

Pacific Masters Swimming

newsletter



*Michael Moore,
PacMasters Chair*

Chair's Message

One thing about a newsletter, is that one has to write and when the muse does not strike. It is tough. It is at the 11th hour and the muse did not visit me this month. (Muse gets fired and have to find a new muse).

It was fun watching the swimmers compete at the TOC mile in January. The Olympic Club has had the first meet of the new year for the past few years and it is tough competition after the holiday season.

There were three world records broken at the meet. One usually does not see that many broken at a small meet in the distance event. Alison Zaminian and Jim Clemmons aged up and both broke their first world records. Laura Val in the last year of her current age group, broke her own record in the scy 1500 free.

In the last heat, Alison and Bob Placak were in the same heat; both are great swimmers but have styles that could not contrast more. Alison has the motor boat stroke, she has a very fast turn over while Bob has this very long stroke, it looked like Alison was taking three strokes to Bob's one, but she was not going three times as fast.

At last years short course meters championships, I noticed that Alison was within three seconds of the age record that she would be entering. I congratulated her on a great swim and told her she was within 3 seconds. Exhausted after the swim, she looked up and said "I don't know where to find three seconds.

Kerry O'Brien, her coach, was just in back of her, told her "not to worry we will find those three seconds". She found six seconds to break the record by three.

One of the jobs of the starter is to track the position of the swimmers to see how many laps they have swum.

The ref is also tracking the swimmers to help the starter. (The starter rings the bell when the lead swimmer has two laps to swim before the finish).

When all the swimmers are on the same lap, life is good and it is fairly easy to track the swimmers. Sometimes swimmers enter times that are much slower than what they will swim. There are two things that are not fun about this. The first is that it makes the job of the ref and starter much more difficult in tracking how many laps each swimmer has completed. And it is not fun for the other swimmers who get lapped by the person who entered a slower time.

The USMS competition data base is a great way for swimmers to track their times when entering, so a reasonable time is entered. It is also good for meet management to check up on swimmers who have a history of sandbagging their times. Pacific is interested in the swimmer who writes in a time of 45 minutes and then swims it in 22 minutes, or the swimmer who writes in 30 and swims it in 21 minutes. With swimmers all swimming about the same, the meet goes faster and the competition is better.

Well, we are starting our third month of the year. Where are we in our New Year's resolutions? Many of us made resolutions to exercise more, to eat better and to just make personal improvements.

We make the resolutions with the best of intentions. We want to be better and we want to do the right thing. We fail. We eat the piece of cheese cake that we know we should not have eaten. We did not get up for early morning practice. We think we are a failure and stop.

I hope you wrote down your resolutions. Take a look at them and let's start again.

-michael

2009 OPEN WATER POINTS

Place	Name	Team	Age	Pts																							
W/ Age 18-24				M/40-44																							
1	Seelos, Elizabeth	SCMA	22	82	W/60-64				1	Bond, Chris S	WCM	42	188														
2	Gentry, Kelly	TVM	22	76	1	Jones, Alice	SCAM	59,60	216	2	Shoemaker, Scot	UNAT	42	150													
3	Lee, Alexandra	WCM	22	62	2	Brems, Marianne	MELO	60	194	3	Cardineau, Yan	SRM	41	110													
4	White, Lisa	TVM	24	58	3	Monaghan, Sheila	TCAM	60	176	4	Garnier, Olivier	USF	42	88													
5	Espiritu, Vicki	TVM	23	36	4	Shoenberger, Linda	TAM	61	60	5	ten Grotenhuis, Dirk	TOC	42	70													
6	Pock, Keri	ECAM	24	24	5	Felton, Anezka	TOC	61	58	6	Wells, Barton	UNAT	42	66													
W/25-29				M/45-49																							
1	Carney, Monica	CRUZ	26	112	W/65-69				1	Brancamp, David	SNM	47	216														
1	Thompson, Margaret	MAM	27	112	1	Coleman, Kate	SCAM	66	220	2	Schmitz, John	LAMV	48	188													
3	Chinn, Sarah	MAM	25	88	2	Carroll, Glenda	TAM	65	182	3	Matthews, David	WCM	45	168													
4	Athens, Allison	CRUZ	27	52	3	White, Susan	TCAM	66	160	4	Carr, Mike W	SRM	48	156													
5	Scott, Emily	SRM	29	46	4	Ridout, Nancy	TAM	67	84	5	Mccracken, Bill	TVM	47	150													
6	Droubay, Christy	TVM	27	44	5	Cantini-Norkion, Mary	DC	65	80	6	Lally, Bart	TOC	46	96													
6	Flaskerud, Devon	WCM	27	44	6	Barnea, Daniela	STAN	65	46	M/50-54)																	
6	Oberacker, Amanda	TTAM	28	44	W/70-74				1	Mcdonald, Sandy	SMST	53	220														
6	Weisenthal, Laurin	UNAT	25	44	1	Munn, Susan	DAM	70	220	2	Emhoff, Ron	TVM	54	168													
W/30-34				M/55-59																							
1	Dane, Elizabeth	CRUZ	29,30	136	2	Myers, Dot J	SAC	72	196	3	Guadagni, Peter	WCM	54	162													
2	Swanson, Eileen	CSSR	34	120	3	Durham, Patricia	SMMM	70	70	4	Jeha, John	SRM	50	158													
2	Vasey, Adrienne	STAN	30	120	4	Curry, Kate	MVM	72	16	5	Pyrch, Michael	SCSC	49,50	134													
4	Mendoza-Martens, Nicole	WCM	32	86	W/75-79				1	Monroe, Donna	WCM	75	220	1	Knight, James	SCSCM	55	220									
5	George, Heidi	UNAT	34	66	1	Robben, Barbara	UNAT	75	128	2	Winterrowd, Dan	SMST	58	156	2	Foreaker, Don	SRM	56	130								
5	Hansen, Betsy	TTST	31	66	3	Lambertson, Ann	SMMM	78	68	3	Upshaw, Bob	MAM	59	92	4	Ferroggiaro, Fred	TOC	55	88								
W/35-39				M/60-64																							
1	Duggan, Karen	WCM	38	176	4	Callison, Barbara	RINC	76	18	4	Upshaw, Bob	MAM	59	92	5	Dietrich, Joe	UNAT	56	82								
2	Sanguinet, Amanda	TOC	38	154	W/85-89				1	Meyer, Margery	TOC	86	66	M/65-69													
3	Prouty, Nancy	MELO	38	78	1	Evans, Ryan	SNM	23	84	1	Burns, Richard	TAM	65	220													
4	Deasy, Michelle	TOC	37	76	2	Carranza, Travis	UNAT	24	40	2	Kearns, Lloyd	PVM	69	160													
5	Labusch, Meike	USF	36	66	3	Mcrae, Audie	TSUN	24	30	3	Fleming, John	UWAT	68	136													
6	Wolford, Shannon D	TAM	36	62	4	Goble, Jared	VNAT	24	24	4	Anderson, John	VACA	66	134													
W/40-44				M/70-74																							
1	Phalen, Jennifer	SCAM	44	152	5	Felton, Brooks	UNAT	23	22	1	Price, Kent M	STAN	71	212													
2	Asnault, Wendy	CHIC	40	142	5	Greer, George	UNAT	19	22	2	Fewster, Robert	TVM	70	182													
3	Cox, Juliet	MAM	40	124	5	Haines, Tim A	UNAT	24	22	3	Ingalls, Donald	MVM	70	102													
4	Bauernfeind, Patti	LNAM	42	98	5	Kearney, Greg	TERA	18	22	4	Laramie, Mike	SERC	72	58													
5	Welting, Laureen	TOC	43	84	5	Miller, Andrew	CRUZ	23	22	5	Lane, Ed V	WCM	70	44													
6	Bechhoefer, Marta	UNAT	41	66	5	Scruggs, Christopher	UNAT	22	22	6	Stoddard, Louis E	WCM	71	38													
W/45-49				M/75-79																							
1	Hazen, Lisa	UNAT	44,45	220	5	Weiss, Michael	SNM	18	22	1	Osborne, Dan	USFM	75	136													
2	Clements, Cindy	TAM	48	184	M/30-34				1	Gillis, Trevor	SCSC	33	176	2	Cotton, Jim	UNAT	76	102									
3	Buckley, Kristine	PCAM	48	140	1	Tuholski, Walter	WCM	31	118	2	Brown, Donald L	WCM	75	44													
4	Henry, B	WCM	45	128	2	Sheldon, Jason S	RAMS	31	46	3	Anderson, Paul	RINC	75	32													
5	Tiedemann, Elizabeth B	UNAT	46	92	3	Conway, Adam M	TVM	30	44	4	Campbell, Roger	SMMM	78	16													
6	Ward, Lisa	WCM	45	76	4	Austin, Scott	TVM	30	40	5	Daniel, Jack C	WCM	76	12													
W/50-54				M/80-84																							
1	Morlan, Kathy R	UNAT	49,50	212	6	Heffelfinger, Eric	FOG	33	36	1	Sutton, Luman	SAC	82	22													
2	Schmucker, Lindabeth	DAM	53	172	6	Lawrence, David	WINE	31	36	See note on last page of this newsletter																	
3	Lockhart, Christine	CHIC	50	156	6	Stark, William	UNAT	34	36																		
4	Meyer, Marguerite	TOC	50	146	M/35-39				1	Connolly, Darrin	USF	37	80														
5	Quinn, Phyllis	TOC	53	130	1	Bise, Ryan	TVM	35	66	2	Thompson, Eric	SNM	37	66													
6	Lewis, Nancy	UNAT	49,50	58	2	Thompson, Eric	SNM	37	66	3	Sanders, Drew	TOC	38	54													
W/55-59				M/80-84																							
1	Val, Laura	TAM	57	220	4	Sanders, Drew	TOC	38	54	4	Anderson, Paul	RINC	75	32													
2	Tukua, Karen	WCM	59	176	5	Reis, Robert	DC	39	48	5	Campbell, Roger	SMMM	78	16													
3	Harms, Kildine	WCM	55	142	6	Atchison, Dean	USF	38	44	6	Daniel, Jack C	WCM	76	12													
4	Davis, Diane	DAM	58	132	6	Cheung, Casey D	TSUN	35	44																		
5	Litman, Jacklyn	BAY	58	104																							
6	Locklin, Linda	CRUZ	56	62																							

POOL MEETS

Rinconada Masters Spring Short Course Meet

Saturday, March 13, 2010

Sanction# 38-10-07

Location: Rinconada Pool. Embarcadero and Newell Road. Palo Alto. **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 7:30am - 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: Swimmers may swim up to 5 individual events.

Option 1 - Online Entry - Due by 11:59 p.m. Wednesday, March 10. Enter at: <https://www.clubassistant.com/meets.cfm> 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 surcharge of \$6.75 per swimmer and \$5.25 per individual event entered. Please note that 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. Online Meet Entry is in no way required of PacMasters 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) The cost to enter this meet is a surcharge of \$5.00 per swimmer and \$5 per event; \$10.00 surcharge for late or deck entries.

Entries must be **Postmarked by Friday February 26, 2010, or received by Wednesday March 3, 2010.**

No DECK ENTRIES for 1000 Free. Mail entry, and check payable to Rinconada Masters and a copy of your 2010 USMS registration card to: Rinconada Spring Meet, Bobbie Callison, 450 San Luis Ave., Los Altos, CA 94024, (650)-948-2339 **(No Refunds)**

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) Women's 90-94 Ellen Tait Award (50 free) **(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 AM.

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.

Strawberry Canyon Aquatic Masters Spring Short Course Yards Meet

Sunday, March 28, 2010

Sanction #: 38-10-08

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 @ Ellsworth. Free 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.

Fees (No Refunds): Online entry event fee: \$5.70 surcharge plus \$2.65 per event. Please note that the online processing fee of \$1.50 plus 5% is included in these fees. Enter at: https://www.clubassistant.com/club/meet_information.cfm?c=1410&smid=1993 to receive immediate confirmation of acceptance via email. Online entry requires payment by credit card using our secure site. 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 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 2010 USMS registration card, and your entry fee made out to UC Regents and send to: SCAM Swim Meet 2010, Cal Rec Club, 2301 Bancroft Way, Berkeley, CA 94720-4420

Deadline: Online entries accepted until 11:59 P.M. Wed. March 24. Mailed entries must be postmarked no later than March 16 (or received by March 20). 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: Ben Swiggett, email: bswiggett@yahoo.com or call (510) 375-6016 (cell); Chris Kattchee, email: gespare@yahoo.com, (510) 486-1060

Referee: John Duncan

Events: (Odd=Women; Even=Men)

1-2 500 yd Freestyle

3-4 100 yd Individual Medley

5-6 50 yd Butterfly

7-8 50 yd Backstroke

9-10 100 yd Freestyle

11-12 50 yd Breaststroke

13-14 100 yd Butterfly

15-16 200 yd Freestyle

17-18 100 yd Backstroke

19-20 100 yd Breaststroke

SHORT COURSE CHAMPIONSHIPS

Tri Valley Masters and the Walnut Creek Masters 2010 Pacific Masters Short Course Championships

Friday, Saturday, & Sunday, April 16, 17, & 18, 2010

Sanction # 38-10-10

Pool: Dolores Bengston Aquatic Center. 25 yd x 50 meter outdoor heated pool. Sixteen lanes are available for competition. 25 yd x 25 meter outdoor, heated pool with eight lanes available for warm-up and warm-down. Locker rooms and additional restrooms are available.

Location: 4455 Black Ave, Pleasanton, CA 94566. Carpooling is strongly recommended, particularly on Friday. Parking is available in the pool parking lot. Limited parking is available on adjacent streets. NO OVERNIGHT OR RV PARKING PERMITTED. Additional parking space is available Saturday and Sunday in the Alisal Elementary parking lot located on Black Ave. Please note signs and avoid parking in restricted areas.

Directions: From I-580, exit at Santa Rita. Head south about 2 miles to Black Ave. Turn right on Black Ave. Pool is located on the right.

From I-680 take Bernal exit. Go east about 1 mile, turn left at Main Street. Drive through downtown Pleasanton. Main Street becomes Santa Rita road. Turn left on Black Ave., pool is on the right.

Time: Check-in and warm-up at 7:00 a.m. Meet starts at 8:30 a.m. on Friday with the combined 1650 heats on both courses. On Saturday and Sunday meet starts at 8:30 a.m. with the women's heats on both courses.

Check-In: This is a Pre-Seeded meet. Swimmers are considered checked-in for all individual events with a distance of 200 yards and less. Swimmers must check in for the 1650 free and 400 IM on Friday, the 500 free on Saturday and the 1000 free on Sunday. The 1650 free (events 1 & 2) and the women's 500 free (event 9) must be checked in by 8:00 a.m. All other events over 200 yards must be checked in **45 minutes** prior to the estimated start of the event.

Relays: Deck entered on yellow relay cards. Fees for RELAYS are \$8.00 per relay. Swimmers may swim only once in each relay event. Cards must show correct first and last names and correct age for each swimmer. Relay swimmers not participating in individual events must sign a waiver and show prove of USMS membership. Team relay tabs are acceptable with a blank check payable to Walnut Creek Masters.

Seeding: Individual events will be seeded from slowest to fastest. We intend to swim all events one-to-a-lane. However, if overwhelmed with entries, we will swim two-to-a-lane for the 500, 1000, and 1650 Freestyle. If you wish to swim one-to-a-lane, write "one per lane" on the check-in sheet at the meet. All one-per-lane heats will swim after the two-to-a-lane heats. Events 1 & 2 (1650 free) and 45 & 46 (1000 free) will combined for seeding purposes and swum together regardless of gender. The last heat of the 1000 and 1650 will be swum in the first available course where all other heats have been completed

TWO OPTIONS FOR MEET ENTRY:

Option 1 - Online Meet Entry: (deadline: midnight, Wednesday, April 7). Enter at: https://www.clubassistant.com/club/meet_information.cfm?c=1301&smid=2061 to receive an immediate entry confirmation via email. The billing information email should be brought to the meet as proof of entry. This entry process will include a processing fee by Club Assistant and requires a credit card for payment. **The processing fee is included in the online entry fee.** Your credit card will be charged by "ClubAssistant.com Event Billing" for this meet

Option 2 - Traditional Mailed: (Entries must be postmarked by Friday, April 2 and/or received by Monday, April 5, 5:00 PM) Entries must be on a Consolidated Entry Form. Mail your form with a copy of your 2010 USMS Card, and **check payable to Walnut Creek Masters** to Walnut Creek Masters, C/O Debbie Santos, 1244 Oak Knoll Dr, Concord, CA 94521. (925-521-0522) or hand delivered to Heather Farms Pool, c/o Kerry O'Brien. If you would like to confirm entry, please include a stamped envelope or post card.

Note: No late or deck entries will be accepted. No refunds will be made. No fax entries will be accepted. **Incomplete entries cannot be processed and will be returned.** Because this is a championship meet, NT (no time) entries are not allowed.

Mailed Entry Fees: \$18 for one event, \$38 for 2-4 events, and \$43 for 5-7 events.

Online Entry Fees: \$18 for one event, \$38 for 2-4 events, and \$43 for 5-7 events.

Deadline: Mailed entries must be postmarked by Friday, April 2 and/or received by 5:00 p.m. Monday, April 5.

Online entries must be submitted by Wednesday, April 7, 11:59 p.m.

Meet Directors are forbidden to accept late or incomplete entries!

Relay Entry Fees: \$8 for each relay. Relay entry fee is discounted to \$5 if submitted by 11 am Friday, April 16

Snack Bar: Available throughout the meet.

Scoring: Individual events: 9-7-6-5-4-3-2-1 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 PacMasters team size division.

Program: Available for \$5.00

Timing: The Hosts will provide one timer per lane throughout the meet. Additional timers for all three days will be requested from those present. Two-to-a-lane events will be hand timed.

Accommodation Suggestions:

Courtyard by Marriott: Approx. 3 miles from pool. Reservations: 925-463-1414

Residence Inn - By Marriott Pleasanton: Approx. 6 miles from pool. Reservations: 1-800-331-3131

Four Points by Sheraton: Approx. 3 miles from pool, Reservations: 925-460-8800

Head Referee: TBD

Meet Directors: Peter Guadagni 925-932-9958, peterguadagni@gmail.com; Bob Snodgrass 510-670-5877

Schedule of Events:

(Odd = Women, Even = Men):

FRIDAY, APRIL 16

1-2	1650 yd	freestyle - W&M combined
3-4	800 yd	freestyle relay
5-6	400 yd	I.M.
7-8	200 yd	freestyle

SATURDAY, APRIL 17

9-10	500 yd	freestyle
11-12	50 yd	backstroke
13-14	200 yd	breaststroke
15-16	100 yd	butterfly
17	200 yd	mixed medley relay
19-20	100 yd	IM
21-22	200 yd	backstroke
23-24	50 yd	fly
25	400 yd	mixed freestyle relay

SUNDAY, APRIL 18

27-28	100 yd	freestyle
29-30	50 yd	breaststroke
31-32	200 yd	butterfly
33-34	100 yd	backstroke
35-36	200 yd	freestyle relay
37-38	200 yd	IM
39-40	50 yd	freestyle
41-42	100 yd	breaststroke
43-44	400 yd	medley relay
45-46	1000 yd	freestyle - W&M combined

OPEN WATER SWIMS

Menlo Masters Catfish Crawl 1 & 2 Mile Open Water Swims

Sunday, April 25, 2010

Sanction #: pending

Directions: Shadow Cliffs Regional Recreation Area
From East I-580: take the Santa Rita Rd exit. Continue on Santa Rita Rd to Valley Ave. Take a left on Valley Ave and another left at Stanley Blvd. The park is at the next light - turn right.

From West I-580: take the Airway Boulevard exit and turn south(left). Turn right on Kitty Hawk Road, which becomes Isabel Avenue. Turn left at the Stanley Blvd. light and proceed up the ramp. At the intersection, turn left on Stanley Blvd. and proceed to the park entrance about 2.2 miles on the left.

Course description: Single loops for 1 mile: two loops for 2 mile.. Courses will be marked and measured with GPS and laser devices.

Anticipated Water Temp: 65 degrees

Other special course conditions: Course will be marked with large orange and yellow buoys for sighting and turns.

Registration & Check in: 6:30 a.m. - 7:45 a.m.

Race start time(s): 2 Mile Masters: 8 a.m. Youth: 500 yd. & 1 Mile: 8:25 a.m. 1Mile Masters: 10 a.m.

Cost: (Event fees include parking.) Pre event Fees: \$45 for 1 mile, \$45 for 2 mile, \$65 for both 1 and 2 mile swims.

Race Day Fees: \$60 for 1 mile, \$60 for 2 mile, \$100 for both 1 and 2 mile swims

Payable to: USA Productions. Entry forms and online registration available: <http://www.usaproductions.org/registration>

Mail entry form to: 1989-A Santa Rita Road Pleasanton, CA 94555

Awards: Finisher medals for all participants, age group awards three deep

Contact for information: USA Productions, Ryan Coelho, 408-515-2860; info@usaproductions.org

Deadline for pool and open water
swim information for the
May-June Newsletter is

March 6, 2010

newsletter@pacificmasters.org

Visit our website
www.pacificmasters.org

Pacific Masters Swimming Open Water 201 Clinic for experienced OW swimmers

Sunday, May 2, 2010

Time: Check-in 7:30 to 8:00 a.m.

Clinic: 8:00 a.m. - 11:00 a.m.

Location: Lake Del Valle, Livermore
Limited to 50 swimmers.

Training includes:

Dry land talk by Lisa Hazen, USMS/
Pac Masters OW Champion. Stanford
All American. Winner women's title,
60K (37-mile) Rosaria Marathon in
Argentina. Placed third At Lago Tapes
26K, Brazil six days later.

In-water drills. Half-mile course swim.
Expected water temperature: 67-70
degrees. Wetsuits are welcome

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.

Entry requirements: Must have
completed two open water swims of
½ mile or more. Must be able to swim
one half mile in 30 minutes. Must be a
member of USMS/PacMasters.

Entries: Indicate estimated 1/2 mile
swim time, number of completed OW
swims and event names on entry. Send
entry form or consolidated card with
Email address, a photocopy of 2010
USMS card and a check payable to
Pacific Masters Swimming to: Open
Water 201, c/o Carroll, 21 Windsor
Ave. SanRafael, CA 94901. Entry
forms are available on Pacific Masters
website.

Entry fees: \$40 entry fee for entries
postmarked Friday, April 23. \$45 for
late entries. No registration on clinic
day. Everyone must be pre-registered.
Entry fee is non-refundable and non-
transferable.

Clinic Director: Glenda Carroll
(415)454-6327

Email: gcarroll@sbcglobal.net

San Mateo Master Marlins 2010 Parkside Aquatic One Mile Open Water Swim

Sunday, May 16, 2010

Sanction #: pending

Location: Parkside Aquatic Park, San
Mateo, CA

Directions: North on US Hwy 101,
exit at Kehoe Ave (Exit #415). South
on US Hwy 101, take the 3rd Ave
East ramp (Exit #416). Crossover
the 101 freeway. Turn right on South
Norfolk St, proceed to Kehoe Ave
and turn left. Follow Kehoe Ave
to Roberta Ave (just past Joinville
Swim Center on the left) and turn
right. Go 0.4 miles and turn left
on Seal Ct. Parkside Aquatic Park
is at the dead end of Seal Ct.

Course: One-mile salt water triangular
course; in-water start and sandy beach
finish. Typical water temperature is
the low-to-mid 60s° F.

Registration & Check-In: Begins at
7:00 a.m. and closes at 8:30 a.m. The
race starts at 9:00 a.m.

Divisions & Awards: Awards (1st -
3rd) in each 5-year division: 18-24, 25-
29, 30-34, etc. Special awards will be
presented to the first female and first
male finishers, and to the youngest
and oldest finishers.

Entry Fee: \$35.00 if complete
registration is RECEIVED by
Wednesday, May 5, 2010; \$40.00 on
race day. Make checks payable to
SMMM. Attach a copy of your 2010
USMS card or use a consolidated
entry form available on the PMS
website: (www.pacificmasters.org).
Send entries to SMMM, c/o Bob
Leuten, P.O. Box 6643, San Mateo,
CA 94403. If the race is cancelled for
any reason, a \$5 processing fee will be
deducted from all refunds.

Amenities: Swim entry fee includes
a cap and the option of a men's short
sleeve tee-shirt or a women's rib-knit
shirt, plus post-race beverages and
snacks. Picnic tables & BBQ grills
are available at Parkside Aquatic
Park. Locker rooms with showers are
available at nearby Joinville Swim
Center.

COMPETITION ENTRY INSTRUCTIONS

Pacific Masters Swimming Competitions

HOW TO ENTER

Please read the following instructions before entering USMS/ PacMaster sanctioned events. For further information on specific upcoming competitions, see elsewhere in this newsletter. Current USMS and PacMaster 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 PacMaster pink (for women) and blue (for men) cards. At all meets, including cardless, relays must be entered on official yellow PacMaster relay entry cards.

Entry cards and PacMaster registration forms are available through Nancy Ridout, PacMaster 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"/>		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		F <input type="checkbox"/>			
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 **PacMaster** 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 **PacMaster** office. If late, damaged or lost, clubs must pay full replacement cost and individuals must forfeit deposit checks. Temporary suspension of **PacMaster** membership for bounced checks or late replacement payments. Please tell **PacMaster** office about suggestions for new tapes.

New DVD's for the PacMaster 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 Breastroke
 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 Breastroke
 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: Breastroke
 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 Breastroke
 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 Breastroke & 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 Breastroke
 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/PacMaster Records, Top Ten, and PacMaster member teams can be found on the **PacMaster** 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/PacMaster #	Phone		
	()		

2010 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

Fri-Sun	3/5-7/10	WCM	Intensive Training Camp
Sat	3/13/10	RINC	Rinconada Masters Spring Meet SCY
Sun	3/28/10	SCAM	Spring Meet, Berkeley SCY
Sat	4/10/10	BASG*	Bay Area Senior Games SCY
Fri-Sun	4/16-18/10	TVM/WCM	PacMasters Short Course Championships
Sun	4/25/10	MELO	Catfish Crawl 1 & 2 Mile OW
Sun	5/2/10		Open Water 201 (for experienced OW swimmers)
Sun	5/16/10	SMMM	Parkside Mile OW
Th-Sun	5/20-23/10	Atlanta	USMS SC Championships
Sat	5/22/10	RCM	Spring Lake 1 Mile OW
Sun	6/06/10	TVM	Lake Del Valle .75 & 1.5 Mile OW (USMS National Championship)
Sat	6/12/10	DAM	Lake Berryessa 1 & 2 Mile OW
Sat	6/19/10	CLOV	Long Course Meet
Sun	6/20/10	CLOV	Millerton Lake OW
Fri-Sat	6/25-26/10	MAM/CHAB***	Chabot Meet LC
Sun	6/27/10	RCM	Lake Sonoma OW
Fri-Sun	7/9-11/10	CRUZ	PMS Long Course Championships
Sat	7/17/10	TOC	31st Annual Trans Tahoe Relays OW
Sun	7/25/10		Open Water 101 (for new OW swimmers)
Sun	7/25/10	MELO	Catfish Crawl 1&2 Mile OW
Sat	7/31/10	CRUZ	37th Annual Roughwater Swim OW
**	7/31-8/7/10	Sweden	World Masters Games
Sun	8/1/10	CRUZ	Cruz Cruise 2-Mile OW
Sat	8/7/10	SNM	Donner Lake OW
**	8/9-12/10	San Juan	USMS LC Championships
Sat	8/14/10	RCM	Lake Mendocino OW
Sat	8/21/10	MAAC	4th Annual Summer SCM Meet
Sun	8/22/10	TTST	Hot August Chill OW (3 swims)
Sun	9/12/10	RAD	Whiskeytown Lake 1 & 2 Mile (PMS Open Water Championship)
**	9/15-19/10	USMS	USMS Convention, Dallas
Sat	9/11/10	SMST	Sierra Marlins Cold Water Classic OW (Lake Natoma)
Sun	9/19/10	MELO***	Catfish Crawl, 1 & 2 Mile OW
Sun	9/26/10	MVM	7th Annual Alan Liu Memorial SCM
Sun	10/3/10	SAC	38th Annual SCM Pentathlon
Fri-Sun	10/8-10/10	WCM	PMS Short Course Meters Championship
Sat	10/16/10	49ER	Goldrush Swim SCY
Sun	10/17/10	RCP**	RCP Tiburon Mile OW
	November	DAM	Brute Squad Postal Meet
Sat	11/06/10	CLOV	Clovis SCY
Sat	12/4/10	SNM	Reno Winners Meet SCY

* - recognized

** - non- sanctioned

*** - tentative

2010 Meeting Dates: 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.

Notes on Open Water Swimming Points:

* Results as of Fri Jan 1 15:34:37 2010.

* Only the best 10 finishes for each swimmer will be considered.

* These results are based on a total of 19 different races

* The USMS 1 Mile swim was the National 1 mile open water championship held at Millerton Lake on May 11th. For the purpose of the PMS points challenge only PMS swimmers were considered, and the place for each PMS swimmer was adjusted by ignoring all non-PMS swimmers.

* There were a total of 1503 swimmers who competed in all of the above open water races. Of those swimmers, 997 swimmers earned points.

* For questions, or to report errors, please contact the Open Water scoring chairperson: leaveonthetop@usms.org.

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

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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