Jim Shaw 650-529-1173

Referee: TBD

Events: (Odd - Women, Even-Men)

All events will be swum slow to fast.

1 - 2 1000 yd Free
Event #3 will not start before 11 a.m.

- 3 - 4 200 yd Breast
- 5 - 6 50 yd Free Novice *
- 7 - 8 50 yd Free
- 9 - 10 100 yd Fly
- 11 - 12 100 yd Back
- 13 - 14 200 yd Free
- 15 - 16 50 yd Back Novice *
- 17 - 18 200 yd IM
- 19 - 20 100 yd Breast
- 21 - 22 50 yd Fly
- 23 - 24 400 yd IM
- 25 - 26 100 yd Free
- 1650 yd Fly

Special-event, records are kept. Entry is free. No online entry. Call in or deck enter. We will swim one heat only (14 lanes), in order of registration. Bring your own counter and timer. Watches provided. Event must be completed within 45 mins.

*Novices are those with no prior competitive masters experience

**PACIFIC MASTERS SWIMMERS RELAY
ACROSS MONTEREY BAY**

by Joel Wilson

Saturday morning, October 4, 2008, 5 a.m., is dark, cloudy, and wet at the Santa Cruz Yacht Harbor. A sudden downpour makes us pull up the hoods on our parkas and put on our rain boots as we load our two escort boats, wondering if this adventure will get out of the harbor at all. Just as quickly as the rain comes, though, it stops, and we continue equipping the boats with the supplies necessary for a full day on Monterey Bay, most importantly swim suits, caps, and goggles.

We're eight swimmers from the San Mateo Marlins, the South End Rowing Club, and Santa Cruz Masters who, after a successful Maui Channel Swim a month previous, decided it was time to traverse Monterey Bay.

Joel Swartz and Randy Brown (San Mateo Marlins) lead the team made up of Moby Coquillard, Dan Kearns, Jim Sweeny, Karah Nazor, Judith Sheridan, and myself.

We decide to swim 45 minute legs and I am first to go. The comfortable 60 degree water allows me a quick start and my 45 minutes fly by, the sky changing from dark to dawn. Moby Coquillard (solo Maui Channel 2008) is next and charges ahead for his 45 minutes. Dan Kearns pulls strongly and steadily, followed by Jim Sweeny with his powerful stroke. We're now 3 hours into the swim, with water temperature a chilly 57 degrees, when Karah Nazor (solo English Channel 2008) sends us further into the Bay with her long, smooth style.

By this time we're enjoying the sight of hundreds of jellies, all sizes and colors, as well as dolphins leaping out of the water, twisting in mid-air. While Karah is swimming we become excited to see humpback whales breaching east and west of us and, more closely, sea lions literally flying in and out of the ocean swells all around us. Not long after Randy begins his swim more sea lions zoom in close, seemingly to get us to play with them. We wish we could and comment regarding who the real swimmers are, noting how inefficient we humans move in the water compared to the lithe, effortless movements of the ocean critters.

Randy is still in the water when even greater excitement begins! Dead ahead, about a quarter mile, the distinctive dorsal fins of orca whales capture our attention. A pod comprised of a male and female plus two juveniles has surfaced to divert our attention from Randy. Fortunately, he's surrounded
(continued next page)

**Strawberry Canyon Aquatic Masters
Spring Break Meet**

Saturday, March 21, 2009

Sanction #: 38-09-06

Location: Spieker Aquatics Complex, UC Berkeley, Bancroft Way at Dana Street.

Directions: From I-80 East or West, take University Ave. exit and head east. Continue on University Ave. until you reach Oxford Street. Take a right on Oxford, go past Bancroft Way (one way street), and take the next left onto Durant Avenue. Take another left on Ellsworth, cross Bancroft Way, and drive directly into the covered parking facility for paid indoor parking.

Parking: Please allow extra time for parking. Limited hourly indoor parking is available in the garage at Bancroft Way at Ellsworth. One and two-hour limited metered parking is available on neighboring streets. Parking is not allowed in the church parking lot across the street from the pool, cars will be towed.

Course: Outdoor, 25-yard, 20-lane pool. Eight lanes will be used for competition, ten lanes for warm-ups.

Time: Warm-ups begin at 7:30 a.m. The 500 Free will begin at 8:30 a.m., and all other events will follow.

Check in: Check in begins at 7:00 a.m. The 500 Free is pre-seeded; no deck entries for the 500. All other events will be deck seeded. All swimmers in the 500 Free must check in by 8:00 a.m. All others must check in at least 30 minutes prior to the expected starting time of their first event. Swimmers who do not check in will not be allowed to swim. The meet will be seeded slowest to fastest.

Entries: Swimmers are limited to five events. The 500 Free is limited to five heats each for men and women. This is a cardless meet.

Fees (No Refunds):

Online entry event fee: \$4.00 surcharge plus \$2.50 per event. The cost of the online meet entry system is \$1.00 per swimmer plus 5% of the events fee, which is added to your total. Visit <http://scam.mastersswim.com> to sign up.

Mailed entry event fee: \$5.00 Surcharge plus \$3.50 per event. Please note that a discount is offered for online entry. Make checks payable to UC Regents. Deck/late entry: \$5.00 surcharge plus \$5.00 per event.

Mail: Consolidated entry form, a photocopy of your 2009 USMS registration card, and your entry fee to: SCAM Swim Meet 2009, Cal Rec Club, 2301 Bancroft Way, Berkeley, CA 94720-4420

Deadline: Online entries accepted until 11:59 p.m. Wed. March 18. Mailed entries must be postmarked no later than March 9 (or received by March 13). Please do not send mail requiring a signature.

Snack Bar: A full snack bar will be open during the meet beginning at 7:30 a.m..

Meet Directors: Jessica Weddle and Serena Kwan. Email scammeet2009@gmail.com or call (510) 343-4444

Referee: TBD

Events: (Odd=Women; Even=Men)

- 1-2 500 yd Freestyle
- 3-4 100 yd IM
- 5-6 50 yd Butterfly
- 7-8 100 yd Breaststroke
- 9-10 100 yd Freestyle
- 11-12 50 yd Backstroke
- 13-14 100 yd Butterfly
- 15-16 200 yd Freestyle
- 17-18 50 yd Breaststroke
- 19-20 200 yd IM
- 21-22 100 yd Backstroke
- 23-24 50 yd Freestyle

Relay Swim continued from previous page

by two kayak escorts and they keep close watch on him while we remain amazed with the orcas. The whales submerge and move off but we remain in awe of the beautiful creatures we have the good fortune to see. Those of us on the boats try to get Randy to stay in longer, believing his good karma will bring back the whales but he's ready to exit and Joel Swartz is anxious to begin.

Joel S. smiles his way through the 45 minutes. Next, Judith begins, swimming as if sprinting to catch a breaking wave (she body surfs Mavericks!). She maintains her rigorous pace for the entire 45 minutes until I jump in for my second round, exchanging full-faced grins with her. More sea lions visit me, zipping as close as two arm lengths away and stopping to take a curious, round-eyed view of the strange human.

We cycle through our rotation again. Joel Swartz begins his second swim at the 9 hour mark. We are now close to Monterey Harbor and we've told Joel that, no matter how long he intends to swim, we won't let him get back on the boat until after he walks onto the finish beach. He propels himself as quickly as any of us have ever seen him swim and, 27 minutes and 4 seconds later, clamoring over and through fifty yards of thick kelp that protect the beach, he stands immediately next to the Monterey Bay Aquarium. We hoot and holler to him from the boats and I wonder if the people sitting in the glass-walled aquarium restaurant next to the beach have any idea where the tall, smiling guy with his arms raised high overhead, has come from.

Our team was comfortably and ably supported by Kenny Couvillion, Denise Houchens, John Flanagan, Art Armstrong, Elizabeth Saltos, and Greg Sanders.



Moby Coquillard(SMMM), Judith Sheridan(UNAT), Jim Sweeney(SMMM/SERC), Karah Nazor(SERC), Randy Brown(SMMM), pilot Greg Sanders



photos courtesy Joel Wilson

Joel Swartz(SMMM), Judith Sheridan(UNAT), Karah Nazor(SERC), Joel Wilson(CRUZ)



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
2008 USMS Rule Book	8.00
2008 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 check 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.

Dec-Feb	12/19/08-2/28/09	TAM	Postal 1650
Sat	01/17/09	TOC	Olympic Club 1500 (cancelled)
Sun	01/25/09	FOG	Fog City Quadrathlon, SCY
Sat	02/07/09	USF	USF Valentine's Affair, SCY
Sun	3/01/09	BEAR	Don't Hibernate, SCY
Fri-Sun	3/6-8/09	WCM	Intensive Training Camp
Sat	03/14/09	RINC	Rinconada Masters Spring Meet, SCY
Sat	03/21/09	SCAM	Strawberry Canyon Masters Invit. SCY
Fri-Sun	4/17-19/09	WCM/TVM	PMS Short Course Championships
Sat	05/02/09	SMMM	Parkside Aquatic Mile, OW
Thu-Sun	5/7-10/09	Clovis, CA	USMS SC Championships
Mon	5/11/09	Clovis, CA	USMS Open Water Swim, Millerton Lake
Sun	05/23/09	RCM	Spring Lake 1-mile, OW
Sun	5/31/09	TVM	Del Valle 0.75- & 1.5-mile, OW
Sat	06/06/09	DAM	Lake Berryessa 1 & 2 mile, OW
Sat	06/27/09	RCM	Lake Mendocino 2 mile OW
Fri-Sun	7/10-12/09	CRUZ	PMS Long Course Championships
Sat	07/18/09	TOC	31st Annual Trans Tahoe Relays, OW
Sat	8/1/09	CRUZ	36th Annual Roughwater Swim, OW
Sun	8/2/09	CRUZ	Cruz Cruise 2-mile, OW
Wed-Sun	8/6/10/09	Indianapolis, IN	USMS LC Championships
Sat	8/8/09	SNM	Donner Lake 2.7-mile, OW
Sat	8/15/09	MAAC	3rd Annual Short Course Meters
Sat	8/22/09	RCM	Russian River 1-mile, OW
Sun	09/13/09	RAD	Whiskeytown 1- and 2-mile, OW
Wed-Sun	9/16-20/09	USMS	USAS Convention, Chicago, IL
Sun	9/20/09	SMMM	Swim and Eat Classic, SCM
Sat	09/26/09	SMST	Cold Water Challenge Lake Natoma 0.5, 1 mi, OW
Sun	9/27/09	**	RCP Tiburon Mile, OW
Sun	10/4/09	MVM	Alan Liu Memorial SCM
Sat	10/11/09	SAC	36th Annual Sprint Pentathlon, SCM
Fri-Sun	10/16-18/09	WCM	PMS SCM Championships
Sat	12/05/09	SNM	Reno Winners Meet, SCY

* recognized

** non-sanctioned

*** tentative

2009 Meeting Dates:

Jan. 21, Feb 18 (cc), Mar. 18, Apr 15 (cc), May 20, June 17 (cc), July 15, Aug. 19(cc), Sept 9, Oct 21, (cc), Nov 18 annual meeting.

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.
(cc) meetings will be via conference call.

For information on Hawaii Open Water Swims go to
<http://www.hawaiimastersswim.org/index.html>

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