

New Pacific Masters Swimming Chair, Peter Guadagni

As this is my initial Chairman's message I thought it would be appropriate to provide a little bit of my background. First my last name, Guadagni. When you live with something your whole life it seems so familiar it is hard to understand why it might be hard for others. Given the problems announcers seem to have with my name I have accepted the challenge it must present for others. Anytime a role call is taken or my name is announced for some other reason, the speaker will get to my name, say "Peter" and a pained look will come over his or her face. That is my cue to call out my last name for them. For the record, you don't pronounce the second "g". Phonetically, it is "Gwadonee."

My swimming life began at age 2 and I still have a distant memory of those early lessons. 1965 marked my initial involvement with organized swimming when at age 10 my two older brothers and I joined the San Mateo Marlins. The team was coached by Ray and Zada Taft. While I was never a member of San Mateo Master Marlins, I have always considered it a badge of honor in masters swimming to have started my organized swimming career with these pioneers of masters. For those of you who never had the opportunity to meet Ray and Zada, they were two of the nicest and most giving people who ever walked this planet. Ray still holds a few records but he used to own wide swaths of the record book. The two of them were Ransom Arthur winners in 1979.

My swimming career continued with 4 years at Mills High School in Millbrae and another 4 years at UC Riverside in Southern California. Swimming took a hiatus when I went to Boston for graduate school and stayed for a few years to begin my career. In the mid eighties I escaped the long northeastern winters and moved to Walnut Creek. After a few weeks lap swimming on my own I moved over a few lanes to the masters' practices and have been a Creeker ever since. With the exception of competing at one Nationals when I turned forty, I was a typical fitness swimmer for my first 20 years as a master. I loved the camaraderie with my lane mates enhanced by making it through hard sets together. Though I wouldn't classify myself as a fitness enthusiast it felt nice to be healthy and in good shape.

By the time I turned fifty I had convinced my wife, Kildine Harms (Pacific Masters Treasurer), to start swimming with me. Our kids had left the house and we had more time for meets, open water swims and volunteer activities with our team and Pacific Masters. All of this swimming related activity makes people think we are serious competitors. We really aren't; we just enjoy spending time in the masters' community.



Peter Guadagni, Chair

In my professional life I have been blessed with the opportunity to have a variety of work experiences. Starting out as a quantitative marketing consultant doing a little bit of academic research on the side I was lucky enough to rise to an executive level position. After about 20 years I grew tired of the travel and the corporate life and became a small business owner (a relatively large new and used independent bookstore in Walnut Creek). When it looked like my profession might turn into an unpaid hobby, I made the decision to close the business. Currently I am the general manager of a small municipal electric and gas utility. As Chairman, I hope my diverse professional experience can benefit Pacific Masters.

It is with some trepidation that I follow Michael Moore as Chairman of Pacific Masters. During Michael's tenure, Pacific Masters has continued as the largest and probably the best and most influential Local Masters Swimming Committee. The organization has provided innumerable opportunities for pool and open water competition including the FINA World Championships in 2006. Just as important are the growth opportunities that have been made available to coaches by providing scholarships to Swimfest and other clinics. Michael has left some very large shoes to fill.

In his farewell message, Michael stated that being Chair of Pacific Masters was the best volunteer job in Masters Swimming. I agree with him wholeheartedly and look forward to serving you in my new position.

Regards,
Peter Guadagni

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

Deadline for pool and open water
swim information for the
March - April Newsletter is

January 6, 2012

poolmeets@pacificmasters.org
openwater@pacificmasters.org

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

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.

LOCATION: 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.

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

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Strawberry Canyon Aquatic Masters Spring Short Course Yards Meet

Sunday, March 4, 2012

Sanction #: 38-12-06

Location: Spieker Aquatics Complex, 2301 Bancroft Way, UC Berkeley 94720.

Directions: From I-80 East or West, take University Ave. exit and head east. Continue on University Ave. until you reach Oxford Street. Take a right on Oxford, go past Bancroft Way (one way street), and take the next left onto Durant Avenue. Take another left on Ellsworth, cross to left on Bancroft Way.

Parking: Free parking is available on neighboring streets. Limited hourly indoor parking is available in the garage at Bancroft Way @ Ellsworth.

Course: Outdoor, 25-yard, 20-lane pool. Eight lanes will be used for competition, ten lanes for warm-ups.

Time: Warm-ups begin at 7:30 a.m. The 500 Free will begin at 8:30 a.m., and all other events will follow.

Check in: Check in begins at 7:00 a.m. No deck entries for the 500. All events will be deck seeded. All swimmers in the 500 Free must check in by 8:00 a.m. All others must check in at least 30 minutes prior to the expected starting time of their first event. Swimmers who do not check in will not be allowed to swim. The meet will be seeded slowest to fastest.

Entries: Swimmers are limited to five events. The 500 Free is limited to five heats each for men and women.

Fees (No Refunds):

Online entry event fees: \$7.00 meet entry plus \$4.00 per event. Enter at: https://www.clubassistant.com/club/meet_information.cfm?c=1410&smid=3466 to receive immediate confirmation of acceptance via email. Online entry requires payment by credit card using our secure site. Your credit card will be charged by "ClubAssistant.com Event Billing" for this meet.

Mailed entry event fee: \$8.00 meet entry plus \$4.40 per event. Please note that a discount is offered for online entry. Make checks payable to UC Regents.

Deck/late entry: \$10.00 meet entry plus \$5.00 per event.

Mail: Consolidated entry form, a photocopy of your 2012 USMS registration card, and your entry fee made out to UC Regents and send to: SCAM Swim Meet 2012, Cal Rec Club, 2301 Bancroft Way, Berkeley, CA 94720-4420

Deadline: Online entries accepted until 11:59 p.m. Wed. February 29. Mailed entries must be postmarked no later than February 21 (or received by February 25). Please do not send mail requiring a signature.

Snack Bar: A full snack bar will be open during the meet beginning at 7:30 a.m. Coffee and bagels are provided at entry until supplies run out.

Meet Director: Ben Swiggett, email: ben.c.swiggett@gmail.com or call (510) 375-6016 (cell)

Referee: John King

Events: (Odd=Women; Even=Men)

1-2 500 yd Freestyle (Men and Women heats will be combined and seeded by time)

3-4 200 yd Individual Medley

5-6 50 yd Butterfly

7-8 50 yd Backstroke

9-10 100 yd Freestyle

11-12 50 yd Breaststroke

13-14 100 yd Butterfly

15-16 200 yd Freestyle

17-18 100 yd Backstroke

19-20 100 yd Breaststroke

21-22 100 yd Individual Medley

23-24 50 yd Freestyle

Pacific Masters Swimming 10K Open Water Swim

Dryland Workshop

Date: Sunday, January 8, 2012

Time: 9:30am - Noon

Location: Heather Farms Community Center, Walnut Creek

Fee: \$10 for USMS/Pacific Masters/USA members (You must bring your membership card)

\$20 General Audience

RSVP: openwater@pacificmasters.org

Do you want to swim a 10K or 6.2 miles? In 2012, two 10K open water swims will be held close by. In June, the Lake Del Valle swims will include a 10K. Also, a month later in July, the USMS 10K National Championship will be held in Oregon, just a 6 hour drive from the San Francisco Bay Area.

To help you prepare, Pacific Masters is sponsoring a 10K Open Water Workshop.

This **dryland** workshop will include:

How to approach your training (both physical and mental preparation)

Feeding during a race

Race day preparation

Recovering after the race

Speakers include Lisa Hazen, Susanne Heim-Bowen and Dave Brancamp.

Questions? Email Mike Carr, Mwcarr@aol.com or Glenda Carroll, gccarroll@comcast.net, 415-454-6327

Directions to Heather Farms Community Center. From I-680. Take the Ygnacio Valley off ramp. Head east. Left at San Carlos. Take second left at the Community Center sign.

Newsletter's Last Issue in the Magazine

This is the last issue of the newsletter to be included in the USMS Swimmer Magazine. Future issues will be available through your coach or club representative or on the Pacific Masters Swimming Website.

If you are unable to access the web or do not have email and would like a paper newsletter, please send a postcard or letter requesting a paper copy with a legible name and complete address and phone number to Pacific Masters Swimming Newsletter, Joanne Berven, 4854 Andrea Ct., Livermore, CA 94550

2012 Pacific Masters Short Course Championships

Friday, Saturday, Sunday, March 30 & 31, April 1

Pool: Soda Aquatic Center, Campolindo High School. 25 yd x 50 meter outdoor heated pool. Sixteen lanes are available for competition. There will be 8 lanes for warm up and cool down. Locker rooms and additional restrooms are available.

Location: 300 Moraga Road, Moraga, CA 94556.

The link to the complete information is:

http://www.pacificmasters.org/comp/pool_meetsheet/12pacmscy.pdf

Rinconada Masters Spring Short Course Meet Saturday March 17, 2012

Sanction #: 38-12-08

Location: Rinconada Pool. Embarcadero and Newell Road. Palo Alto.

Directions: HWY 101 exit Embarcadero west to Newell. Park on Embarcadero Rd. or turn right on Newell. From 280, exit Page Mill east. Page Mill becomes Oregon Expwy east of El Camino Real. Turn north (left) on Middlefield, east (right) on Embarcadero to Newell.

Facility: 14 lane x 25 yd pool (8 competition, 5 warm-up /down, 1 buffer). Note: Timing system is push button only with no pads. Snack Bar available.

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

Check In: Swimmers in events #1-2 must check in before 8:30 a.m. All others must check in at least 30 minutes before the estimated start of their event.

Entries: Swimmers may swim up to 5 individual events.

Option 1 - Online Entry - Due by 11:59 p.m., Wednesday, March 14, 2012
Enter at: <https://www.clubassistant.com/meets.cfm> to receive immediate confirmation of acceptance via email. The "billing information" email must be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost to enter this meet is a surcharge of \$5.00 per swimmer and \$5.00 per individual event entered. Please note that the online processing fee of \$1.50 plus 5% is included in these fees. Your credit card will be charged by "ClubAssistant.com Event Billing" for this meet. Online Meet Entry is in no way required of swimmers.

Option 2 - Mail In Entry - You must use the consolidated entry form in the Pacific Master Swimming newsletter or request an entry form from Bobbie Callison, (See below) The cost to enter this meet is a surcharge of \$5.00 per swimmer and \$5 per event; \$10.00 surcharge for late or deck entries.

Deadline: Entries must be Postmarked by Friday March 2, 2012, or received by Wednesday March 7, 2012.

No DECK ENTRIES for 1000 Free.

Mail entry, and check payable to Rinconada Masters and a copy of your 2012 USMS registration card to: Rinconada Spring Meet, Bobbie Callison, 450 San Luis Ave., Los Altos, CA 94024, (650)-948-2339 (No Refunds)

Awards: Ribbons 1st through 6th in each age group. Special Memorial Awards: Women's 70-74 Sylvia Bailey Award (400 IM), Men's 75-79 Willard Johnson Award (1000 Free), Women's 70-74 Sally Scholer Award (50 Fly), Women's 80-84 Bernice Silber Award (100 Back), Women's 90-94 Ellen Tait Award (50 free). (Please return award Plaques each year)

Meet Director: Jim Shaw 650-327-2680

Referee: TBD

Events: (Odd - Women, Even-Men) All events will be swum slow to fast.

1 - 2 1000 yd Free

Event #3 will not start before 11 AM.

3 - 4 200 yd Breast

5 - 6 50 yd Free Novice *

7 - 8 50 yd Free

9 - 10 100 yd Fly

11 - 12 100 yd Back

13 - 14 200 yd Free

15 - 16 50 yd Back Novice *

17 - 18 200 yd IM

19 - 20 100 yd Breast

21 - 22 50 yd Fly

23 - 24 400 yd IM

25 - 26 100 yd Free

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

1650 yd Fly

Special-event, records are kept. Entry is free. No online entry. Call in or deck enter. We will swim one heat only (14 lanes), in order of registration. Bring your own counter and timer. Watches provided. Event must be completed within 45mins.

New Pacific Masters Officers



Peter Guadagni,
Chair



Jim Clemmons,
Vice Chair
Operations



Michael Moore,
Vice-chair
Administration



Lianne Crittenden,
Secretary



Kildine Harms,
Treasurer



Caroline Lambert,
Member At-Large

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	

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 Breastroke
 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 Breastroke
 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: Breastroke
 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 Breastroke
 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 Breastroke & 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 Breastroke
 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 ()		

2012 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

2012 MEET SCHEDULE

Jan-Feb	2012	TAM	Jon Steiner Memorial Mile, Postal
Sun	1/8/12	PacM	10K Open Water Workshop
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
Fri-Sun	3/2-4/12	WCM	Intensive Training
Sun	3/4/12	SCAM	Short Course Yards Meet
Sat	3/10/12		*Senior State Games
Sat	3/17/12	RINC	Rinconada Spring Meet
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
Sun	5/20/12	PacM	Open Water 101
Sat	6/2/12	DAM	Berryessa Lake Swims
Sat-Sun	6/9-10/12	TVM	Del Valle Swims
Sat	6/30/12	RCM	Russian River Mile
Th-Sun	7/5-8/12	USMS	USMS National LCM, Omaha, NB
Sat	7/21/12	TOC	33rd Annual Trans Tahoe Relays
Sat	7/28/12	CRUZ	39th Annual Roughwater Swim
Sun	7/29/12	CRUZ	Cruz Cruise 2-Mile
Sat	8/4/12	SNM	Donner Lake
Fri-Sun	8/10-12/12	SMM	PacMasters Long Course Championships
Sat	8/18/12	MAAC	5th Annual Summer SCM Meet
Sun	8/19/12	TTST	Hot August Chill 1 mile Open Water Championship (3 swims)
Sun	9/9/12	RAD	Whiskeytown Lake
Sat	9/15/12	MAM	Manatee 2x1 Relay
Sun	9/19/12	RPM	Keller Cove Swim for Kids, Open Water
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

* recognized

** non-sanctioned

*** tentative

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

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.

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