



Michael Moore, Chair

Chair Message

PacMasters Coach of the Year: Cokie Lepinski of Marin Pirates was named the 2011 Pacific Masters Coach of the Year. The Marin Pirates nominated her for growing a fledgling Masters swimming program to a strong team of almost 100 members.

The nomination letter noted that she designed developed and implemented the Marin Pirates program from the ground up, spending countless hours writing workouts, tracking each swimmer's performance, shooting underwater video and providing feedback to each swimmer.

Stu Kahn of Davis Aquatic Masters was also nominated for the work he has done. Stu has inspired the DAM swimmers to push the boundaries to swim harder and swim better.

Contributor of the Year: Alan Levinson of Manatee Masters was awarded the 2010 Pacific Masters Contributor of the Year. Alan has been a volunteer for PacMasters for over 20 years. He has served as the Open Water chair and the Legislation chair.

Distinguished Service Awards: The 2010 Distinguished Service Award was awarded to **Allan Cartwright** for the work he has done for the Open Water committee as the trailer guy; **Peter Guadagni** for serving as the Short Course Yard Championships Meet director for four years; **Bill McCracken and the TriValley Masters** for their work on the 2010 US Masters Swimming Open Water Championships; and **Cokie Lepinski** for her work as the PacMasters Coaches chair.

Appreciation Award: The 2010 Pacific Masters Appreciation Award was awarded to the **Kevin Lennon** for his work as the Whiskeytown Meet Director; **Jim Shaw** for his work as the Rinconada Meet Director; the **Redwood Coast Masters** for

At the 2011 Pacific Masters Short Course Yards Championships held in Pleasanton, California, the 2010 Swimmers of the Year, the Service Awards and the 2011 Coach of the Year were announced and awarded.

their work in organizing three open water events a year; and **Larry Rice** for the timing services he has provided pool events for Pacific Masters over the past twenty years.

2010 Pacific Masters Swimmers of the Year. The Committee voted that **Laura Val** and **Jim Clemmons** were the 2010 Pacific Masters Swimmers of the Year. In 2010 Laura continued to dominate her age group even though she was at the top of the age group. Besides winning her events, she set ten age group records (breaking her own records).

This is the second time **Jim Clemmons** has been given this award. Jim broke eight US Masters Swimming and sixteen PacMasters records. Because of when Jim aged up, he had no PacMasters SCY Top Ten times in his new age group, yet was able to do very well in the Long Course Meters and Short Course Meters events.

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Protecting the Athletes - Open Water Safety Conference. Pacific Masters and United States Masters Swimming co-sponsored this conference, which was held in Burlingame 18-20 March 2011. Meet directors from seven countries were there to discuss what can be done to mitigate the dangers of open water swimming.

Besides US Masters Swimming event directors, people from Australia, USA Triathlete Association, the London Olympic games, Bermuda, Canada and Japan came. It was a very impressive group, but what was more impressive was the commitment that all had for the athletes to have a safe swim and how we as event organizers can make it more safe. As part of USMS commitment, all the talks were taped and have made the available on the USMS web site

OPEN WATER SWIMS

San Mateo Masters 2011 Parkside Aquatic One Mile Open Water Swim

Saturday, May 14, 2011

Sanction #: OW-11-01

Location: Parkside Aquatic Park, San Mateo, CA

Directions: a) If heading North on US Hwy 101, exit at Kehoe Ave (Exit #415). Then follow Kehoe... b) If heading South on US Hwy 101, take the 3rd Ave East ramp (Exit #416). Crossover the 101 freeway. Turn right on South Norfolk St, proceed to Kehoe Ave and turn left. Then...

Follow Kehoe Ave to Roberta Ave (just past Joinville Swim Center on the left) and turn right. Go 0.4 miles and turn left on Seal Ct. Parkside Aquatic Park is at the dead end of Seal Ct.

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

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

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

Entry Fee: \$35.00 if complete registration is RECEIVED by Saturday, May 7, 2011; \$40.00 on race day. Make checks payable to SMAC (San Mateo Athletic Club). Use form below and attach a copy of your 2011 USMS card or use a consolidated entry form available on the PMS website: (www.pacificmasters.org). Send entries to: Kristine Buckley, 1819 Bayview Ave., Belmont, CA 94002. If the race is cancelled for any reason, a \$5 processing fee will be deducted from all refunds.

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

Contact Information: Kristine Buckley, 415-515-2594, kbsfswim@gmail.com

Redwood Coast Masters Spring Lake One Mile Open Water Swim

Saturday, May 21, 2011

Sanction # OW-11-02

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 \$6.

Course: One mile loop course swim from a small sand beach. 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. There is a one hour cut-off time.

Entries: *Online:* www.active.com and look up Spring Lake 1 Mile before May 9, 2011.

Mail: Indicate estimated one-mile swim time on entry. Send entry form or consolidated card, a photocopy of 2011 USMS card and a check payable to Redwood Coast USLA to: Spring Lake One Mile Swim, PO Box 337, Healdsburg, CA 95448. Printable entry forms at www.lifeguardsforlife.org.

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, 2011.

T-Shirts: All pre-entry participants will receive a free T-shirt. Indicate size on entry form.

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

Web: www.lifeguardsforlife.org

Davis Aquatic Masters 30th Annual Lake Berryessa Open Water Swims

Saturday, June 4, 2011

Sanction #: OW-11-03a, OW-11-03b

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

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

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

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

Swim Procedure: Deep water starts. No late starters. Caps are provided and mandatory. Cut-off times: 1 hours 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: *EARLY Registration fees* if entered on-line or postmarked by May 19 are \$35 for 1-Mile or 2-Mile swim, \$50 for combined 1 & 2-Mile swims. *Registration fees* if entered on-line or postmarked May 20 - June 1 are \$40 and \$55 respectively. *Race Day fees* are \$45 and \$70 respectively. Send entries, with a photocopy of 2011 USMS card to DAM, P.O. Box 921, Davis, CA 95617. Use official entry form or register at www.damfast.org under Lake Berryessa Swim. No on-line registration after June 1, 2011.

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: To guarantee your order, t-shirts must be purchased on entry form or on-line by May 19. Orders received after May 19 are not guaranteed. A limited number of T-shirts will be available for sale on Race Day.

Traditional Post Swim Picnic: To guarantee lunch preference, lunch must be pre-purchased on-line or received in mail by May 30. A limited number of lunches 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; kemdarnfast@yahoo.com.

OPEN WATER SWIMS

Tri-Valley Masters 0.75 Mile and 2.5 K Open Water Swims Sunday, June 12, 2011

Sanction# OW-11-04a, OW-11-04b
Location: Del Valle Regional Park, Livermore, CA.

Course Description: Both races have a water start, a counter-clock-wise loop course and a beach chute finish at the same place as the start. Expected water temperature is 70 degrees.

Registration and Check-In Time: Check-in and registration is from 6:15 to 9:15 a.m. Registration for 0.75 mile race will close at 8:00 a.m.
Race Start Times (approximate): 0.75 mile swim start begins at 8:30 a.m. and the 2.5 km swim begins at 10:00 a.m. Cut off times will be 45 minutes for the 0.75 mile swim and 90 minutes for the 2.5 km swim.

Awards: 0.75-mile and 2.5km race: Medals will be given to the 1st 3 finishers in each sex/age in the non-wetsuit division (19-24, 25-29, etc). Medals will also be awards for USA age group and wetsuit divisions.

Entries: Online (www.trivalleymasters.com) Pre-Race (\$35 for one; \$45 for both.); Mail entries must be received by 6/2/11. Online registration closes 6/10/11: Early registration discount: Online processing fee of \$3.50 waived on all online entries prior to 5/27/11.
Race day: (\$40 for one; \$50 for both). Make checks to Tri-Valley Masters and mail with an entry form and a copy of your 2011 USMS registration card to: Tri-Valley Masters P.O. Box 5116, Pleasanton, CA 94566

Directions: Del Valle Regional Park is located at 7000 Del Valle Road off Mines Road south of Livermore (parking fee \$6.00). Exit I-580 eastbound or westbound in Livermore at North Livermore Avenue. Head south and proceed through town (N. Livermore Ave. becomes S. Livermore Ave. in town). 1.5 miles outside town, turn right at Mines Road, go about 3.5 miles and continue straight on Del Valle Road (Mines Road turns left). The park entrance is about four miles ahead. After the entrance, go right and park near the lake.

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

Pacific Master Swimming OW 101, OW 201 Open water clinics for new and experienced OW swimmers Sunday, July 17, 2011

Location: Lake Del Valle, 7000 Del Valle Road, Livermore

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

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

Limited to 50 swimmers in each clinic.

Expected water temperature: 68-74 degrees

Training includes:

OW101 - 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, enter/exit water, swimming straight. Optional course swim (½ mile).

OW201 - Dry land talk by Lisa Hazen Stanford All American. Winner 60K (37-mile) Rosaria Marathon in Argentina. Placed third in the Lago Tapes 26K, Brazil six days later. In water drills: Pack swimming, drafting, passing, buoy turns. Course swim - ½ mile. Expected water temperature: 68-74 degrees.

Directions: Lake Del Valle, Livermore Del Valle Regional Park is located at 7000 Del Valle Road off Mines Road south of Livermore (parking fee \$6.00). Exit I-580 eastbound or westbound in Livermore at North Livermore Avenue. Head south and proceed through town (N. Livermore Ave. becomes S. Livermore Ave. in town). 1.5 miles outside town, turn right at Mines Road, go about 3.5 miles and continue straight on Del Valle Road (Mines Road turns left). The park entrance is about four miles ahead. After the entrance, go right and park near the lake.

Entry Forms: Available at www.openwaterpacific.org. Or use a consolidated entry card. All entries must include, a photocopy of 2011 USMS Card. Check is payable to **Pacific Masters Swimming**.
Mail to: Open Water Clinics, c/o Carroll, 21 Windsor Ave. San Rafael, CA 94901. Indicate estimated ½ mile swim time, number of completed OW swims. Must be able to swim one half mile in 30 minutes. Must be a member of USMS/PMS. One day USMS registration is available.

Entry fees: \$45 entry fee for entries postmarked by Saturday, July 8. \$55 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: ggarroll@comcast.net

Redwood Coast Masters OW Championship Russian River 1- Mile & 500 meter Open Water Swim Saturday, July 16, 2011

Sanction OW-11-05a, OW-11-05b

Location: Healdsburg Veterans Memorial Beach, Healdsburg

Directions: Highway 101 north to Healdsburg Ave Exit. Turn right on Healdsburg Avenue following the signs to Healdsburg Veterans Memorial Beach. The park is approximately ¾ mile, and you will make a left turn into the parking area. \$6 fee for day-use parking.

Course: The course will be a 1-mile loop & 500 meter loop, starting and ending on a sandy beach.

Time: Check-in, packet pick-up and race day registration from 7:00 - 8:00 am. Registration for the 1 mile ends at 8:00am. Race begins at 8:30 a.m. for the 1 Mile. For the 500 meter, registration closes at 9:30 a.m. 500 meter starts at 10 a.m. No late starters.

Swim Procedure: There will be four wave starts with the age group start 10 minutes after the third wave. All swimmers must wear the provided swim caps and chip timing tag. The color of the swim cap will designate wave number. There will be a 1 hour cut-off time for the 1 mile, and 30 minutes for the 500 m. No individual escorts. Safety craft will patrol.

Entries: Online: go to www.lifeguardsforlife.org.

Mail: Indicate estimated 1-mile swim time or 500 meter time on entry. Send entry form and photocopy of 2011 USMS card and a check payable to **Redwood Coast USLA** to: Russian River Challenge PO Box 337, Healdsburg, CA 95448.

Entry fees: Pre race day entries: \$35 entry fee for 1 swim and both for \$50. Race day: \$40 per swim and both for \$60. Pre entry includes a free t-shirt. Entry fee is non-refundable and non-transferable.

Deadline: Entries must be postmarked by July 7, 2011.

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 will 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)

**Open Water Swimsuits
What are we wearing in 2011?**

by Glenda Carroll, Open Water Chair

With the start of the 2011 open water season right around the corner, you might be thinking, "I know there were rule changes for swimsuits. What can I wear?" Hopefully, I can clear that up for you.

USMS says that swim suits for open water now are divided into two categories. Nothing new here. Most of our open water swims already offer two categories; one for wetsuits and for without. What is new is what makes up a Category 1 suit and a Category 2 suit.

Starting this season, Category 1 suits can only be made from textile materials. That means the technical suits from last year (Blue 70's or Speedo Lazer's) aren't legal in this category. For men, (and I'm quoting) the swimsuit shall not extend above the naval nor below the knees. For women, the swimsuit shall not cover the neck, extend past the shoulder nor extend below the knees.

Other things to remember. You can only wear one swim suit at a time. But you can wear a two piece suit. Neoprene caps, nose clips, ear plugs, wristwatches and grease are allowed. Armbands or tape on your body are not allowed. Rash guards aren't allowed in this category, either.

Category 2 or what we call the wetsuit division, are all other swimwear (e.g. wetsuits, your beloved last year's technical suit, rash guards and arm bands.) However, any type of tape on your body is still not permitted, unless approved by the event director or event referee. Once the water temperature reaches 78 degrees (does that ever happen here?), the wetsuits need to come off.

For both categories, you will normally be disqualified if you use a device or substance that helps your speed like webbed gloves, fins, snorkels. It goes without saying, that your swimsuit should be non-transparent.

If you want to read the actual rules regarding suits for open water, go to <http://www.usms.org/rules/part3.pdf>. If you have any questions, I'll try my best to answer them. Email me at openwater@pacificmasters.org

**The Olympic Club
The 35th Annual Trans Tahoe
Invitational Rough Water
Relay Swim**

Saturday, July 23, 2011

Sanction # pending

For more information, go to: The Olympic Club website www.olyclub.com. Go to the OC events site and click on Trans Tahoe Relay.

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

**San Mateo Masters
Founders Day Long Course Meet
Sunday June 26, 2011**

.Sanction # 38-11-10

Location: College of San Mateo & San Mateo Athletic Club, 1700 W Hillsdale Blvd. Building 5

Directions: From Hwy 280: take Hwy 92 east towards San Mateo, West Hillsdale Blvd. exit. Turn left at signal and proceed up hill through 2nd and 3rd sets of traffic lights. Turn right onto campus at College Heights Drive. From Hwy 101: take Hwy 92 west towards Half Moon Bay, West Hillsdale Blvd exit. Turn right and proceed up hill through 2nd and 3rd sets of traffic lights. Turn right onto campus at College Heights Drive. The Aquatic Center pool is adjacent to the new Health and Wellness Building 5, located up College Heights Drive on the right next to circular drop-off. Signs will be posted to direct you to pool entrance.

Parking: Ample free parking is available on campus in Beethoven Lot 2. Do not park in Olympian Lot 12 or any Staff parking lots.

Course: Outdoor. Competition pool is 50 meters, all 8 lanes will be used for competition. Instructional pool is 25 yards, 6 lanes will be available for warm ups

Time: Warm-ups begin at 7:30 a.m. Meet begins at 9:00 a.m.

Check In: Check in begins at 7:00am. All events will be deck seeded. All swimmers must check in 30 minutes prior to the expected starting time for their first event. Swimmers who do not check in will not be allowed to swim. The meet will be seeded slowest to fastest.

Entries: Swimmers are limited to 4 events.

Fees: (no refunds)

Online entry event fee: \$8.00 surcharge plus \$4.00 per event. Please note 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=1725&smid=3056 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 fee: \$8.00 surcharge plus \$4.50 per event. Consolidated entry form, a photocopy of your 2011 USMS registration card, and your entry fee made out to SMAC. Mail to: San Mateo Athletic Club, Attn Aquatics, 1700 W Hillsdale Blvd, San Mateo, Ca 94402

Deck/Late entry fee: \$10.00 surcharge plus \$5.00 per event
Deadline: Online entries accepted until 11:59 p.m. Wednesday June 15th

Snack Bar: A full snack bar will be open during the meet beginning at 7:00 a.m

Meet Director: Cindy Lee, cindyswimlee@earthlink.net (650) 766-8904

Referee: TBD

Events: (Odd = Women; Even = Men)

1-2	200 yd	Freestyle
3-4	200 yd	Individual Medley
5-6	100 yd	Backstroke
7-8	200 yd	Breaststroke
9-10	100 yd	Freestyle
11-12	100 yd	Butterfly
13-14	200 yd	Backstroke
15-16	100 yd	Breaststroke
17-18	200 yd	Butterfly
19-20	400 yd	Freestyle

CHAMPIONSHIP MEET

Santa Cruz Masters Aquatics And The University Of California-Santa Cruz 2011 Pacific Masters Long Course Swimming Championships

Friday, Saturday, Sunday July 8, 9, 10, 2011

Sanction # 38-11-11

Pool: UCSC Swim Complex-Santa Cruz, California is 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.

Entries: Enter this meet online at https://www.clubassistant.com/club/meet_information.cfm?c=1510&smid=3032. You may also snail mail a consolidated entry (see below). Be sure to enclose photocopy of your 2011 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: to PacMasters Long Course Champs, Box 8422, Santa Cruz, CA 95061. Make checks 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 22, 2011, and/or received no later than Monday, June 27. Meet directors are forbidden to accept late entries so plan ahead! Enter now!

***On-line entries must be submitted by Friday, July 1, 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, 2011.

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 PacMasters 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.

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

Referee: John King

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

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

FRIDAY, JULY 8 (warm-up begins at 8:30 a.m. Meet starts at 9:30 a.m.)

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

SATURDAY, JULY 9 (warm-up at 7:00 a.m. Meet starts at 8:30 a.m.)

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 10 (warm-up at 7:00 a.m. Meet starts at 8:30 a.m.)

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>

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"/>			
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 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	5/14/11	SMMM	Parkside Mile
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 3/4 mile & 2.5 K
Sun	6/26/11	SMMM	Founder's Day LCM
Fri-Sun	7/8-10/11	CRUZ	PacMasters Long Course Championships
Sat	7/16/11	RCM	Russian River 1 mile OW Championship
Sun	7/17/11	PacM	Open Water 101/201
Sat	7/23/11	TOC	35th 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 1 & 2 mile
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
Sun	9/25/11	RPM	Keller Cove, Pt. Richmond, SF Bay, 1/2 m 1 mile, 2 mile
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

Follow us on
Twitter and Facebook

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

May 6, 2011

poolmeets@pacificmasters.org
openwater@pacificmasters.org

The proposed meeting schedule for 2011
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 to Heather Farms Community Center, 301 N. San Carlos Drive, Walnut
Creek: 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.

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

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