

Pacific Masters Swimming

newsletter



Chair's Message

Michael Moore, PMS Chair

Pacific Masters coaches are the backbone of Pacific Masters swimming. They are the ones who get to practice early to open up the pool, to take the covers off the water and get things in order.

Every year Pacific Masters honors one coach who has demonstrated outstanding qualities. Pacific Masters Swimming has many good coaches who has demonstrated outstanding coaching qualities. We try to honor an exceptional coach each year with the "Coach of the Year" award.

The criteria for the award will be considered first, since January 1 of the preceding year, and second, over the coach's career with his or her club. Outstanding contributions to his or her club and its individuals are measured by the following competitive and non-competitive factors.

Competitive factors shall include club and individual performance at Pacific Masters and USMS Championships, in any sanctioned course, as well as relay and individual Pacific Masters, USMS and World records that reflect the coach's skill and inspiration.

Non-competitive factors shall include club vigor, size and growth, club participation and volunteering, and club having hosted well run events. It shall include outstanding service to Pacific Masters, USMS and to other public or private community organizations; outstanding professional contributions, such as participation in clinics and published works.

Previous Coach of the Year recipients:

- 2008 Laureen Welting, TOC
- 2007 Hermine Terhorst SRM
- 2006 Valeriy Boreyko USF
- 2005 Patti Scott-Baier TCAM
- 2004 Alan Liu MVM
- 2003 Scott Williams TOC
- 2002 Joel Wilson CRUZ
- 2001 Sharlene Van Boer RHMS
- 2000 Marie McSweeney TAM

Nominations may be made by any registered Pacific Masters club officer in the form of a written statement addressing both the criteria above and the instructional and inspirational qualities of the coach. The nominating letter and a maximum of four supporting letters from registered Pacific Masters swimmers shall be submitted to the Chairman at or before May meeting of Pacific Masters (May 20th, this year).

Every year we honor two swimmers who have had outstanding individual swimming performances during the past year as determined by the swimmers place in Top Tens, records set and Open water Points. This year we honored two great swimmers - Ruth Shaps and Richard Burns - at the Pacific Masters Short Course Yards Championships in Pleasanton. Congratulations to both on having a great 2008!!

We also honored John King as Contributor of the Year, Pacific Masters highest award. Ruth Shaps was awarded the Personal Achievement Award. The Distinguished Service Award was to given to Glenda Carroll and the Appreciation Award was given to Mountain View Masters and to Menlo Masters.

Thanks to all of the award winners for their time and dedication to Pacific Masters Swimming. Pacific Swimming would not be the same without you.

2008 Swimmers of the Year

Women

- 18-24 Lisa White, TVM, 256 points
- 25-29 McCall Dorr, TOC, 214 points
- 30-34 Shanna Guzman, TOC, 478 points
- 35-39 Jody Smith, STAN, 479 points
- 40-44 Laureen Welting, TOC, 536 points
- 45-49 Jan Matena, MELO, 418 points
- 50-54 Bonnie Billich, TVM, 316 points
- 55-59 Laura Val, TAM, 2,175 points
- 60-64 Ruth Shaps, MAM, 1,220 points
- 65-69 Kate Coleman, SCAM, 342 points
- 70-74 Susan Munn, DAM, 388 points
- 75-79 Ann Hirsch, WCM, 1,114 points
- 80-84 Gloria Stupfel, SMMM, 478 points
- 85-89 Margery Meyer, TOC, 1159 points
- 90-94 Audrey Etienne, 90-94, 90 points

Men

- 18-24 Travis Carranza, UNAT, 276 points
- 25-29 Andy Nonaka, WCM, 262 points
- 30-34 Ethan Stone, SRM, 326 points
- 35-39 Carlos Fernandez, MAM, 216 points
- 40-44 Roque Santos, WCM, 900 points
- 45-49 Ken Ericksson, RHMS, 308 points
- 50-54 John Morales, SRM, 854 points
- 55-59 Jim Clemmons, MAM, 669 points
- 60-64 Ed Rudloff, TOC, 474 points
- 65-69 Richard Burns, TAM, 1,141 points
- 70-74 Barry Fasbender, STAN, 494 points
- 75-79 Ashley Jones, AAM, 513 points
- 80-84 Robert Cunningham, SMMM, 290 points
- 85-89 Tom Mc Call, SCAM, 254 points
- 90-94 Pat Keller, RINC, 353 points

OPEN WATER SWIMS

Redwood Coast Masters Spring Lake One Mile Open Water Swim

Saturday, May 16, 2009

Sanction # OW-09-03

Location: Spring Lake, Santa Rosa

Directions: From Hwy 101, take Hwy 12 East. Turn right on Mission Blvd., left on Montgomery Dr., right on Channel Dr., right on Violetti Rd., into park. Parking Fee \$5.

Course: One mile loop course swim from a small sand beach in Spring Lake. Expected water temperature 68 -70 degrees.

Time: Check-in, packet pick-up and race day registration from 7:30 - 8:30 a.m. Race begins at 9:00 a.m. No late starters.

Swim Procedure: There will be three wave starts five minutes apart. All swimmers must wear the provided swim caps and race finish tags. The color of the swim cap will designate wave number and the finish tags will be collected in the chute at the finish line. There will be a one hour cut-off time. No individual escorts. Safety craft will patrol.

Entries: **Online:** go to www.lifeguardsforlife.org before May 9, 2009 **Mail:** Indicate estimated one-mile swim time on entry. Send entry form or consolidated card, a photocopy of 2009 USMS card and a check payable to **Redwood Coast USLA** to: Spring Lake One Mile Swim, PO Box 337, Healdsburg, CA 95448. For official entry form, visit www.lifeguardsforlife.org for printable entry forms, course maps, and driving directions.

Entry fees: \$30 entry fee for pre-entries includes a free t-shirt, \$35 entry fee for late and race day entries. Entry fee is non-refundable and non-transferable.

Deadline: Entries must be postmarked or emailed by May 9, 2009.

T-Shirts: All pre-entry participants will receive a free T-shirt. Indicate size on entry form. T-shirts will be on sale on race day.

Awards: Awards will be presented to the first overall male and female finishers and to 1st through 3rd in each age division. Wet suits or other non-porous attire render the swimmer ineligible for awards.

Race Director: David Robinson (707) 565-2824

Email: rdwoodmasters@yahoo.com

Website: www.lifeguardsforlife.org (map to event location available and downloadable entry forms)

Tri-Valley Masters Del Valle 0.75 and 1.50 Mile Swims

Sunday, May 31, 2009

Sanction# OW-09-04a,

OW-09-04b

Location: DelValle Regional Park, Livermore, CA.

Directions: DelValle Regional Park is located on DelValle Road off Mines Road south of Livermore (parking fee \$6). Exit I-580 eastbound or westbound in Livermore at North Livermore Avenue. Head south and proceed through town (North Livermore Avenue will become South Livermore Avenue in town). About 1.5 miles outside town, turn right at Mines Road, go about 3.5 miles and continue straight on DelValle Road (Mines Road turns left). The park entrance is about four miles ahead. After the entrance, go right and park near the lake.

Course Description: Both races have a water start, a counter-clock-wise course and a beach chute finish at the same place as the start. The 1.5 mile race has a longer course loop than the 0.75 race. Expected water temperature is 70 degrees.

Registration and Check-In Time: Check-in and race-day registration 6:15-7:30 a.m.

Race Start Times: 0.75 mile swim start begins at 8 a.m. and the 1.50 mile swim begins at 9:15 a.m. Cut off times will be 45 minutes for the 0.75 mile swim and 90 minutes for the 1.50 mile swim. Race start times are approximate.

Awards: First, 2nd and 3rd place medals will be given in each sex/age division (18-24,25-29,etc.). Wetsuits not allowed for awards or official race results. **Entries:** Pre-race entries are \$25 for one event and \$35 for both 0.75 mile and 1.50 mile events.

Deadline: Pre-race entries must be postmarked by Saturday, May 23, 2009. Late and race day entries are \$30 for one event and \$40 for both 0.75 mile and 1.50 mile events. Please make checks payable to Tri-Valley Masters and mail along with an entry form and a copy of your 2009 USMS registration card to: Tri-Valley Masters P.O. Box 5116, Pleasanton, CA 94566

Contact Information: Race Director: Bill McCracken, mccracmiller@pacbell.net, (925) 216-7918.

Davis Aquatic Masters 28th Annual Lake Berryessa Open Water Swims

Saturday June 6, 2009

Sanction # OW-0905a, OW-09-05b

Location: Lake Berryessa in Napa County, at Oak Shores Park, on Knoxville-Lake Berryessa Road, West side of the lake

Directions: Turn E. onto Knoxville-Berryessa Road from Hwy 128 at Turtle Rock Cafe. Entrance to Oak Shores Park is 0.6 mi. N. of Park Headquarters and two miles N. of Spanish Flat. Carpooling is strongly encouraged. Parking spots are limited. Directions will be on Web site and in the brochure.

Course: One and two-mile buoys mark courses at 200-yard intervals. Anticipated water temp. is 65 - 70 degrees.

Events: Masters 1-mile, Masters 2-mile, Masters Wetsuit 1-mile, Masters Wetsuit 2-mile.

Swim Procedure: Deep water starts. No late starters. Caps are provided and are mandatory. No individual escorts. Safety craft will patrol, kayaks and canoes. Cut-off times: 1 hour for one-mile, 2 hours for two-mile.

Check-in: Race day registration and check-in begins at 7:00 a.m. and closes at 9:00 a.m. for 2-mile swim and 10:30 a.m. for all 1-mile swims. The two-mile starts at 9:30 a.m., one-mile at 11:00 a.m.

Entry fees: For 1- Mile and 2- Mile swims \$30 if postmarked by Friday May 15, 2009. Pre-race day entry fees for combined 1 and 2- Mile is \$50. Late and race day fees add \$10 (see deadline below). Send entries, with a photocopy of 2009 USMS to DAM, P.O. Box 921, Davis, CA 95617. Use official entry form or register on DAM's website at www.damfast.org.

Deadline: Postmarked by May 16, 2009. Late registration accepted with a fee of \$10 by May 22, 2009. No on-line or mail-in registration after this date. Day of competition registrations are accepted but a \$10.00 late fee will be imposed.

Awards: Commemorative awards to the top three finishers in all events in each age and gender groups. Special awards to the first man & women finishers overall in combined 1&2 mile, and wetsuit (no age group) categories, Special awards for oldest man and woman finishing in the 2 and 1 mile.

Custom T-Shirts: May be purchased on entry form prior to May 22, 2009. A limited number of T-shirts will be available on Race Day.

Traditional Post Swim Picnic: An onsite food service will provide lunch. Lunches should be pre-ordered - only a limited number will be for sale on race day. Details are on the official entry form. Picnic tables, BBQ grills and restroom facilities are available.

Race Director: Candace Cross-Drew 530-479-8507; email racedirector@Damfast.org

Online Registration Web Site: <http://www.damfast.org>

Paper Registration Form Request: Online Form Request: Link is posted on <http://www.damfast.org>. Send a SASE to P.O. Box 921, Davis, CA 95617, Attn: Race Director.

OPEN WATER SWIMS

Redwood Coast Masters Lake Mendocino 2- mile Championship Open Water Swim

Saturday, June 27, 2009

Sanction # Pending

Location: Lake Mendocino, Ukiah

Directions: To the south boat ramp, From U.S. Highway 101 North go 2 miles north of Ukiah, take the Lake Mendocino Drive exit and follow signs to the park. Parking is \$3 per car.

Course: The course will be a 2-mile loop, starting at the South Boat ramp and returning.

Time: Check-in, packet pick-up and race day registration from 7:30 - 8:30 a.m. Race begins at 9:00 a.m. No late starters.

Swim Procedure: There will be three wave starts five minutes apart. All swimmers must wear the provided swim caps and race finish tags. The color of the swim cap will designate wave number and the finish tags will be collected in the chute at the finish line. There will be a 2 hour cut-off time. No individual escorts. Safety craft will patrol.

Entries: *Online:* go to www.lifeguardsforlife.org before June 20th, 2009 *Mail:* Indicate estimated 2-mile swim time on entry. Send entry form or consolidated card, a photocopy of 2009 USMS card and a check payable to Redwood Coast USLA to: Lake Mendocino 2 Mile Swim, PO Box 337, Healdsburg, CA 95448. For official entry form, visit www.lifeguardsforlife.org for printable entry forms, course maps, and driving directions.

Entry fees: \$32 entry fee for pre-entries includes a free t-shirt, \$5 late fee for race day registration. Entry fee is non-refundable and non-transferable.

Deadline: Entries must be postmarked or emailed by June 20, 2009.

T-Shirts: All pre-entry participants will receive a free T-shirt. Indicate size on entry form. T-shirts will be on sale on race day.

Awards: Awards will be presented to the first overall male and female finishers and to 1st through 3rd in each age division. Wet suits or other non-porous attire render the swimmer ineligible for awards.

Race Director: David Robinson (707) 565-2824

Email: rdwoodmasters@yahoo.com

Website: www.lifeguardsforlife.org (map to event location available and downloadable entry forms)

The Olympic Club The 33rd Annual Trans Tahoe Invitational Rough Water Relay Swim

Saturday, July 18, 2009

Sanction # pending

Location and Course: Approximately 11.5 miles across Lake Tahoe from Sand Harbor, NV to Skylandia Beach, CA.

Altitude: 6,200 ft.

Expected water temperature: 55-65 degrees. Special course conditions include wind, choppy water and a rocky beach.

Swim Procedure: Six members to a team. Each member swims a 30-minute leg, then a 15-minute leg, and then 10-minute legs until finished. Teams must maintain their swimming order throughout the race. No drafting permitted. The use of wetsuits is not permitted. Pilot boats must conform to stated safety and emergency procedures. A working radio is mandatory in each boat.

Check-in: Check-in is required at the Captains' meeting at 8:00 p.m. on July 17 and again at 7:00 a.m. before the race on July 18. Teams not signed-in at the Friday evening meeting will not be permitted to check-in or compete on Saturday morning.

Start time: 7:30 a.m.

Divisions: Combined ages determine team age category. Minimum age 18. Divisions: Women's 114+, 180+, 240+, and 300+ Men's 114+, 180+, 240+, and 300+ Mixed (3 men, 3 women) 114+, 180+, 240+, 300+, and Open (any team not fitting other categories).

Entries: Teams may enter online or by mail, but still must send a check. A copy of all team members' 2009 USMS cards must accompany this form. **ABSOLUTELY NO REFUNDS.**

Deadline/fees: Pre-race entries are \$300 per team, if received by May 1. The entry fees is \$350, if received May 2 through June 2. Entry fees will be \$400 if received between June 2 and July 8. After July 8 (by staff decision) the entry fees are \$450. **NO REFUNDS.** For the Official Entry and Roster Form, refer to The Olympic Club website www.olyclub.com. Go to the OC events site and click on Trans Tahoe Relay.

Awards: Steins and coffee mugs. Three deep in each division. Swim caps and t-shirts to all participants.

Race Info: Paul Carter, Race Director, e-mail: pcarter@olyclub.com, phone # 415-345-5215. Lauren Welting Co-Race Director e-mail lwelting@olyclub.com 415-345-5213.

Website: www.olyclub.com (click on OC events)

OW CLINIC

Pacific Master Swimming Open Water 101 A clinic for novice open water swimmers

Sunday, July 26, 2009

Time: Check-in 7:50 to 8:20 a.m.

Clinic: 8:30 a.m. - 11:30 a.m.

Location: Coyote Pt Beach, San Mateo

Want to swim open water, but not sure what to do? Concerned about cold water, crowded starts, open water "culture"? Join us at Open Water 101, a clinic for new open water swimmers. Limited to 50 swimmers.

Directions: From Hwy 101, heading north, take the Dore Avenue exit, take an immediate left on N. Bayshore Blvd. and head north towards the park entrance on Coyote Point Drive. *Southbound* take the Poplar Avenue exit. Turn right onto Humboldt, then turn right onto Peninsula Avenue. Go over the freeway, and then circle around and into the park at Coyote Point Drive. Follow signs to beach. Parking fee \$5. Dogs not permitted in Coyote Pt. Park. No smoking is permitted in Coyote Pt. Park.

Activities: Dry land talks by local, national, and international open water swimmers. In-water drills, practice starts. Short race (half mile or less, if tide permits). Coyote Point Beach is shallow and can be muddy. Expected water temperature 70-72 degrees. Indoor-outdoor showers. Changing rooms, ample parking.

Entry requirements: Must be a member of USMS. Must be able to swim one half mile in 30 minutes.

Entries: Indicate estimated one half mile swim time on entry. Send entry form or consolidated card with email address, a photocopy of 2009 USMS card and a check payable to **Pacific Masters Swimming** to: Open Water 101, c/o Carroll, 21 Windsor Ave. San Rafael, CA 94901

Entry fees: \$35 entry fee for pre-entries \$45 for late or day of clinic entries. Entry fee is non-refundable and non-transferable.

Deadline: Entries must be postmarked by July 17, 2009.

Clinic Director: Glenda Carroll (415) 454-6327 **Email:** gcarroll@sbcglobal.net



OPEN WATER SURVEY

PMS Open Water Swimmers – A Profile

Glenda Carroll, Open Water Chair, PMS

Overview

If you've ever been to an open water swim, you know there are a wide variety of swimmers that compete -- different ages, abilities, shapes, and sizes. But if you review the responses from the 527 swimmers that completed the PMS open water (OW) survey in November 2008, those differences in athletic abilities and appearances melt away. OW swimmers are surprisingly similar in why they compete and why they don't; what needs some work today and what they'd like to see in the future.

The basics

Of the 527 swimmers who took the survey 54.7% were woman and 45.3% were men. Responses came from the 18-24 to the 75-79 age group, with the 40-44 year olds being the largest group responding. Sixty percent of you have been swimming open water for seven years or less but almost 20% have been at it for more than 15 years.

Why do you swim OW?

Forget the OW points or the awards, most of you swim open water because it's unique and challenging (88%) and you like swimming that goes on and on and on without lane lines and pool edges (74%). You also like to travel and enjoy going to the different OW locations in Northern California, Southern California or Hawaii (46%). And you love it when your teammates, friends and family are in the water with you. (44%). Many use OW to train for triathlons. A frequent written comment was how much you enjoyed the natural beauty of where you swam. Said Survey Taker #26, "It's like hiking horizontally. I can enjoy the views and the rhythm and just let go. Being out in nature and swimming along is wonderful."

You're a group that is also very practical. You're at open water events because they take less time than a pool meet. Most of you (49%) choose your swims based on the body of water - ocean, lake, river, SF Bay; the date of the swim (41%) and the length of the swim (34%). You're also concerned about driving time. (You like swims that are close to home). You want to know about the water quality and often choose or don't choose a swim based on how expensive it is. A well organized race is important to you as is the atmosphere/fun factor.

Advice to OW event directors

If there is one thing that drives you nuts, it's buoys and everything to do with them. The majority of you ask that buoy placement be checked the morning before the swim. "I don't care if the distance is inaccurate, but they need to be sure that the buoys are set up well from the perspective of the swimmer trying to navigate," said Survey Taker 45. Besides course accuracy, swimmers wanted more buoys on the course, balloons on top of buoys and caps that were different colors than the buoys.

You also want preliminary results out on time and more in-water safety craft - kayaks, paddleboards, canoes - would be appreciated. You're tired of being crammed into overcrowded starting waves, so add a few more waves (based on speed, not age). And make sure there is good food and hot coffee after the swim. You'd also like to see a page on the PMS website for OW with mid-season standings, rules, info on carpooling, maybe even photos. And last but not least, you want more open water swims.

OW dream season

A fantasy dream OW season for most of you would have warm, clear, warm, coral-filled, warm water. (Sorry, PMS can't do much about that.) But you also want longer swims from 2.4 miles to 25K. And you want more relays...long distances, short distances. Many wetsuit wearers answered the survey and they just want some respect. They want to be scored and they want their own divisions.

The one thing...

As a group, you collectively don't take yourselves too seriously. When asked what is the one thing that would improve your open water experience, you replied with "give me a head start," "make me faster", "not getting so xxx old." You also gave PMS some excellent advice - publicize the PMS OW swim season better.

Awards

Although 70% of you said awards weren't that important, your comments indicated something else. You like being recognized, but ribbons and trophies are "too pool." Other award suggestions included mugs, pins, towels, or long sleeve t-shirts. You also thought that awards should be given randomly to recognize swimmers for something besides speed.

The favorites

Your top PMS swims are Berryessa, Donner Lake and Santa Cruz Roughwater.

For non-PMS swims, you really like getting in the San Francisco Bay with Alcatraz swims coming in as a clear favorite, followed by the Tiburon Mile, the Catfish Swim and all swims in Hawaii. Your responses also showed that you're not sure which swims are PMS sponsored. (No, we don't sponsor the Tiburon Mile or any of the Alcatraz swims.)

For the non-OW swimmers

For those of you watching from the side lines, 81% would consider trying open water swimming. Some don't know how to get started or are concerned they are too slow. Others don't like cold water (that's completely understandable) and have major concerns about swimming in deep dark water with fish-type things swimming with them. But you'd consider attending an OW-101 training day. ("Please, I would love that," said one survey taker.) And you'd consider swimming with a partner if one was available.

So, there you have it. One thing came across loud and clear. You like open water swimming and you want more of it. It's fun; it's challenging and the scenery can't be beat. Thanks to all who took the time to fill out the survey.

Deadline for pool and open water swim information for the

**July-August Newsletter is
May 6, 2009**

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

LONG COURSE CHAMPIONSHIP

Chabot College Aquatics

2009 Pacific Masters Long Course Swimming Championships

Friday - Sunday, July 10, 11, 12, 2009

Sanction # 38-09-09

Location: Chabot College Swim Complex, Hayward, California, 25555 Hesperian Blvd., Hayward, CA. From Highway 92, take the Hesperian Blvd exit North. At the second stop light, enter parking lot A. There is a \$2.00 Parking Fee. Parking Violations are \$30.00.

Pool: Newly remodeled Olympic pool. Great deck area around the pool and an upper deck overlooking the pool. Lots of space for viewing all the events. Seven lanes for competition and one lane for warm-up throughout the meet. Warm-up breaks during the meet.

Time: Friday; Check-in and warm-up begin at 8:30 a.m. Meet starts at 9:30 am. Saturday and Sunday; Check-in and warm-up at 7:00 am. Meet starts at 8:30 am. Please note: You must check-in each day, and have checked in 45 minutes prior to the estimated start of your event or you will be scratched! However, the check-in deadline for the first two events each day is 30 minutes before the scheduled start for the meet.

Entries: You may enter this meet either on line or by mail. You may enter a maximum of 5 events per day and 7 events for all three days, excluding relays. Note that relays are deck entered at the meet.

On-Line Entry: 1 event: \$10.95; 2-4 events: \$32.15; 5-7 events: \$ 37.45. Enter this meet online at https://www.ClubAssistant.com/club/meet_information.cfm?c=1225&smid=1592. Online Meet Entry system fees are included in the above entry fees at a substantial discount over mailed entries. Your credit card will be charged by 'ClubAssistant.com Event Billing' for this meet.

Deadline: On-line entries must be submitted by Wednesday, July 1, midnight.

Mailed Entry: 1 event \$15, 2-4 events \$35, 5-7 events \$40. Please note that a discount is offered for on-line entry. All fees payable to Chabot Aquatics

Deadline: Mail-in entries must be postmarked no later than Saturday, June 27, and/or received no later than Wednesday, July 1. Meet directors are forbidden to accept late entries so plan ahead! Enter now! Mail your check, consolidated race entry, and 2009 USMS registration photocopy to: Jennifer Kubicki, 1091 Fargo Ave., San Leandro, CA 94579.

Snack Bar: Available all three days. Concessionaires will have quality goods for your shopping pleasure, including BBQ items. Commemorative items will be offered for sale.

Age Groups: Individual events: 18-24, 25-29, etc. Relay events based on sum of the four swimmers' ages, 72-99, 100-119, 120-159, 160-199, etc. Age determined by your age on December 31, 2009.

Please Note: This meet is long course meters. To convert SC yards times to LC meters times conversion tables can be found at swiminfo.com.

Relays: Fee for relays is \$4 per relay. Deck entered on yellow relay cards. Swimmers may swim only once in each relay event. Cards must show correct first and last names and correct age for each swimmer.

Seeding: Individual events will be deck seeded from slowest to fastest. We will swim events one-per-lane, including the 1500 meter freestyle, the 800 m freestyle, and the 400 m freestyle. Women and men may be seeded together for the 400, 800, and 1500 freestyle. However, a

large number of entries may require us to swim some heats two-to-a-lane for the 400, 800, and 1500 Freestyles. Women and men will not be seeded in the same heat for two-to-a-lane heats. Please arrive early on Sunday morning as we expect the 400 freestyles to go quickly. That way you won't miss check-in for your event, you can help time the 400's, and you will be able to warm up after the 400's.

Scoring: Individual events: 9-7-6-5-4-3-2-1 (eight places).

Relays: 18-14-12-10-8-6-4-2 for each age group. *NOTE* Only two relay teams per club may score per age group of a relay.

Awards: Ribbons will be presented to first through eighth place finishers. High point awards for each sex and age group. Team trophies will be awarded to the top teams in each PMS team size division.

Program: Available for \$5 donation to Chabot Aquatics Swimming.

Timing: Swimmers from all teams are expected to assist with timing duties. Two timers per lane are needed. Let's all be good sports and lend a hand.

Accommodations: There are several Hotels - Motels within one to two miles of Chabot College.

Referee: John King

Meet Director: Jennifer Kubicki For Information, contact Jennifer Kubicki at 510-750-7443, jenny.kubicki@gmail.com

Schedule of Events (odd # events for women, even # events for men):

FRIDAY, JULY 10 Check-in and warm-up: 8:30 am,
Meet starts: 9:30 am

1 - 2	1500m	mixed freestyle
3 - 4	800m	free relay
5 - 6	400m	I.M.

SATURDAY, JULY 11 Check-in and warm-up: 7:00 am,
Meet starts: 8:30 am

7 - 8	200 m	freestyle
9 - 10	50 m	backstroke
11	400 m	mixed free relay
13 - 14	200 m	backstroke
15 - 16	100 m	butterfly
17 - 18	100 m	breaststroke
19 - 20	50 m	freestyle
21	200 m	mixed medley relay
23 - 24	800 m	mixed freestyle

SUNDAY, JULY 12 Check-in and warm-up: 7:00 am,
Meet starts: 8:30 am

25 - 26	400 m	mixed freestyle
27 - 28	200 m	I.M.
29 - 30	50 m	butterfly
31 - 32	200 m	breaststroke
33 - 34	200 m	freestyle relay
35 - 36	100 m	backstroke
37 - 38	200 m	butterfly
39 - 40	50 m	breaststroke
41 - 42	100 m	freestyle
43 - 44	400 m	medley relay

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	

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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
2009 USMS Rule Book	8.00
2009 USMS Mini Rule Book (rules only)	5.00
Video/DVD deposit	50.00
Video/DVD mailing charge	per order 5.00

DVD ORDER FORM - Mail to: PMS, 580 Sunset Parkway, Novato, CA 94947

Please send two checks, payable to Pacific Masters Swimming; 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.

Thu-Sun	5/7-10/09	Clovis, CA	USMS SC Championships
Mon	5/11/09	Clovis, CA	USMS Open Water Swim, Millerton Lake
Sun	05/16/09	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
Sun	8/16/09	TTST	Hot August Chill, ½, 1 mi, OW
Sat	8/22/09	RCM	Russian River 1-mile, OW
Sun	9/13/09	RAD	Whiskeytown 1- and 2-mile, OW
Sun	9/13/09	RCP**	RCP Tiburon 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	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:

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.

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

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The Pacific Masters Swimming Newsletter is published six times a year as an insert in the bimonthly USMS SWIMMER Magazine, for swimmers registered with Pacific Masters Swimming.

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