

RENEW NOW FOR 2012

We hope you've enjoyed and taken advantage of the benefits of Pacific Masters and USMS in 2011. You can cross one thing off your "to do" list by renewing your membership now - today! You'll be all set for keeping fit, being with your swimming friends, and eligible for all of our 2012 sanctioned events.

Renewing

You have two options. You have been emailed a personalized link that will take you directly to your membership record. Just check the information to be sure it is accurate and up to date and pay the fee by credit card. It's quick and easy and you can print out a card as soon as you finish. A card will also be mailed to every Pacific Masters member. If yours doesn't arrive within a week, please contact the Pacific Masters Office. If your email address has changed and you don't receive the online link, go to www.clubassistant.org and follow the instructions for renewing. Click on the Services tab, then USMS Information, then Register. Most clubs also have an online link to registration for that club. Your second option is to complete the form in this newsletter and mail it in with a check for the fee. As above, if you don't receive a card in the mail within a week, please contact the Pacific Masters Office.

Your club must have renewed its club membership for 2012 before its swimmers can renew as a member of it. If you don't see your club in the pull-down box or you don't receive a card within a week after you register, it may be because your club hasn't renewed. If you use the online option, and you don't see your club in the list, if you proceed you'll be registered as Unattached and have to transfer to your club later. You can terminate the registration process and find out why your club is not listed. If you're registering with a paper form, your application will be held until your club has renewed.

Changing Clubs

Many swimmers have experienced problems when trying to renew with a new club affiliation. To join a new club, different from that of 2011, look for the red text "click here to change clubs" at the beginning of the online process. If you miss it and are unable to change your club, notify the Pacific Masters Registrar right away so that it can be changed without involving a transfer.

We're promoting early registration by clubs again this year by offering a reduced fee if they register by 10/31 and by encouraging online registration for clubs.

RENEW (cont.next page)

<p>United States Masters Swimming, Inc.</p> <p>Pacific Masters Swimming, Inc.</p> <p>2012 Membership Application</p> <p><input type="checkbox"/> Renewal 2011 number if known: _____</p> <p><input type="checkbox"/> New Registration</p> <p>YOU MUST PAY TOTAL FEE OF \$46 Fee includes: USMS = \$31, PMS = \$15</p>	<p>PLEASE PRINT CLEARLY. Your name on this form and on meet entry forms must be identical.</p>		
	Last Name		First Name
Mailing Address			Circle Hme/Wrk/Cell Phone No. ()
City	State	Zip	Circle Hme/Wrk/Cell Phone No. ()
Date of Birth Month Day Year 19	Age	Sex	e-mail address
CLUB (Indicate Club affiliation or Unattached)			Today's Date Month _____ Day _____ Year 20 _____
<p>"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."</p>			
Signature _____			<p>I am a Masters Coach <input type="checkbox"/></p> <p>I am a Certified Official <input type="checkbox"/></p>
<p>I wish to contribute to the following foundations <i>and have added the additional amount</i> to my 2012 registration fees.</p> <p><input type="checkbox"/> \$1 or () Pacific Masters Swimming.</p> <p><input type="checkbox"/> \$1 or () US Masters Swimming Saves Lives Foundation.</p> <p><input type="checkbox"/> \$1 or () International Swimming Hall of Fame.</p>			
<p>END OF YEAR Reduced Fee If joining 9/1/2012-10/31/2012 \$36</p> <p>2012 Memberships accepted after 11/1/11 valid 11/1/11-12/31/12 Make check payable to Pacific Masters Swimming</p> <p>Mail to: Nancy Ridout 580 Sunset Parkway Novato, CA 94947 (415) 892-0771 registrar@pacificmasters.org Registration Expires 12/31/12</p>			revised 9/21/11

Chair Message

-30-



Michael Moore

When I was a student at Santa Clara University, I was on the staff of the student newspaper, The Santa Clara. At the end of the story, the writer always centered -30- which meant it was the end of the story, so that the copy editor did not have to look for any more pages. When the Editor-in-Chief came to the end of his/her year of being the editor, the last editorial that he wrote was always headlined -30- .

After nine years at Chair of Pacific Masters Swimming, as you can see from the headline, this is -30- for me. I cannot think of a better volunteer job in all of Masters swimming than being chairman of Pacific. We have the greatest volunteers, great swim clubs, and great events. So indulge me while I review our past nine years.

I cannot think of another group of volunteers that I would rather work with. I do not have enough space to write about all of them, but I would like to remember three that are missing, Barbara Thomas, Jon Steiner and Alan Liu. All three brought energy and commitment to Masters swimming. All three died too young and their talents and enthusiasm have been missed.

In looking back over the past nine years, (it was fun looking at the minutes), we have done much. In the first year, we looked at finances, and Barry Fasbender and his committee worked on setting Pacific on a strong financial footing. We now have strong reserves that can weather us through a trying financial storm.

We have strong aquatic events, our pool championships have some of the keenest competition, and our swimmers regularly break national and world records. In addition, Pacific has hosted the IGLA championships (thanks Tsunami), the XI FINA World Masters Championships (the largest Masters swim meet in the western hemisphere), the 1.5 Mile Open Water Championships and in two years we will be hosting the One Mile Open Water Championships (TriValley has done a great job organizing those open water events).

We are so indebted to our coaches who work with us and help us achieve our potential. Last year we sent 25 coaches to SwimFest and this year with Cokie Lepinski, Pacific hosted a coaches/swimmers event.

We have been working on how to communicate with you, our members, and last year Pacific's Communication Team was awarded the USMS June Krauser Communications award, for our work on the Newsletter, website, email blast, Facebook site and twitter.

Communicating with over 10,000 members is always a moving target and we are always looking at how to do it better.

When I first took office, the issue of having defibrillators at meets was a big discussion item. Now we take it for granted that if a swimmer has a heart stoppage there will be an AED nearby to help resuscitate him.

The first year I was chairman we hit 10,000 members thanks to the work of our coaches and clubs. We have grown about 10% since then. Pacific has always had great swimmers and over the last seven years, ten Pacific Masters swimmers were inducted into the International Masters Swimming Hall of Fame, and our Convention delegates have attended several of the ceremonies in their honor.

This year, we helped host the Open Water Swimming Conference at Burlingame, California. We know we have a great open water program, led by our Open Water chair Glenda Carroll, and we also know that in open water swims, safety must be a prime factor in our planning.

There are challenges ahead. We have the best sport and wellness program. We must be innovative in our presentation to our friends to get them to join us. There continues to be the challenge of just finding water to have our programs and the challenge of becoming more efficient and better at what we do.

As I said in the beginning, being chairman of Pacific Masters is the best volunteer job in Masters swimming, bar none!

I am not leaving and I will continue to contribute where I can. It has been a great ride.

-michael

Michael W. Moore, chairman, 2002-2011
Pacific Masters Swimming

-30-

RENEW (cont from front page)

Transferring Clubs

USMS requires a paper trail of transfers. If you decide during the year to transfer your club affiliation, you must fill out a Transfer of Club Affiliation Form. It can be found on the Pacific Masters web site (www.pacificmasters.org) or you can request one from Nancy Ridout at Registrar@pacificmasters.org. Note that you cannot have represented a club for 60 days before your transfer. You must enter any competitions as Unattached during this 60-day period. It is up to you whether or not to officially transfer to an Unattached status. It makes it a clean process but it is not required.

Moving? Contact Changes?

Ensure your changes are made. Update your contact information yourself online at www.clubassistant.com . It's the best way to be sure it gets changed and is accurate. Pacific Masters Swimming values your membership and participation in our program. We have 125 clubs with coaches eager to help you improve your swimming skills and fitness level. We offer a wide range of competitive pool, open water, postal events, clinics, and other educational opportunities. We have a new identity, an award winning newsletter and web site, and a weekly e-blast to keep you all informed. We also have an office that is ready to help you solve a problem, find a team, start a new club, or point you in the right direction. We're always interested in your suggestions and concerns. Please let us know by contacting Registrar@pacificmasters.org or 415-892-0771.

Sierra Nevada Masters 18th Annual Reno “Winners” Meet

Saturday, December 3, 2011

Sanction #38-11-19

Location: Northwest Pool in Reno, Nevada
Eight-lane, 25 yd. indoor, heated pool. Two lanes will be used for continuous warm-up/down during the meet, with 5 or 6 lanes for competition, depending on the number of entrants per event. Seating is limited so bring your own chairs and a small snack bar will be available during the meet.

Directions: Coming into Reno from the east or west on I-80 exit on West McCarran Blvd. Go north about two miles to the intersection of Kings Row. Turn right onto Kings Row and then right again on Apollo Way. The pool will be on your left.

Entries: Send your entries on a PacMasters Consolidated Entry Form (see PacMasters insert in USMS SWIMMER magazine) And A Photocopy Of Your USMS Card. **Entry fee** is \$3.00 per swimmer (pool use fee) and \$2.00 Per Individual Event. No fees for relays. Entries Must Be **Postmarked By** Wednesday, November 23, 2011. Consolidated entry forms must be filled out completely, including age as of December 3, 2011. There will be no refunds.

Late Entries: Fees for entries postmarked after 11/23/11 or any deck entries will be \$3.00 per swimmer and \$3.00 Per Individual Event. Deck entries will not be accepted after 11:30 a.m. on meet day.

Make Checks Payable To: Sierra Nevada Masters
And Mail To: Gwen Shonkwiler, 3035 Comstock Drive, Reno, NV 89512

Age Groups: Individual: 18-24, 25-29, 30-34...

Relays: 18+, 25+, 35+...100+

Awards: Ribbons 1st-3rd in each age group for individual events. No awards for relays.

Meet Director: Steve Lintz (775) 334-2262 (D) 849-2179 (E)

Referee: Rick Kaufmann

Order Of Events: Please note that this meet usually attracts fewer than 100 swimmers and entering back-to-back events is not advised.

Events: (Odd-Women, Even-Men)

This meet will be deck seeded, slow to fast.

1 - 2	200 Yd	Free
3 - 4	100 Yd	Back
5 - 6	50 Yd	Fly
7 - 8	100 Yd	Free
9 - - 10	50 Yd	Breast
11 - 12	200 Yd	Individual Medley
13	200 Yd	Mixed Free Relay
15 - 16	50 Yd	Back
17 - 18	100 Yd	Fly
19 - 20	50 Yd	Free
21 - 22	100 Yd	Breast
23 - 24	100 Yd	Individual Medley
25	200 Yd	Mixed Medley Relay
27 - 28	500 Yd	Free

Tamalpais Aquatic Masters The Jon Steiner Memorial Mile 1650 Postal

January & February 2012

Sanction # 38-12-01

*** **Swim For Lung Cancer Research** ***

50% (half) of all entry fees will be donated to the Lung Cancer Research Foundation. (Who was Jon Steiner? See: www.tammasters.org/JonSteiner.html)

What You Need: A pool at least 25 yards in length and someone to time you.

Distance: 1650 yards or 1500 meters swum in a meters pool (50 m. or 25 m).

Date: Anytime between Dec. 17, 2011 and February 29, 2012.

Age Divisions: 18-24, 25-29, 30-34, ... 100+, male and female.

Eligibility: All swimmers registered with USMS for 2012 are eligible to participate. You must have a valid 2012 USMS registration number to participate.

Relays: 4 person relay entries will be accepted in the following age groups: 18+, 25+, 35+, etc., male, female, and mixed. **Each person swims (and must individually enter prior to submitting the relay entry) the 1650;** relay entries are scored on total combined time for the four (4) 1650s.

Rules: All USMS and PacMasters rules apply. A split sheet with 50 yard/meter splits must be signed by at least by one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted. Meters times may be converted to yards times by dividing by 1.02.

Entry Fees: For individual entries: **UP TO YOU.** 50% of whatever you submit will be sent to the Lung Cancer Research Foundation. Checks should be made payable to "Tamalpais Aquatic Masters". Entry fees are not refundable or transferable. www.tammasters.org/PoolMileEntry If you have previously participated in the 1650, you need only enter your name and date of birth online (it's much easier than filling out this clumsy form). Relays are **Free.**

Entry: You are encouraged to enter online at www.tammasters.org/PoolMileEntry, or a consolidated entry form. Please retain your split sheets as we may need them to settle controversy. Mail entries to TAM 1650, c/o Jon Haveman, 35 Twin Oaks Ave, San Rafael, CA 94901.

Note regarding online entries: If you enter online:

- You can pay by credit card
- Upshot: you can eliminate snail mail!

Leveraging other swims: We will accept splits from other sanctioned swims. For example:

- The first 1650 of your hour swim
- Computer generated splits from any other USMS sanctioned event

Postmark Deadline: All entries must be postmarked or submitted online by March 11, 2012.

Mass Team Entries: In order to make entering easier for teams with many participants, an excel spreadsheet can be provided that indicates the information required and that is pre-populated for swimmers on the team who have participated in past Postal 1650 swims. Payment can be made by single check or credit card charge. Contact Jon@tammasters.org for a spreadsheet for your team.

Awards: 1-3rd place ribbons for individuals. Awards, results, and T-shirts will be sent/posted in mid April.

Team Award: Each year, the team with the highest percentage of membership participating in the event will receive a trophy. Three teams will win, one each from among small, medium, and large team entries. Teams eligible for awards will be determined by the event organizers. In particular, teams must be recognized by USMS have at least 3 swimmers and at least 10% of total membership participating.

Information: For more information or questions please contact Jon Haveman at (415) 457-1228, email: jon@tammasters.org.

The Olympic Club 1500 SCM Swim Meet

Saturday, January 21, 2012

Sanction: # 38-12-02

Location: The Olympic Club, 665 Sutter Street, San Francisco, CA 94102

Directions: [Yahoo Maps.Com](#) or [Mapquest.Com](#) (downtown San Francisco)

Course: Multi-lane, 25-meter heated indoor pool. Eight lanes will be used for competition. Warm-up / cool down lanes will be available throughout the meet. Electronic timing will be used.

Time: Warm-ups start at 8:00 a.m. The meet will start promptly at 9:00 a.m.

Rules: Current USMS and Pacific Masters Swimming rules will govern the meet. USMS warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-Course. All events are timed finals. The heats will be seeded slowest to fastest, regardless of age.

Restrictions: Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by swimmers, during the meet and during warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.

Eligibility: All USMS swimmers must have a current 2012 USMS registration card and must enter the number on their entry forms. No Deck entries will be allowed.

Check-In: The meet will be pre-seeded and preliminary heat assignments will be made. Heats 1-8 must check-in by 8:30 a.m.; Heats 9-16 must check in by 11:30 a.m.

Entries: On-line entries must be completed by midnight, January 11, 2012. No refunds will be made. Entries will be limited to 100 total swimmers on a first received basis.

Fees: Total entry fee is \$25.00. On-line entry only starting Dec. 1, 2011. <https://www.clubassistant.com/club/meet/information.cfm?c=1795&smid=3416>

Awards: 1st thru 3rd in each division

Referee: TBD

Meet Director: Paul Carter Pcarter@olyclub.com 415-345-5215

FOG City Winter Quadrathon Meet

Sunday, January 22, 2012

Sanction: # 38-12-03

Location: Herbst Natatorium at St. Ignatius College Preparatory School, 2001 37th Avenue, San Francisco. Located off Sunset Blvd. between Quintara and Rivera Streets.

Facility: Indoor, 25-yard x 8-lane competition pool. 5 competition lanes with 2 lanes available for warm-up/down throughout the meet. There will be breaks in the competition (between events) to ensure that swimmers have rest between events. Electronic Timing with touch pads will be used. Bleachers are available.

Time: Warm-up will start at 12:00 p.m., meet starts at 1:00 p.m.

Check In: 12:15 p.m. for 500 Freestyle deck entries. 12:30 p.m. for 500 Freestyle pre-entered swimmers. 1:30 p.m. for all other events.

Entries: This is a cardless meet. Send your entry on a consolidated entry form with a copy of your 2012 USMS Card.

Entry fees: Flat fee of \$20.00 (for 1 to 4 events) if postmarked by Tuesday - January 17, 2012 or received at the pool by Wednesday, January 18, 2012. Late and deck entries (accepted until check in time on the day of the meet) is a flat fee of \$35.00 (for 1 to 4 events). Make checks payable to St. Ignatius College Prep.

Mail to: Diane Davis/Aquatics, 2001 37th Ave., San Francisco, CA 94116

Awards: Raffle

Meet Director: Diane Davis (415-682-5044)

Meet Referee: Michael Moore

Events: (Odd=Women, Even=Men)

1-2	500 yd.	Free
3-4	100 yd.	Free
5-6	200 yd.	Free
7-8	50 yd.	Free

News about the News

In what is surely a harbinger of things to come, your Pacific Masters newsletter was missing from the last issue of Swimmer. This was due to an error on the part of the printer. By now it's been corrected. Inserting the Pacific Masters newsletter in the magazine dates from the very first issue of USMS having an 'official publication.' This was before the advent of the internet. Our contract with the magazine included printing and distribution of our newsletter. At the time this was an exceptional deal. It was cost effective, efficient and allowed greatly enhanced communications for our LMSC.

However, what was progressive at the time is now cumbersome. With a renewed contract between USMS and Swimmer, the publisher will no longer accommodate our newsletter. The Pacific Masters newsletter will no longer be included in the magazine starting with the March-April, 2012 issue. We are exploring other options for maintaining our communication to our members. We will no doubt pursue some form of electronic delivery. The efficiencies of on-line distribution present many opportunities to expand our coverage of Pacific's activities.

The LMSC has appointed a committee to define the new program. We welcome any comments or suggestions about things you would like to see in Pacific's on-going communications. Send your thoughts to michael@mwmooore.org.

We recognize there are some who will not have internet access and be assured that we are developing ways to accommodate you.

Deadline for pool and open water swim information for the January - February Newsletter is

November 6, 2011

poolmeets@pacificmasters.org
openwater@pacificmasters.org

University Of San Francisco Masters

2012 Valentine's Affair - Mixed

Saturday, February 11, 2012

Sanction # 38-12-04

Facility: University of San Francisco, Koret Recreation Center, 25 yd by 50 m heated indoor pool. There will be 8 lanes for competition and 4 warm-up / warm-down lanes available throughout the meet. Electronic timing will be used.

DIRECTIONS: Corner of Turk and Parker Streets, San Francisco

Parking: Free parking available in the Koret Parking Lot, located at the corner of Turk and Parker Streets.

From the North Bay (Golden Gate Bridge): Take 19th Avenue exit. Turn right on Anza St., right on 14th Avenue, and right on Geary Blvd. Go east on Geary to Stanyan and turn right. Turn left on Turk. Parking lot entrance is on the right, just before the light at the intersection of Parker and Turk Streets.

From the East Bay (Bay Bridge): After crossing the Bay Bridge, follow signs to 101 North - Golden Gate Bridge. Take Octavia Blvd / Fell Street exit. Continue on Octavia Blvd, crossing Market Street. Left on Fell Street, and continue west on Fell St. for several miles. Right on Stanyan Street, and then right on Turk Street. Parking lot entrance is on the right immediately before the intersection of Turk and Parker Streets.

From the South Bay (101 North): Follow signs to 101 North - Golden Gate Bridge. Take Octavia Blvd / Fell Street exit. Continue on Octavia Blvd, crossing Market Street. Left on Fell Street and continue west on Fell St. for several miles. Right on Stanyan Street, and then right on Turk Street. Parking lot entrance is on the right immediately before the intersection of Turk and Parker Streets.

(280 North): Take the 19th Avenue exit, stay in left lanes. Go north on 19th Ave. approx. 3 miles, through Golden Gate Park (becomes Park Presidio Blvd). Make a right on Geary Blvd. Go east on Geary. Turn right on Stanyan. Turn left on Turk. Parking lot entrance is on the right, just before the light at the intersection of Parker and Turk Street.

Warm-up from 8:00 a.m. to 8:45 a.m. Meet will start at 9:00 a.m.

Check In: All pre-registered swimmers in the first two event must be checked in by 8:30 a.m. Swimmers in later events must check in at least thirty minutes before the estimated start of the event. Check in upstairs at the Alumni Lounge between 7:30 a.m. and 9:00 a.m. Check in on the pool deck after 9 a.m.

Entries: Entries are limited to a maximum of 5 individual events, excluding relays. Individual event entries can be via on line or surface mail. Relays are deck entry only and must be on official yellow relay entry cards.

To enter on line: Enter this meet online by going to <https://www.clubassistant.com/meets.cfm> Online entries accepted until 11:59 pm, Friday, February 10, 2012.

To enter via surface mail: Mailed entries must be on a completely filled out consolidated entry form and accompanied by a copy of the swimmer's 2012 USMS registration card. Failure to provide a copy of the USMS card will result in a \$3 look-up fee per PacMasters rules. Entry must be postmarked by Wed. January 25, 2012 or hand delivered to the Koret Center at USF by Fri. January 28, 2012. For hand delivery please put entry in an envelope addressed to: Cathy Huang.

Make checks payable and mail to: University of San Francisco Masters, Attn: E. Tosta, P.O. Box 330017, San Francisco, CA. 94133-0017

No Deck Entries. No deck entries will be allowed for this swim competition.

Fees:

On line Entry Event Fee: \$6.00 Surcharge plus \$4.00 per 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" for this meet.

Mailed Entry Event Fee: \$6.00 Surcharge plus \$5.00 per event. Please note that a discount is offered for on line entry.

Deck/Late Entry: No deck entries will be allowed for this swim competition.

Rules: 2012 USMS/PacMasters rules will govern the meet. All swimmers must be registered with USMS for 2011. All relay team members must be affiliated with the same currently registered USMS club. Participants will be asked to assist in back up timing. Smoking is prohibited in the building.

Awards: Participation awards and goodie bags

Meet Referee: TBD

Meet Director: Duke Dahlin: d_dahlin@u.pacific.edu; (415) 929-6651

Information: Claire (415) 422-6247

Events (deck seeded slow to fast, women and men combined):

1	100 yd	Free
2	50 yd	Fly
3	100 yd	Breast
4	50 yd	Back
5	200 yd	Mix Medley Relay
6	100 yd	Fly
7	50 yd	Breast
8	100 yd	Back
9	50 yd	Free
10	100 yd	IM

Visit our website
www.pacificmasters.org

Follow us on
Twitter and Facebook

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

Rev 9/02

PACIFIC MASTERS SUPPLIES AND SERVICES

VIDEO LIBRARY

How to Borrow DVD's:

No charge to clubs. Charge to 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 University 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

November,	2011	DAM	Brute Squad Postal Meet
Sat	12/3/11	SNM	Reno "Winners" Meet

2012 TENTATIVE MEET SCHEDULE

Jan-Feb	2012	TAM	Jon Steiner Memorial Mile, Postal
Sat	1/21/12	TOC	Olympic Club Mile
Sun	1/22/12	FOG	FOG City Quadrathlon
Sat	2/11/12	USF	USF Valentine's Meet SCY
Fri-Sun	3/2-4/12	WCM	Intensive Training
Sat	3/10/12		*Senior State Games
Sat	3/17/12	RINC	Rinconada Spring Meet, SCY
Fri-Sun	3/30-4/1/12	TVM/WCM	Pacific Masters SCY Championships
Sat	4/28/12	USMS	USMS Nationals SCY, Greensboro
Sat	5/19/12	Redw	Spring Lake Mile, OW
Sun	5/20/12	PacM	Open Water 101
Sat	6/2/12	DAM	Berryessa Lake Swims, OW
Sun	6/10/12	TVM	Del Valle Swims, OW
Sat-Sat	7/7/12	RCM	Russian River Mile, OW
Th-Sun	7/5-8/12		USMS National LCM, Omaha, NB
Sat	7/21/12	TOC	33rd Annual Trans Tahoe Relays
Sat	7/28/12	CRUZ	39th Annual Roughwater Swim, OW
Sun	7/29/12	CRUZ	Cruz Cruise 2-Mile, OW
Sat	8/4/12	SNM	Donner Lake, OW
Fri-Sun	8/10-12/12	SMM	PacMasters Long Course Championship
Sun	9/9/12	RAD	Whiskeytown Lake, OW
Sat	9/15/12	MAM	Manatee 2x1 Relay, OW
Sun	9/23/12	MVM	9th Annual Alan Liu Memorial SCM
Sat	10/7/12	SAC	40th Annual SCM Pentathlon
Fri-Sun	10/12-14/12	WCM	PacMasters Short Course Meters Championship
November,	2012	DAM	Brute Squad Postal Meet
Sat	12/1/12	SNM	Reno "Winners" Meet, SCY

* recognized

** non-sanctioned

*** tentative

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

2011 Meeting:

Annual Meeting and complimentary catered meal will be Sunday, November 13, 12 pm. The Shadelands Arts Center (about 1 mile past Heather Farms on North Wiget Lane and Ygnacio Valley Road) Keynote Speaker - Rowdy Gaines. No meeting in December

Proposed Meeting Schedule for 2012:

Jan, 18, Feb. 15(cc), Mar. 21, Apr. 18(cc), May 16, June 20(cc), July 18, Aug. 15(cc), Sept. 5, Oct. 17(cc), Nov. 10-11 (depends on facility availability)

Directions to Heather Farms Community Center, Walnut Creek, CA: 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.

(cc) meetings will be via conference call.

PACIFIC MASTERS SWIMMING OFFICERS

Chairman:

Michael Moore
350 Wayland
San Francisco, 94134
chairman@pacificmasters.org

Administrative Vice-Chair:

Leianne Crittenden
1 Indian Gulch Road
Piedmont, 94611
administration@pacificmasters.org

Operations Vice-Chair:

Jim Clemmons
11730 Solana Drive
Dublin, 94568
operations@pacificmasters.org

Treasurer:

Kildine Harms
152 Cragmont Drive
Walnut Creek, 94598
treasurer@pacificmasters.org

Secretary:

Joan Alexander
532 Ridgeview Ct.
Pleasant Hill, 94523
secretary@pacificmasters.org

Member-at-Large:

Jody Smith
237 Rinconada Ave
Palo Alto, 94301
At-Large@pacificmasters.org

Registrar and PacMasters Office

Nancy Ridout
580 Sunset Parkway
Novato, 94947
(415) 892-0771
registrar@pacificmasters.org

Communications Co-Chairs:

Newsletter
Joanne Berven
4854 Andrea Ct.
Livermore, 94550
newsletter@pacificmasters.org

Webmaster

Michael Moore
350 Wayland
San Francisco, 94134
webmaster@pacificmasters.org

The Pacific Masters Swimming Newsletter is published six times a year as an insert in the bimonthly USMS SWIMMER Magazine, for swimmers registered with Pacific Masters Swimming.
© Pacific Masters Swimming