

newsletter



Pacific Masters Swimming Names 1998 Service Award Winners

Awards were presented at the Short Course Championships at San Jose State. We'd like to acknowledge and congratulate all the winners.

by Julie Paque, PMS Chairman

Distinguished Service Award

Marcia Benjamin (Bay-O-Vista) has been given the Distinguished Service Award for her many years of volunteer efforts on behalf of our organization. For the past six years Marcia has been handling the yearly task of scheduling all of our meets and open water events. This contribution is essential to our program and her value to PMS in this position is immeasurable. Through pregnancy, child-rearing, and job commitments, she has answered phone calls, negotiated conflicts, sent out bid forms, and compiled the PMS Calendar of Events with unfailing patience and good humor. And if that isn't enough, Marcia has single handedly calculated the Open Water Points totals, ordered the awards, and seen that they got to the recipients.

Contributor of the Year Award

Clarine Anderson (Los Altos Masters) had come to only a few Pacific Masters Swimming committee meetings when our treasurer moved out of the area. After several months of the duties of the treasurer being covered by others, I asked Clarine if she would be willing to take over the position. I was extremely happy that she agreed to become our treasurer, and even happier as the months went by and our books were put in to shape, fully computerized and organized. Clarine has certainly been the "Contributor of the Year" for Pacific Masters Swimming.

Personal Achievement Awards

Two swimmers from San Francisco Rec and Parks Tsunami Masters, **Tod Hill** and **Neil Hart**, have been given Personal Achievement Awards. Tod has

been a member of SFRP Tsunami since 1989, while Neil was a founding member of the club in 1986. On short notice Tod organized an anti-violence swimming fundraiser (Swim Against Hate) that collected \$15,000, of which \$4,000 came from pledges fulfilled by Neil Hart. Both local and regional anti-violence organizations benefited from the swim of

1,109 miles (the distance from San Francisco to Laramie, WY, where Matthew Shepard was beaten and left to die). These swimmers are an inspiration to us all.

Age group swimmers of the year are determined by a calculation involving their PMS and USMS Top Ten rankings and records for all three courses and placings in open water swims. From these winners the Pacific Masters Swimming Committee votes on one male and one female Swimmer of the Year.

Female and Male Swimmer of the Year

Suzanne Heim-Bowen (Terrapins; 40-44 age group) is the Female Swimmer of the Year. Suzanne won the difficult 40-44 year old age group even though she moved into the age group part way through the year. She had an impressive total of seven USMS records in the distance freestyle events, and 14 USMS Top Ten Times in Short and Long Course Meters. In addition, she had 17 PMS Top Ten Times, including all of the Short Course Meter freestyle events from the 50 up to the 1500!

Aldo da Rosa (Rinconada Masters; 80-84 age group) is the Male Swimmer of the Year. Aldo swam all of the pool courses and set a total of 27 USMS Records on the way (10 in Short Course Yards, 8 Long Course, 9 Short Course Meters). I had to get out a calculator to figure out the number of PMS Records: 46! Aldo also had 38 USMS Top Ten Times and 36 PMS Top Ten Times. It's hard to keep up with Aldo!

Age Group Swimmers of the Year

19-24	Sarah Kerlin (CRUZ) Lee Wanie (SCAM)
25-29	Kathleen Hartnett (WCM) Timothy O'Mara (SNM)
30-34	Lisa Hazen (LMS) Daniel Veatch (USF)
35-39	Jill Hernandez (CMS) David Brancamp (SNM)
40-44	Suzanne Heim-Bowen (TERA) Spencer Eldred (STAN)
45-49	Laura Val (SCSC) Richard Garrett (USF)
50-54	Chris Weber (CSSR) R. Tod Spieker (TOC)
55-59	Nancy Ridout (TAM) Ed Cazalet (TOC)
60-64	Donna Monroe (WCM) Barry Fasbender (STAN)
65-69	Ann Hirsch (WCM) Norman Stupfel (SRM)
70-74	Della Shehorn (LAM) Luman Sutton (SAC)
75-79	Margery Meyer (TOC) Ray Taft (SMMM)
80-84	Marjorie Sharpe (STAN) Aldo da Rosa (RINC)
85-89	Margot Lenigk (SMMM) Joe Irvine (RINC)
90-94	Joe Kaufman (SMMM)

Walnut Creek Masters INVITATIONAL LONG COURSE MEET

June 11 & 12, 1999

Sanction # 38-99-12

Location: Clark Swim Center, Heather & Marchbanks Dr., Walnut Creek. From I 680 North, take Ygnacio Valley Rd. to San Carlos, make a left turn at the stop light, turn left on Heather. From I 680 South, take No. Main St. turnoff, turn right at signal (Main St) to Ygnacio Valley Rd., turn left at stoplight and proceed as above.

Facilities: 8 lanes of 50 meters for competition plus one warm-up lane during competition. A snack bar will be available.

Time: Warm-ups for the 800 free at 5 p.m. Friday evening. Meet starts at 5:30 p.m. Warm-ups for Saturday at 7:45 - 8:45 a.m., meet begins at 9:00 a.m.

Check-in: The 800m. Free on Friday night is pre-seeded; two to a lane only if necessary. No deck entries will be accepted for the 800. NO EXCEPTIONS. Call Charlene O'Brien, (510) 934-5657, Thursday, June 10th between 6 p.m. - 9 p.m. for estimated start time. The Saturday events are deck-seeded and late entries (deck entries) are permissible. All swimmers in the first 4 events must check-in by 8:30 a.m. All others are urged to check-in early. You must check-in at least 30 minutes prior to the expected start of your event.

Entries: All entries must be on a pink or blue entry cards, accompanied by a Consolidated Entry Card. Make sure to enter "meter times."

Age: Age for LCM meets is age of December 31st of current year.

Entry fee is \$2.50 for each event when postmarked by June 5, 1999 and received by June 8, 1999. Those entries received after the deadline and deck entries will be charged \$3.00 per event. There is also a \$3.00 surcharge per swimmer to offset meet expenses. Enclose cards, copy of 1999 USMS card and entry fee and make **checks payable to:** Walnut Creek Masters. Mail to Walnut Creek Masters, P.O. Box 8039, Walnut Creek, CA 94596.

Awards: Ribbons for 1st - 3rd place.

Meet Director: Gene Hart, (925) 935-1016.

Referee: John Duncan.

Events: (Odd=Women, Even=Men)

Friday	1-2	800m. Free			
Saturday	3-4	400m. IM	13-14	200m. IM	
	5-6	200m. Free	15-16	100m. Free	
	7-8	100m. Breast	17-18	200m. Breast	
	9-10	200m. Fly	19-20	100m. Fly	
	11-12	100m. Back	21-22	200m. Back	

Sierra Nevada Masters FIRST SPLASH LONG COURSE MEET

Idlewild Pool, Reno, Nevada

Saturday, June 26 (changed from 6/6), 1999

Sanction #38-99-11

Facilities: Eight lane, 50-meter outdoor, heated pool. Up to six lanes will be used for competition and two additional lanes will be available for continuous warm-up. A small snack bar with drinks and snacks will be open at the pool during warm-up and the meet.

Directions: Take I-80 West to Reno, exit at Keystone Ave. Take Keystone south, stay in the right lane and stay to the extreme right onto the bridge over the Truckee River, but stay in the right lane and go under the bridge to where the road deadends. Turn right and follow this street over the bridge. Immediately after crossing the bridge make

a right on Idlewild Drive. The pool will be on your right about 300 yards after the bridge.

Check in: This meet will be deck seeded. Swimmers in events 1- 12 must check-in by 4:30 PM. Check-in time for the remaining events is 6:00 PM.

Entries: This is a cardless meet. All entries must be on a consolidated entry form (found in this SWIM Magazine Insert). Enter appropriate meter times for seeding purposes.

Age: Age for LCM meets is age as of December 31st of current year.

Entry fee: \$2.00 PER SWIMMER (pool use fee) and \$2.00 PER EVENT. There will be

no refunds. Enclose your consolidated entry form, a copy of 1999 USMS card and entry fees, making **checks payable to:** Sierra Nevada Masters and mail to: Gwen Shonkwiler, 3315 Thornhill Dr. Reno, NV 89509 (gwen@scs.unr.edu)

Late entries: Any entries received later than June 18, 1999 or any deck entries will be charged \$3.00 per event. Deck entries will not be accepted after 4:00 p.m. on meet day.

Awards: Ribbons 1st - 3rd in each age group.

Meet director: Steve Lintz (702) 849-2179

Referee: Rick Kaufman

List of events: Please note that this meet may attracts less than 100 swimmers and entering back to back events is not advised. All events will be seeded slow to fast. If you want to swim the 200m. fly, back or breast instead of free, please note this on your entry form and we will run a separate heat of the 200m. Free for those people.

(Odd=Women, Even=Men)

1-2	800m. Free	13-14	50m. Back
3-4	50m. Breast	15-16	200m. Free
5-6	100m. Back	17-18	100m. Breast
7-8	50m. Butterfly	19-20	50m. Free
9-10	100m. Free	21-22	100m. Butterfly
11-12	200m. IM	23-24	400m. Free

20 Minute Break

SWIMMERS:
IMPORTANT NOTICE!!!
NEW THIS YEAR
THE ELIGIBILITY OF A PARTICIPANT FOR A PARTICULAR AGE GROUP SHALL BE DETERMINED BY THE AGE AS OF DECEMBER 31, 199 FOR ALL LCM AND SCM MEETS.
AGE DETERMINATION FOR SCY IS AGE AS OF LAST DAY OF MEET.



Heat Stroke

is a life-threatening emergency, **Call 911!**

The **symptoms** include: hot, red, dry skin and a very high body temperature. Breathing may be rapid and shallow and the victim may vomit and lose consciousness.

First Aid: Move to a cool place. Apply cool, wet cloths to victims body. Put ice packs, if available, on victims wrists, ankles, neck and armpits, while waiting for 911 response.

Santa Cruz Masters Aquatics and the University of California-Santa Cruz The 1999 Pacific Masters Long Course Championships

Friday, Saturday, Sunday • July 23, 24, 25, 1999

Sanction #38-99-13

Location: East Field House, UCSC Campus. Take Hwy 1 (Mission St.) north from Hwy 17/ Hwy 1 interchange to Bay St. Turn right (away from the ocean) and follow Bay up the hill straight through Campus entry. Turn left at Hagar Drive (first available road) and go up the hill. Drop off your passengers and gear at East Field House/Pool and return down Hagar to the big parking lot. Park and lock your car, walk the 200 yards back up the hill to the Pool. **DO NOT PARK AT THE POOL!** Meters are closely monitored and non-meter zones are **VIGOROUSLY TICKETED** (\$18.00) for non-students.

Facility: Seven lanes for competition and one lane for warmup throughout the meet.

Check-In: Friday check-in and warm up begin at 10:00 a.m. Meet starts at 11:30 a.m.

Saturday and Sunday check-in and warm up at 7:30 a.m. Meet starts at 9:00 a.m. You must check-in every day at the registration area thirty minutes before your first event or you will be scratched! You may check-in by telephone for the 1500m. Friday morning between the hours of 9 - 11 a.m. (women) and 9 - noon (men) at (408) 459-3372 and get an approximate start time for your heat. **DO NOT** use this telephone number for any other purpose.

Entries: Use the consolidated entry form found in your SWIM Magazine. Be sure to attach a copy of your 1999 USMS registration card. Swimmers may enter no more than five individual events per day and seven for the weekend, excluding relays. Make sure to enter meter times.

Age: Age for LCM meets is age as of December 31st of current year.

Fees: Entry fees are \$10 for one event, \$20 for 2-4 events and \$25 for 5-7 events. Relay fee is \$4.00 per relay, payable at the meet. Expect no refunds unless entire meet is cancelled. Make **checks payable to:** "U.C. Regents".

Deadline: Entries must be postmarked by Saturday, July 10, 1999 and/or received by Wednesday July 14, 1999. Bear in mind that this is rural area served by the USPO. Mail check, consolidated/race entry/registration copy to: PMS Champs, c/o George Cunningham, 270 Sunnycroft Road, Ben Lomond, CA 95005.

Awards: Ribbons will be presented for 1st - 8th place in each event. High point awards for each sex and age group. First and second place team awards in the S,M,L and XL team divisions.

Snack Bar: Available all three days. Concessionaires will have quality goods for your shopping pleasure. Commemorative T-shirts will be offered for sale.

Meet Directors: George Cunningham (831) 336-8215, and Joel Wilson (831) 425-5762.

Referee: L.J. "Bud" Meyer

Events: (Odd=Women, Even=Men)

Friday, July 24 Check-in begins 10:00 a.m.

Warm-up: 10:00 - 11:30 a.m.	3-4	800m Free Relay
1-2 1500m. Freestyle	5-6	400m. Individual Medley

Saturday, July 25

Check-in begins 7:30 a.m.

Warmup 7:30 - 8:45 a.m.

First Event 9:00 a.m.

7-8	400 m. Free
9-10	50 m. Back
11-12	200 m. Breast
13-14	100 m. Fly
15-	200 m. Mixed Medley Relay
17-18	200 m. Free
19-20	50 m. Fly
21-22	200 m. Back
23-	400 m. Mixed Free Relay

Sunday, July 26

Check-in begins 7:30 a.m.

Warm-up 7:30 - 8:45 a.m.

First Event 9:00 a.m.

25-26	100 m. Back
27-28	50 m. Breast
29-30	200 m. Fly
31-32	100 m. Free
33-34	200 m. Free Relay
35-36	200 m. IM
37-38	50 m. Free
39-40	100 m. Breast
41-42	400 m. Medley Relay
43-44	800 m. Free

Redwood Coast Masters Spring Lake One Mile Open Water Swim

Saturday, May 22, 1999

Sanction #99-OW2

Location: Spring Lake, Santa Rosa. From Hwy 101, take Hwy 12 East. Turn right on Mission Blvd., left on Montgomery Dr., right on Channel Dr., right on Violette Rd, into park. Parking Fee \$3.00.

Course: One mile loop course swim from a small sand beach in Spring Lake.

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

Swim Procedure: There will be three wave starts five minutes apart. All swimmers must wear the provided swim caps and race finish tags. The color of the swim cap will designate wave number and the finish tags will be collected in the chute at the finish line. There will be a one hour cut-off time. Course will be patrolled by safety craft and lifeguards on rescue boards. No individual escorts. Swimmers using non-porous neoprene swim suits, wetsuits or other non-porous attire will be ineligible for awards.

Entries: \$20 entry fee for pre-entries postmarked by May 14, 1999. Indicate T-shirt size (L or XL) and estimated one-mile swim time on entry. \$25 entry fee for late and race day entries. Entry fee is non-refundable and non-transferable. Send entry form or consolidated card, a copy of your 1999 USMS card and a **check payable to:** Redwood Coast USLA to Redwood Coast One Mile Swim, P.O. Box 337, Healdsburg, CA 95448. **For official entry form**, send SASE to above address.

T-Shirts: All pre-entries postmarked by May 14, 1999 will receive a T-shirt. T-shirts will be on sale on race day.

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

Race Information: (707) 528-4718



Davis Aquatic Masters Lake Berryessa Annual One and Two Mile Swims

Saturday, June 5, 1999

Sanction #99-OW1

Location: Oak Shores Park off Knoxville-Berryessa Rd., on west shore of Lake Berryessa. Turn E. onto Knoxville-Berryessa Road from Hwy 128 at Turtle Rock Cafe. Entrance to Oak Shores Park is 0.6 mi. N of Park Headquarters and two miles N of Spanish Flat.

Course: One and two mile courses are marked by buoys at 200 yard intervals. Expected water temperature: 65-70 degrees.

Divisions: Masters 2 Mile, Masters 1 Mile, Masters combined 2 and 1 Mile, Masters Wetsuit 2 Mile, Masters Wetsuit 1 Mile and USS 1 Mile for ages 11-17+ and 500 yd for ages 8-10.

Time: Race day registration and check-in begins at 7:30 a.m. and closes at 9:00 a.m. for 2 mile swim and 10:30 for all 1 mile swims. The two mile starts at 9:30 a.m., one mile at 11:00 a.m.

Swim Procedure: Deep water starts. No late starters. Caps are provided and are mandatory. No individual escorts. Safety craft will patrol. Cut-off times: 1 hour for one mile, 2 hours for two mile.

Entries: Entry fees include swim cap, official Berryessa mug, post-race refreshments, eligibility for raffle prizes. Entry fee for 1 Mile and 2 Mile swims is \$25 if postmarked by May 25, 1999 (\$30 late and race day). Pre-race day entry fees for combined 1 and 2 Mile is \$35 (\$40 late and race day). Send entries, fee, and a copy of 1999 USMS card to DAM, P.O. Box 921, Davis, CA 95617. **For official entry form** send a S.A.S.E. to the above address, Attn: Race Director.

Awards: Commemorative medals will be awarded to the 1st three finishers in each age and gender group. Special award to 1st man and woman overall in 2 and 1 mile. Awards to top three men and women finishers in combined and wetsuit (no age group) categories.

T shirts: May be ordered on entry form for an additional \$5 each prior to May 25, 1999. A limited number of T shirts will be available on race day for \$10 each.

Traditional Post Swim Picnic: In-N-Out Burger will be providing a burger, chips, and a drink at the event. Lunches should be pre-ordered - only a limited number will be for sale on race day. Details are on the official entry form. Picnic tables, BBQ grills and restroom facilities available.

Race Director: Tariq Kadir (530) 758-8665; email tkadir@inreach.com



SF Bay Swimming Association Aquatic Park 1 Mile Cove Swim

Sunday, June 20, 1999

Sanction #99-OW3

Location: Aquatic Park, San Francisco. Aquatic Park is bounded on the west by the north end of Van Ness Avenue, where there is usually adequate parking in the morning. Access to Aquatic Park from the east can be made from the intersection of Hyde and Jefferson Streets.

Course: One mile loop course swim in Aquatic Cove. Expected water temperature 58 degrees.

Time: Check-in and race-day registration from 7:15 - 8:15 a.m. Mandatory briefing at 8:30 a.m. Race starts at 9:00 a.m.

Swim Procedure: Swimmers will start in waves determined by their estimated one-mile swim time. All participants must wear a brightly colored swim cap that will NOT be provided. Swimmers will be required to show their cap to check-in.

Entries: \$25 entry fee. Pre-entries postmarked by June 1, 1999 will include a T-Shirt. Send entry form or consolidated entry form, estimated one-mile swim time, a copy of 1999 USMS card and a **check payable to:** SFBSA, to Gary Emich, 1427 Livingston Ave., Pacifica, CA 94044. For official entry form, send SASE to above address.

T-Shirts: All pre-entries postmarked by June 1, 1999 will receive a T-shirt. A limited supply of T-shirts will be for sale on race day.

Awards: Three-deep in each age group.

Event Director: Gary Emich (650)359-3773

Attention Open Water Swimmers:

The following rules apply for all PMS sanctioned open water swims unless specified differently in the meet information:

- The courses will be patrolled by safety craft and/or lifeguards on rescue boards.
- The use of fins, pull buoys or other swimming devices is prohibited.
- Swimmers using non-porous neoprene swim suits, wetsuits or other non-porous attire will be ineligible for awards.
- Swimmers are required to wear brightly colored, highly visible caps.
- No late starters.
- No individual escorts.

Alameda Aquatic Masters Brooklyn Basin Coast Guard Island Swim

Sunday, June 27, 1999

Sanction #99-OW4

Location: Coast Guard Island, Alameda. From I 880 north, exit at 23rd St. Bear right onto Dennison St. Proceed about two blocks to the stop sign. From there you will see the sign for Coast Guard Island directly across the street. From I 880 south take the 23rd street exit. Turn the first available left onto the 23rd St. overpass. At the signal bear right onto Kennedy. Take Kennedy all the way around by the Estuary to the STOP sign. Turn left onto Coast Guard Island.

Course: A 1.5 mile course half loop around the island. The course will proceed in a counter clockwise direction 1.5 miles to the southwest end of the island. The water temperature is expected to be 55 - 65 degrees. Bay- estuary swim.

Time: Check-in, and race-day registration will begin at 7:30 a.m. at the finish line. Swimmers will be expected to walk the three blocks to the starting line. Baskets will be available to transport swimmers' belongings back to the finish line. All check-in and registration tables will close at 8:30 a.m. there will be a mandatory pre race meeting at 8:45 a.m.

Swim Procedure: The race will be seeded in waves of no more than 100 swimmers each according to entered times for 1.5 miles. Cut off time for the first wave is expected to be 35 min, "No time" entries will be seeded in the last wave. Race day entries cannot be guaranteed to be in the first wave. The first wave will start promptly at 9 a.m. and subsequent waves start at five minute intervals. No late starts will be allowed.

Entries: Pre-race entries are \$20.00 per person, if postmarked by Wed., June 16, 1999. Mail consolidated card or entry form with your estimated 1.5 mile time, a copy of your 1999 USMS registration card and a **check payable to:** Alameda Aquatic Masters, to Brooklyn Basin Open Water Swim, c/o Up and Running, 11114 Oberun River Ct., Rancho Cordova, CA 95670. Late entries and race-day registration are \$25.00.

Awards: All entrants receive a participation award. First through third finishers in each age group for both males and females will receive an award.

T-Shirts: T-Shirts can be pre-ordered at \$10.00 each or purchased on race day for \$15.00. Indicate size on order form.

Post Race Brunch: There will be an expanded continental breakfast for all participants. Non-participants can eat for a nominal fee.

Race Info: On their website: www.wco/~dkkrause/aam/

The Olympic Club Trans Tahoe 23th Annual Invitational Rough Water Relay Swim

Saturday, July 17, 1999

Sanction #99-OW6

Location and Course: Approximately 11.5 miles across Lake Tahoe from Sand Harbor, NV to Skylandia Beach, CA. Altitude: 6,200 ft. Expected water temperature: 55-60 degrees. Special course conditions include wind, choppy water and a rocky beach.

Swim Procedure: Six members to a team. Each member swims a 30 minutes leg, then a 15 minute leg, then 10 minute legs until finished. Teams must maintain their swimming order throughout the race. No drafting permitted. The use of wet suits or similar devices are not permitted. Pilot boats must conform to stated safety and emergency procedures.

Check-in: Check-in is required at the Captains' meeting at 8:00 p.m. on July 16 and again at 7:30 a.m. before the race on July 17. Teams not signed-in at the Friday evening meeting will not be permitted to check-in or compete on Saturday morning.

Divisions: Combined ages determine team age category. Minimum age 19. Divisions: Women's 114+, 180+, 240+; Men's 114+, 180+, 240+; Mixed (3 men, 3 women) 114+, 180+, 240+; and Open (any team not fitting other categories).

Entries: Teams may enter by submitting a fully completed "Official Entry and Roster Form" to the Olympic Club. This form must be accompanied by a copy of all team members' 1999 USMS cards. Pre-race entries are \$120.00 per team, postmarked by June 21, and received by June 23, 1999. Additions and changes in the team roster after the June 23 deadline are considered late entries. For the Official Entry and Roster Form, contact The Olympic Club, 524 Post St., San Francisco, CA 94102.

Awards: Swim caps and T-Shirts to all participants. Awards three deep in each division.

Race Info: Dana Totten (415) 775-3088 x205

PMS 1999 Open Water Points Competition will be based on a swimmers best 8 swims on the PMS OW calendar. Points are awarded to the top 10 places in each age category.

Redwood Coast Masters Russian River Two Mile Swim

Saturday, July 10, 1999

Sanction #99-OW5

Location: Healdsburg Veteran Memorial Beach, Healdsburg, CA. Take Highway 101 to Healdsburg Avenue exit. Right turn to Healdsburg Veterans Memorial Beach. There is a \$3.00 parking fee.

Course: Two-mile, loop course.

Time: Check-in and race-day registration 6:30 - 7:30 a.m. Race begins at 8:00 a.m. **Swim Procedure:** Wave starts begin at 8:00. Swim caps and finish tags will be provided and must be worn. One hour cut-off time.

Entries: Pre-race entries are \$20 per person, if postmarked by July 2, 1999. Enclose consolidated form or official entry form with your estimated one mile time, a copy of your 1999 USMS registration card and a **check payable to:** Redwood Coast USLA, and mail to: Redwood Coast 2 Mile Swim, P.O. Box 337, Healdsburg, CA 95448. Late entries and race-day registration are \$25.

Awards: Awards to overall male and female winners and three deep in each age division. T-Shirts: All pre-entries will receive a T-shirt. Indicate size (L or XL) on order form.

Race Information: (707) 528-4718

Santa Cruz Masters Pier to Pier 6 Mile Open Water Swim

Sunday, August 1, 1999

Sanction #99-OW8

Location: Capitola to Santa Cruz/

Course: The 6 mile swim begins on the beach east of the Capitola Wharf and finishes on the beach west of the Santa Cruz Wharf. Expected water temperature 56-60 degrees.

Escorts: Each swimmer must provide an experienced open water escort. Escort must check in with swimmer for pre-race instructions. Escorts must use appropriate escort craft. Kayaks recommended. No motorized escorts. Soft foam paddle boards, surf boards or paddle boards less than 10 feet in length are not suitable.

Time: Check-in at 6:45 a.m., pre-race instructions at 7:15 a.m. Race begins at 8:00 a.m.

Swim Procedure: Escort, escort craft and

Santa Cruz Masters and The Santa Cruz Surf Life Saving Association The 26th Annual Roughwater Swim

Saturday, July 31, 1999

Sanction #99-OW7

Location: Lifeguard tower #1, Santa Cruz City Main Beach. Arrive early to secure parking.

Course: One-mile course around the Pier. Expected water temperature - 60°.

Time: Check-in and race-day registration begins at 9:30 a.m. Race begins at 11:00 a.m. **Swim Procedure:** Pre-race instructions at 10:45. Contestants will receive a siren start. Three wave start system will be used. A one-hour cut-off time will be enforced.

Entries: Pre-race entries are \$25.00 per person, if postmarked by July 19, 1999. Enclose consolidated card or entry form, a copy of your 1999 USMS registration card, a self-addressed stamped envelope for pre-race info and a **check payable to:** SCSLSA, and mail to: Santa Cruz Roughwater Swim, 323 Church St., Santa Cruz, CA 95060. Late entries and race-day registration are \$30.00.

Awards: All participants will receive a commemorative item. Awards three deep in each age division.

Race Information: (831) 420-6012

Information on the Cruz
Cruise is on the next page

swimmers must be together on the beach immediately before the start. Swimmers must be swimming with their escort within 5 minutes of the start of the race. There will be marker buoys on the course. All swimmers must wear fluorescent caps. Neoprene caps, ear plugs and body grease allowed.

Entries: Entries are \$55.00 per person and must be received by July 19, 1999. Entries received after July 19 will be returned. Entry fee is non-refundable. Swimmers must attach a list of their open water swims (with times) completed in the past year. Enclose entry form, list of swims, copy of 1999 USMS registration card, and a **check payable to:** Santa Cruz Masters, and mail to: Santa Cruz Masters Aquatics, P.O. Box 8422, Santa Cruz, CA, 95061.

Awards: Commemorative sweatshirts to all swimmers.

Race Director: Contact Joel Wilson for additional important information. (831)425-5762 or email openwatr@got.net or pwrangel@cats.ucsc.edu

COMPETITION ENTRY INSTRUCTIONS

Pacific Masters Swimming Competitions

HOW TO ENTER

Please read the following instructions before entering USMS/PMS sanctioned events. For further information on specific upcoming competitions, see elsewhere in this newsletter. Current USMS and PMS rules govern each swim event.

AGE GROUPS

Entrants must be at least 19 years old.

Individual Events: 19-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

Short Course (yards) Relays: 19+, 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: 76-99, 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 PMS pink (for women) and blue (for men) cards. At all meets, including cardless, relays must be entered on official yellow PMS relay entry cards.

Entry cards and PMS registration forms are available through Nancy Ridout, PMS 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 fluorescent day-glow 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. T-Shirt size: <input style="width: 100px;" type="text"/>
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

Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-Stroke

"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
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Rev 3/99

PACIFIC MASTERS SUPPLIES AND SERVICES

VIDEO TAPE LIBRARY

How to Borrow Tapes:

No charge to clubs. Charge to PMS members is a \$5.00 mailing fee per order and \$50.00 deposit (payable in two separate checks). Two tape maximum per order for a two week borrowing period from the date of initial mailing to receipt by PMS office. If late, damaged or lost, clubs must pay full replacement cost and individuals must forfeit deposit checks. Temporary suspension of PMS membership for bounced checks or late replacement payments. Please tell PMS office about suggestions for new tapes.

1. How Swimming Works, New Ideas in Freestyle & Backstroke - Dr. Marty Hull, 1996
2. From the Fast Lane (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique
3. Swim Power, Unlock Your Ultimate Potential (Technique, Training & Tips) - SteveTarpinian
4. Water: How to Be Safe In It, Have Fun In It, Move Powerfully In It, Swim Fast IN It - Dr. Marty Hull
5. Fluid Swimming: The Importance of Range-Of Motion in Swimming, Stretching Exercises to Improve ROM, Strengthening Exercises to Use It Better - Dr. Marty Hull
6. Swimming Fastest II - John Trembley
7. Swim Smarter/Swim Faster - Richard Quick
8. Swim Smarter/Swim Faster II (Starts & Turns) - Richard Quick
9. Forbes Carlisle Seminar - Taped at the Olympic Club, 1995
10. From the Bottom Up - Mike Bottom (3 tapes)Freestyle, Backstroke, Breastroke
11. Excellence in Swimming Stroke Technique -
12. Stretching - Bob Anderson

13. Clinical Sports Massage - Benny Vaughn
14. Gettin' Better - John Nabor
15. Red Cross Swimming & Diving Skills
16. ASCA World Clinic, 1992 (4 tapes) Freestyle, Backstroke, Breastroke, Butterfly
17. Weight Training for Adult Swimmers - from Rinconada Masters 50+ Clinic
18. Masters Starts & Turns - ASCA
19. Gold Medal Series (4 tapes) - Don Gambriel Freestyle, Backstroke, Breastroke, Butterfly

PRICE LIST

Membership Card Replacment.....	2.00
USMS/PMS Registration Forms.....	free
USMS Brochures (up to 20).....	free
Entry Cards (pink, blue, relay; combos ok)	
set of 20.....	2.00
set of 100.....	5.00
set of 500.....	15.00
Pad -100 Consolidated Entry Forms.....	3.50
USMS/PMS Records- indicate type: (SC, LC, SCM).....	3.00
PMS Top Ten Times -indicate type (SC, LC).....	5.00
Building a Successful Masters Club.....	3.00
Places to Swim - one area.....	SASE
Places to Swim - entire USA.....	6.00
USMS 1999 Rule Book.....	7.00
USMS Decals (each).....	0.25
PMS Luggage Tag for PMS Card.....	2.00
Video and audio tape deposit	50.00
Video/audio tape mailing charge.....	5.00
PMS Super Set (stickers, instructions, certificates)	
set of 1.....	1.00
set of 10.....	5.00
set of 15.....	10.00
set of 50.....	18.00
Swim Seasons Record Card (for recording best times)	
set of 1.....	0.50
set of 10.....	2.00
set of 25.....	4.50

ORDER FORM

Please send check (separate checks, payable to Pacific Masters Swimming, for video deposit and mailing) and completed form to Pacific Masters Swimming, 580 Sunset Pkwy, Novato, CA 94947.

Name - Please print clearly		Item	Quantity	Price
Address				
City/ ZIP				
USMS/PMS #	Phone ()	Total		

Santa Cruz Masters and The Santa Cruz Surf Life Saving Association The CRUZ Cruise

Sunday, August 1, 1999

Sanction #99-OW9

Location: Santa Cruz Pier, Cowell Beach, Lifeguard Tower #1.

Course: Two-mile out/back course. Expected water temperature 60 degrees.

Time: Check-in at 7:00 a.m. Race begins at 8:30 a.m.

Entries: Entries are \$15.00 per person and must be received by July 23, 1999. Entry fee is non-refundable. Late and race-day entries are \$20.00. Mail PMS consolidated entry form, a copy of your 1999 USMS registration card, and a check payable to Santa Cruz Masters Aquatics to: Paul Wrangell, 120 Dufour St., Santa Cruz, CA, 95060.

Awards: Three deep in each age/sex division.

Race Information: Scott Patterson
(408) 426-1043 or email
pwrangel@cats.ucsc.edu

**PMS Open Water
Fitness Clinic**
9am - 12 noon \$25
Saturday, June 26, 1999
Durham, CA (Chico area)
For Information call:
Tina Talbot
(925) 831-9539

Deadline for
pool and open water swims
for the
July - August Newsletter is
May 15th.
Please submit creative writing
and photos to
Newsletter Editor
Joanne Berven
4854 Andrea Ct.
Livermore, CA 94550
nevreb@home.com

1999 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

MAY

- 13-16 USMS Short Course Championships, Santa Clara, CA, AlmaGuimarin (408) 947-2298
26 PMS Meeting, 7:30 p.m., San Ramon.

JUNE

- 5 DAM, Lake Berryessa (1,2 mi.), OW, Tariq Kadir (530) 758-8665; tkadir@inreach.com
11-12 WCM, Invitational, LC, Kerry O'Brien (925) 943-5856 (d), (925) 934-5657 (e).
20 SFBS, Aquatic Cove, OW, Joe Oakes, (650) 903-0341.
26 SNM, First Splash, LC, Gwen Shonkwiler (702) 327-5010 (d); (707) 323-2174 (e).
27 AAM, Brooklyn Basin Coast Guard Challenge, OW, Linda Gilchrist (510) 769-0317.

JULY

- 10 USLSA, Russian River, OW, Jim McCray (707) 528-4718.
14 PMS Meeting, 7:30 p.m., San Ramon.
17 TOC, Trans Tahoe Relay, Dana Totten (415) 775-3088 x205.
23-25 CRUZ PMS LC Championships, George Cunningham, (831) 336-8215
31 CRUZ, Santa Cruz Pier Swim, OW, Rick Gould (831) 429-3197.

AUGUST

- 1 CRUZ, Pier-to-Pier Swim, OW, Joel Wilson (831) 425-5762.
1 CRUZ, Cruz Cruise 2-Mile, OW, Joel Wilson (831) 425-5762.
7 SNM, Donner Lake, OW, Nancy Rose (916) 582-1214.
11 PMS Meeting, 7:30 p.m., San Ramon.

AUGUST (cont)

- 14 SFRP/USF/FOG, Swim SF, SCY, Joe Healy, (415) 905-4921(d); (415) 621-9964 (e).
15 MAM, 2 x 1 Relay, OW, Gary Fitschen (415) 788-0220 (d), (510) 530-7812 (e).
19-23 USMS Long Course Championships, Minneapolis, MN, Paul Windrath, (612)388-8524, pwindrath@compuserve.com

SEPTEMBER

- 8 PMS Meeting, 7:30 p.m., San Ramon.
12 REDD, Whiskeytown (1, 2 mi.), OW, Pete O'Neill (530) 225-0020, (530) 246-7340 (e).
15-19 USMS Convention, San Diego, CA, Nancy Ridout (415) 892-0771.
18 SANR, Shadow Cliffs (0.5, 1.5 mi.), OW, Tina Talbot (925) 275- 2345 (d), (925) 831-9539 (e).
26 SAC, Sacramento Pentathlon, SCY, Renee Neal (916) 443-0321

OCTOBER

- 3 SMMM, Meters Meet, SCM, Dale Finch (650) 654-1554.
9-10 WCM, PMS Championships, SCM, Kerry O'Brien, (925) 943-5856(d); (925) 934-5657 (e).
13 PMS Meeting, 7:30 p.m., San Ramon.
16 HMSW, PMS 1500 M Championships, SCM, Karlene Martin, (707) 838- 4432.

NOVEMBER

- 17 PMS Meeting, 7:30 p.m., San Ramon.

DECEMBER

- 4 SNM, Reno Winners Meet, SCY, Gwen Shonkwiler (702) 327-5010 (d); (707) 323-2174 (e).

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For a complete copy of the annual Hawaii Sports Calendar which includes pool and ocean swims, send SASE to: The Waikiki Roughwater Swim Committee, 95-230 Waioleka #39, Honolulu HI 96789