



*Michael Moore, Chair*

## Chair Message

At the 2011 Pacific Masters Long Course Championships, we took time out to honor, those who served as the chair of Pacific Masters during our 40 year history. It is unfortunate that our early days are not well documented and exactly who were leaders is a little hazy. If there is anyone who would like to help with writing down our history, please contact me at [chairman@pacificmasters.org](mailto:chairman@pacificmasters.org) .

Pacific Masters is primarily organized by our volunteers and the chairs of PacMasters have had the job of organizing the volunteers and planning the running of the organization. The earliest chair that I have a record of is Bill Loughborough. He possibly swam with the Olympic Club.

Vern Scott was the chair in the early 80s. It was his vision to better serve the Pacific Masters members. During his administration The Committee voted to pay our registrar. Nancy Ridout became our registrar and has answered the Pacific Masters phone for 30 years.

Dave Gray was voted chair after Vern. Dave's administration did great work on open water swimming. It was under Dave's leadership that Pacific produced our first Open Water Meet Manual, which was our attempt to organize Open Water meets and to pay attention to open water meet safety. USMS adopted much of Pacific's Open Water Manual for the national open water manual.

The courtly and elegant Dore Schwab was the next chair. After Dore, Rick Windes served as chair. Julie Paque was our next chair. It was under her administration that the committee voted to have a web presence which we have had since 1995.

Christine Winn was the chair after Julie. Then Julie became chair after Christine moved to Hawaii. Doug Huestis became our next chair. In 2002, after Doug's resignation, I became chair.

Through all this time, Nancy Ridout, has answered the Pacific Masters phone, registered our swimmers and teams and also served as the top ten registrar, scored the Pacific Masters age group swimmer of the year. Pacific has been leader in Masters swimming because of Vern Scott's vision to have Nancy be our registrar and have the Pacific Masters telephone.

The job of the chair is made much easier by the volunteers of the organization. The Executive Committee, consists of the administrative vice chair and the Operations vice chair, under those two chairs are the chairs of the different committees, (Scheduling, Officials, Legislation and Rules, Equipment, Hospitality, Fitness, Marketing and Public Relations and Health and Safety). The Treasurer, Secretary, Webmaster, Newsletter editor and Officer at large are the other members of the executive committee.

This year is an election year for Pacific Masters officers. A nomination committee will be appointed at the Pacific Masters monthly meeting on September 7th. After the officers are elected, the chairman will appoint the chairs of the committees. If you are interested in working on the Pacific Masters Committee, please contact me at [chairman@PacificMasters.org](mailto:chairman@PacificMasters.org). It is always interesting work and you will work with great people!!

-michael

## OPEN WATER SWIMS

### Redding Swim Team

### Whiskeytown Lake

### Open Water Swim

**Sunday, September 11, 2011**

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

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

**Course Description:** 2 mile course is 6-turn course out of a cove and around two islands;

1 mile course is 5-turn course inside island;

500 yard course is triangle inside cove

**Anticipated Water temp:** 65-70 degrees

**Special Course Conditions:** Water grass in cove shallows

**Registration & Check-in:** Opens 8:00 a.m. race day. All swimmers must check in 45 minutes before the start of their event. Race day registration is available *w/copy of USMS Swimming card*.

**Race Start Times:** 500 yd (USA) ages 8-10: 10:00 a.m. 1 Mile Masters: 10:30 a.m.; 1 Mile (USA) ages 11-18: 10:45 a.m.; 2 Mile (USA) ages 13-18: 11:15 a.m.; 2 Mile *Pac Masters Championship*: 11:30 AM

**Entries:** 500 yd \$17.00, 1 mile \$25.00, 2 mile \$25.00, both 1 & 2 mile \$35.00, all postmarked by 9/01/11. Late or race day entries add \$10.00. Payable to: Redding Swim Team.

**Send Entries to:** Redding Swim Team C/O Kevin Lennon, 11599 Fox Estates Ct., Redding, CA 96003

**Awards:** Special awards will be given to male and female overall winners in each of the 4 distance events. Whiskeytown Mugs will also be given for the top three male and female finishers in each of the age groups for Masters, and the 11-18 age groups. Awards will also be given for the top three male and female finishers in the 500 yd swim.

**Contact for information:** Redding Swim Team: (530) 246-2666 or [reddingswimteam@yahoo.com](mailto:reddingswimteam@yahoo.com)

Race announcement and entry form to be posted on [reddingswimteam.com](http://reddingswimteam.com) website.

### Richmond Plunge Masters

### Keller Cove Swim for Kids' Sake

**Sunday, September 25, 2011**

Sanction OW-11-12a, OW-11-12b, OW-11-12c

**Location:** Keller Beach, Miller/Knox Regional Shoreline, Richmond, California

**Directions:** From Hwy 580, take Canal Blvd exit and turn south; turn right at W. Cutting Blvd; turn left at Dornan Dr./S. Garrard and proceed past Richmond Municipal Natatorium ("The Plunge") through the tunnel. Keller Beach is on right upon exiting the south side of the tunnel. Parking available curbside along Dornan Dr. and in Point Richmond, and at Miller/Knox parking lots, up to ½-mile walk from Keller Beach (no parking fees).

**Course:** ½, 1 and 2-mile swims run concurrently in a counter-clockwise triangular course, with multi-wave starts. 2-mile swim consists of two loops of 1-mile course. All swims begin and end on a sandy beach. Swim takes place in SF Bay, with expected water temperatures of 60-64°. Wetsuit and non-wetsuit divisions. Swimmers are encouraged to wear wetsuits unless they are accustomed to swimming without wetsuits at the expected water temperature and swim distances.

**Time Schedule:** Swimmer check-in and same-day registration from 7:30-9:00 a.m.; Pre-race instructions from 9-9:15 a.m.; Swim events: 9:30-11:30 a.m. No late check-in or late starters.

**Swim Procedures:** Open to Masters and USA youth swimmers, 11-18 years old. Masters may enter any one the three swim distances; USA swimmers may enter either the 1/2 or 1-mile distance. The swims will be run concurrently, beginning with the 2-mile, followed by the 1-mile and then the 1/2-mile swim wave(s). Time limits of 1 hr. for the 1-mile swim and 2 hrs. for the 2-mile swim will be enforced. Masters and USA, male/female waves TBD. All swimmers will be required to wear timing chip and brightly-colored swim cap (to be provided), and will receive body-marking for swimmer identification. Swim cap color matched to race distance. Use of swim fins, pull buoys or other swimming devices will not be permitted. Personal escorts will only be permitted for handicap swimmers, with approval from East Bay Regional Park District Aquatics Supervisor and Race Safety Officer.

**Swim Divisions and Awards:** Masters divisions include non-wetsuit and wetsuit, M/F, for each swim distance (1/2, 1 and 2-mile). Pac Masters points given for only 1 and 2-mile distances. Awards in each Masters division: (a) Non-wetsuit, top 3 finishers in each 5-year age group; and (b) Wetsuit, top 3 finishers in two age brackets, 18-39, and 40 and over. USA-S divisions include non-wetsuit and wetsuit, boys and girls, for each swim distance (1/2 and 1-mile). Awards in each USA-S division: (a) Non-wetsuit, top 3 finishers in each 2-year age group; and (b) Wetsuit, top 3 finishers in two age brackets, 11-14, and 15-18.

**Entry Fees:** Masters/USA-S, on or before 9/10/11- \$40/\$30; 9/20/11- \$45/\$35; Race Day-\$50/\$40; T-shirts extra @ \$15 each. Race day special \$75 for non-USMS swimmers, includes USMS/PacMasters registration, entry fee and T-shirt. Fees non-refundable.

**Registration:** Online at Active.com (with additional processing fee) or mail to: Richmond Plunge Masters c/o Richmond Swims, P.O. Box 70105, Richmond, CA 94807. Download Entry Form at <http://www.richmondswims.org>. Mailed registrations must include photocopy of valid USMS/USA-S membership card and payment by check made out to "Richmond Swims". Race day registration requires presentation of membership card and payment by cash or check (no credit cards).

**Race Director:** Norm Hantzsche ([nhantzsche@questaec.com](mailto:nhantzsche@questaec.com)) 510-236-6114, ext. 214

**Safety Officer:** John Schonder ([richmondswims@gmail.com](mailto:richmondswims@gmail.com)) 510-504-0330

**Website:** For additional information, entry form, map of race course and vicinity: <http://www.richmondswims.org>

# POOL SWIMS

## Mountain View Masters

### The 8<sup>th</sup> Annual Alan Liu Memorial SCM Meet

Sunday, September 25, 2011

Sanction # 38-11-15

**Location:** Eagle Park Pool, 651 Franklin Street, Mountain View, CA 94041. (Along Shoreline Blvd, between Church Street and High School Way). A map to the pool is at <http://mvm.org/about-location.php>. Park in Franklin and Church Street lots and on surrounding streets.

**Facility:** 8-lane x 25-meter outdoor pool with bulkhead. 6 competition lanes, with 1 lane and the 4 lane x 20-yard shallow end available for continuous warm up and warm down. Snack Bar available.

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

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

**Online Individual Entries:** Enter at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1291&smid=3266](https://www.clubassistant.com/club/meet_information.cfm?c=1291&smid=3266) to receive immediate confirmation of entry via email. Bring the billing information email to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost to enter online is \$10 per swimmer, and \$4.50 per individual event. The online processing fee of \$1.50 plus 5% is included in these fees. Your credit card will be charged by "ClubAssistant.com Event Billing".

**Mailed Individual Entries:** The cost is \$10 per swimmer and \$5 per individual event. Mail your check, payable to Mountain View Masters, a copy of your 2011 USMS registration card and your consolidated entry form <http://www.pacificmasters.org/comp/entrycard.html> to: Mountain View Masters, Attn: Swim Meet Entries, PO Box 390570, Mountain View, CA 94039

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

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

**Awards:** Ribbons 1<sup>st</sup> through 8<sup>th</sup> in each age group. Special awards in memory of Coach Alan Liu for the winners of the 400 IMs, and to those who complete the Alan Liu Animal Pentathlon--400 IM, 200 Breast, 200 Fly, 200 Back and 400 Free. Award recipients for the Alan Liu Animal Pentathlon are not required to win their events. Animal Pentathlete Awards will be presented after completion of the 400 Free

**Meet Director:** Chris Campbell (coachchris@mvm.org, 408-730-8930)

**Meet Referee:** George Cleveland

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

Events seeded and swum slowest to fastest. Swimmers may enter one of each type of relay (11 or 12 or 14 and 23 or 25 or 26).

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

#### 20 Minute Awards Break

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

#### 10 Minute Break

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

Presentation of Animal Pentathlete Awards

## Sacramento Masters

### 39th Annual Sprint

### Short Course Meters

### Pentathlon

Sanction # 38-11-16

Date: Sunday, October 2, 2011

Time: Warm-up starts at: 10:30 a.m.  
Meet Starts at 12:00 p.m. and typically concludes by 3:30 p.m.

**Facility:** Schaal Aquatic Center is an outdoor 50 meter pool located on the UC Davis campus (8-lane x 25 meter, 12-lane x 25 yard)

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

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

**Entries:** Relays cost \$6 and are deck entered at the meet.

**Online Entry:** on-line entries must be submitted by 11:59 p.m. on Thursday, September 29, 2011. \$4 per event plus a \$6 surcharge. Your credit card will be charged by 'ClubAssistant.com Event Billing' for this meet. [https://www.clubassistant.com/club/meet\\_information.cfm?c=1266&smid=3239](https://www.clubassistant.com/club/meet_information.cfm?c=1266&smid=3239)

**Mail-in Entry:** Entry Fees: \$4 per event plus a \$6 surcharge if postmarked by Saturday, September 24, and/or received no later than Wednesday, September 28, 2011. Make checks payable to Sacramento Masters. Mail your check, consolidated race entry, and 2011 USMS registration photocopy to: Sacramento Masters P.O. Box 188205, Sacramento, CA 95818.

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

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

**Referee:** Niffey Carmody

**Meet Director:** Andrew Brenan [andybrenan@mac.com](mailto:andybrenan@mac.com) (916) 801-2627

**Events:** (Odd=Women, Even=Men)

1-2	50 Meter	Fly
3-4	50 Meter	Back
5-6	50 Meter	Breast
7-8	50 Meter	Free
9-10	100 Meter	IM
11-13	200 Meter	Medley

Relay Mixed, Women and Men ~Relay event will be deck entered by 1 p.m.



# SHORT COURSE METERS CHAMPIONSHIP

## Walnut Creek Masters

### 2011 Pacific Masters Short Course Meters Championships

October 14th, 15th and 16th, 2011

Sanction # 38-11-17

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

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

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

TWO OPTIONS FOR MEET ENTRY:

**Option 1** - Online Meet Entry: (Deadline: 11:59 p.m., Wednesday, October 5th, 2011). Enter at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1301&smid=3267](https://www.clubassistant.com/club/meet_information.cfm?c=1301&smid=3267) to receive an immediate entry confirmation via email. Bring the billing information email to the meet as proof of entry. This entry process will include a processing fee by Club Assistant and requires a credit card for payment. The processing fee is included in the online entry fee. Your credit card will be charged by "ClubAssistant.com Event Billing" for this meet.  
**Option 2** - Traditional Mailed or Hand-Delivered: (Entries must be postmarked by 11:59 P.M. Friday, September 30th, 2011, and/or received by 5:00 P.M. Monday October 3rd, 2011. Hand delivered entries to the address below must be delivered by 5:00 p.m. on Monday, October, 3rd, 2011). Entries must be on a Consolidated Entry Form. Mail your form to the address below with a copy of your 2011 USMS Card, and check payable to Walnut Creek Masters. (We suggest in order to confirm your entry you include a stamped envelope or post card.)

Walnut Creek Masters, C/O Chris Stewart, 45 Willow Ave, Walnut Creek, CA 94595

**Note:** This is a cardless meet. No late or deck entries will be accepted. No refunds will be made. No fax entries will be accepted. Incomplete entries cannot be processed and will be returned.

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

**Deck "Check In"** for the 1500 Free on Friday will close at 10:00 a.m.! The 1500 Free events will not start any earlier than 10:30 a.m. Each swimmer may participate in only one 800 meter relay. There will be a brief five minute break after event 2 to prepare for the 800 relays.

**Online Check In** for Friday's 400 IM (Events 1-2) and the 1500 Mixed Free (Events 7-8) will be available at [www.SwimPhone.com](http://www.SwimPhone.com). Online check in will close at 6:00 a.m. on Friday, October 14. There will be no online check ins for any of the Saturday or Sunday events. Saturday and Sunday events must be deck check ins.

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

**Relay Entry Fees:** Deck entered at \$8.00 per relay. Swimmers may swim only once in each relay event. Team relay tabs are acceptable with a blank check payable to Walnut Creek Masters.

**Deadline:** *Mailed entries* must be postmarked by Friday, September 30th, 2011, and/or received no later than Monday, October 3rd, 2011. Meet Directors are forbidden to accept late or incomplete entries!

*Online entries* must be submitted by Wednesday, October 5th, 2011, 11:59 p.m. No entries will be accepted after that time!

**Awards:** Distinctive Awards will be given to the top three teams. Awards will be given 1st through 8th in all individual events. ilable all three days.

**Program:** Available for \$5.00

**Meet Director:** Chris Stewart. (925) 998-5866.

**Referee:** John King

**Starter:** TBD

**Events:** Women = Odd; Men = Even

**Friday, October 14.** - Warm-up begins

@ 8:00 a.m. Meet starts @ 9:00 a.m

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

**Saturday, October 15** - Warm-up begins

@ 7:30 a.m. Meet starts @ 8:30 a.m.

9 - 10	100	Back
11 - 12	200	Fly
13 - 14	50	Breast
15 - 16	200	Medley Relay
17 - 18	200	IM
19 - 20	100	Free
21 - 22	50	Fly
23 - 24	100	Breast
25 - 26	400	Free Relay
27 - 28	800	Mixed Free*

**Sunday, October 16** - Warm-up begins

@ 7:30 a.m. Meet starts @ 8:30 a.m.

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

\*NOTE Men & women swim together

## Davis Aquatic Masters

### 3rd Annual DAM Brute Squad

#### Postal Swim

**Date:** Nov 1 - Nov 30, 2011. All individual and relay entries must be received by Monday, Dec. 5, 2011.

Sanction # 38-11-18

**Event:** The Brute Squad events - 200 yd Butterfly, 400 yd IM and 1650 yd Free.

**Rules:** 1. All 3 events must be swum in this specific order; 200 yd Fly, 400 yd IM, 1650 yd Free

2. The recorded time begins at the start of the 200yd Fly and ends at the finish of the 1650 yd Free. Resting time between swims is included in the cumulative time.

3. Swimmers may rest between events as long as desired, provided Rule 2 is followed.

4. Results and awards are based on cumulative times.

**Objective:** To offer a 27-year DAM tradition to our fellow 'Masters' swimmers. Swim the 3 most beloved, short course events - 200 Fly, 400 IM, 1650 Free - in their entirety in any 25-yard pool you choose. Event results are sent in electronically or by mail so you can compare yourself to other swimmers completing the same 3 events. The cumulative times submitted determine the order of finish. If two or more swimmers report the same cumulative time, a tie will be declared.

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

**Eligibility:** This is a PacMasters-sanctioned event and all participants must be registered for 2011 with USMS (or the equivalent organization for non-U.S. swimmers). A copy of your current 2011 or 2012 registration card must accompany your entry.

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

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

The cumulative times for the 3 participants individual swims will be the aggregate relay time., i.e. Swimmer #1 (200Fly + 400IM + 1650Free) plus Swimmer #2 (200Fly +400IM + 1650Free) plus Swimmer #3 (200Fly + 400IM + 1650Free).

**Fees:** \$10.00 for each individual entry and \$15.00 for each relay entry. Fees are nonrefundable and are payable by check or money order only, to Davis Aquatic Masters.

**Awards:** The top 5 finishers in each age group in the individual event and the top 3 relay teams in relay events will receive DAM Brute Squad Postal Swim Awards.

**Rules:** The 2011 USMS Rules govern these events. Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. No more than two swimmers may share a lane. If a lane is shared, each swimmer must stay on his or her side of the lane during the entire race (i.e. no circle swimming).

An adult acting as a starter/head timer/referee shall be present at all times during the swim. Each swimmer must have a verifier to count laps and record cumulative splits every 100, for all 3 events. The timing of the event may be done with a stopwatch or electronic timing device. Cumulative split times must be recorded to the nearest second (final times for Brute Squad records to the nearest 100th). A split sheet must be kept for each swimmer and a copy included with the entry form. One person may serve as a counter for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

**Entry forms and split sheets:** Please use the official entry form and split sheet for this event found at [www.damfast.org](http://www.damfast.org).

**T-shirts:** Spectacular long-sleeved T-shirts celebrating participation in the 3rd Annual Brute Squad Postal Swim are available for you to order. This is NOT a T-shirt you will see at every meet! Cost: \$15.00

**Results:** Complete results will be available by mail or via the internet. Preliminary results will be posted on the DAM and PacMasters websites at [www.damfast.org](http://www.damfast.org) and [www.pacificmasters.org](http://www.pacificmasters.org) by December 20, 2011, for two weeks. All corrections must be sent to the event director during those two weeks. Final results will be posted approximately one week later.

**Submit entries to:** 2011 Brute Squad Postal Swim, c/o Davis Aquatic Masters, PO Box 921 Davis, CA 95617

**Questions:** Contact **Event Director:** Sharon Blaha, DAMBruteSquad@gmail.com

# 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/](http://www.pacificmasters.org/)). Building a Successful Masters Club and Places to Swim can be found on the USMS web site ([www.usms.org](http://www.usms.org))

### PRICE LIST

USMS Membership Forms	<b>free online</b> at <a href="http://www.pacificmasters.org">www.pacificmasters.org</a>
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		<b>Total</b>	<b>\$55</b>
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

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
Sat	9/24/11	SMST	Sierra Marlins Cold Water Classic
Sun	9/25/11	MVM	8th Annual Alan Liu Memorial SCM
Sun	9/25/11	RPM	Keller Cove, Pt. Richmond, SF Bay, 1/2 mi, 1 mi, 2 mi
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](http://www.pacificmasters.org)

Follow us on  
Twitter and Facebook

Deadline for pool and open water  
swim information for the  
November - December  
Newsletter is

**September 6, 2011**

[poolmeets@pacificmasters.org](mailto:poolmeets@pacificmasters.org)  
[openwater@pacificmasters.org](mailto:openwater@pacificmasters.org)

The proposed meeting schedule for 2011  
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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