

Our Organizations and Volunteers

Since most of us have no interest in wading through the USMS Rule Book or the Pacific Masters Guide to Operations, I thought it might be helpful to provide a very brief overview of these organizations.

United States Masters Swimming Inc. (USMS) is the national governing body of Masters swimming. Although there is overlap, it is probably easiest to separate USMS functions into competitive and noncompetitive activities. On the competitive side, it establishes the rules for all USMS competitive events whether they are national, local, pool, open water or postal. The national organization is also responsible for national records, top 10 rankings and various competitive recognitions (All American, All Star, swimmer of the year, etc). In general, USMS follows the competition rules established by FINA, the international governing body for competitive swimming.

On the noncompetitive side, USMS provides insurance, publishes *SWIMMER* magazine, provides programs to support members, clubs and coaches, and maintains the organization's website with all its features (articles, issue oriented blogs, "Go the Distance" Fitness Log, competitive results, committee minutes, general information resource, etc). Though largely a volunteer organization, USMS recently added an Executive Director and enlarged its paid staff. These changes have enabled USMS to devote more resources to club and coach development, marketing, sponsorship, and information technology.

In terms of governance, the ultimate USMS authority is the House of Delegates (HOD). Every Local Masters Swimming Committee (LMSC) is apportioned delegates to the HOD based on its membership. Pacific, being the largest LMSC, has the most delegates. The HOD approves the budget and all rules, elects the officers (president, vice presidents, treasurer and secretary) and the USMS Board of Directors. The president appoints members to various standing committees. The committees are charged with drafting rules and administering specific functions. The Board of Directors has responsibility for the organization's finances, policy, strategy and the Executive Director. The Executive Committee is made up of the officers and the immediate past president (legal counsel and the Executive Director are non-voting members) and carries out Board policies. The USMS Rule Book contains the organization's rules and bylaws; it is available online at www.USMS.org.

Pacific Masters Local Swimming Committee (PacMasters) is the regional USMS organization that oversees Masters swimming in the northern portions of California and



Peter Guadagni, Chair

Nevada. Like USMS, PacMasters functions can be broken down into competitive and non-competitive activities. With respect to competition, the local organization applies the rules set by the national organization. PacMasters sanctions pool and open water competitive events and insures those events are conducted according to USMS rules. Similar to USMS, PacMasters maintains its own records, top 10 rankings and various annual awards for competitive excellence in open water or overall swimming.

An important function of PacMasters that spans both competitive and non-competitive activities is the registration of members and clubs. Other non-competitive activities include communication through our various media vehicles (newsletter, website, email blasts and Facebook page) and local programs to support members, clubs and coaches.

The Chair, Vice Chair of Administration, Vice Chair of Operations, Treasurer, Registrar, At Large Member and Communications Chair form the Executive Committee. The Chair appoints Chairs to all the standing subcommittees and these subcommittee Chairs along with the Executive Committee form the Board of Directors. The Executive Committee (less the Communications Chair) is elected by the PacMasters Local Masters Swim Committee on which each Board member and each registered club gets one vote. The Board makes most decisions regarding PacMasters although the Executive Committee has wide latitude to act in its place (such actions must be reported to the Board). PacMasters Guide to Operations contains the group's Administrative Handbook and Bylaws; it is available online at www.pacificmasters.org.

To most of us Masters swimming is about our coach, our club and our lane mates. Each club has its own rules and procedures but what it has in common with USMS and PacMasters is its need for volunteers. Whether it is picking up kick boards after practice, timing at a competitive event, serving on a national, local or club committee, being a delegate at the annual convention or providing your talents or expertise in some other way, your volunteer time is critical to our organizations. If you want to donate some of your time but aren't sure how, contact your coach, club president or me at chairman@pacificmasters.org.

I would like to close my message by congratulating all the 2011 Open Water Champions. In particular I would like to recognize my high school swim coach, Dick Lewis, who won the men's 80-84 division.

Chair's Message

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

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 A.M.		
3 - 4	200 yd	Breast	* Novices are those with no prior competitive masters experience.
5 - 6	50 yd	Free	Novice *
7 - 8	50 yd	Free	
9 - 10	100 yd	Fly	1650 yd Fly
11 - 12	100 yd	Back	Special-event, records are kept. Entry is free. No online entry.
13 - 14	200 yd	Free	Call in or deck enter. We will swim one heat only (14 lanes), in order of registration. Bring your own counter and timer.
15 - 16	50 yd	Back	Novice *
17 - 18	200 yd	IM	
19 - 20	100 yd	Breast	
21 - 22	50 yd	Fly	Watches provided. Event must be completed within 45mins.
23 - 24	400 yd	IM	
25 - 26	100 yd	Free	

Tri Valley Masters and the Walnut Creek Masters 2012 Pacific Masters Short Course Championships

Friday, Saturday, & Sunday, March 30 & 31, April 1 2012

Sanction # 38-12-09

Pool: Soda Aquatic Center, Campolindo High School. 25 yd x 50 meter outdoor heated pool. Sixteen lanes are available for competition. On Friday the 30th we will be running 3 courses because school will still in session until 11:00 am. The 3rd course will be in the diving with 6 lanes. 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.

Directions: 80 S, take Central Lafayette go R at the end of the off ramp and then the first right, turn R onto Mt Diablo Blvd then L onto Moraga Rd.

Time: On Friday, check-in and warm-up at 12:00 p.m.(noon). Meet starts at 1:00 p.m. with the combined 1650 heats on all courses. On Saturday and Sunday meet starts at 8:30 a.m. with the women's heats on both courses. Warm-up will begin at 7:30 a.m.

Check-In: This is a Pre-Seeded meet. Swimmers are considered checked-in for all individual events with a distance of 200 yards and less. Online check-in will be available for the 1650 at http://www.swimphone.com/mobile/meets/meet_menu.cfm?smid=3492 from 6:00 p.m. March 28 until 5:00 am March 30. In person check-in deadlines are as follows: Events 1 & 2 1650 free - 12:30 p.m. Event 5 Women's 400 IM - 2:00 p.m.; Event 6 Men's 400 IM - 2:30 p.m.; Event 9 Women's 500 free - 8:00 a.m.; Event 10 Men's 500 free - 8:30 a.m.; Events 45 & 46 1000 free - 12:00 p.m.

Relays: Deck entered on yellow relay cards. Fees for RELAYS are \$8.00 per relay. Swimmers may swim only once in each relay event. Cards must show correct first and last names and correct age for each swimmer. Relay swimmers not participating in individual events must sign a waiver and show proof of USMS membership. Team relay tabs are acceptable with a blank check payable to Walnut Creek Masters.

Seeding: Individual events will be seeded from slowest to fastest. Events 1 & 2 (1650 free) and 45 & 46 (1000 free) will be combined for seeding purposes and swum together regardless of gender. The last heat of the 1000 and 1650 will be swum in the first available course where all other heats have been completed
TWO OPTIONS FOR MEET ENTRY:

Option 1 - Online Meet Entry: (deadline: midnight, Wednesday, March 21). Enter at: <https://www.clubassistant.com/club/meet/information.cfm?c=1301&smid=3492> to receive an immediate entry confirmation via email. The billing information email should be brought to the meet as proof of entry. This entry process will include a processing fee by Club Assistant and requires a credit card for payment. The processing fee is included in the online entry fee. Your credit card will be charged by "ClubAssistant.com Event Billing" for this meet.

Option 2 - Traditional Mailed: (Entries must be postmarked by **Friday, March 16 and/or received by Monday, March 19, 5:00 PM**) Entries must be on a Consolidated Entry Form. Mail your form with a copy of your 2012 USMS Card, and check payable to Walnut Creek Masters to Walnut Creek Masters, C/O Lisa Ward, 998 Village Oaks Dr, Martinez, CA, 94553 (925-726-5226) or hand delivered to Heather Farms Pool, c/o Kerry O'Brien. If you would like to confirm entry, please include a stamped envelope or post card.

Note: This is a cardless meet. **No late or deck entries will be accepted. No refunds will be made.** No fax entries will be accepted. **Incomplete entries cannot be processed and will be returned.** Because this is a championship meet, NT (no time)

entries are not allowed.

Entry Fees: \$18 for one event, \$38 for 2-4 events, and \$43 for 5-7 events.

Deadline: Mailed entries must be postmarked by Friday, March 16 and/or received by 5:00 PM Monday, March 19.

Online entries must be submitted by Wednesday, March 21, 11:59 pm. Meet Directors are forbidden to accept late or incomplete entries!

Relay Entry Fees: \$8 for each relay. Relay entry fee is discounted to \$5 if submitted by 1 pm Friday, March 30.

Snack Bar: Available throughout the meet.

Scoring: Individual events: 9-7-6-5-4-3-2-1 Relays: 18-14-12-10-8-6-4-2 for each age group. *NOTE* Only two relay teams per club may score per age group of a relay.

Awards: Ribbons will be presented to first through eighth place finishers. High point awards for each sex and age group. Team trophies will be awarded to the top teams in each Pacific Masters team size division.

Program: Available for \$5.00

Timing: The Hosts will provide one timer per lane throughout the meet. Additional timers for all three days will be requested from those present.

Head Referee: TBD

Meet Directors: Lisa Ward, 925-726-5226, lisaswimsback@sbcglobal.net,

Adam Conway, 619-886-6365, conway.adam@gmail.com

Schedule of Events:

(Odd = Women, Even = Men):

FRIDAY, MARCH 30; Meet Starts at 1:00 p.m.

1- 2	1650	freestyle - W&M combined
3-4	800	freestyle relay
5- 6	400	I.M.
7-8	200	freestyle

SATURDAY, MARCH 31; Meet Starts at 8:30 a.m.

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

SUNDAY, APRIL 1; Meet Starts at 8:30 a.m.

27-28	100	freestyle
29-30	50	breaststroke
31-32	200	butterfly
33-34	100	backstroke
35-36	200	freestyle relay
37-38	200	IM
39-40	50	freestyle
41-42	100	breaststroke
43-44	400	medley relay
45-46	1000	freestyle - W&M combined

Quicksilver Swimming Masters Spring into Summer Invitational Short Course Yards Meet

Saturday, April 21st 2012

Sanction #: 38-12-10

Location: Gunderson High School Swim Complex; 622 Gaundabert Lane San Jose, CA 95136

Directions: Exit the 87 or 85 on Santa Teresa Blvd. Make a right on Thornwood, a right on Winfield and a right on Chynoweth. You will see the school on the Right, drive around to the back of the complex.

Parking: Free parking is available in the back lot and around the campus
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. 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: \$9 meet entry plus \$5.00 per event.

Enter at: <https://www.clubassistant.com/meets.cfm>

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: \$9 meet entry plus \$5.00 per event. Please make checks payable to San Jose Aquatics.

Deck/late entry: \$18 meet entry plus \$5.00 per event.

Relay Entries: \$6 relay entries (entire relay, not per person)
Deck entries accepted

Mail: Consolidated entry form, a photocopy of your 2012 USMS registration card, and your entry fee made out to San Jose Aquatics and send to: P.O. Box 36205 San Jose, CA 95158

Deadline: Online entries accepted until 11:59 P.M. Wed. April, 18th. Mailed entries must be postmarked no later than Monday the 16th (or received by April 18th). 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: Janet Gutierrez onsite; Lucas Salles-Cunha (prior to meet) call or email: 760-213-6147 lucas@sagemasonins.com

Referee: Janette Soe

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

7-8 100 yd Backstroke

9-10 100 yd Freestyle

11-12 50 yd Breaststroke

13-14 100 yd Butterfly

15-16 200 yd Freestyle

17-18 50 yd Backstroke

19-20 100 yd Individual Medley

21-22 100 yd Breaststroke

23-24 50 yd Freestyle

5 minute break

25 200 yd Free Relay

26 200 yd Medley Relay

27-28 1650 yd Freestyle ((Men and Women heats will be combined and seeded by time))

Redwood Coast Masters Spring Lake Swims

1 mile, 500 meters

Saturday, May 19, 2012

Sanction # Pending

Location: Spring Lake, Santa Rosa

Directions: From Hwy 101, take Hwy 12 East. Turn right on Mission Blvd., left on Montgomery Dr., right on Channel Dr., right on Violetti Rd., into park. Parking Fee \$6.

Course: One mile loop course swim from a small sand beach. Expected water temperature is 68 -70 degrees.

Time: Check-in, packet pick-up and race day registration from 7:30 - 8:30 a.m. Race begins at 9:00 a.m. for the 500m and 9:30 a.m. for the 1 mile. No late starters.

Swim Procedure: There will be wave starts five minutes apart. All swimmers must wear the provided swim caps and race finish tags. There is a one hour cut-off time.

Entries:

Online: go to active.com and look up Spring Lake 1 Mile before May 17th @ 12am, 2012.

Mail: Indicate estimated one-mile /500m swim time on entry. Postmarked by May 12th Send entry form or consolidated card, a photocopy of 2012 USMS card and a check payable to **Redwood Coast USLA** to: Spring Lake One Mile Swim, PO Box 337, Healdsburg, CA 95448. Printable entry forms at www.lifeguardsforlife.org.

Entry fees: \$35 for 1 swim, \$50 for 2 swims pre-race day registration, includes a free t-shirt, \$45 for 1 swim \$60 for 2 swims on Race Day. Entry fee is non-refundable and non-transferable.

Deadline: Entries must be Post marked or emailed by May 10, 2012.

Awards: Awards will be presented to the first overall male and female finishers and to 1st through 3rd in each age division.

Race Director: David Robinson (707) 565-2824

Email: rdwoodmasters@yahoo.com

Website: www.lifeguardsforlife.org

Pacific Master Swimming

Open Water 101, OW 201

Clinics for OW swimmers

Date: Sunday, May 20, 2012

Location: Shadow Cliffs Recreation Area, 2500 Stanley Boulevard, Pleasanton, CA 94566

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

Clinic: 8:00 a.m. - Noon

Limited to 50 swimmers in each clinic.

Expected water temperature: 66-68 degrees

Entry Forms and clinic information: Available at www.openwaterpacific.org

Must be a member of USMS/PMS. One day USMS registration is available.

Entry fees: \$45 entry fee for entries postmarked by Friday, May 11. \$55 for late entries. No registration on clinic day.

Everyone must be pre-registered. Entry fee is non-refundable and non-transferable.

Clinic Director: Glenda Carroll (415)454-6327

Email: ggcarroll@comcast.net

Open Water Swim Points Top Finishers for 2011. CAT 2 are the wetsuit/other. The full list can be found at <http://www.openwaterpacific.org/11points/2011PacMasters/2011PacMastersAccumulatedResults.html>

W/18-24					M/18-24						
Cat 1	1	Miller, Lizzy	CRUZ	24	58	Cat 1	1	Carrillo, Joseph	MHSA	21	100
	2	Mcgowan, Christina	WCM	23	58		2	Aicardi, James	TOC	23	40
	3	Lee, Alexandra	UNAT	24	44	Cat 2	1	Mccutchen, Zachary	NCAL	24	66
Cat 2	1	Imburgia, Kourtney	TEME	23	44	M/25-29					
W/25-29						Cat 1	1	Knight, John	WCM	29	116
Cat 1	1	Michalak, Melanie	CRUZ	27	118		2	Clark, Tyler	TEME	26	44
	2	Becks, Danielle	TOC	29	84	Cat 2	1	Penneys, David	SCAM	28	44
	3	Maynard, Sara	TEME	26	48	M/30-34					
Cat 2	1	Milat, Andrea	CRUZ	29	66	Cat 1	1	Hardcastle, Holden	USF	33	110
W/30-34							2	Johnson, Brandon	LAMV	30	88
Cat 1	1	Profumo, Tesla	CRUZ	34	128		3	Sheldon, Jason	RAMS	33	84
	2	Vasey, Adrienne	STAN	32	88	Cat 2	1	Buerkle, Kristofer	UNAT	33	22
	3	Thompson, Margaret	MAM	30	70	M/35-39					
Cat 2	1	Monforte, Amber	SNM	33	22	Cat 1	1	Gillis, Trevor	UNAT	35	132
W/35-39							2	Shoenberger, Deacon	TAM	37	120
Cat 1	1	Haack, Angela	WCM	36	116		3	Calabrese, Jared	UNAT	35	58
	2	Jespersion, Michelle	UNAT	36	68	Cat 2	1	Kochar, Harpal	"GM"	38	38
	3	Anaya, Cyane	TEME	39	58	M/40-44					
Cat 2	1	Newman, Alyssa	RPM	36	36	Cat 1	1	Bond, Chris	WCM	44	132
W/40-44							2	Stietzel, Kent	MELO	41	60
Cat 1	1	Prouty, Nancy	MELO	40	102		3	Cantlen, John	DEC	43	50
	2	Smith, Jody	MVM	42	88	Cat 2	1	Murray, Jeremy	TEME	42	22
	3	Asnault, Wendy	"CHICO"	42	58	M/45-49					
Cat 2	1	Lange, Kim	"CHICO"	40	44	Cat 1	1	Matthews, David	WCM	47	118
W/45-49							2	Lally, Bart	TOC	48	88
Cat 1	1	Peters, Ann	SMST	48	124		3	Arris, Todd	TOC	45	88
	2	Phalen, Jennifer	SCAM	46	94	Cat 2	1	Nootbaar, Tom	WCM	47	44
	3	Welting, Laureen	TOC	45	84	M/50-54					
Cat 2	1	Polkes, Helen	MVM	46	40	Cat 1	1	Carr, Mike	SRM	50	126
W/50-54							2	Young, Robert	UNAT	54	94
Cat 1	1	Meyer, Marguerite	TOC	52	128		3	Giles, George	VACA	51	80
	2	Morlan, Kathy	VACA	52	120	Cat 2	1	Crimmins, Michael	UNAT	50	44
	3	Clements, Cindy	TAM	50	110	M/55-59					
Cat 2	1	Oregon, Jeanne	"CHICO"	52	44	Cat 1	1	Mac Donald, Sandy	SMST	55	132
W/55-59							2	Guadagni, Peter	WCM	56	112
Cat 1	1	Val, Laura	TAM	59	132		3	Emhoff, Ron	TVM	56	104
	2	Schmucker, Lindabeth	DAM	55	120	Cat 2	1	Miller, Keith W.	SAC	59	58
	3	Harms, Kildine	WCM	57	86	M/60-64					
Cat 2	1	Quinn, Phyllis	TOC	55	132	Cat 1	1	Rudloff, Edward	TOC	63	128
W/60-64							2	Winterrowd, Dan	SMST	60	118
Cat 1	1	Shoenberger, Linda	TAM	63	128		3	Nadaner, Dan	CLOV	61	90
	2	Brems, Marianne	MELO	62	124	Cat 2	1	Cousins, Bruce	WCM	64	44
	3	Lee, Jane	MPSC	61	116	M/65-69					
Cat 2	1	Lerch, Myra	"CHICO"	64	22	Cat 1	1	Burns, Richard	TAM	67	132
W/65-69							2	Bellenger, James	BAY	65	124
Cat 1	1	Coleman, Kate	USF	68	132		3	Piazza, Michael	WCM	65	96
	2	Carroll, Glenda	TAM	67	92	Cat 2	1	Gildea, David	MELO	67	44
	3	White, Susan	TCAM	69	82	M/70-74					
Cat 2	1	Bachus, Maryann	*CHICO*	66	22	Cat 1	1	Brott, Ralph	BAY	71	132
W/70-74							2	Fleming, John	UNAT	70	104
Cat 1	1	Munn, Susan	DAM	72	132	Cat 2	1	Ingalls, Donald	MVM	73	110
	2	Durham, Patricia	SMMM	72	50	M/75-79					
	3	Glenn, Sylvia	"OJAI"	73	22	Cat 1	1	Cotton, Jim	UNAT	78	62
W/75-79							2	Brown, Donald	WCM	78	44
Cat 1	1	Monroe, Donna	WCM	77	110	M/80-84					
	2	Myers, Dot	SAC	74,75	80	Cat 1	1	Lewis, Dick	WINE	82	22
	3	Robben, Barbara	UNAT	77	74						
W/80-84											
Cat 1	1	Lambertson, Ann	SMMM	80	22						
	2	Knochenhauer, Martha	SMMM	84	18						

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"/> F <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		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 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

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

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)

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

Sun	3/4/12	SCAM	Short Course Yards Meet
Sat	3/10/12		*Senior State Games at Stanford
Sat	3/17/12	RINC	Rinconada Spring Meet
Fri-Sun	3/30-4/1/12	TVM/WCM	Pacific Masters SCY Championships
Sat	4/21/12	QST	Quicksilver Short Course Yards
Sat	4/26-29/12	USMS	Greensboro SCY National
Sat	5/19/12	Redw	Spring Lake Mile
Sun	5/20/12	PacM	Open Water 101
Sat	6/2/12	DAM	31st Annual Berryessa Open Water Swims
Sat-Sun	6/9-10/12	TVM	Del Valle Swims
Sat	6/9/12		*Sonoma Wine Country Senior Games
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	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	9/16/12	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>

Visit our website
www.pacificmasters.org

Follow us on
Twitter and Facebook

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

March 6, 2012

poolmeets@pacificmasters.org
openwater@pacificmasters.org

Meeting Schedule for 2012:

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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