

newsletter



RENEW TODAY FOR 2000

Benefits of 2000 Pacific Masters Swimming Membership

- The opportunity to meet and train with some of the nicest people you will ever know.
- The benefit of coaching and training with our member clubs throughout the country requiring USMS membership.
- A subscription to SWIM Magazine, a bi-monthly national swimming publication which runs concurrently with your membership.
- The PMS Newsletter (inserted within SWIM Magazine) featuring up-to-date information on events occurring in our area.
- The privilege of participating in any PMS and USMS sanctioned postal, pool and open water event or clinic.
- Liability insurance for your club and meet sponsors.
- Secondary accident insurance.
- Borrowing privileges from the PMS video tape library.
- Information from the PMS Office to answer any of your swimming questions.

<p>United States Masters Swimming, Inc.</p> <p>Pacific Masters Swimming, Inc.</p> <p>2000 Membership Application</p> <p><input type="checkbox"/> Renewal 1999 number if known: _____</p> <p><input type="checkbox"/> New Registration</p>	<p>PLEASE PRINT CLEARLY. Your name on this form and on meet entry forms must be identical.</p>					
	Last Name		First Name		Middle Initial	
Mailing Address				Daytime Phone No. ()		
City		State	Zip	Home Phone No. ()		
Date of Birth		Age	Sex	e-mail address	Today's Date	
Month Day Year					Month Day Year	
<p>CLUB (Must be USMS chartered or you will be registered as "Unattached")</p>						
<p>"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."</p>						
<p>Signature _____</p>				<p>I am a Masters Coach <input type="checkbox"/></p>		
<p>I wish to contribute \$1 (or \$____) to the United States Masters Swimming Foundation. I <i>have added</i> this amount to my 2000 Registration fees.</p> <p><input type="checkbox"/></p>			<p>I wish to contribute \$1 (or \$____) to the International Swimming Hall of Fame Foundation. I <i>have added</i> this amount to my 2000 Registration fees.</p> <p><input type="checkbox"/></p>			
<p>YOU MUST PAY FEE OF \$25 (Fee allocation: USMS = \$8, PMS = \$10, SWIM magazine = \$7) (SEP. / OCT. FEE = \$15 end of year fee)</p>						
<p>Make check payable to Pacific Masters Swimming Mail to: Nancy Ridout 580 Sunset Parkway Novato, CA 94947 (415) 892-0771 Registration Expires 12/31/00</p>						

FROM THE CHAIR

by Julie Paque

Approximately 25 members of Pacific Masters Swimming represented your interests at the 1999 United States Masters Swimming convention in San Diego in September. It was a very successful convention and clearly shows that our organization is healthy and functioning well. Here are some of the highlights that may be of interest to our members:

- **Nancy Ridout** (TAM), our PMS registrar, was re-elected President of USMS for an additional 2-year term.
- **Richard Smith** (SAC) was re-elected Zone Representative for an additional 2-year term.
- **Barry Fasbender** (STAN) and **Michael Moore** (FOG) received USMS Service Awards for their many contributions to both PMS and USMS.

Barry Fasbender has been the Vice President of Operations of Pacific Masters Swimming for the past four years. He has also worked tirelessly for the past six years as the Meet Operations Chairman, sanctioning and evaluating pool meets. Barry was also the meet director at the recent Pacific Masters Short Course Yards Championships.

Michael Moore has been the Pacific Masters Swimming Web Master for the past four years. He is a National Certified official and has been a deck official at Masters and USS meets over the last eight years. Michael is also the current Marketing/Club Development chair.

- The 2001 Short Course Nationals will be held in Santa Clara, CA May 17-20, 2001.
- The 2001 Long Course Nationals will be held in Federal Way, WA August 16-19, 2001.
- Our Equal Opportunity Statement was modified to specifically include sexual orientation.
- The Recognition and Awards Committee is now a permanent USMS committee.
- USA Swimming adopted a new procedure for starts that Masters Swimming will also use. Please read the articles by Michael Moore below and on the next page that explains the changes to this complicated rule.

PLANNING AHEAD?

New Meet in January

January 15th - Seaside-Monterey Clambake, SCY meet. Pre-entry deadline is January 8, 2000. For meet information, call Dan Frost at (831) 656-2786 (days), (831) 899- 7213 (eves) or email desertfrost@yahoo.com

Don't forget the TOC Mile

January 22 - SCY. Pre-entry deadline is January 8, 2000. For meet information, call Scott Williams at (415) 775-3088 x 1241 or email swilliams@olyclub.com

Be sure to check out our website for the latest information on these and any other upcoming swims. www.pacificmasters.org

Two rule changes for the start

by Michael Moore

USMS has passed new starting procedures for Masters swim meets. These new procedures are very different from the current procedures and will take effect in 2000.

There are two parts to the new starting procedures. The first is the FINA "whistle" start and the second is that there is no recall for a false start. If the starter and referee agree that a false start has occurred, the swimmer will be notified upon completion of the race. There is still the "no false start" rule, but the swimmers will not be recalled. All swimmers will swim the heat.

USMS has instituted these new procedures for two reasons, the first is that USA Swimming is using these procedures for their championship meets, so their swimmers will be more familiar with them when they go to international meets. Masters swimmers will also be using the whistle start when they go to international meets.

The second is that USA Swimming stated that they feel that the swimmers first start is the swimmers best start. Swimmers should not be penalized for a good start by having a race recalled due to someone false starting. Under the "no recall" starting procedure, the penalty for a false start is imposed on the offender after completion of the swim.

New Memberships

New memberships and membership renewals for 2000 will be accepted as of November 1, 1999. Renew now before you throw this magazine away and save the time and inconvenience later. Dues remain unchanged at \$25. It's the best bargain you could ask for! Please print clearly and use the name you plan to use for competing. Do not forget to sign your form. When you receive your 2000 membership card, make several copies of it. You will need a copy to submit with every event you enter. A copy will also provide you with a backup, in case yours is lost. Replacement cards are available for a \$2 fee.

You may transfer to a new club at this time with no additional form, fee or waiting period. After you have registered for 2000, a signed transfer form and a \$2 fee will be required. Cards are processed each Friday. If you do not receive your membership card within a reasonable time after you have mailed in your registration, please call the PMS Office at (415) 892-0771.

You will notice on the bottom of the form an opportunity to contribute to two worthy causes. The USMS Foundation is a tax-deductible foundation, administered by USMS, to provide for research and projects which further the goals of Masters swimming. You may also donate to the International Swimming Hall of Fame (also tax-deductible) which promotes swimming world-wide.

Elsewhere in this magazine, you will find the 2000 PMS Events Calendar full of pool meets, open water events, and clinics. Take the challenge to participate in at least one of these offerings in 2000. We invite and encourage you to take advantage of our activities.

EARLY TEAM REGISTRATION RAFFLE

Send in your 2000 team registration to the PMS office by December 1, 1999 and your team will

be eligible for many great prizes!

POOL MEETS

The Whistle Start

by Michael Moore

Under the new "whistle start" rule the swimmers will be notified to get ready for the next heat by three whistles blown by the referee. After the three whistles the swimmers will get behind the blocks ready to swim. When the referee thinks the contestants are ready, he will blow one long whistle. With the blowing of the whistle the swimmers will get on the block or if the swimmers are starting in the water they will get into the water.

When the swimmers are on the standing on the block or ready in the water, the referee will motion with an open palm toward the starter. At this point the heat is closed (no swimmer may get on the blocks or in the water) and the starter now has control of the start.

The starter may announce the stroke and distance. The starter will say "Take your mark." When the swimmers are ready, the starter will give the starting signal.

For backstroke, after the referee blows the first long whistle, the contestants will enter the water. The referee will then blow a second long whistle, the swimmers are to come to the starting blocks. At that point the referee will motion to the starter with an open palm for the starter to take control off the race.

NOTE: The starter will NOT call the names of swimmers who have not shown up for the heat. Swimmers must be attentive to which heat is swimming and when their heat is call, the swimmers must procede to the blocks.

On the blocks, swimmers will have to concentrate on the starting signal and not allow themselves to be drawn into a false start.



photo by Rick Windes

Ray Taft (SMMM), Jeanne Durston (WCM), Jae Howell (WCM) at the SF Swim

Congratulations to Ray Taft and Jeanne Durston. At the SF Swim on August 14, 1999, they set USMS records for the following distances:

Ray Taft	SMMM	80
Event	New	Old
100 free	1:10.76	1:12.18
500 free	7:20.34	7:37.20
50 back	:37.37	:39.51
100 back	1:24.27	1:27.58
100 IM	1:24:24	1:26.77
Jeanne Durston	WCM	85
Event	New	Old
500 free	10:44.36	11:24.79
100 breast	2:25.34	2:46.49
50 fly	1:02.46	1:16.00
100 fly	2:23.27	3:01.71
100 IM	2:11:97	2:29.39



photo by Rick Windes

Supervisor Mark Leno (r) receives a check for Project Open Hand (\$4000) from Brian Fitzgibbons (c). Meet director Joe Healy looks on. The money was raised at the SF Swim Meet, on August 14.

Sierra Nevada Masters 6th Annual Reno "Winners" Meet

Saturday, December 4, 1999
Sanction# 38-99-19

Location: Northwest Pool in Reno, Nevada Take Interstate 80 to Reno. Exit on West McCarran Blvd. Go north about two miles to Kings Row. Turn right at the light on Kings Row and then right again on Apollo Drive. The pool will be on your left.

Facility: 8 lane, 25 yd indoor, heated pool. One lane will be used for warm-up during the meet, with 6 lanes for competition. Seating is limited so bring your own chairs. A small snack bar will be available during the meet.

Time: 11:00 am warmup and noon start

Check-in: This meet will be deck seeded, slow to fast. Swimmers in Events 1-13 must check-in by 11:30 AM. Check-in for the remaining events is 12:30 PM.

Age: as of December 4, 1999

Entries: Send your entries on a PMS Consolidated Entry Form. Swimmers are limited to 5 individual events. 1999 or 2000 USMS registration is required and a photocopy of such must accompany the entry form.

Entry fee: \$3.00 per swimmer (pool use fee) and \$2.00 per individual event. No fees for relays. Entries must be postmarked by Monday, November 22, 1999. Consolidated entry forms must be filled out completely, including age. There will be no refunds. Make checks payable to: Sierra Nevada Masters and mail to: Gwen Shonkwiler, 3315 Thornhill Drive, Reno, NV. 89509

Deadline: Entries must be postmarked by Monday, November 22nd. Late or any deck entry will be \$3.00 per swimmer and \$3.00 per individual event. Deck entries will not be accepted after 12:30 PM on meet day.

Awards: Ribbons 1st-3rd in each age group for individual events. No awards for relays.

Meet Director: Steve Lintz (775) 849-2179 (e)

Referee: Rick Kaufmann

Events: Please note that this meet usually attracts fewer than 100 swimmers and entering back to back events is not advised.

W	M	
1	2	200 Yd Free
3	4	100 Yd Back
5	6	50 Yd Fly
7	8	100 Yd Free
9	10	50 Yd Breast
11	12	200 Yd Individual Medley
13		200 Yd Mixed Free Relay
15	16	50 Yd Back
17	18	100 Yd Fly
19	20	50 Yd Free
21	22	100 Yd Breast
23	24	100 Yd Individual Medley
25		200 Yd Mixed Medley Relay
27	28	500 Yd Free

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• check out our website •
• www.pacificmasters.org •
•••••

**USMS Mentor/Coach/
Swimmer Clinic**
Sunday, November 14, 1999
San Ramon Olympic Pool
Coaches Clinic 9 AM - 11 AM
Swimmers Clinic 12 Noon - 4 PM
Fee: \$25 each clinic; coaches clinic fee includes a coaching manual
Mentor Coaches
Kerry O'Brien, Head Coach, Walnut Creek Masters
Brian Stack, Head Coach, Oakland Manatees Masters
Mo Chambers, Courtside Club Masters
Tina Talbot, Head Coach, San Ramon Masters
Information, registration, directions: Contact Tina Talbot (925) 831-9539

OPEN WATER



Winners Exchange
Dan Veatch & John
Keppeler (TOC)



Kent Price (LAM) and daughter
1st in father/daughter

photos by
Alan
Levinson



Shannon Pedder MAM, awarding
Kim & Will Murphy, Bob Snodgrass
SANR 2nd in male/female division

Manatees 2x1 Swim at Lake
DelValle, August 15, 1999



San Ramon Masters
ShadowCliffs,
September 18, 1999

ShadowCliffs photos
courtesy of San Ramon
Masters Team

Coaches Becky Watkins
and Susan Miller working
the table

photos courtesy Joel Wilson



Linda Locklin, CRUZ,
2nd (45-49) 1:16.21



Joel Wilson, CRUZ,
1st (50-54) 1:03.21

Donner Lake Swim
August 7, 1999



Early morning scramble at the registration tables



Waiting for the start of the 1.5 mile swim at ShadowCliffs, Pleasanton

CONVENTION

Your Delegates at Convention



photo courtesy Nancy Ridout

Back rows: Dore Schwab, Doug Huestis, Michael Moore, Elfriede Rogers, Carolyn & Tom Boak, Clarine Anderson, Alan Levenson, Rick Windes, Ernie Leskovitz, Julie Paque, Joan Alexander, Rick Burns, Cindy Baxter, Nancy Ridout, Carol Berendson, Joan Smith.

Front row: Joanne Berven, Janet Renner, Cris Allen, Carolyn Cunningham, George Cunningham, Richard Smith, Barry Fasbender.



photo courtesy Nancy Ridout

Joan Smith (SAC) and Joanne Tingley (KY) at the registration table.



photo courtesy Dore Schwab

Clarine Anderson (LAM), Cindy Baxter (RINC), and Joan Alexander (WCM) enjoying the Awards Banquet



photo by Joanne Berven

Julie Paque (UNAT) and Carol Berendson (MILL) discussing the issues during a break in the House of Delegates Session



photo by Joanne Berven

Nancy Ridout (TAM), with Betsy Durrant, USMS Secretary looking on, presiding at the House of Delegates

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 Gambрил Freestyle, Backstroke, Breastroke, Butterfly
20. Classic Swimming Series (4 tapes) - Don Gambрил Men's Swimming, Women's Swimming, Swimming Techniques, Coaches Techniques
21. Breaking the Mental Barrier (audio tapes)

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 deposit50.00
- 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		

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



American River Masters, Sacramento, CA Team Photo

photo by Joan Brown

Richard Valdez, on deck. In the water: Thomas Bascochea, Michell Morly, Dena, Chuck Night, Cheryl Franklin, Mark Piacentini, Andrea Dobranski, Gwen Owens, Dennis Meidinger.
Tim Johnson, Cheryl Cannon, Dave Beech, Lindalee Gagnon, Garner Mihatat, Husni Bahra, Jaymus Butler.

1999-2000 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

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).

JANUARY

- 1/1-2/28 TAM, 1650 Postal, SCY, Jon Steiner (415) 981-0300.

- 22 TOC, The TOC Mile, SCY, Scott Williams (415) 775-3088 x1241.
26 PMS Meeting, 7:30 p.m., San Ramon.
30 Fog City Quadrathon, SCY, Doug Huestis, (415) 776-5496.

FEBRUARY

- 12 USF, Valentines Day Affair, SCY, Cathy Huang (415) 422-6247 (d), .
20 SMMM, Pacifica Indoor Relays, SCY, Thomas Huggins (650) 522-6565.
23 PMS meeting, 7:30 p.m., San Ramon.

MARCH

- 3-5 WCM, Intensive Training Camp, Kerry O'Brien (510) 934-5657.
11 RINC, Pre-Spring Meet, SCY, John Jay (650) 529-0460.
18 SANR, Spring Fling, SCY (tent), Tina Talbot (925) 831-9539.
22 PMS Meeting, 7:30 p.m., San Ramon.
25 SCAM, Invitational, SCY, Polly Upshaw, (510) 594-0194.
31-4/2 CRUZ, PMS Championships, SCY, George Cunningham (831) 336-8215.

APRIL

- 19 PMS Meeting, 7:30 p.m., San Ramon.
27-30 INDY, USMS Nationals, SCY, Nancy Ridout (415) 892- 0771

MAY

- 20 USLSA, Spring Lake, OW, Jim McCray (707) 528-4718.
24 PMS Meeting, 7:30 p.m., San Ramon.

JUNE

- 3 DAM, Lake Berryessa (1, 2 mi.), OW, Tariq Kadir (530) 758-8665.
4 SNM, First Splash, LC (tent), Gwen Shonkwiler (702) 327-5010 (d).
9-10 WCM, Invitational, LC, Kerry O'Brien (925) 934-5657 (e).
17 WEST, Long Course Meet, Isla Wallace (408) 926-6621.
25 AAM, Coast Guard Island 1.5 mile Swim, OW, Linda Gilchrist (510) 769-0317.
28 PMS Meeting, 7:30 p.m., San Ramon.

JULY

- 8 USLSA, Russian River, OW, Jim McCray (707) 528-4718.
15 TOC, Trans Tahoe Relay, Scott Williams (415) 775-3088 x1241.
22 SFBS, Aquatic Cove, OW, Joe Oakes, (650) 903-0341.
28-30 SANR, PMS Championships, LC, Tina Talbot (925) 831-9539

AUGUST

- 5 CRUZ, Santa Cruz Roughwater Swim, OW, Karl Tallman (831) 420-6015.
6 CRUZ, Pier to Pier - 6 mile National Championship, OW, Joel Wilson (831) 425-5762.
6 CRUZ, Cruz Cruise 2-Mile, OW, Paul Wrangell (831) 429-1217.
12 SNM, Donner Lake, OW, Nancy Rose (530) 582-1214.
12 SFRP/USF, Swim SF, SCY, Brian Fitzgibbons (415) 487-3556 (d).
17-20 USMS National Championship, LC, Baltimore, MD, Nancy Ridout (415) 892- 0771
20 MAM, 2 x 1 Relay, OW, Gary Fitschen (415) 788-0220 (d).
23 PMS Meeting, 7:30 p.m., San Ramon.

SEPTEMBER

- 10 RAD, Whiskeytown (1, 2 mi.), OW, Pete O'Neill (530) 246-7340 (e).
16 SANR, Shadow Cliffs (0.5, 1.5 mi.), OW, Tina Talbot (925) 275- 2345 (d),
27 PMS Meeting, 7:30 p.m., San Ramon.
30 RAMS, Folsom Lake (1, 2 mi.), OW, Nick Righos (916) 356-5646 (d).

OCTOBER

- 1 SAC, Sacramento Pentathlon, SCY, Andrew Brenan (916) 9235174.
8 SMMM, Meters Meet, SCM, Thomas Huggins (650) 522-6565.
14-15 HMSW, PMS Championships, SCM, Karlene Martin, (707) 838-4432.
22 SMMM, Mid Distance Pentathlon, SCY, Ross Shoemaker, (510) 723-6939.
25 PMS Meeting, 7:30 p.m., San Ramon.

NOVEMBER

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

DECEMBER

- 4 SNM, Reno Winners Meet, SCY, Gwen Shonkwiler (702) 327-5010 (d).

PACIFIC MASTERS SWIMMING OFFICERS

Chairman:

Julie Paque
2203 Rock St..
Mountain View, 94043
chairman@pacificmasters.org

Administrative Vice-Chair:

Doug Huestis
67 Fortuna Ave.
San Francisco, 94115
administration@pacificmasters.org

Operations Vice-Chair:

Barry Fasbender
845 Talisman Dr.
Palo Alto, 94303
operations@pacificmasters.org

Treasurer:

Clarine Anderson
88 Yerba Buena Ave.
Los Altos, CA 94022
treasurer@pacificmasters.org

Secretary:

Joan Alexander
532 Ridge View Court
Pleasant Hill, 94523
secretary@pacificmasters.org

Member-at-Large:

Alan Levinson
4301 Anderson Ave.
Oakland, 94619
swimdogz@ix.netcom.com

Registrar and PMS Office

Nancy Ridout
580 Sunset Parkway
Novato 94947
(415) 892-0771
registrar@pacificmasters.org

Communications Co-Chairs:

Newsletter

Joanne Berven
4854 Andrea Ct.
Livermore, CA 94550
newsletter@pacificmasters.org

Webmaster

Michael Moore
350 Weyland
San Francisco, 94134
swim@hooked.net

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