



Michael Moore, Chair

PACIFIC MASTERS SWIMMING MAKES HUGE SPLASH WITH NEW LOGO

Pacific Masters Swimming the United States Masters Swimming largest regional swimming organization is thrilled to announce the launch of a new logo. The new logo identity is designed to serve as a distinctive reminder of the caliber of coaches, administrators and volunteers that help shape over 110 clubs and over 10,000 members around healthy lifestyle through swimming in Northern California and Northwestern Nevada. The new logo identity also revitalizes Pacific Masters Swimming commitment to grow new clubs and attract adult members of all ages.

The design of the new brand image diverges not from any one particular type of swimming but rather focuses on the subtle references of its water region, the Pacific warm sunset and the a stylized letter P. The word Pacific also is visually emphasized to quickly link the name to the stylized logo P and draw attention to the west coastal region.

Throughout the 2011 Pacific Masters Swimming season, the new logo will be fully integrated into marketing and communication materials such as website, newsletters, banners, merchandise, print materials, advertising, promotions and social media in all its forms.

For over a quarter century, the Pacific Masters Swimming brand logo represented pool competition, which is only one of the many aspects of swimming and structured training our club members partake in. The newly unveiled logo brings a fresh look to the expansive value we offer while strengthening and supporting our future endeavors and connecting across our clubs and their members.

Last July, The Pacific Masters Committee voted to update our logo. Glenda Carroll was appointed chair of the committee which solicited inquiries from graphic designers to redo the logo. Pacific Masters Swimming acquired global brand identity designer, Stephen Cascio of www.pureidentitydesign.com A leading designer behind many recognizable brands such as Snap-on Incorporated, Allstate, PPG and Miller Brewing Company, among others.

"Pacific Masters Swimming new logo has the opportunity to energize and nurture a unique brand culture. It's an exciting time in the organization with a visual brand direction in place," replied logo identity designer, Stephen Cascio. The committee voted to approve the Cascio designed logo at the January meeting.

Pacific Masters leadership works to communicate with our members. You are reading from one of our primary ways to inform you about what is going on in the Local Masters Swim Committee (LMSC) - The Newsletter.

There is a Facebook page at www.facebook.com/PacificMastersSwimming. There is a place for a discussion forum. We also tweet on twitter <http://twitter.com/pacmastersswim>

For the past fifteen years, we have been at www.pacificmasters.org where current news as well as meet results from the last 15 years can be found. There is the email blast which comes out about 40 times a year. If you do not subscribe to it go to <http://bit.ly/dYjs9e> to join our FREE Email Mailing List. We want to keep you informed. You can email me at chairman@pacificmasters.org and you can say "Hi" at any meet. Best wishes for a great season.

michael

POOL MEET

Rinconada Masters

Spring Short Course Meet

Saturday, March 12, 2011

Sanction# 38-11-06

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

Check In: Swimmers in events #1-2 must check in before 8:30 am. 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 9

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, (address 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 25, 2011, or received by Wednesday March 2, 2011.**

No DECK ENTRIES for 1000 Free. Mail entry, and check payable to Rinconada Masters and a copy of your 2011 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

* - Novices are those with no prior competitive masters experience.

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.

FACEBOOK by Tracy Barbutes

Find us on Facebook! What are you waiting for? Facebook is easy to use and is one way to remain in touch with almost everyone around you, at any time of the day or night. Reconnect with old teammates and remain in touch with swimmers you met at a swim meet. Did you know that 70% of America's population and 1 out of every 13 people in the world are on Facebook? Thirty percent of Facebook's userbase is 35+ years of age. If you already have an account, visit Pacific Masters Swimming at <http://www.facebook.com/PacificMastersSwimming>, "like" us, and join (or start) the discussion. Feel free to ask questions, post your photos and videos from various swim meets and practices and share your favorite (or not so favorite) workouts.

You do not need to have a Facebook account to view our page or follow along. You will need an account to participate.

Don't have a Facebook account? Joining Facebook is as simple as going to <http://www.Facebook.com> and registering. You will be asked to enter your name, email address, a password and date of birth, and you will then be prompted to enter a security code. You will automatically be prompted through the necessary steps to complete your registration. At this step, you may enter as much or as little information as you prefer. Facebook will send you a confirmation email, linking you back to your account. Once you've created your account, visit the Pacific Masters Swimming page to find other swimmers.

POOL MEET

Strawberry Canyon Aquatic Masters Spring Short Course Yards Meet Sunday, March 27, 2011

Sanction #: 38-11-08

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. No deck entries for the 500. All 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.

TWITTER

Twitter is the fastest, most simple way to get immediate news – immediately.

Twitter is a social media tool in which people communicate (tweet) in 140 characters or less. Twitter is free, however, to have full access, you must sign in with a username and password. Registered users may subscribe to other author tweets - known as following - and subscribers are known as followers. Twitter is another opportunity to reach out and interact with the swimming community, as well as encourage others into the sport. Twitter is, without a doubt, the best way to share and discover what is happening right now.

The Pacific Masters Swimming Twitter ID is @PacMastersSwim (<http://twitter.com/PacMastersSwim>) You may view Pacific Masters Twitter stream without having an account, but you may only interact if you have an account.

Signing up for Twitter is even faster and easier than signing up for Facebook. Visit <http://www.twitter.com> and select the bold yellow 'sign up' button. Enter your name, a username of your choice, a password and your email address. Select "create my account." You will be prompted to enter a security code. Twitter send you a confirmation email. Click the link and you are then officially a part of Twitter. Be sure to follow @PacMastersSwim!

You can get free Facebook and Twitter apps for your phone and never be left out of the action! Stay connected wherever you go!

@MastersSwimmers – Tracy Barbutes

@tracybarbutes – Tracy Barbutes

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=2759

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 2011 USMS registration card, and your entry fee made out to UC Regents and send to: SCAM Swim Meet, 2011 Cal Rec Club, 2301 Bancroft Way, Berkeley, CA 94720-4420

Deadline: Online entries accepted until 11:59 P.M. Wed. March 23. Mailed entries must be postmarked no later than March 15 (or received by March 19). 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), or Kathy Striebel, email: kastriebel@sbcglobal.net, (510) 306-0084 (cell)

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
21-22	50 yd	Freestyle

CHAMPIONSHIP MEET

Tri Valley Masters and the Walnut Creek Masters

2011 Pacific Masters Short Course Championships

Friday, Saturday, & Sunday, April 8, 9, & 10, 2011

Sanction # 38-11-09

Location: Dolores Bengston Aquatic Center, 4455 Black Ave, Pleasanton, CA 94566. 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. 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. Online check-in will be available for the 1650 at http://www.swimphone.com/mobile/meets/meet_menu.cfm?smid=2850 from 6:00 p.m. April 6 until 5:00 a.m. April 8. In person check-in deadlines are as follows: Events 1 & 2 1650 free 8:00 a.m.; Event 5 Women's 400 IM 12:00 p.m.; Event 6 Men's 400 IM 12:30 p.m.; Event 9 Women's 500 f.ree 8:00 a.m.; Event 10 Men's 500 free 8:30 a.m.; Events 45 & 46 1000 free 12:00 p.m.

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 proof 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. Events 1 & 2 (1650 free) and 45 & 46 (1000 free) will be 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, March 30). Enter at: https://www.clubassistant.com/club/meet_information.cfm?c=1301&smid=2850 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, March 25 and/or received by Monday, March 28, 5:00 PM) Entries must be on a Consolidated Entry Form. Mail your form with a copy of your 2011 USMS Card, and check payable to Walnut Creek Masters to Walnut Creek Masters, C/O Lisa Ward, 998 Village Oaks Dr, Martinez, CA, 94553

(925-726-5226) 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: 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.** Because this is a championship meet, NT (no time) entries are not allowed.

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, March 25 and/or received by 5:00 PM Monday, March 28.

Online entries must be submitted by Wednesday, March 30, 11:59 pm. 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 8.

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 Pacific Masters 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.

Head Referee: TBD

Meet Directors: Lisa Ward, 925-726-5226, lisaswimsback@sbcglobal.net, Adam Conway, 619-886-6365, conway.adam@gmail.com

Schedule of Events:

(Odd = Women, Even = Men):

FRIDAY, APRIL 8

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

SATURDAY, APRIL 9

9-10	500 yd	freestyle
11-12	50 yd	backstroke
13-14	200 yd	breaststroke
15-16	100 yd	butterfly
17-18	200 yd	medley relay
19-20	100 yd	IM
21-22	200 yd	backstroke
23-24	50 yd	fly
25-26	400 yd	freestyle relay

SUNDAY, APRIL 10

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

OPEN WATER SWIM POINTS

PiceName	Team	Age	Pts					
Age Group 18-24				Age Group 50-54				
1	Seelos, Lizzy	CRUZ	23	58	1	Meyer, Marguerite	TOC	51 220
2	Erickson, Erica	UNAT	24	40	2	Morlan, Kathy	VACA	50 216
3	Barrantes, Sara	ALMA	23	38	3	Christenson, Kate	TOC	50 168
3	Lee, Alexandra	WCM	23	38	4	Schmucker, Lindabeth	DAM	54 154
5	Brown, Joelle	SCAM	24	36	5	Quinn, Phyllis	TOC	54 146
1	Boone, Nate	UNAT	19	44	1	Mac Donald, Sandy	SMST	54 220
1	Felton, Brooks	UNAT	24	44	2	Carr, Mike	SRM	49/50 184
3	Champion, Brandt	UAT	20	40	2	Pyrch, Michael	SCSC	50 184
4	Gaeta, Sam	UNAT	19	38	4	Tainty, Chris	CRUZ	50 118
5	Dale, Kellen	SNM	23	32	5	Skuse, Brian	UNAT	54 104
Age Group 25-29				Age Group 55-59				
1	Flaskerud, Devon	WCM	28	162	1	Harms, Kildine	WCM	56 186
2	Thompson, Margaret	MAM	29	156	2	Davis, Diane	DAM	59 160
3	Becks, Danielle	TOC	28	66	3	Val, Laura	TAM	58 154
3	Ikehata, Mariko	CRUZ	26	66	4	Armento, Valerie	UNAT	59 128
5	Michalak, Melanie	CRUZ	26	56	5	Roth, Debra	CHICO	57 116
1	Knight, John	WCM	28	194	1	Guadagni, Peter	WCM	55 220
2	Gawlick, Craig	MVM	28	88	2	Emhoff, Ron	TVM	55 176
3	Lau, Austin	UNAT	26	80	3	Ferroggiaro, Fred	TOC	56 138
4	Dumouchel, Rob	CVMM	28	74	4	Winterrowd, Dan	SMST	59 134
5	Roper, Matthew	DAM	29	42	5	Knight, James	SCSC	56 94
Age Group 30-34				Age Group 60-64				
1	Vasey, Adrienne	STAN	31	212	1	Jones, Alice	SCAM	60 204
2	George, Heidi	LAMV	34	132	2	Shoenberger, Linda	TAM	62 164
3	Dane, Elizabeth	CRUZ	30	92	3	Litman, Jacklyn	BAY	59/60 150
4	Delneo, Catherine	SERC	34	78	4	Lee, Jane	MPSC	60 122
5	Wholey, Mary	UNAT	31	72	5	Brems, Marianne	MELO	60 120
1	Gillis, Trevor	UNAT	34	220	1	Wilson, Joel	CRUZ	61 216
2	Tuholski, Walter	WCM	32	212	2	Wurtzel, Harvey	UNAT	63 128
3	Hardcastle, Holden	USF	32	126	3	Nadner, Dan	CLOV	60 122
4	Sheldon, Jason	RAMS	32	54	4	Upshaw, Bob	MAM	60 120
5	Davis, Matthew	SAC	30	52	5	Kight, Chuck	RAMS	62 80
Age Group 35-39				Age Group 65-69				
1	Haack, Angela	WCM	35	182	1	Carroll, Glenda	TAM	66 220
2	Sanguinet, Amanda	TOC	39	144	2	White, Susan	TCAM	67 216
3	Deasy, Michelle	TOC	38	112	3	Cantini-Norkin, Mary	DC	66 86
3	Labusch, Meike	USF	37	112	4	Bailie, Kaeti A	SERC	65 44
5	Swanson, Eileen	CSSR	35	80	4	Coleman, Kate	SCAM	67 44
1	Shoenberger, Deacon	UNAT	36	114	1	Anderson, John	VACA	65 184
2	Kida, Moriaki	TSUN	38	80	2	Mccarty, Thomas	TOC	64/65 154
3	Prodoehl, Jason	TSUN	38	70	2	Burns, Richard	TAM	66 154
4	Vanvlasselaer, Xavier	UNAT	36	62	4	Davis, Don	RHMS	65 44
5	Connolly, Darrin	SERC	39	38	4	Lowden, Jerry	SERC	68 44
5	Virkus, Christopher	COPT	39	38	4	Michael, Martin	MELO	66 44
5	Weeks, Marc	TSUN	35	38	Age Group 70-74			
5	Whitcomb, David	UNAT	39	38	1	Munn, Susan	DAM	71 220
Age Group 40-44				Age Group 75-79				
1	Smith, Jody	MVM	41	216	2	Myers, Dot	SAC	73 134
2	Welting, Lauren	TOC	44	160	3	Durham, Patricia	SMMM	71 54
3	Cox, Juliet	MAM	42	126	4	Anson, Susan	SCAM	69/70 44
4	Asnault, Wendy	CHICO	41	94	1	Price, Kent	STAN	72 206
5	Hertzler, Cynthia	CRUZ	41	84	2	Ingalls, Donald	MVM	72 198
1	Bond, Chris	WCM	43	220	3	Fleming, John	UNAT	69/70 178
2	Shoemaker, Scot	ACAC	43	172	4	Lane, Ed	WCM	71 78
3	Wells, Barton	LAMV	43	132	5	Kearns, Lloyd	PVM	70 36
4	Rydman, Eric	UNAT	44	130	5	Marshall, William	UNAT	70 36
5	Garnier, Olivier	USF	43	76	Age Group 80-84			
Age Group 45-49				Age Group 85-89				
1	Ward, Lisa	WCM	46	192	1	Monroe, Donna	WCM	76 220
2	Phalen, Jennifer	SCAM	45	168	2	Robben, Barbara	UNAT	76 92
3	Clements, Cindy	TAM	49	164	3	Lambertson, Ann	SMMM	79 34
4	Matena, Jana	MELO	47	152	4	Callison, Barbara	RINC	77 18
5	Hazen, Lisa	UNAT	46	88	1	Cotton, Jim	UNAT	77 88
1	Matthews, David	WCM	46	196	2	Brown, Donald	WCM	77 40
2	Lally, Bart	TOC	47	128	3	Flahavan, Joe	NEW	76 16
3	Schmitz, John	LAMV	49	82	Age Group 90-94			
4	Brancamp, David	SNM	48	66	1	Campbell, Roger	SMMM	79/80 44
4	Carlin, Kelly	UNAT	47	66				

COMPETITION ENTRY INSTRUCTIONS

Pacific Masters Swimming Competitions

HOW TO ENTER

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

Entry cards and PacMasters registration forms are available through Nancy Ridout, PacMasters 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"/>			
City		no. of events entered:			
State		Zip			
Phone		* Age			
Club		Club Abbr.		Birthday	
		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 PacMasters 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 PacMasters office. If late, damaged or lost, clubs must pay full replacement cost and individuals must forfeit deposit checks. Temporary suspension of PacMasters membership for bounced checks or late replacement payments. Please tell PacMasters office about suggestions for new tapes.

New DVD's for the PacMasters 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/PacMasters Records, Top Ten, and PacMasters member teams can be found on the PacMasters 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
USMS Rule Book	8.00
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/PacMasters #	Phone		
	()		

2011 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

2011 MEET SCHEDULE

Sat	3/12/11	RINC	Rinconada Masters Spring Meet
Sat	3/26/11	*	State Senior Games Championship
Sun	3/27/11	SCAM	Spring Meet
Fri-Sun	4/8-10/11	TVM/WCM	PacMasters Short Course Championships
Sun	5/15/11	SMMM	Parkside Mile
Th-Sat	4/28-5/1/11	Mesa, AZ	USMS SC Championships
Sat	5/21/11	RCM	Spring Lake 1 Mile
Sat	6/4/11	DAM	Lake Berryessa 1 & 2 Mile
Sun	6/12/11	TVM	Lake Del Valle
Sat	6/25/11	RCM	Lake Sonoma PacMasters Championship
Fri-Sun	7/8-10/11	CRUZ	PacMasters Long Course Championships
Sat	7/9/11	RCM	Russian River/Lake Mendocino
Sun	7/17/11	PacM	Open Water 101/201
Sat	7/23/11	TOC	32st Annual Trans Tahoe Relays
Sat	7/30/11	CRUZ	38th Annual Roughwater Swim
Sun	7/31/11	CRUZ	Cruz Cruise 2-Mile
Sat	8/6/11	SNM	Donner Lake
Wed-Sat	8/3-6/11	Auburn, AL	USMS LC Championships
Sat	8/13/11	DAM	Long Course Meet
Sat	8/20/11	MAAC	5th Annual Summer SCM Meet
Sun	8/21/11	TTST	Hot August Chill (3 swims)
Sun	9/11/11	RAD	Whiskeytown Lake
Wed-Sun	9/14-18/11	USAS	USMS Convention, Jacksonville, FL
Sun	9/18/11	RCP**	The Tiburon Mile
Sun	9/25/11	MVM	8th Annual Alan Liu Memorial SCM
Sat	10/2/11	SAC	39th Annual SCM Pentathlon
Fri-Sun	10/14-16/11	WCM	PacMasters Short Course Meters Championship
November,	2011	DAM	Brute Squad Postal Meet
Sat	12/3/11	SNM	Reno "Winners" Meet

* recognized

** non-sanctioned

*** tentative

Visit our website
www.pacificmasters.org

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

March 6, 2011

poolmeets@pacificmasters.org
openwater@pacificmasters.org

The proposed meeting schedule for 2011

Mar. 16, Apr. 20(cc), May 18, June 15(cc), July 20, Aug. 17(cc), Sept. 7, Oct. 19(cc), Nov. 16 (annual meeting and Holiday Potluck), no meeting in December (cc) meetings will be via conference call

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.

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

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