

Pacific Masters Swimming

newsletter



Michael Moore, PMS Chair

Chair's Message

When you joined your club, you also became part of an international swimming group for aquatic sports. Your club is part of Pacific Masters, which is the regional governing body for United States Masters Swimming.

US Masters Swimming is the national governing body for Masters swimming in the United States. USMS runs the pool and open water national championships and does the day to day running of Masters swimming.

Each year, each Local Masters Swim Committee (LMSC) sends delegates to the USMasters Swimming annual convention. The House of Delegates will choose the national officers every odd numbered year. In the even numbered year, the House will elect members to the Board of Directors, I have represented the Oceana Zone, for the past years. This year Jim Clemmons will be running for the Oceana Zone open director spot.

The Board of Directors is responsible for the strategic planning of the Master Swimming and hiring the Executive Director. The officers of USMS - the executive board - manage the volunteers portion of Masters. The executive director is responsible for the day to day running of Masters.

US Masters, while the governing body for Masters swimming is part of US Aquatic Sports (USAS), the National Governing Body for aquatic sports. Other members include USA Swimming, US Synchronized Swimming, USA Water Polo and USA Diving. Those other organizations run the masters programs for their sports. Masters swimming is the only aquatic sports that runs its own sport.

US Aquatic Sports is the recognized national governing body by FINA, the international governing body for aquatic sports. Dale Neuberger, the US representative to FINA is a FINA Vice president. FINA is organized by geographical basis and runs many of its functions through its committees

All of FINA meets once every four years at its quadrennial congress. Each country gets two votes and the Congress will vote on most of the issues that concern aquatic sports.

Between times the FINA Bureau (the equivalent of a board of directors) is the supervising body. The FINA Masters Committee meets once a year, runs the biennial FINA World Masters Championships and makes recommendations to the Bureau about Masters Swimming. Upon the recommendation of USAS, Nancy Ridout was appointed by the Bureau to serve on the Masters Committee.

Bill Matson, a FINA vice president is the FINA Bureau representative to the Masters Committee. Bill has been a strong supporter of Masters swimming for many years.

FINA is also organized along geographical line. FINA has five geographic area: The Americas, Europe, Africa, Asia and Oceana. The US is a member of Union Amateur de natacion de las Americas (UANA). Rich Foster of USA Water Polo is the US representative to UANA and Mel Goldstein and Jim Miller of US Masters Swimming are on the UANA Masters Committee. UANA has Pan American Masters Championship every other year - the year opposite the FINA World Masters Championships.

Pacific will be sending almost 30 members to the US Masters convention that is being held in Dallas this year. There are proposed changes to the rules and we will be electing the members of the Board of Directors. Thanks to all of those traveling to Dallas who are giving of their time to help with the running of Masters swimming.

With your Pacific Masters membership card, you are a member of a world wide group of athletes who are dedicated to fun fitness and competition. Enjoy and have fun.

OPEN WATER SWIMS

Redding Swim Team Whiskeytown Lake PacMasters One Mile Swim and Two Mile Swim Open Water Championship

Sunday, September 12, 2010

Sanction #: OW-10-15a OW-10-15b

Directions to Swim: All swims start at Brandy Creek Beach. Take central Redding / 299W / Eureka exit. Follow Hwy 299 west toward Eureka and just as you reach Whiskeytown Lake, turn left at the Tourist Information Center. Cross over the dam and continue until you reach Brandy Creek Beach. \$5.00 parking fee. Parking passes may be purchased at the visitors center or from a vending machine near the parking lot.

Course Description: 2 mile course is 6-turn course out of a cove and around two islands. 1 mile course is 5-turn course inside island. Anticipated Water temp: 65-70 degrees.

Special Course Conditions: Water grass in cove shallows.

Time: Check-in and race-day registration begins at 8:00 a.m. and ends 45 minutes before the start of each race. (One-mile start: 10:30 a.m. Two-mile start: 11:30 a.m.)

Swim Procedure: Beach start. Cut-off times of one hour (one mile) and two hours (two mile) will be enforced.

Entries: Race announcement and entry form to be posted on reddingswimteam.com website. 1 mile \$25.00, 2 mile \$25.00, both 1 & 2 mile \$35.00, all postmarked by 9/02/10. Late or race day entries add \$10.00.

Mail consolidated form or official entry form with a copy of your 2010 USMS registration card and a check (payable to Redding Swim Team, c/o Whiskeytown Lake Swim, c/o Patty Lennon, 11599 Fox Estates Ct. Redding, CA 96003.

Deadline: Postmarked by Sept. 03, 2010. Awards: Pacific Masters will award the top five finishers in each age group of the 2-mile Championship event. Special awards will be given to male and female overall winners. Whiskeytown mugs will also be given for the top three male and female finishers in each of the age groups

Race Information: Kevin Lennon (530) 244-1994, lennonkpg@aol.com or reddingswimteam@yahoo.com

Sierra Marlins Masters Cold Water Classic 5K and 1 mile swim

Saturday, September 25, 2010

Sanction # OW 10-16a,b

Location: Race location determined by water level. We're hoping for Lake Folsom. **Directions:** From 80 East Reno: From Hwy 80 take the Douglas Blvd. exit out of the city of Roseville. Go east on Douglas to Auburn Folsom Road. Turn right. Travel down the road and turn left into Beals Point Rec Area. From Hwy 50: Exit Folsom Blvd. North (Left). Travel a few miles (past the Dam Road) until you reach Beals Point Rec Area on your right.

Lake Natoma is the **backup location** if Lake Folsom is too low: Check on the Sierra Marlins website, <http://www.sierramarlins.net/Home.jsp?team=smst> for location and directions.

Parking: Plenty of parking is available, car-pooling is recommended. There is a \$10 entrance fee to the park.

Bicycle Checking: Bicycle check in will be available for those of you wishing to ride to the lake via the American River Bike Trail.

Course Description: 5K – Two 2.5K loops dependant on water level. 1 mile – one loop.

Water Temperature: 70 - 80 Degrees

Registration & Check in: Opens @ 8am.

Start Times: 5K: 10:30am., One mile – 1:00pm

Registration & Check in: Pre registration by September 10th \$40/5K or One mile; \$45/5K and One mile. Race day registration: \$55/5K or One mile; \$60/5K and One mile. All entries must have a copy of 2010 USMS Card attached.

Entries: Entry fee includes event T-Shirt and swim cap

Payable To: Sierra Marlins, P.O. Box 1714 Folsom, CA 95763

Awards: T- Shirt to all pre-registered.

Contact: Joe Dowd 916-983-8041, jrdowd@aol.com

11th Annual RCP Tiburon Mile Open Water Swim

This is not a PacMaster Sponsored Swim

Sunday, October 17, 2010

Location: San Francisco Bay - Ayala Cove on Angel Island to the shores of Tiburon, CA.

Directions: From Hwy 101 in Marin County, take Tiburon Blvd exit and proceed to downtown Tiburon and beach front. Limited street and lot parking. - recommend parking at lot at Blackie's Pasture on Tiburon Blvd (about 2 miles from Hwy 101) and carpooling to downtown

Course: Athletes swim one nautical mile from San Francisco Bay's Angel Island crossing Raccoon Straights to the shores of Downtown Tiburon.

Registration: Online: go to www.rcptiburonmile.com or www.active.com. to register or download an application form to mail in. Closing date is October 14, 2010.

Time: Check-in, packet pick-up and race day registration from 6:30 am – 8:00 am. Swimmers board ferries at 8:30 am and race begins at 9 am from Angel Island Beach.

Swim Procedure: Elite swimmers in first wave, followed by non-wetsuit and wetsuit swimmers. Safety craft will patrol. A cutoff time of 55 minutes for the entire swim will be strictly enforced.

Entry Fees & Deadlines: All fees are non-refundable! Due to the nature and complexity of this event, there will be no refunds, including, if the event were to be cancelled. \$129.00 Entry Fee -- if post-marked by 9/30/10.

*ENTRY FEES INCLUDE A MANDATORY STATE PARK ACCESS FEE.

Awards: Awards to be presented to the 1st place Elite male and female finishers and to 1st place in each age division and wetsuit division

Contact Information: Race Hotline (415) 721-9990. Mailing address: RCP Events, Inc. 899 Northgate Dr. #304, San Rafael, CA 94903 email: rcptiburonmile@placak.com

Website: www.rcptiburonmile.com (map to event location available and downloadable entry forms)

POOL MEETS

Mountain View Masters, The 7th Annual Alan Liu Memorial SCM Meet Sunday, September 26, 2010

Sanction # 38-10-14

Location: Eagle Park Pool, 651 Franklin Street, Mountain View, CA 94041. A map to the pool is at <http://mvm.org/about-location.php>. Facility: 8-lane x 25-meter outdoor pool with bulkhead. 6 competition lanes, with 1 lane and the 4 lane x 20-yard shallow end available for continuous warm up and warm down. Snack Bar available.

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

Entries: Swimmers may enter up to 5 individual events and both relays. Entries submitted by surface mail accepted if postmarked by September 18, or received by September 22. Online entries must be submitted by 11:59 p.m. PDT Thursday, September 23. NO REFUNDS of entry fees.

Online Entries: Enter at https://www.clubassistant.com/club/meet_information.cfm?c=1291&smid=2498 to receive immediate confirmation of entry via email. Bring the billing information email to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost to enter online is \$10 per swimmer, and \$4 per individual event. The online processing fee of \$1.50 plus 5% is included in these fees. Your credit card will be charged by "ClubAssistant.com Event Billing".

Mailed Entries: The cost is \$10 per swimmer and \$5 per individual event. Mail check, payable to Mountain View Masters, a copy of 2010 USMS registration card and consolidated entry form (<http://www.pacificmasters.org/comp/entrycard.html>) to: Mountain View Masters, Attn: Swim Meet Entries, PO Box 390570, Mountain View, CA 94039

Relays and Deck Entries: The cost for late or deck entries is \$15 per swimmer, and \$5 per event. Relays are deck-entered at \$5 per relay.

Check In: Positive check-in required for all events. Events 1 and 2 check in by 8:30 am. Other events must check in at least 30 minutes before the estimated start of the event. Entry closures for all events will be announced.

Meet Directors: Chris Campbell coachchris@mvm.org, 408-730-8930; Griff Freeman griff.freeman@oxonica.com, 650-279-1099

Events: (Odd--Women, Even--Men)

1 - 2	400 m	IM
3 - 4	200 m	Free
5 - 6	50 m	Back
7 - 8	200 m	Breast
9 - 10	50 m	Free

15 Minute Awards Break

11	800 m	Women's Free Relay
13	800 m	Mixed Free Relay
14	800 m	Men's Free Relay
15 - 16	100 m	IM
17 - 18	200 m	Fly
19 - 20	50 m	Breast
21 - 22	100 m	Free

10 Minute Break

23	200 m	Women's Free Relay
25	200 m	Mixed Free Relay
26	200 m	Men's Free Relay
27 - 28	200 m	IM
29 - 30	50 m	Fly
31 - 32	200 m	Back
33 - 34	400 m	Free



Sacramento Masters 37th Annual Sprint Short Course Meters Pentathlon

Sunday, October 3, 2010

Sanction#: 38-10-15

Time: Warm-up starts at: 10:30 AM, Meet Starts at 12:00 PM and typically concludes by 3:30 PM. Location: Schaal Aquatic Center on the UC Davis campus, Davis, CA.

Facility: Schaal Aquatic Center is an outdoor 50 meter pool with 8-lane x 25 meter competition and a 12-lane x 25 yard warm up section.

Location: Schaal Aquatic Center on the UC Davis campus. From I-80 (east or west), take Highway 113 north (toward Woodland), exit on Hutchinson, go east 100 yards to the first stop light and turn right onto Health Science Drive. At the first stop sign go forward about 25 yards where you will enter the west side of the parking lot for the Aggie Stadium which includes the Swim Center on the far east side of the parking lot. **Parking is free on the weekends and for the meet.**

Check In: Deck entries will close at 11 a.m. and check in for pre-entered swimmers will close at 11:30 a.m.

Entries: You may enter this meet either on line, by mail or the day of the swim meet. You may enter any or all of the events. Note that relays cost \$6 and are deck entered at the meet.

Online Entry: on-line entries must be submitted by Midnight on Wednesday, September 29, 2009. \$4 per event plus a \$6 surcharge. Your credit card will be charged by 'ClubAssistant.com Event Billing' for this meet. https://www.clubassistant.com/club/meet_information.cfm?c=1266&smid=2507

Mail-in Entry: Entry Fees: \$4 per event plus a \$6 surcharge if postmarked by Saturday, September 25, and/or received no later than Wednesday, September 29, 2010. Make checks payable to Sacramento Masters. Mail your check, consolidated race entry, and 2010 USMS registration photocopy to: Sacramento Masters P.O. Box 188205, Sacramento, CA 95818.

Deck Entries: Opens at 9:45 a.m. and closes at 11:10 a.m. **Entry Fees:** \$5 per event plus \$6 surcharge.

Awards: Special awards to those with the fastest combined time for all five events in each age group.

Referee: TBD

Meet Director: Andy Brennan, andybrenan@mac.com

Events: (Odd=Women, Even=Men)

1 - 2	50 Meter	Fly
3 - 4	50 Meter	Back
5 - 6	50 Meter	Breast
7 - 8	50 Meter	Free
9 - 10	100 Meter	IM
11 - 13	200 Meter	Medley Relay Mixed, Women and Men

~Relay event will be deck entered by 1 p.m.

SHORT COURSE METERS CHAMPIONSHIP

WALNUT CREEK MASTERS

2010 Pacific Masters Short Course Meters Championships

Date: October 8th, 9th and 10th, 2010

Sanction # 38-10-16.

Location: Clarke Swim Center, Heather Farm Park, Walnut Creek, CA

Directions: From I-680 North, take Ygnacio Valley Road Exit. Turn right onto Ygnacio Valley Rd. and drive east about 2 miles to San Carlos Dr.. Enter the left turn lane and turn left onto North San Carlos Dr.. Go one block to Heather Drive turn left. The Clarke Swim Center is on your right. From I-680 South, take the North Main exit going south. Continue south on N. Main St. to Ygnacio Valley Rd.. Turn left onto Ygnacio Valley Road and continue east on Ygnacio Valley Rd. to San Carlos Drive, as above.

Facility: All Deep 6-Lane 25 Meter course for competition with 6-25 yard lanes provided for warm-up and warm-down throughout the meet; electronic timing, bleachers and lawn seating, and snack bar.

Check-In: This is a Pre-Seeded meet. Swimmers are considered checked-in for all individual events with a distance of 200 Meters and less. Swimmers must check in for ALL Friday events, the 800 Meter Free on Saturday, and the 400 Meter Free on Sunday. The 400 IM (Friday events 1 & 2) must be checked in by 8:30 am. All other events over 200 Meters must be checked in **45 minutes** prior to the estimated start of the event.

Age: Age on December 31, 2010 determines age for this meet.

Entries: TWO OPTIONS FOR MEET ENTRY:

Option 1 - Online Meet Entry: (deadline: midnight, Wednesday, September 29th, 2010). Enter at: https://www.clubassistant.com/club/meet_information.cfm?c=1301&smid=2501 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 or Hand-Delivered: (Entries must be postmarked by midnight Thursday, September 23rd, 2010, and/or received by 5:00 PM Monday September 27th, 2010. Hand delivered entries to the address below must be delivered by 5:00 p.m. on Monday, September 27th, 2010). Entries must be on a Consolidated Entry Form. Mail your form to the address below **with a copy of your 2010 USMS Card, and check payable to Walnut Creek Masters.** (We suggest in order to confirm your entry you include a stamped envelope or post card.)

Mailed: Hand-Delivered (see directions above): Walnut Creek Masters, Clarke Swim Center, Heather Farms Park, Walnut Creek, CA, attn Kerry O'Brien; or Walnut Creek Masters, c/o Debbie Santos, 1244 Oak Knoll Dr., Concord, CA 94521. Phone: 925-521-0522

Note: This is a cardless meet. 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.

Enter short course meter times for seeding purposes. Swimmers may enter no more than five individual events per day and a total of seven for the three days. Because this is a Championship meet NT (no time) entries are not allowed. All events will be seeded slow to fast. Events 3, 4, and 5 (the 800 Free Relays), as well as events 7 & 8 (the 1500 Free) and events 27-28 (the 800 Free) will be seeded

by time and swum together regardless of gender. Entries for the 1500 Free will close at 10:00 am. The 1500 Free events will not start any earlier than 10:30 am. Each swimmer may participate in only one 800 meter relay. There will be a brief five minute break after event 2 to prepare for the 800 relays.

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

Online Entry Fees: \$18 for one event, \$38 for 2-4 events, \$43 for 5-7 events (all on-line processing fees are included)

Relay Entry Fees: Deck entered at \$8 per relay

Deadline: Mailed entries must be postmarked by Thursday, September 23rd, 2010, and/or received no later than Monday, September 27th, 2010. **Meet Directors are forbidden to accept late or incomplete entries!**

Online entries must be submitted by Wednesday, September 29th, 2010, midnight. **No entries will be accepted after that time!**

Awards: Distinctive Awards will be given to the top three teams. Awards will be given 1st through 8th in all individual events. Points will be scored as follows: 9-7-6-5-4-3-2-1 for individual events and double for relays. High point award will be given to each age group.

Snack Bar: Available all three days.

Program: Available for \$5.00

Meet Director: Chris Stewart. For questions, contact Chris Stewart at (925) 998-5866, or Debbie Santos at (925) 521-0522.

Referee: John King

Events: Women = Odd, Men = Even

Friday, October 8 Warm-up begins @ 8:00am.

Meet starts @ 9:00am

1 - 2	400	IM
3 - 4	800	Free Relay
5	800	Mixed Free Relay
7 - 8	1500	Mixed Free

(Remember: Men & Women swim together)

Saturday, October 9 Warm-up begins @ 7:30am.

Meet starts @ 8:30am

9 - 10	100	Back
11 - 12	200	Fly
13 - 14	50	Breast
15	200	Mixed Medley Relay
17 - 18	200	IM
19 - 20	100	Free
21 - 22	50	Fly
23 - 24	100	Breast
25	400	Mixed Free Relay
27 - 28	800	Mixed Free (Remember:

Men & Women swim together)

Sunday, October 10 Warm-up begins @ 7:30am.

Meet starts @ 8:30am.

29 - 30	200	Free
31 - 32	50	Back
33 - 34	200	Breast
35 - 36	200	Free Relay
37 - 38	100	Fly
39 - 40	50	Free
41 - 42	100	IM
43 - 44	200	Back
45 - 46	400	Medley Relay
47 - 48	400	Free

POSTAL SWIM

Davis Aquatic Masters 3rd Annual DAM Brute Squad Postal Swim

Sanction # pending

EVENT: The Brute Squad events:

200 yd Butterfly, 400 yd IM and 1650 yd Free.

RULES:

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

DATE: As per rules, the Brute Squad must be swum between Nov 1 and Nov 30, 2010. **All individual and relay entries must be received by Monday, Dec. 7, 2010.**

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

ELIGIBILITY: This is a PMS-sanctioned event and all participants must be registered for 2010 with USMS (or the equivalent organization for non-U.S. swimmers). **A copy of your current 2010 or 2011 registration card must accompany your entry.**

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

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

Deadline for pool and open water swim information for the
November-December
Newsletter is
September 6, 2010

Chris Campbell selected Coach of the Year

The strength of Pacific Masters Swimming originates with its coaches. Coaches inspire, instruct and encourage their swimmers everyday in practice by sharing their passion for swimming. Our coaches challenge us to challenge ourselves by competing individually and for our teams in competition. Each year one of these elite coaches is selected as Coach of the Year.

The Pacific Masters Swimming committee is proud to honor Chris Campbell of Mountain View Masters as our choice for 2010 Coach of the Year. Each year Pacific Masters Swimming selects a Coach of the Year from a group of candidates who have been nominated by their swimmers. Nominations are made in writing and submitted to the Pacific Masters Swimming committee. A winner is chosen on the basis of team growth, team participation, and individual contributions. In 2010, six coaches were nominated including: Tim Sheeper of Menlo Park Masters, Stu Kahn of David Aquatic Masters, Mike Lynch of PCA Masters, Hermine Terhorst of Santa Rosa Masters, and Cokie Lepinski of Marin Pirates Masters.

Chris Campbell's selection was based on a long list of contributions to Mountain View Masters and Pacific Masters. Chris has coached and assistant coached Mountain View Masters for thirteen years. He took the reigns after the tragic death of their coach in 2004. He has successfully directed the Alan Liu Swim Meet for the last seven years to honor their fallen coach. Mountain View Masters is consistently in the top 20 for all PMS Championship Meets. Their team is also well represented at all Open Water Swims. Chris has been instrumental in bringing guest speakers such as 3-time Olympian Sheila Taromina to the community. He has also taken on the additional responsibilities of Chairman of the Pacific Masters Coaches Committee for the past 3 years. Individually, Coach Chris has attended over 18 national or world championship meets. He is a constant presence at all local swim meets. Chris Campbell is a great example of someone who not only contributes to his own swim team, but also to the success of Masters Swimming itself.

Congratulations to Chris Campbell, Pacific Masters 2010 Coach of the Year.

SwimFest '10

Pacific Masters sponsored 25 coaches from 20 Pac Masters teams to attend at SwimFest '10 in San Diego in early June. It was well organized, ran smoothly and a wide variety of topics were covered. The event had 10 mentor coaches, 70 masters coaches and approximately 60 swimmers. Gathering coaches from all over the US allowed for a terrific opportunity to exchange ideas. Everyone was approachable and coaches and swimmers were able to get feedback on technical information such as test sets, pulse rates, use of Tempo Trainers, other equipment, stroke technique, video analysis, etc. Coaches also had the opportunity to discuss business models and handling of administrative issues. No matter what your experience, everyone at any level had something to gain. The USMS team did a great job on SwimFest '10.

Cokie Lepinski
Coaches Chair - Pacific Masters
Coach - Marin Pirates Masters

Editor's note:

As of press time, nothing has been submitted about 49er's Goldrush SCY scheduled for 10/16/10. Watch the weekly update for further information. The CLOV SCY meet for 11/06/10 has been cancelled.

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
2008 USMS Rule Book	8.00
2008 USMS Mini Rule Book (rules only)	5.00
Video/DVD deposit	50.00
Video /DVD mailing charge per order	5.00

DVD ORDER FORM

Please send two checks, payable to Pacific Masters Swimming; 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	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	12/4/10	SNM	Reno Winners Meet SCY

- recognized

** - non- sanctioned

*** - tentative

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2010 MEETING DATES: Sept. 8, Oct. 20 cc, Nov. 17, Annual Meeting, Holiday Potluck, Dec. No 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 in the community center room unless otherwise specified. Walnut Creek, CA.

(cc) meetings will be via conference call.

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