

Pacific Masters Swimming newsletter



Meet the Executive Committee. Here are the Pacific Masters Executive Committee. If you see any at a meet feel free to say hi or to let them know of any of your concerns about Pacific Masters.



Leianne Crittenden - Vice Chair of Administration
Leianne swims for Walnut Creek, known as a sprinter, but sometimes surprises people when she swims open water or even a distance race (for Leianne anything over 100 Meter is a distance race). Was a talented age group swimmer (Olympic Trials Qualifier) and after a break of 29 years found Masters Swimming. Known as a free styler and breaststroker, she has had a top FINA time in the breaststroke. Serves as USMS Vice chair of Rules Committee and has been the Zone Committee rep for Oceana Zone



Jim Clemmons - Vice President of Operations
Operation Manager for a defense contractor. Swims for Manatee Masters and has been on the MAM BOD for a number of years. He recently swam on 2 Manatee FINA World Record relays. Broke the 1500 M SCM record. Holds many Pacific Masters age group records. Has held eight USMS records, one world record, 18 world ranked (FINA) number one swims. Has served on the US Masters Swimming Finance Committee and Coaches Committee. Now is on the Championship Committee.



Joan Alexander, Secretary
Joan swims for Walnut Creek, has served as Pacific Masters Secretary since 1997 with a two year hiatus. Joan has served as the Oceana Zone Representative and is currently on the LMSC Development Committee. Joan also serves on the Legislation Committee, a high profile committee that writes the non swimming rules section of the US Masters Swimming Rule book. Served on the US Masters Swimming Marketing Committee, Planning Committee and Governance Committee. Joan is the Current Zone Chair.



Kildine Harms, Treasurer
Swims for Walnut Creek, and has worked with her husband Peter Guadagni in the organization of the Pacific Masters Championships. Became our Treasurer last year. She joined WCM late 2004 started competing pool and open water in 2005. She likes to swim breaststroke and enjoys the Open Water swims.



Nancy Ridout, Registrar
Nancy swims for Tamalpias Aquatic Masters. As the registrar of the largest LMSC she has been on the USMS Registration committee for many years. Currently is on the Board of Directors Governance Committee and the Dues Registration Task Force. She served on the USMS Executive Committee as Secretary, Vice President and then served as President from 1997 to 2001. Nancy was appointed to the FINA Masters Technical Committee in 2005. She was also secretary of the XI FINA World Masters Championship Organizing Committee. Nancy has set many Pacific and National pool records. With Tamalpias Aquatic Master teammates she has helped set FINA World Relay records.



Jody Smith, STAN At-Large Director
Jody swam for over ten years as a swimmer at Stanford and the new incoming Head Coach at Mountain View Masters. She was a talented age group swimmer (Olympic Trials Qualifier and a member of the Stanford 800 relay NCAA championships team) Jody has all the current USMS long course backstroke records and the World record in the 200 back in the woman's 40-44 age group.



Joanne Berven
Newsletter editor
Joanne teaches and manages the nursing skills lab in Livermore for the Chabot College/Valley Care Nursing Program. She likes open water swims just for the pleasure of swimming. She swims with Loch Ness Masters in San Ramon



Michael Moore, USF Chairman
Information Technology Administrator for a Community College. Has been Pacific Masters chair since 2006 before service as At-Large Chair, secretary and webmaster. Sits on the US Masters Swimming Board of Directors and the USMS Championship Committee; in the past was on the Rules Committee, Officials Committee and the Communications Committee. Is a frequent deck official at Masters meets. Swims primarily distance pool events and occasionally will swim open water. Michael was chairman of the XI FINA World Masters Championship organizing committee.

OPEN WATER SWIMS

Redwood Coast Masters Spring Lake One Mile Open Water Swim

Saturday, May 22, 2010

Sanction #: pending

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 active.com and look up Spring Lake 1 Mile before May 9, 2010. Mail: Indicate estimated one-mile swim time on entry. Send entry form or consolidated card, a photocopy of 2010 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, 2010.

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 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 1.5 Mile Swims USMS 1.5 Mile Open Water National Championship

Sunday, June 6, 2010

Sanction# OW-10-04a, OW-10-04b

Location: DelValle Regional Park, Livermore, CA.

Directions: DelValle Regional Park is located on DelValle Road off Mines Road south of Livermore (parking fee \$6).

Course Description: Both races have a water start, a counter-clockwise course and a beach chute finish at the same place as the start. Expected water temperature is 65-75 degrees.

Registration and Check-In Time: Check-in and race-day registration 6:15-8:45 a.m. Registration for 0.75 mile race closes at 7:15 a.m.

Race Start Times: 0.75 mile swim start begins at 8 am and the 1.5 mile swim begins at 9:30 am. Cut off times will be 45 minutes for the 0.75 mile swim and 90 minutes for the 1.5 mile swim. Race start times are approximate. Wetsuits will be seeded in a separate wave.

Awards: 0.75 mile race: Medals will be given to the first 3 finishers in each sex/age in the non-wetsuit divisions. 1.5 mile National Championship Race: USMS Long Distance National medals given for 1st-6th place finishers in each sex/age group. National Championships patches given to the first finisher in each sex/age group.

Fees: Pre-race entries are \$30 for one event and \$40 for both 0.75 mile and 1.5 mile events, if mailed by May 1, 2010. Race day registration: \$35 for one event and \$45 for both events.

Entries: Goto www.trivalleymasters.com for registration form. Make checks payable to Tri-Valley Masters and mail along with an entry form and a copy of your 2010 USMS registration card to: Tri-Valley Masters P.O. Box 5116, Pleasanton, CA 94566

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

Davis Aquatic Masters 29th Annual Lake Berryessa Open Water Swims

Saturday, June 12, 2010

Sanction #: pending

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 Café. Entrance to Oak Shores Park is 0.6mi. N. or 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°.

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 and 2 hours for two-mile.

Check-in: Race day registration and check-in begins at 7:30 a.m., and closes at 9:00 a.m. for the 2-mile swim and 9:30 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 \$35 if postmarked by Tuesday, May 25, 2010. Pre-race day entry fees for combined 1 and 2-Mile is \$50. Late and race day fees add \$5 (see deadline below). Send entries, with a photocopy of 2010 USMS to DAM, P.O. Box 921, Davis, CA 95617. Use official entry form or register on Dam's website under Lake Berryessa Swim at www.damfast.org.

Deadline: Postmarked by May 25, 2010. Late registration accepted with a fee of \$5 by June 1, 2010. No on-line registration after June 5, 2010. Day of competition registrations are accepted but a \$5 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 and woman overall in combined 1 & 2-Mile, and wetsuit (no age group) categories. Special awards for oldest man and woman finishing the 1 & 2-Mile.

Custom T-shirts: May be purchased on entry form prior to May 25, 2010 and on-line until June 5, 2010. 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: Kathleen Morris 510-364-0698; email: kemdarnfast@yahoo.com.

Online Registration Form Request: www.damfast.org under Lake Berryessa Swim.

Paper Registration Form Request: Link is posted at www.damfast.org under Lake Berryessa Swim. Send SASE to P.O. Box 921, Davis, CA 95617, Attn: Lake Berryessa Race Director.

POOL MEET

OPEN WATER SWIM

Clovis Swim Club Masters

LCM Meet

Saturday, June 19, 2010

Sanction #: 38-10-11

Location: Clovis Olympic Swimming Complex. Clovis West High School. 1070 E. Teague Fresno, CA 93720. From the south: highway 99 (N) to 41 (N) to Herndon Avenue, east on Herndon to Millbrook, north on Millbrook to the corner of Millbrook & Teague. Continue on Millbrook to Cole and turn right and then immediately right into the campus parking lot. From the north: take highway 99 (S) to Herndon Avenue, east on Herndon and follow the directions above.

Facilities: Two 50 M x 25 Yard outdoor pools. The competition pool is all deep with a minimum depth of 7 ft. and offers an 8 lane course for LCM competition. The adjacent multi-purpose pool will be used for warm up/down. Colorado timing and scoreboard will be used. Changing room and showers are available. A concession stand will be available.

Schedule: Warm-up will begin at 11:30 a.m. Meet starts at 1:00 p.m.

Check-in: The meet will be deck seeded using a master check in system. Positive check-in is required for all events. Swimmers in the first two individual events must be checked in by 12:30 PM. Swimmers in later events must check in at least 30 minutes prior to the estimated start of their event. There will be no printed program, only posted events.

Entries: Online entries: at <https://www.clubassistant.com/club/meet/information.cfm?c=1339&smid=2224> by **midnight Wednesday, June 16th**. This is a cardless meet. Please submit long course meters times for proper seeding. Swimmers will be seeded according to submitted times. Swimmers may enter up to 5 individual events and both relays. **All events may be deck-entered on the day of the meet. Deck entries will be accepted until 12:00 PM on Saturday June 19th. You must provide a copy of your 2010 USMS registration card.**

Entry fees: *Online:* \$6.75 surcharge plus \$4.20 per individual event. Please note that the online processing fee of \$1.50 plus 5% is included in these fees. *Mailed:* \$5 surcharge plus \$4 per individual event for preregistered entries. *Late or deck entries:* \$10 surcharge plus \$4 per individual event. *Relays:* Deck entered at a cost of \$4.00 per relay. There are **no refunds**.

Deadline: Online entries are due by midnight Wednesday, June 16th. Mail entries must be postmarked by Thursday, June 10, 2010, or received by Wednesday, June 16, 2010. Mail the consolidated entry form, check, and a copy of your 2010 USMS registration card. Make checks payable to: Clovis Swim Club. Mail entries to: Clovis Swim Club Meet Entries, P.O. Box 27606, Fresno, CA 93729-7606

Web site: www.cloviswimclub.org

Awards: Ribbons 1st through 8th in each age group.

Conduct: Events will be seeded and swum slow to fast. Both the 400 M and the 200 M Freestyle Relays will be offered in Men's Women's and Mixed. You may participate in only one 400 M and one 200 M Freestyle relay. There will be 8 lanes available for continuous warm up and warm down.

Contact: Meet Director: Dowain Wright (559) 285-0489

Meet Referee: TBD

Order of Events (Odd=Women, Even = Men)

- | | | | | | |
|---------|-------|------------------|---------|-------|------------------|
| 1 - 2 | 200 M | Free | | | |
| 3 - 4 | 50 M | Back | | | |
| 5 - 6 | 100 M | Breast | 19 - 20 | 100 M | Free |
| 7 - 8 | 50 M | Free | 21 | 200 M | Mixed Free Relay |
| 9 | 400 M | Mixed Free Relay | 23 - 24 | 200 M | Free Relay |
| 11 - 12 | 400 M | Free Relay | 25 - 26 | 200 M | Ind. Medley |
| 13 - 14 | 400 M | Ind. Medley | 27 - 28 | 50 M | Fly |
| 15 - 16 | 100 M | Fly | 29 - 10 | 100 M | Back |
| 17 - 18 | 50 M | Breast | 31 - 32 | 400 M | Free |

Clovis Swim Club

Millerton Mile - 1 and 2 Mile

Sunday June 20, 2010

Sanction #: OW10-06

Location: Fresno side of Millerton Lake, 20 miles northeast of Fresno via Highway 41 and Highway 145. For a map go to www.park.ca.gov/?page_id=587 and look up "map of location"

Directions: FWY 41 coming from the South: Take exit Friant road. Turn right at the traffic light - you are on Friant road. Stay on this road for the next 15 miles till you pass the small town of Friant. Go past the Shell station up to the dam and take a left at the top into the park- follow the parking signs. FWY 41 coming from the North: Take exit Friant road. Turn left at the traffic light - you are on Friant road. Stay on this road for the next 15 miles till you pass the small town of Friant. Go past the Shell station up to the dam and take a left at the top into the park- follow the parking signs.

Check in: 6:30 - 8:15a.m. Mandatory race briefing: 8:15a.m. Starts: 8:35a.m. USMS/PMS Male, 8:45a.m. USMS/PMS Female 1 mile and 2 mile will start in same wave. Swimmers can do either 1 mile OR 2 mile swim.

Course & Water Temperature: The expected water temperature is 60-70 degrees. The course will be clockwise with the centerline on the swimmers right. Start and finish on the beach. Swimmers participating in the 2 mile event will do the course twice. Bring comfortable shoes to walk to the race start as surface will have sand and some rocks

Water Safety: Swim caps will be provided to all swimmers and will be mandatory for the swim. A cut-off time of 1 hour for the 1 mile swim and 2 hours for the 2 mile swim will be enforced.

Timing: Each swimmer will wear an electronic timing chip on an ankle bracelet to automatically record their time. Timing chip must be returned or a \$30 charge will be assessed to the swimmer.

Entry Fee: Pre-registration is \$35 before 5/30/10. Entries received after 5/30/10 are \$45. Entries must be received by 6/18/10. No late or race day entries will be accepted. No refunds. All entrants must mail a photocopy of their 2010 USMS/PMS card. Parking fee - \$10.00. All participants will receive a swim cap. Those who registered before 5/30/10 are guaranteed a customized T-shirt. Entry fee does not include fee to get into the park. Confirmation letter will be sent if you provide a legible e-mail address, or self-addressed envelope.

Check payable to: Sierra Multisport Productions, 272 W. Teague Ave, Fresno, CA, 93711

Awards: Medals will be awarded to the top 3 men and women in each age group. Age group awards are in 5- year increments: 18-24, 25-29, 30-34, etc.

For information contact: Faron and Heleen Reed, Race Directors, Faron-Helleen@sbcglobal.net, <http://www.sierramultisport.com>

OPEN WATER SWIMS

Redwood Coast Masters Lake Sonoma 2-mile Open Water Swim

Sunday, June 27, 2010

Sanction # pending

Location: Lake Sonoma, Cloverdale

Directions: Highway 101 north to Cloverdale. Exit S. Cloverdale Blvd. And head west. Turn right on S. Cloverdale, left on W. Brookside, left on Foothill Rd., and veer right on Hotsprings Rd. USE CAUTION ON HOTSPRINGS ROAD.

Course: The course will be well marked with buoys. Water Temperature: 75 - 85 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 2 hour cut-off time. No individual escorts. Safety craft will patrol.

Entries: Online: go to www.lifeguardsforlife.org before June 20th, 2010. **Mail:** Indicate estimated 2-mile swim time on entry. Send entry form or consolidated card, a photocopy of 2010 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: \$35 entry fee for pre-entries includes a free t-shirt, \$40 late fee for race day registration. Entry fee is non-refundable and non-transferable.

Deadline: Entries must be postmarked or emailed by June 20, 2010.

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 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 34rd Annual Trans Tahoe Invitational Rough Water Relay Swim

Saturday, July 17, 2010

Sanction #: pending

Enter early. Event limited to 100 teams.

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. Wetsuits are not permitted. Pilot boats must conform to stated safety and emergency procedures. A working radio is mandatory in each boat.

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: All entries close June 1, 2010 or when the race reaches the 100 team mark. Teams must enter online; no paper entries accepted. No solo entries.

Fees: \$360 and due 14 days from the date of online entry. 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. **Acceptance letters:** Accepted teams will be notified by The Olympic Club via e-mail. An Acceptance Packet containing additional race and procedural information will be provided upon acceptance into the race. Each team must send a representative to the mandatory captain's meeting Friday, July 16.

Race Info: Paul Carter, Race Director, e-mail: pcarter@olyclub.com, phone # 415-345-5215. Laureen Welting Co-Race Director e-mail lwelting@olyclub.com 415- 345-5213. Website: www.olyclub.com (click on OC events)



Pacific Master Swimming Open Water 101

Clinic for new OW swimmers

Sunday, July 25, 2010

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

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

Location: Shadow Cliffs, Pleasanton

Limited to 50 swimmers.

Training includes: Dry land talk by Suzanne Heim Bowen, First open water swimmer to be inducted into The International Masters Swimming Hall of Fame, 3x English Channel swimmer.

In-water drills. Coping with panic, breathing, sighting, Pack swimming, enter/exit water, swimming straight. Optional course swim (less than 1/2 mile). Expected water temperature: 70-74 degrees.

Wetsuits are welcome

Directions: Shadow Cliffs, 2900 Stanley Blvd, Pleasanton.

From I-580 in Pleasanton: take the Santa Rita Road/Tassajara Road Exit and turn south, towards Pleasanton. Continue southward on Santa Rita Road to the intersection of Santa Rita Rd and Valley Avenue. Turn Left onto Valley Avenue. At the intersection of Valley Avenue and Stanley Boulevard, turn left onto Stanley Boulevard. Proceed on Stanley Boulevard to the first stop light; the park entrance is on the right. Entrance fee/parking: \$6.00 **Entry requirements:** Must be able to swim one half mile in 30 minutes. Must be a member of USMS/PMS.

Entries: Indicate estimated 1/2 mile swim time, number of completed OW swims 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 101, c/o Carroll, 21 Windsor Ave. San Rafael, 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: gccarroll@sbcglobal.net

CHAMPIONSHIP MEET

Santa Cruz Masters Aquatics and the University Of California-Santa Cruz 2010 Pacific Masters Long Course Swimming Championships

July 9, 10, 11 2010

Sanction # 38-10-12

Pool: One of Northern California's finest and fastest. Great locker and shower facilities. Spectacular view. Beautiful beaches, Boardwalk, Redwood parks. Seven lanes for competition and one lane for warm-up throughout the meet. Warm-up breaks during the meet.

Location: East Field House, UCSC Campus. Take Highway 1 (Mission St.) north from Highway 17 and Highway 1 interchange to Bay St. Turn right and follow Bay up the hill straight through campus entry. Turn left at Hagar Dr. and go up the hill (detailed map available at cruzswim.org). Drop off your passengers and gear at East Field House/Pool and return down Hagar to the big parking lot. Park and lock your car, stroll back up the hill along the path to the pool...about a 1/4 mile walk. Do not park at the pool on Friday!! Meters are closely monitored and non-meter zones are vigorously ticketed (\$30.00).

Time: Friday: Check-in and warm-up begin at 8:30 a.m. Meet starts at 9:30 a.m. Saturday and Sunday: Check-in and warm-up at 7:00 a.m. Meet starts at 8:30 a.m. **Please Note:** You must check-in anew 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 event each day is 30 minutes before the scheduled start of the meet.

Rules: 2010 USMS Rules will govern this meet. You must be 2010 USMS registered.

Entries: Enter this meet online at https://www.clubassistant.com/club/meet_information.cfm?c=1510&smid=2249. You may also snail mail a consolidated entry (see below). Be sure to enclose photocopy of your 2010 registration card!! Maximum of 5 events per day, 7 events for three-day meet, excluding relays.

Fees: *On-Line Entry:* 1 event: \$18; 2-4 events: \$38; 5-7 events: \$43. 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 swim meet.

Mailed Entry: 1 event: \$18; 2-4 events: \$38; 5-7 events: \$43. Entries must be on Consolidated Entry Form. Mail your check, consolidated race entry and USMS registration photocopy to **PacMasters Long Course Champs**, Box 8422, Santa Cruz, CA 95061. All fees payable to U.C. REGENTS. If you would like proof of entry, please enclose SASE. Relay Fees: \$6 per relay.

Deadlines: Mail-in entries must be postmarked no later than Wednesday, June 23, 2010, and/or received no later than Monday, June 28. Meet directors are forbidden to accept late entries so plan ahead! Enter now! ***On-line entries must be submitted by Friday, July 2, midnight. No entries accepted after that time.

Snack Bar: Available all three days. Concessionaires will have quality goods for your shopping pleasure. 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, 2010.

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: 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 will be seeded together for the 400, 800, and 1500 freestyle. 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 UCSC Men's and Women's Swimming.

Timing: CRUZ Masters will provide one timer per lane during the meet. Swimmers from all teams are expected to assist with timing duties, too. Let's all be good sports and lend a hand.

Referee: John King

Meet Director: Joel Wilson: 831.425.5762; openwatr@got.net

Accommodations: Contact Meet Director for an incomplete email or fax list of accommodations.

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

FRIDAY, JULY 9

1 - 2	1500m	mixed freestyle
3	800m	mixed free <u>relay</u>
5 - 6	400m	I.M.

SATURDAY, JULY 10

7 - 8	200 m	freestyle
9 - 10	50 m	backstroke
11 - 12	400 m	free <u>relay</u>
13 - 14	200 m	backstroke
15 - 16	100 m	butterfly
17 - 18	100 m	breaststroke
19 - 20	50 m	freestyle
21 - 22	200 m	medley <u>relay</u>
23 - 24	800 m	mixed freestyle

SUNDAY, JULY 11

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

Deadline for pool and open water swim information for the July-August Newsletter is

May 6, 2010

newsletter@pacificmasters.org

COMPETITION ENTRY INSTRUCTIONS

Pacific Masters Swimming Competitions

HOW TO ENTER

Please read the following instructions before entering USMS/PMS sanctioned events. For further information on specific upcoming competitions, see elsewhere in this newsletter. Current USMS and PMS rules govern each swim event.

AGE GROUPS

Entrants must be at least 18 years old.

Individual Events: 18-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

Short Course (yards) Relays: 18+, 25+ and subsequent ten year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group.

Short Course (meters) and Long Course Relays: 72-99, 100-119, 120-159, 160-199 and 40 year increments as high as necessary. The aggregate age of the four members shall determine the age group.

POOL COMPETITIONS

Entry Procedures: Thoroughly read the Entry procedures for each competition. For all meets, individuals must send a copy of the Consolidated Entry Form below with a photocopy of their USMS registration card. Failure to provide a copy of this card will result in a \$3.00 look-up fee.

Individual event information must be completed in the designated area only if the meet is designated as a **cardless meet**. All other meets require event information on official PMS pink (for women) and blue (for men) cards. At all meets, including cardless, relays must be entered on official yellow PMS relay entry cards.

Entry cards and PMS registration forms are available through Nancy Ridout, PMS Registrar, 580 Sunset Parkway, Novato, CA 94947 (415) 892-0771.

Check In Requirements: Swimmers must check in at all meets. Read specific check in requirements designated by the meet host.

Strictly Forbidden: Entering more than five individual events per day • Using hand paddles in warmup areas. • Diving in warmups unless in designated sprint lanes (entering the warmup pool must be done with feet first with one hand in contact with the pool deck). • Smoking in any area where swimmers may be present.

OPEN WATER COMPETITIONS

Entry Procedures: Individuals must send a copy of the Consolidated Entry Form below or an entry form provided by the event host. It must be accompanied by a copy of the swimmers **current** USMS registration card. Failure to provide a copy of this card will result in a \$3.00 look-up fee.

Event Requirements: Swimmers using non-porous neoprene swim suits, wetsuits or other non-porous attire will be ineligible for awards or place points. Swimmers are not permitted to use fins, pull buoys or other swimming devices with the possible exception of soft hand paddles or fins as a prosthesis. Approval of prosthesis use is the responsibility of the event director. Wearing highly visible caps is mandatory. Each course is patrolled by safety craft. Unless specifically stated, individual escorts are not allowed. A cut-off time will be enforced.

Cut here

Consolidated Entry Form • Pacific Masters Swimming					
Name (as it appears on registration card)		Sex M <input type="checkbox"/>		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.	
		F <input type="checkbox"/>			
Street		no. of events entered:			
City	State	Zip			
Phone	* Age	Birthday			
Club	Club Abbr.	Entry Fee			
For a Cardless Meet, enter your times in the table below				T-Shirt size: <input style="width: 100px;" type="text"/>	
Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-Stroke
			Email (Optional)		
"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. For Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."					
Name of Meet/Event		Date of Meet/Event		Signature	

Rev 9/02

PACIFIC MASTERS SUPPLIES AND SERVICES

VIDEO LIBRARY

How to Borrow DVD's:

No charge to clubs. Charge to PMS members is a \$5.00 mailing fee per order and \$50.00 deposit (payable in two separate checks). Two DVD maximum per order for a two week borrowing period from the date of initial mailing to receipt by PMS office. If late, damaged or lost, clubs must pay full replacement cost and individuals must forfeit deposit checks. Temporary suspension of PMS membership for bounced checks or late replacement payments. Please tell PMS office about suggestions for new tapes.

New DVD's for the PMS Library

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

USMS/PMS Records, Top Ten, and PMS member teams can be found on the PMS website (www.pacificmasters.org/). Building a Successful Masters Club and Places to Swim can be found on the USMS web site (www.usms.org)

PRICE LIST

USMS Membership Forms free online at www.pacificmasters.org	
Membership Card Replacement	2.00
2010 USMS Rule Book	8.00
2010 USMS Mini Rule Book (rules only)	5.00
Video/DVD deposit	50.00
Video/DVD mailing charge per order	5.00

DVD ORDER FORM

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

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

2010 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

Sun	5/2/10		Open Water 201 (for experienced 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 0.75 & 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 1 & 2 Mile OW
Fri-Sat	6/25-26/10	MAM/CHAB	Chabot Meet LC (cancelled)
Sun	6/27/10	RCM	Lake Sonoma 2 Mile OW
Fri-Sun	7/9-11/10	CRUZ	PMS Long Course Championships
Sat	7/17/10	TOC	34th Annual Trans Tahoe Relays OW
Sat	7/24/10	RCM	Russian River OW
Sun	7/25/10	MM	Catfish Crawl 1&2 Mile OW
Sun	7/25/10		Open Water 101 (for new OW swimmers)
Sat	7/31/10	CRUZ	37th Annual Roughwater Swim OW
Sat-Tu	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
Mon-Th	8/9-12/10	San Juan	USMS LC Championships
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
Sun	9/19/10	MM	Catfish Crawl, 1 & 2 Mile OW***
Sat	9/25/10	SMST	Sierra Marlins Cold Water Classic OW (Lake Natoma)
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 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: May 12, June 16(cc), July 14, Aug. 18(cc), Sept 8, Oct 20(cc), Nov. 17.

Directions: From I-680 take the Ygnacio Valley off ramp, head east. Left at San Carlos and take the second left at the Community Center sign. Parking to the right around the curve. Meetings are held at Heather Farms, Walnut Creek, CA unless otherwise announced.

(cc) meetings will be via conference call.

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

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