

# newsletter



## Pacific Masters Swimming Names 1999 Service Award Winners

Awards were presented at the Short Course Championships at Santa Cruz. We'd like to acknowledge and congratulate all the winners.

by Julie Paque, PMS Chairman

### Age Group Swimmers of the Year

- 19-24 Nicole Vrolyks (SRM)  
Jeff Maynor (CVM)
- 25-29 Kathleen Hartnett (WCM)  
Lee Wanie (SCAM)
- 30-34 Debbie Schultz (RHMS)  
Roque Santos (WCM)
- 35-39 Jill Hernandez (CMS)  
Mike Keck (TOC)
- 40-44 Suzanne Heim-Bowen (TERA)  
Kerry O'Brien (WCM)
- 45-49 Laura Val (SCSC)  
Jeff Strnad (MNLO)
- 50-54 Ellen Rockholm (EDHM)  
R. Tod Spieker (TOC)
- 55-59 Daniela Barnea (STAN)  
Rich Burns (TAM)
- 60-64 Susan Munn (DAM)  
Emory Haworth (WCM)
- 65-69 Ann Hirsch (WCM)  
Norman Stupfel (SRM)
- 70-74 Gail Roper (RPMS)  
Luman Sutton (SAC)
- 75-79 Margery Meyer (TOC)  
Tom McCall (SCAM)
- 80-84 Marjorie Sharpe (STAN)  
Ray Taft (SMMM)
- 85-89 Jean Durston (WCM)  
Jim Triolo (LAM)

### Distinguished Service Award

**Michael Moore** (Fog City Masters) has been given the Distinguished Service Award for his many years of volunteer efforts on behalf of our organization. Michael conceived of, designed, and implemented the Pacific Masters Swimming web site, and has set a standard for other sports organizations in the country to emulate. In addition to the website, Michael has held many positions on the PMS Committee, including secretary, at-large, chairman of the marketing, publications, meet operations, and officials committees, and he can be found on deck officiating at many of our meets. On the national level Michael has served on the Championship, Rules, and On-line committees, to name a few. His efforts on behalf of our organization are greatly appreciated.

### Contributor of the Year Award

**Jim Wheeler** (San Ramon Masters) agreed to take over the chairmanship of the Pacific Masters Swimming Open Water Committee at the end of 1998. After a short apprenticeship he had everything set up for the summer open water season. The job is very detail oriented, involving sanction applications, evaluations, and performance bonds. We thank Jim for providing the support necessary to run quality open water events.

### Appreciation Awards

**Roswita Norris** (Davis Aquatic Masters) receives the Pacific Masters Swimming Appreciation Award for her volunteer efforts at our swim meets. Roswita is not only a swimmer, but when not in the water she is working the deck, usually as a Stroke and Turn official. In addition, she officiates at USA Swimming meets, and at international FINA meets.

**Elfriede Rogers** (Walnut Creek Masters) also receives the Pacific Masters Swimming Appreciation Award for the wonder hospitality she has provided at our committee meetings, and for the numerous hours she has spent on special projects for PMS, including assisting with the mailings of the Top Time patches, and the calculating of the Swimmer of the Year point totals.

**Age group swimmers** of the year are determined by a calculation involving their PMS and USMS Top Ten rankings and records for all three pool courses and placings in open water swims. A swimmer must have participated in two of the courses in order to be eligible. 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

**Jill Hernandez** (Chico Masters) has been awarded the Female Swimmer of the Year for her outstanding performances while at the top of the 35-39 age group. Jill had 15 PMS records in the three pool courses, and recorded 13 USMS Top Ten performances. She specializes in the distance freestyle, fly, and IM events.

**Tod Spieker** (The Olympic Club) received the Male Swimmer of the Year award for his outstanding swimming in the 50-54 age group. With 15 PMS Top Times and numerous USMS Top Ten performances, including 9 USMS records, Tod excelled in all three pool courses, and specialized in the distance freestyle, backstroke and IM.

## Seaside Aquatic Masters Open Invitational Distance Meet

**Friday & Saturday, May 5-6, 2000**

Sanction: 38-00-25

**Locations:** Seaside High School (SHS) [Friday 1650 Freestyle] Noche Buena Street at Military Street, Seaside CA; Pattullo Swim Center (PSC) [Saturday's events only] 1148 Wheeler Street, Seaside CA

**Directions to SHS:** From CA-1 southbound, take the Sand City exit. Proceed straight on Fremont Blvd. to Ord Grove Ave. (Second light) and turn left. Turn left at stop sign at Noche Buena St. School is straight ahead one block. From CA-1 northbound, take the Fremont Blvd. exit, turn right onto Fremont, and proceed as above. The pool is located adjacent to the gymnasium, just down the steps from the school office.

**Directions to PSC:** From CA-1, take CA-218 (Seaside / Del Rey Oaks) exit. East to Hilby Avenue (Fourth light), turn left onto Hilby, proceed straight across Fremont Blvd., and make next right turn onto Wheeler. Pool is on the left. Street parking available. Snack Bar will be available.

**Facilities:** SHS is an outdoor six-lane, 25 yard pool. A diving well is available for warm-up. Manual timing will be used. PSC is an indoor, six-lane, 25 yard pool. There is a small, shallow adjacent warm-up pool. Semi-automatic timing will be used.

**Times:** Friday, May 5: Warm-ups 5:00-5:45 p.m. Meet Starts 6:00 p.m. Saturday, May 6: Warm-ups 7:30-8:45 a.m. Meet Starts 9:00 a.m.

**Check-in:** The meet will be deck seeded. Close of check-in for all events shall be no more than 30 minutes prior to the estimated starting time of the event. On Friday the 1650 yard Freestyle will be held at a separate facility (Seaside High School). No snack bar. No deck entries. This event will be limited to the first 36 swimmers to register. This event is limited to a maximum of three heats. If more than 18 swimmers register, all swimmers will swim two-to-a-lane.

**Entries:** Entries must be on the consolidated entry card. "No Time" entries will not be accepted.

**Entry fee:** \$3.50 surcharge plus \$2.00 for each event entered. Make checks payable to Seaside Aquatic Club. Mail or hand deliver your check, consolidated entry form, and copy of your 2000 USMS card to: Sally Chapman, 294 Costa Del Mar, Marina, CA 93933.

**Deadline:** Entries must be **postmarked by Monday, April 24**, or received by Wednesday, April 26, 2000. Deck entries (Saturday only) will be subject to a \$5 late surcharge.

**Awards:** Special "Iron Lung" awards will be given to swimmers who complete the 400 yard Individual Medley, 200 yard Butterfly, and 500 yard Freestyle.

**Officials:** Meet Directors: Dan Frost and Ken Fittro.

**Schedule of Events:** This meet is a combined meet with USA Swimming. Events will be swum as follows: Masters women, Masters men, USA Swimming girls, USA Swimming boys. Men and women will swim combined heats for the 1650 free. All swimmers will be requested to be lane timers.

**Events:**

Friday, May 5 (Seaside High School)

1-2 1650 yd. Free

Saturday, May 6 (Pattullo Swim Center)

5-6 400 yd. Individual Medley

9-10 200 yd. Butterfly

13-14 200 yd. Breaststroke

17-18 200 yd. Backstroke

21-22 200 yd. Individual Medley

25-26 500 yd. Freestyle

29\* 200 yd. "Young and Old" Freestyle Relay

\*Special event: Age-Mixed teams encouraged-No Charge for entry. (Deck enter at the meet; results not valid for official records)

## Walnut Creek Masters Invitational Long Course Meet

**Friday & Saturday, June 9-10, 2000**

Sanction # 38-00-13

**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.

**Facility:** 8 lanes of 50 meters for competition plus one warm-up lane during competition.

**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 800 m. 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, (925) 934-5657, Thursday, June 8th 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".

**Entry fee** is \$2.50 for each event when **postmarked by June 3, 2000** or received by June 6, 2000. 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 2000 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, June 9

1-2 800 m. Free

Saturday, June 10

3-4 400 m. IM

5-6 200 m. Free

7-8 100 m. Breast

9-10 200 m. Fly

11-12 100 m. Back

13-14 200 m. IM

15-16 100 m. Free

17-18 200 m. Breast

19-20 100 m. Fly

21-22 200 m. Back

## POOL MEETS

### West Coast Masters Long Course Invitation

Saturday & Sunday June 17-18, 2000

Sanction# 38-00-14

**Location/directions:** Frank Fiscalani International Center, San Jose. Take Hwy 680 to McKee Rd., exit west, turn right onto Jackson Ave. Continue to 2nd gate of Independence High School, turn into car park, drive to back.

**Facility:** 8 lane, 50 m. outdoor, heated pool. Separate 6 lane, 25 yd. pool will be used for warm-up during the meet. A full snack bar will be available during the meet.

**Time:** 9:00 a.m. warm-up and 10:00 a.m. start.

**Check-in:** This meet is deck seeded, slow to fast. Swimmers in events 1-12 (Sat.) and 21-29 (Sun.) must check-in by 9:30 a.m. Check-in for remaining events is 12:30 p.m. each day.

**Entries:** Send your entries on a PMS Consolidated Entry Form and a photocopy of your 2000 USMS card.

**Entry fees:** \$3.00 per swimmer (pool use fee) and \$3.00 per individual event. Relay teams will be deck entered at \$4.00 per team. Entries must be **postmarked by Monday June 5th** or hand delivered by June 7th.

**Checks payable to:** West Coast Aquatics and mail to: West Coast Aquatics, PO Box 32188, San Jose, CA 95152, or hand deliver to: Isla Wallace, 638 Kotake Ct, San Jose, CA 95127.

**Late entries:** Fees for entries later than June 7th or any deck entry will be \$4.00 per swimmer and \$4.00 per individual event. Deck entries will not be accepted after 12:00 noon on meet day.

**Awards:** Ribbons 1st - 3rd in each age group for individual events and for relays. Goodie bags to all participants.

**Social event:** There will be a buffet at a nearby restaurant on the Saturday evening. Tickets available with meet information and on the day.

**Meet director:** Isla Wallace (408) 926-6621

**Referee:** Michael Moore

**Starter:** Mike Piccardo

**Events:** (Odd= Women, Even = Men)

Saturday, June 17

- 1 - 2 400 m. Free
- 3 - 4 50 m. Back
- 5 - 6 200 m. Breast
- 7 - 8 100 m. Fly
- 9 - 10 400 m. Medley Relay
- 11 - 12 200 m. Free
- 13 - 14 50 m. Fly
- 15 - 16 200 m. Back
- 17 - 18 200 m. Free Relay
- 19 200 m. Mixed Medley Relay

Sunday, June 18

- 21 - 22 400 m. IM
- 23 - 24 100 m. Back
- 25 - 26 50 m. Breast
- 27 - 28 200 m. Fly
- 29 - 30 100 m. Free
- 31 - 32 200 m. IM
- 33 - 34 50 m. Free
- 35 - 36 100 m. Breast
- 37 - 38 200 m. Medley Relay
- 39 400 m. Mixed free Relay

### Santa Cruz Masters Aquatics and the University of California-Santa Cruz The 2000 Pacific Masters Long Course Championships

Friday, Saturday, Sunday • July 7, 8, 9, 2000

Sanction #38-00-15

**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 about 1/4 mile back up the hill to the Pool. **DO NOT PARK AT THE POOL!** Meters are closely monitored and non-meter zones are **VIGOROUSLY TICKETED** (\$25.00) for non-students.

**Facility:** UCSC Swim Complex, Santa Cruz. Seven lanes for competition and one lane for warmup with warm-up breaks during the meet.

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

**Check-In:** Friday check-in and warm up begin at 11:00 a.m. Meet starts at 12:30 p.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 event or you will be scratched!

**Entries:** Use the consolidated entry form found in SWIM Magazine. Be sure to attach a photocopy of your 2000 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.

**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, June 24, 2000** and/or received by Wednesday June 28. Bear in mind that this is rural area served by the USPO. Mail check, consolidated entry form, and photocopy of your 2000 USMS card to: PMS LC Championships, c/o George Cunningham, 270 Sunnycroft Road, Ben Lomond, CA 95005-9726.

**Awards:** Ribbons will be presented for 1st - 8th place in each event. High point awards for each sex and age group. Team trophies will be awarded to the top teams in each PMS team size division.

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

**Referee:** Bud Meyer

**Timing Plan:** Swimmers from all teams are expected to help time.

**Events:** (Odd=Women, Even=Men)

Friday, July 7

Check in and warm-up begins at 11:00 a.m., meet starts at 12:30 p.m.

- 1 - 2 1500 m. freestyle
- 3 - 4 800 m. mixed free relay
- 5 - 6 400 m. I.M

Saturday, July 8

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
- 15-16 200 m. Medley Relay
- 17-18 200 m. Free
- 19-20 50 m. Fly
- 21-22 200 m. Back
- 23-24 400 m. Free Relay

Sunday, July 9

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
- 33 200 m. Mixed Free Relay
- 35-36 200 m. IM
- 37-38 50 m. Free
- 39-40 100 m. Breast
- 41 400 m. Mixed Medley Relay
- 43-44 800 m. Free

## Redwood Coast Masters Spring Lake One Mile Open Water Swim

Saturday, May 20, 2000

Sanction # OW-0002

**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. Expected water temperature 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. 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. No individual escorts. Safety craft will patrol.

**Entries:** Indicate estimated one-mile swim time on entry. Send entry form or consolidated card, a photocopy of 2000 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.

**Entry fees:** \$20 entry fee for pre-entries, \$25 entry fee for late and race day entries. Entry fee is non-refundable and non-transferable.

**Deadline:** Entries must be **postmarked by May 8, 2000.**

**T-Shirts:** All pre-entries postmarked by May 8, 2000 will receive a T-shirt. Indicate size on entry form. 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 3, 2000

Sanction # OW-0001

**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, and Masters Wetsuit 1 Mile.

**Time:** Race day registration and check-in begins at 7:00 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 fees:** For 1 Mile and 2 Mile swims is \$25 if **postmarked by May 16, 2000** (\$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, with a photocopy of 2000 USMS card to DAM, P.O. Box 921, Davis, CA 95617. For official entry form send a SASE to the above address, Attn: Race Director, or check DAM's website at [www.damfast.org](http://www.damfast.org).

**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 16, 2000. A limited number of T shirts will be available on race day for \$10 each.

**Traditional Post Swim Picnic:** On-site food service 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](mailto:tkadir@inreach.com)

## Alameda Aquatic Masters Coast Guard Island Swim

Sunday, June 25, 2000

Sanction # OW-0004

**Location:** Coast Guard Island, Alameda. From I 880 north, exit at 23rd Ave. 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 Ave. exit. Turn the first available left onto the 23rd Ave. overpass. At the signal turn right onto E7th St. Take E7th St. 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 58-68 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.

**Entry fees:** Pre-race entries are \$20.00 per person, if **postmarked by Wed., June 14, 2000.** Mail consolidated card or entry form with your estimated 1.5 mile time, a copy of your 2000 USMS registration card and a check payable to Alameda Aquatic Masters to: Coast Guard Island Swim, c/o AAM, 2109 Buena Vista Ave., Alameda CA., 94501. 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 entry 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 the website: [www.pobox.com/~dkkrause/aam/](http://www.pobox.com/~dkkrause/aam/)



# 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.

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### 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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# 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.

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| <ol style="list-style-type: none"> <li>1. How Swimming Works, New Ideas in Freestyle &amp; Backstroke - Dr. Marty Hull, 1996</li> <li>2. From the Fast Lane (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique</li> <li>3. Swim Power, Unlock Your Ultimate Potential (Technique, Training &amp; Tips) - SteveTarpinian</li> <li>4. Water: How to Be Safe In It, Have Fun In It, Move Powerfully In It, Swim Fast IN It - Dr. Marty Hull</li> <li>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</li> <li>6. Swimming Fastest II - John Trembley</li> <li>7. Swim Smarter/Swim Faster - Richard Quick</li> <li>8. Swim Smarter/Swim Faster II (Starts &amp; Turns) - Richard Quick</li> <li>9. Forbes Carlisle Seminar - Taped at the Olympic Club, 1995</li> <li>10. From the Bottom Up - Mike Bottom (3 tapes)Freestyle, Backstroke, Breastroke</li> </ol> | <ol style="list-style-type: none"> <li>11. Excellence in Swimming Stroke Technique -</li> <li>12. Stretching - Bob Anderson</li> <li>13. Clinical Sports Massage - Benny Vaughn</li> <li>14. Gettin' Better - John Nabor</li> <li>15. Red Cross Swimming &amp; Diving Skills</li> <li>16. ASCA World Clinic, 1992 (4 tapes) Freestyle, Backstroke, Breastroke, Butterfly</li> <li>17. Weight Training for Adult Swimmers - from Rinconada Masters 50+ Clinic</li> <li>18. Masters Starts &amp; Turns - ASCA</li> <li>19. Gold Medal Series (4 tapes) - Don Gambriel Freestyle, Backstroke, Breastroke, Butterfly</li> <li>20. Classic Swimming Series (4 tapes) - Don Gambriel M e n ' s Swimming, Women's Swimming, Swimming Techniques, Coaches Techniques</li> <li>21. Breaking the Mental Barrier (audio tapes)</li> </ol> |
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**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

# 2000 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

## MAY

- 20 USLSA, Spring Lake, OW, Jim McCray (707) 528-4718.
- 24 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.
- 12 SNM, Donner Lake, OW, Nancy Rose, (530) 582-1214.
- 12 SFRP/USF, Swim SF, SCY, Brian Fitzgibbons, (415) 487-3556 (d).

## JUNE

- 3 DAM, Lake Berryessa (1, 2 mi.), OW, Tariq Kadir (530) 758-8665.
- 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 Olympic Pool.
- 17-20 2000 USMS LCM Nationals - Baltimore, MD LCM; Barbara Protzman, (410)-788-2964(h); swimbarb@hotmail.com;
- 20 MAM, 2 x 1 Relay, OW, Gary Fitschen, (415) 788-0220 (d).
- 23 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.

## 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.
- 27 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.
- 30 RAMS, Folsom Lake (1, 2 mi.), OW, Nick Righos, (916) 356-5646.

## JULY

- 7-9 CRUZ, PMS Championships, LC, George Cunningham, (831) 336-8215
- 8 USLSA, Russian River, OW, Jim McCray, (707) 528-4718.
- 9 SFBS, Aquatic Park Challenges, OW, Joe Oakes, (650) 903-0341.
- 15 TOC, Trans Tahoe Relay, Scott Williams, (415) 775-3088 x1241.
- 27-8/9 VIII FINA Masters World Championships - Munich, Germany LCM; USMS National Office, (603) 537-0203; usms@usms.org; www.munich-2000.de

## OCTOBER

- 1 SAC, Sacramento Pentathlon, SCY, Andrew Brenan, (916) 9235174.
- 8 SMMM, Meters Meet, SCM, Thomas Huggins, (650) 522-6565.
- 22 SMMM, Mid Distance Pentathlon, SCY, Dale Finch, (650) 654-1554
- 25 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.

## NOVEMBER

- 3-5 HMSW, PMS Championships, SCM, Karlene Martin, (707) 838-4432.
- 15 PMS Meeting, 7:30 p.m., San Ramon Olympic Pool.

## DECEMBER

- 3 SNM, Reno Winners Meet, SCY, Gwen Shonkwiler, (707)327-5010.

## 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.

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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

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