

## 2012 Open Water Season

The open water season starts this month. Are you ready? We have some new swims this year. Tri Valley Masters is holding their first Open Water Festival at Lake Del Valle.



Boat start at Lake Berryessa

On **Saturday, June 9**, there will be a 5K and a 10K. On **Sunday, June 10**, the festival continues with a 2.5K and  $\frac{3}{4}$  mile swim. One of your old favorites, the MAM 2x1 relays are back, and count for open water points. Put **Saturday, Sept. 25** at Lake Del Valle on your calendar for this event.



Lake Berryessa Swim

This year the magic number is nine (9). That means your top nine finishes are counted towards the open water season championships. Remember, the number nine may change if other open water swims are added or eliminated. To qualify for the open water points award, you must swim at least two (2) open water swims.

Two open water clinics will be held on **Sunday, May 20** at Shadow Cliffs Recreational Area, Pleasanton. These are some of the best clinics around. There is an OW 101 for brand new OW swimmers and an OW201



**Glenda Carroll**  
Open Water Chair

for those who want to fine tune their skills.

This is a great way to tune up your open water skills for the upcoming season. We may be filming a documentary about the clinics this year (look out Hollywood)...more to come on that.

Did you know that Pacific Masters has an Open Water Committee? We have been in existence for about a year. Members include: **Marcia Benjamin, Mike Carr, Morgan Filler, Lisa Hazen, Bill McCracken, Bob Upshaw, Phyllis Quinn and Glenda Carroll.**



Spring Lake finish



Santa Cruz Pier Swim



And last, but not least, last year's Open Water points champions have received a great looking training suit from **Q Swimwear** as their first place award. Q, a sponsor of the 2011 Open Water season, outdid themselves with a unique design for our winners. Thank you so much, Q Swimwear.

## **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.

**Entry information** is available at [www.openwaterpacific.org](http://www.openwaterpacific.org)

Printable entry forms at [www.lifeguardsforlife.org](http://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:** 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](http://www.lifeguardsforlife.org)

## **Davis Aquatic Masters 31st Annual Lake Berryessa Open Water Swims**

Saturday, June 2, 2012

**Sanction #:** Pending

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

**Directions:** will be on Web site and in the brochure.

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

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

**Entry information** is available at [www.openwaterpacific.org](http://www.openwaterpacific.org)

**Entry fees:** Early Registration 1-Mile Masters \$40, 2-Mile Masters \$40, 1- and 2-Mile Masters \$60

Use official entry form or find the link to online registration at the DAM website [www.damfast.org](http://www.damfast.org).

**Deadline:** Thursday, May 16, 2012.

**Awards:** Commemorative awards to the top three finishers in all non-wetsuit events in each age and gender group.

**Post Swim Picnic:** An onsite food service will provide lunch for purchase. Lunches should be pre-ordered on the entry form or online to guarantee availability.

**Race Director:** Patricia Price [plprice@ucdavis-alumni.com](mailto:plprice@ucdavis-alumni.com).

**Online Registration:** Link available at [www.damfast.org](http://www.damfast.org).

**Paper Registration Form Request:** Send SASE to P.O. Box 921, Davis, CA 95617, Attn: Lake Berryessa Race Director.

## **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](http://www.openwaterpacific.org) and [www.active.com](http://www.active.com). Put 'Open Water Clinic, Pacific Masters' in the search block. 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:** [gpcarroll@comcast.net](mailto:gpcarroll@comcast.net)

## **TriValley Masters Del Valle Open Water Festival 0.75 Mile and 2.5km**

**Sunday, June 10, 2012**

Sanction# OW-12-03C

**Location:** Del Valle Regional Park, Livermore, CA.

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

**Entry information** available [www.openwaterpacific.org](http://www.openwaterpacific.org)

**Entries:** Pre-Race (\$35 for one; \$45 for both.); Mail entries must be received by 6/1/12. Online registration closes 6/10/11: Early registration discount: Online processing fee of \$3.50 waived on all online entries prior to 5/25/12. Race day: (\$40 for one; \$50 for both). Make checks to Tri-Valley Masters and mail with an entry form and a copy of your 2012 USMS registration card to: Tri-Valley Masters P.O. Box 5116, Pleasanton, CA 94566

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

## Joan Smith, 1921-2012 - Remembered, Respected, and Greatly Appreciated



Joan Smith

There is sad news for Pacific Masters Swimming, USMS, and Richard. Joan passed away on April 10th, at home with her family by her side. She was 90 years old. She had experienced health issues for some time and the doctors took her off all medications when they determined the drugs were not helping her.

She was selected as a delegate to the USMS Convention for over 20 years, along with her husband Richard. At the national level she served on the International Committee, Officials Committee, and the Records and Tabulations Committee. She also served as the USMS Historian before the History and Archives Committee was created. For many years she served as a Stroke and Turn Official, and supported our program in this way until knee problems forced her to retire, as she could no longer stand on the deck for hours at a time.

Joan served on the Pacific Masters Executive Committee as Vice Chairman of Administration.

She and Richard were recruited to Pacific Masters by Dore Schwab, of TAM, and George Cunningham who also lived in Sacramento at the time. She and Richard participated for Santa Rosa Masters, TAM, SAC Masters, and Walnut Creek over the years. She was a loyal and greatly appreciated member of these clubs. Joan leaves behind her husband Richard, and children Richard Smith II, Linda Lipary, Margaret Robertson, and N. Douglas Smith, 8 grandchildren and 15 great-grandchildren.

There will be no service. Cards or notes may be sent to Richard Smith at 4309 Surita Street, Sacramento, CA, 95864. This is an extraordinary loss for us. Joan was part of the history of Pacific Masters and we're thankful she chose to share her talents with us.

Joan was a valued member of Pacific Masters. She attended our monthly committee meetings, proof read all the Pacific Masters Top Ten listings and compared them with the USMS Top Ten lists to be sure that all our swimmers who deserved to be on the national listings were included. She had an eagle eye and was a natural for this task. She volunteered many years at the Lake Berryessa Swim to process new Pacific Masters registrations. Joan had also served on the Pacific Masters Executive Committee as Vice Chairman of Administration. In 1986 Joan was honored as Pacific Masters Contributor of the Year, Pacific Masters' highest volunteer award.

In 2000, she and Richard were the recipients of US Masters Swimming Ransom Arthur Award, the highest award for volunteers that is given by USMS.

### TriValley Masters

#### Del Valle Open Water Festival

#### 10k and 5k Swim

Saturday, June 9, 2012

Sanction# OW-12-03B

**Location:** Del Valle Regional Park, Livermore, CA.

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

#### Registration and Check-In Time:

Check-in and registration is from 6:15 to 9:15 a.m.

Registration for 0.75 mile race will close at 8:00 a.m.

**Race Start Times (approximate):** 10k swim start begins at 8:00 a.m. and the 5k swim begins at 8:10 a.m. Cut off times of 3 ½ hours for both swims.

**Entry information** is available at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1710&smid=3483](https://www.clubassistant.com/club/meet_information.cfm?c=1710&smid=3483)

**Entries:** Pre-Race - \$75. NO RACE DAY REGISTRATION FOR 10k. Online registration for 10k closes 5/25/12: Online registration for 5k closes 6/7/12. Mail entries must be received by 6/1/12..

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

### Redwood Coast Masters

#### Russian River

#### 1- Mile & 500 meter

#### Open Water Swims

Saturday, June 30th, 2012

Sanction # Pending

**Location:** Healdsburg Veterans Memorial Beach, Healdsburg

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

**Entry information available** [www.openwaterpacific.org](http://www.openwaterpacific.org)

**Entries: Online:** go to [www.lifeguardsforlife.org](http://www.lifeguardsforlife.org).

For official entry form, visit [www.lifeguardsforlife.org](http://www.lifeguardsforlife.org) for printable entry forms, course maps, and driving directions.

**Entry fees:** Pre race day entries: \$35 entry fee for 1 swim \$50 for both. Race Day: \$45 per swim race and \$60 for both. Pre entry includes a free t-shirt. Entry fee is non-refundable and non-transferable.

**Deadline :** June 20, 2012.

**Race Director:** David Robinson (707) 565-2824

**Email:** [rdwoodmasters@yahoo.com](mailto:rdwoodmasters@yahoo.com)

**Website:** [www.lifeguardsforlife.org](http://www.lifeguardsforlife.org) (map to event location available and downloadable entry forms)

## Chair's Message

### USMS House of Delegates Opportunities

One of the most important functions of Pacific Masters is to send representatives to the annual USMS annual convention, to be held this year in Greensboro, NC. Most of the organization's rules and legislative decisions are made at the convention; our representatives are members of the USMS House of Delegates and vote on these actions and candidates for National positions. Representatives also participate in various committees where policies are discussed and formulated prior to them being brought to the House of Delegates.

The Pacific Masters committee will begin the process of selecting our delegates at the April meeting and continue until our slate is filled. In addition to a small number of people who are guaranteed spots because their national USMS responsibilities, Pacific Masters is authorized to send 23 delegates. As Chairman, I would like to encourage all of our members to consider being a delegate at the convention. Pacific Masters will reimburse members for most major expenses associated with attending the convention (convention registration, airfare, lodging based on double occupancy) in addition to a small stipend to cover incidentals. Being a delegate will provide you with increased awareness of the workings of our organization,



Peter Guadagni, Chair

pride in the quality of our volunteers (like yourself) who give their time and talents, and most of all, renewed enthusiasm and excitement at the potential of the Masters swimming program.

If have any questions about being a delegate or would like to have the committee consider you as a delegate, please send an email to [chairman@pacificmasters.org](mailto:chairman@pacificmasters.org).

I would like to close by congratulating all the 2011 Pacific Masters Swimmer of the Year. In particular I would like to recognize our overall winners, **Laura Val and Ann Hirsch** who shared the award for women and **Ashley Jones** who was the winner for men. Special recognition should also go to **Patricia Prevetz, Steve Carlson and Audrey Etienne** who were our three winners in age groups 90 and above!

### 2012 Coach of the Year

Based upon his truly impressive body of work, at not only the club and LMSC level, but at the National level as well, Pacific Masters Swimming is proud to announce Stu Kahn of Davis Aquatic Masters as our 2012 Pacific Masters Coach of the Year.

Stu serves as the Head Coach of the largest club in USMS, a Team known for its participation in USMS events, including hosting several significant events, most notably the Lake Berryessa Open Water Swims. Overseeing all of that, and answering to the DAM membership and keeping them happy is a big job, and it speaks well of him. But on top of that, Stu finds time to share his expertise with the Pacific Masters Swimming community, and at the USMS



Stu Kahn, DAM,  
PacMasters Coach of the Year

level, where he serves as Vice Chair of the Coaches' Committee, overseeing several subcommittees. These responsibilities are well earned. His technical prowess is considerable, as his recent USMS Swimmer cover feature on freestyle technique, and his service at the USMS High Performance Camps demonstrate.

He is one of those "complete package" coaches. He has the technical chops, the experience, and the affable personality necessary to connect with the Masters Swimming community, including coaches in addition to swimmers. He jumps in with both feet. And that may be the most valuable characteristic of all--as the primary instrument of growth for our sport, a coach needs to lead by example in order to recruit and inspire the members of not just his Team, but of his community as well. Stu brings all of that to the table in abundance.

Congratulations to all of our nominees on their exceptional coaching efforts and to Stu on a well-deserved honor.

Chris Campbell, Jim Clemmons & John Morales  
Coach of the Year Evaluation Committee

## Swimmer of the Year

The Swimmer of the Year Award recognizes Pacific Masters Swimmers each year, male and female, in each age group, who have made outstanding swimming performances within the past year. Additionally, the most outstanding male and female Age Group Swimmer of the Year will be further recognized as the overall

Pacific Masters Swimmers of the Year. To be considered for this award, the swimmer is currently a PacMasters member, has made outstanding individual swimming performances during the past year and has swum in at least two PacMasters pool meets/open water events during the year.



### 2011 Swimmers of the Year

Front Row L-R: Peter Guadagni, WCM; Alison Zamanain, WCM; Daniela Barnea, STAN; John Morales, SRM  
Middle Row: Jim Clemmons, MAM; Kevin Dolar, USF; Andee Bell, WOOD; Susan Munn, DAM; ; Laura Val, TAM  
Back Row: Roque Santos, WCM; Laureen Welting, TOC; Ashley Jones, AAM; Rich Burns, TAM; Jeff Enright, SMMM;



### Male and Female Swimmers of the Year

Ashley, Jones, AAM and Laura Val, TAM. Anne Hirsch, WCM was also voted as the Female Swimmer of the Year. She was unavailable for this photo

Due to inclement weather, the awards presentation was postponed and some recipients were not able to attend.

Not pictured: Lauren Beadreau. (18-24) WCM, Erin Reilly (25-29) TOC, Amber Nishimoto (30-34) USF, Marguerite Meyer (50-54) TOC, Barbara Callison (75-79) RINC, Ann Hirsch (80-84) WCM, Gloria Stupfel (85-89) SMMM, Patricia Prevet (90-94) WCM, Audrey Etienne (95-99) SMMM  
John Dorr (25-29) TOC, Adam Conway (30-34) TVM, David Gaggero (35-39) TOC, Barry Fasbender (70-74) STAN, John Sulzbach (75-79) MELO, G. Edward Rudloff (85-89) TOC, Steve Carlson (90-94) DAM

## 2012 Pacific Masters SCY Championships Recap

**Howard McKinley** walked into Olympic Club Coach Laureen Welting's office and said, "I noticed there are no 90-94 team records posted. When is the next swim meet? I would like to sign up." McKinley just turned 90 but he already swims laps several times each week. His first Masters meet was at USF where he swam the 100 freestyle in 2:23. At this weekend's PacMasters championship meet



Howard McKinley, TOC

he swam the 100 Freestyle in 2:10 and the 50 Freestyle in 1:00.

Howard is truly an inspiration to all his teammates and reminds us all that it is never too late to try

photo by Rich Burns

something new! Among the other inspiring athletes were Oakwood's **Don Anderson** who at the age of 78 competed in his first swim meet ever and USF's **Barbara Delaney** who at 65 challenged herself with her first 400 individual medley.

This year's short course yards championships took place at a new venue, the Soda Aquatic Center in Moraga.

Because the facility is associated with a high school we weren't able to start the competition until 1 pm on Friday afternoon. Due to the late start the meet continued on Friday later than usual with the final heat of the men's 200 free finishing at about 7:30 pm. Fortunately, the weather, though cloudy, stayed dry throughout the day. This was not the case on Saturday. High winds and pounding rain made the competition memorable to say



photo by Rich Burns

And they are OFF at the Soda Aquatic Center

the least. Any tent not tied down was certain to fly away. The day's athletes and especially the volunteers are to be congratulated for their perseverance. Thankfully, the competition courses of 9 lanes each meant the meet was able to conclude by early afternoon. Sunday, though a little chilly in the morning, was a bright and sunny day. A welcome relief after Saturday's deluge.

see recap - next page



photo by Rich Burns

Fun in the Sun on Saturday!



photo by Rich Burns

Keeping Warm

**HyTek's Meet Manager 4.0 4/2/2012**  
**2012 Pacific Masters**  
**SC Championships**  
**3/30/2012 to 4/1/2012**

Team Rankings - Through Event 102

**Combined Team Scores - Small**

Place	Team	Points
1	Tamalpais Aquatic Masters	316
2	San Mateo Masters	229
3	Marin Pirates Masters	139

**Combined Team Scores - Medium**

Place	Team	Points
1	Tri Valley Masters	826
2	Tuolumne County Aquatic Master	739
3	Manatee Aquatic Masters Inc	698

**Combined Team Scores - Large**

Place	Team	Points
1	Walnut Creek Masters	3652
2	University of San Francisco Ma	3318.5
3	Davis Aquatic Masters	1774

*recap (cont from previous page)*

The fast Soda Aquatic Center saw many national records broken including Jill Hernandez breaking the women's 50-54 400IM (4:46.15), 500 Free (5:15.40), 200IM (2:16.49); Laura Val broke the women's 60-64 50 Back (30.95), 100 Fly (1:06.95), 200 Back (2:28.63), 100 Back (1:08.23), 50 Free (26.95), 1650 (19:43.99), 500 Fr (5:42.84), 1000 Fr (11:41.77); Luane Rowe 1000 Fr (10:12.42) and the Walnut Creek Men 65+ 400 Medley Relay (4:42.13). Pacific Masters records were set by Alison Zamanian, Richard Todd, Brett Bannan, Andee Bell, Susan Munn and numerous relay teams.

Thanks to Lisa Ward, Adam Conway, John King, the Walnut Creek Masters and the Tri Valley Masters for organizing the meet.

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))

**San Mateo Masters**  
**2012 Pacific Masters**  
**Long Course Swimming**  
**Championships**  
**August 10, 11, 12, 2012**

Sanction # 38-12-12

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

**Directions:**

From Hwy 280: take Hwy 92 east towards San Mateo, West Hillsdale Blvd. exit. Turn left at signal and proceed uphill through 2<sup>nd</sup> traffic light. Turn right onto campus at College Heights Drive.

From Hwy 101: take Hwy 92 west towards Half Moon Bay, West Hillsdale Blvd exit. Turn right and proceed uphill through the traffic light. Turn right onto campus at College Heights Drive.

**Parking:** Ample free parking is available on campus in Beethoven Lot 2 on Saturday and Sunday. Do not park in Olympian Lot 12 or any Staff parking lots. Friday parking is \$2; pay at permit machines in parking lot. See Campus map at: [http://collegeofsanmateo.edu/map/docs/CSM%20Campus%20Map%202\\_12.pdf](http://collegeofsanmateo.edu/map/docs/CSM%20Campus%20Map%202_12.pdf)

**Course:** Outdoor. Competition pool is 50 meters, 7 or 8 lanes will be used for competition. Instructional pool is 25 yards, 6 lanes will be available for warm ups

**Entry and event information at** <http://www.pacificmasters.org/comp/schd.html>

**Time:** Friday: Check-in and warm-up begin at 8:30 a.m. Meet starts at 9:30 a.m. Saturday and Sunday: Check-in and warm-up at 7:00 a.m. Meet starts at 8:30 a.m.

**Online Entries:** Enter this meet online at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1775&smid=3958](https://www.clubassistant.com/club/meet_information.cfm?c=1775&smid=3958) to receive immediate confirmation of acceptance via email.

**Online Entry Deadline:** On-line entries must be submitted by Friday, August 3, 11:59 pm. No entries accepted after that time.

**Online Entry Fee:** 1 event: \$18; 2-4 events: \$38; 5-7 events: \$43. Please note that the online processing fee of \$1.50 plus 5% is included in these fees. Your credit card will be charged by 'ClubAssistant.com Event Billing' for this meet. (no refunds). Bring a copy of your entry **confirmation with you to the meet.**

**Mailed Entry Deadline:** Mail-in entries must be postmarked no later than Wednesday, July 25, 2012, and/or received no later than Monday, July 30.

**Mailed Entry Fee:** 1 event: \$18; 2-4 events: \$38; 5-7 events: \$43. (no refunds)

**Mail Entries:** Entries must be on Consolidated Entry Form. If you would like proof of entry, please enclose SASE. Mail your check made out to SMAC, consolidated entry form, and 2012 USMS registration photocopy to: San Mateo Athletic Club, Attn Aquatics, 1700 W Hillsdale Blvd, San Mateo, CA 94402

**Meet Director:** Henry Chan (650) 549-5727 [hymc219@yahoo.com](mailto:hymc219@yahoo.com)

**Referee:** TBD

# 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. At all meets, 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"/>			
City		no. of events entered:			
State		Zip			
Phone		* Age			
Club		Club Abbr.		Birthday	
		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.

### DVD's in the PacMasters Swimming 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

### 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 (   )	

# 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

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	9/23/12	MVM	9th Annual Alan Liu Memorial SCM
Sun	9/30/12	RPM	Keller Cove Swim for Kids, Open Water
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

Deadline for pool and open water swim information for the **July-August** Newsletter is **May 6, 2012**

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

### Meeting Schedule for 2012:

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.

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

Visit our website  
[www.pacificmasters.org](http://www.pacificmasters.org)

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