

newsletter



Finally the real 'next millennium' begins

by Doug Huestis, PMS Chair

Our loss - SPMA's gain

At the Pacific Masters Swimming's annual meeting and pot luck dinner I was elected to serve out the remaining year of Julie Paque's term as she is moving to Southern California. Ostensibly she is moving there because she is getting married to Michael Heather, but her moving there will also raise the bar for masters swimming at that end of the state. I am fully aware that 'filling her shoes' will be a formidable task. Luckily, we are blessed in our LMSC in having a group of hard working individuals that will make my job an enjoyable task. While we are sad to see her go, we wish her the very best!

Goals, Goals, Goals

For those of you who don't know me, I have been a swimming coach now for some thirty plus years. As a coach I try to set difficult, but attainable goals for my athletes. There is nothing so satisfying as achieving something that was previously thought unattainable!

With that in mind I put forth to you, the entire membership of Pacific Masters Swimming, three goals for the real 'next millennium' year:

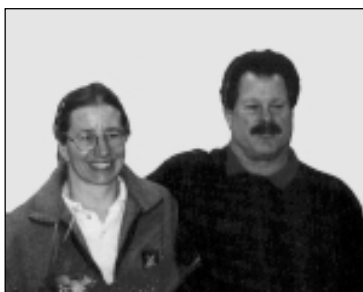
1) Build our membership to well over 10,000 by the end of 2001. While that may seem like a formidable task - if each and every one of you makes it your personal 'resolution' to get just one new member signed up, we can significantly surpass that goal. Think about your neighbors who swim in their backyard pool, the people you see in the lap swim program on the way to/from your masters practice, your co-workers who 'used to swim'. You swim masters because you believe it's the best health/sport activity out

there - let others know that. Tell them what they could gain!!

2) As our program grows, our need for trained officials and 'team reps' grows with it. We are lucky in having a group of dedicated, hard working individuals who shoulder the burden of officiating at our events, and representing their teams at the monthly Swim Committee meetings. But, at times, our 'manpower' is stretched thin. Ask your coach, club president, or aquatic director for your program: "Do we have any carded officials on our team? Who is representing our team at the monthly Swim Committee meetings?" If the answer is no one - ask why not. Or volunteer yourself! Lets make this the year you all give back to the sport that means so much to you.

3) Lastly, this year the USMS Short Course Nationals will be held at Santa Clara (May 17-20, 2001). I know its going to be a great meet, but I would like to challenge you all to make it the best ever. By that I mean by volunteering to help 'run' the meet, or entering to swim in it. Having been a meet director myself - it is always nicer when you have a lot of people helping out, and the meet attendance is solid. And as everyone loves to have a concrete goal to shoot for - the largest USMS Nationals ever was at Stanford (with 2,328 swimmers) in 1987. Now there is a 'record' begging to be challenged!!

So join me in making 2001 a special millennium year, and show the rest of the nation that we are not only the biggest, but also the very best LSMC.



Call for Service Award Nominations

Every year we recognize those volunteers who have given so generously of their time and energy to make Pacific Masters Swimming an organization that we're all very proud of. One of the ways we recognize these people is through our annual service awards. Nominations can be made by any Pacific Masters Swimming member. Nominations must be in writing and received by Doug Huestis, 67 Fortuna Ave., San Francisco, CA 94115, no later than February 28, 2001. The awards will be presented at the short course championships in April.

Contributor of the Year:

One award will be given out to recognize outstanding contributions to Masters Swimming during 2000 in support and leadership, recruitment of members, program development, and promotion of Masters Swimming at the club, association, or national level. The recipient must have been a member of PMS in 2000. The 1999 award was given to **Jim Wheeler**.

Distinguished Service:

This award recognizes outstanding and consistent contributions to Masters Swimming, in leadership, program development, recruitment of members, and promotion of Masters Swimming. PMS may give out any number of awards in this category. The recipient must be currently registered with PMS. Last year's winner was **Michael Moore**.

Personal Achievement:

This award is for long term dedication to our program, with a noticeable improvement in a swimmer's skills and times. The recipient must have been a member of PMS during 1998, 1999 and 2000; active in local competitions; and showing improvement in at least one of the following categories: Top Ten rankings, Open Water Points competition, or other significant indications of personal achievement. There was no personal achievement award given last year.

Appreciation:

The purpose of this award is to express special thanks to individuals or groups who have made significant contributions to PMS. Nominees need not be registered members, but they must have contributed significantly toward the conduct, leadership, or support of PMS. Last year's recipients were **Roswita Norris and Elfriede Rogers**.

OPEN WATER POINTS

Congratulations to our 2000 Open Water Points winners! All PMS swimmers who placed tenth or better in any of the ten 2000 open water swims were entered into the Points Competition. Total points from each swimmers six best placings determine the winners. Awards go to the top three swimmers in each age group. If you have not received your award by January 31, contact Marcia Benjamin at (510) 357-7753.

19-24 1. Kirk Walker UNAT 88 2. Eric Heffelfinger FOG 80 3. Holden Hardcastle USF 41 4. Ben Phipps UNAT 39 5. Matt O'Rourke WCM 33 6. Nicholas Jufiar UNAT 32			40-44 1. Sandy MacDonald SAC 132 2. Brian Skuse USF 107 3. James Silk TVM 80 4. Ken Harmon WCM 76 5. William Scroeder SMMM 74 6. Mike Keck TOC 60			60-64 1. Emory Haworth TCAM 123 2. Robert Fewster USF 115 3. John Fleming UNAT 104 4. Peter Orth SFBS 103 5. Barry Fasbender STAN 92 6T Lloyd Kearns UNAT 85 6T Kent Price LAM 85		
1. Jessica Sullivan SCAM 65 2. Heidi Eslinger RAM 61 3T Lisa Ripken UNAT 41 3T Holly Nelson WCM 41 4. Lindsey Cafferata IMFM 36 5T Christine Hegedus SCAM 35 5T Aimee Pfohl DAM 35			1. Kate Christensen TOC 115 2. Karen Chequer-Pfeiffer ACM 99 3. Victoria Igel LAM 94 4. Kristine Buckley TAM 79 5. Nancy Lewis WHAM 77 6. Denise Berro SAC 75			1. Susan Munn DAM 132 2. Susan Springer STAN 105 3T Nancy Stretch TOC 82 3T Patricia Durham SMMM 82 5. Joyce Haworth WCM 61 6. Dot Myers SAC 56		
25-29 1. Brad Windsor DAM 124 2. Greg Ishii ORAC 69 3. P.J. Madigan RAM 56 4. Alan Liu MVM 50 5. Terry Crowley IMFM 49 6. Jaime Marian UNAT 45			45-49 1. Larry Taggesell MAM 123 2. Ron Emhoff TVM 106 3. Scott Harris DAM 95 4. Stephen Small TVM 94 5. James Knight SJAM 93 6. Peter Schouwieler SNM 91			65-69 1. William Grohe USF 104 2. Wally Saunders WEST 68 3. Don Brown WCM 66 4. James Miller UNAT 33 5T Stan Morner WCM 22 5T Joe Illick USF 22		
1. Katie Stermfels MELO 66 2. Karen Johnson SMMM 48 3. Maureen McLaren UNAT 44 4. Sarah Kerlin CRUZ 43 5T Stephanie Schwab EMBY 41 5T Jennifer Toton UNAT 41 5T Heather Royer SCAM 41			1. Joanna Brown UNAT 102 2. Diane Davis DAM 100 3. Valerie Armento UNAT 96 4. Nancy Littlefield SMMM 71 5. Linda Locklin CRUZ 63 6. Barbara Renwick DAC 48			1. Donna Monroe WCM 132 2. Barbara Robben UNAT 22 3T Barbara Callison RINC 19 3T Loretta Madden DC 19		
30-34 1. Jason Nielson CRUZ 96 2. Robert Childs TOC 74 3. Thorsten Anderson USF 70 4. Bill Romanelli UNAT 66 5. Todd Walsh MVM 62 6. James Wanderer RINC 61			50-54 1. Joel Wilson CRUZ 129 2. Michael Horwath UNAT 114 3. James Burror AAM 107 4. Jim Beglinger TOC 87 5. Steve Caziarc MAM 76 6. Steve Katz UNAT 73			70-74 1. Dick Lewis ACM 129 2. Ed Kerswill MVM 99 3. Roger Campbell SMMM 88 4. Luman Sutton SAC 38 5. William Peckham WCM 22 6. Jack Bettencourt DC 19		
1. Cynthia Hertzler CRUZ 111 2. Jennifer Lundmark DAM 76 3. Michelle Ronco UNAT 68 4. Maureen Chalmers CRUZ 66 5. Heidi Schriefer STAN 48 6. Becky Fenson FOG 44			1. Marianne Brems MELO 132 2. Sheila Monaghan TCAM 109 3. Karen Tukua TERR 97 4. Pamela Bosnyak UNAT 92 5. Arline Thomas UNAT 64 6. Kjersten Walker SCAM 59			1. Ann Lambertson SMMM 79 2. Martha Knockenhauer SMMM 63 3. Bunny Dawson AHSM 39 4. Gail Roper RPMS 22		
35-39 1. Dave Matthews WCM 129 2. John Ottersberg USF 89 3. Karl Lindstrom SOM 66 4. Todd Arris TOC 62 5. Chris Cavanaugh UNAT 58 6. Mike Veliquette Z-TEAM 53			55-59 1. John Selmer USF 132 2. Alex Johnson MAM 120 3. Tom McCarty TOC 95 4. Walter Weaver UNAT 52 5. Michael Dower SERC 48 6. Joseph Pritchard VAM 45			80-84 1. Fred Rogers USF 132 2. Tom McCall SCAM 44 3. Stan Aldrich SAC 41 4. Norm Petersen SERC 17 5. Dan Westerman UNAT 16		
1. Lisa Hazen SCSC 132 2. Cindy Clements TAM 116 3. Debbie Bryant SRM 105 4. Laura Colette CSPF 102 5. Heike Mansoor UNAT 99 6. Mindi Brenner CVM 74			1T Susan White TCAM 129 1T Diane Sosnoski SCAM 129 3. Kate Coleman SCAM 79 4. Mary Cantini-Norkin DC 71 5. Kaeti Bailie UNAT 63 6. Theresa Wistrom HMSW 48			1. Margery Meyer TOC 66 2. Nan Blackledge RINC 19		
						85-89 1. Ray Taft SMMM 22 1. Marjorie Sharpe STAN 22		
						••••• A Special Open Water Stud Award ••••• ••••• to Susan White (TCAM, age 58) who ••••• swam every event offered!! •••••		

POOL MEETS

Don't Waste Your Base TAM's 1650 Postal

January & February, 2001

Sanction # 38-01-01

Location: You may swim this 1650 event any time during the months of January and February in the comfort of your own 25 yd. pool. All you need is someone to count your laps and record your splits. You may enter this as an individual and/or as a four person team relay (4 x 1650, men, women or mixed in age groups 19+, 25+, 35+, etc.).

Rules: All USMS and PMS rules apply. Swimmers may swim no more than 2 to a lane in a "split fashion" (no circle swimming). A split sheet with 50 yd. splits, signed by at least one timer, must be attached to the entry form. Times not entered to the 1/100th will be rounded up.

Entries: Swimmers may enter on an official TAM 1650 entry form or a consolidated entry form. Enter relays by filling out the relay form and attaching photocopies of the individual entries. Mail your entry, a copy of your 2001 USMS card and a check payable to Tamalpais Aquatic Masters to TAM 1650, 1000 Fourth Street, Suite 875, San Rafael, CA 94901.

Entry Fees: For individual 1650 swim: \$6.00 for USA entries and \$10.00 for international entries. \$4.00 per relay team.

Deadline: Entries must be postmarked by March 10, 2001. To receive an official entry form and a split sheet, mail a SASE the above address.

Awards: First through third for individual event and first place for relays.

T-Shirts: T-Shirts are available for \$12.00 S, M, L, XL. XXL are \$14. Please indicate the size (on your check).

Information: Jon Steiner (415) 981-0300; fax (415) 981-1423.



photo courtesy E. Rogers

Joyce Haworth, Joan Alexander, Elfriede Rogers, all WCM at Munich Games.

Joan Alexander:	Elfriede Rogers:
3rd in 100m fly	4th in 200m IM
3rd in 200m fly	6th in 400m IM
4th in 400m IM	7th in 100m fly
9th in 200m IM	10th in 200m Breast
11th in 200m Breast	

Seaside Aquatic Masters Seaside-Monterey Masters Clambake

Saturday, January 20, 2001

Sanction # 38-01-03

The 2001 Masters Clambake is a unique Masters swimming event, combining a " trials-and-finals" swimming meet with a swim clinic. The clinic, held between meet sessions, will help you improve your swimming technique and help you lower your times in the finals.

Location: Pattullo Swim Center, 1148 Wheeler St., Seaside CA. Take CA-1 to CA-218 (Canyon Del Rey) in Seaside, and head east. Proceed to Hilby (fourth light), and turn left. Go straight on Hilby, across Fremont Blvd., and straight one more block to Wheeler. Turn right, and the pool is on the left. Ample free parking at the pool, at the adjacent church parking lot, and on Wheeler.

Facility: Pattullo Swim Center is an indoor facility with a six lane competition pool and a separate small warm-up/warm down pool. Snack bar available.

Time: Warm-up 9:00 a.m. Prelims begin at 10:00 a.m. Swim clinic starts no earlier than 12 noon, finals start no earlier than 1 p.m.

Check-in: Check-in opens 8:30 a.m. Check-in closes 30 minutes before the expected start of each event in the preliminary session.

Entries: Mail a consolidated entry form, a copy of your 2001 USMS registration card, and your check, payable to SEA, PO Box 950, Seaside CA 93955.

Entry fees: \$15 includes participation in the Swimmer's Clinic and up to three individual events in the swim meet. Swimmers do not have to participate in both the Swim Meet and the Swimmer's Clinic. Same day registration is \$20.00.

Deadline: Entries must be received by Sunday, January 14, 2001.

Awards: Ribbons will be awarded to the top swimmer in each age group in each event.

Meet Director: Dan Frost (831) 899-7213; desertfrost@yahoo.com

Referee: Dave Pacheco

Events: (Odd=Women, Even=Men)

- 1 - 2 100 yd. Free
- 3 - 4 50 yd. Butterfly
- 5 - 6 100 yd. Breaststroke
- 7 - 8 50 yd. Backstroke
- 9 - 10 100 yd. IM
- 11 - 12 50 yd. Breaststroke
- 13 - 14 100 yd. Backstroke
- 15 - 16 50 yd. Freestyle
- 17 - 18 100 yd. Butterfly

The Olympic Club Mile

Sunday, February 11, 2001

Sanction #38-01-06.

This is a unique 1650 freestyle event.

Location: USF Koret Health and Recreation Center. Corner of Turk and Parker Sts., San Francisco.

Directions: From the Bay Bridge take 101 GG Bridge/GG Park Connector. Once freeway ends, stay on Fell approx. 1 mile. Turn R on Masonic, L on Turk (third light). Turn L into free parking just after Parker (2nd light) From 280 take 19th Ave. exit. Stay on 19th approx. 3 miles. Turn R on Geary, and follow directions from GG Bridge. From the GG Bridge, stay to the right and take 19th Ave. Turn R on Clement, L on 14th Ave., L on Geary to Stanyon, R on Stanyon, L on Turk and enter free parking area on the right.

Facility: Indoor 25 yd. x 50 m. indoor pool. Eight competition lanes, 2 warm-up/down lanes available throughout meet. Electronic timing. Snack bar from 9 a.m.

Time: Warm-ups from 8:00-8:45 a.m. The meet will start promptly at 9:00 a.m.

Check-In: The meet will be pre seeded and preliminary heat assignments will be made. Application acceptances will be mailed out on Friday, February 2, 2001. Heats 1-8 must check-in by 8:30 a.m.; Heats 9-16 must check in by 11:30 a.m.

Entries: All entries must be on one signed consolidation entry form and include a copy of your 2001 USMS registration card. **NO DECK ENTRIES!!** No refunds will be made. Entries will be limited to 100 total swimmers.

Entry fees: \$15.00 per swimmer. Make check payable to THE OLYMPIC CLUB and send to: The Olympic Club Mile, 524 Post Street, San Francisco, CA 94102 Attn.: Tiffany Forbes, Aquatic Manager

Deadline: All entries must be postmarked by Monday, January 29, 2001.

Awards: Distinct awards will be given for the following:

1. Fastest male.
2. Fastest female.
3. The swimmer who breaks a National Record by the largest margin.

Meet Director: Tiffany Forbes (415) 775-3088, ext 1205

Referee: Michael Moore.

Guest Speaker: TBA



POOL MEETS

Fog City Masters Winter Quadrathon Meet

Sunday, January 28, 2001

Sanction # 38-01-04

Location: Herbst Natatorium at St. Ignatius College Preparatory School, 2001 37th Avenue, San Francisco. Located off Sunset Blvd. between Quintara and Rivera Streets.

Facility: Indoor, 25 yard x 8 lane competition pool. 6 competition lanes with 1 lane available for warm-up/down throughout the meet. Electronic Timing with touch pads will be used. Bleachers are available. No snack bar will be available.

Time: Warm-up will start at 1:00 p.m., meet starts at 2:00 p.m. There will be breaks in the competition to ensure that swimmers have rest between events.

Check In: 1:15 p.m. for 500 Freestyle deck entries. 1:30 p.m. for 500 Freestyle pre entered swimmers. 2:00 p.m. for all other events.

Entries: This is a cardless meet. Send your entry on a consolidated entry form with a copy of your 2001 USMS card.

Entry fees: Flat fee of \$10.00 (for 1-4 events) Late and deck entries (accepted until check in time on the day of the meet) are a flat fee of \$20.00 (for 1-4 events). Make checks payable to St. Ignatius College Prep. Mail to Diane Davis /Aquatics, 2001 - 37th Ave., San Francisco, CA 94116.

Swimmers are encouraged to enter all four events.

Deadline: Entries must be postmarked by January 14, 2001 or received by January 17, 2001.

Awards: Special award to the winner in each age group (female and male) with the fastest cumulative (50+100+200+500) time. Factors will be added in as follows: 50 Time multiplied by 10, 100 Time multiplied by 5, 200 Time multiplied by 2.5 and 500 Time multiplied by 1.

Meet Director: Doug Huestis (415) 776-5496.

Meet Referee: Michael Moore

Events: (Odd=Women, Even=Men)

- 1-2 500 yd. Free
- 3-4 100 yd. Free
- 5-6 200 yd. Free
- 7-8 50 yd. Free

University of San Francisco Masters Valentines Affair

Saturday, February 10, 2001

Sanction #38-01-05

Location: USF Koret Health and Recreation Center. Corner of Turk and Parker Sts., San Francisco. From the Bay Bridge take 101 GG Bridge/GG Park Connector. Once freeway ends, stay on Fell approx. 1 mile. Turn R on Masonic, L on Turk (third light). Turn L into free parking just after Parker (2nd light) From 280 take 19th Ave. exit. Stay on 19th approx. 3 miles. Turn R on Geary, and follow directions from GG Bridge. From the GG Bridge, stay to the right and take 19th Ave. Turn R on Clement, L on 14th Ave., L on Geary to Stanyon, R on Stanyon, L on Turk and enter free parking area on the right.

Facility: Indoor 25 yd. x 50 m. indoor pool. Eight competition lanes, 2 warm-up/down lanes available throughout meet. Electronic timing. Snack bar from 9 a.m.

Time: Warm-up from 8:00-8:45 a.m. Meet begins at 9:00 a.m.

Check In: Pre registered swimmers must check in by 8:30 a.m. for first two events. Deck entries for the first two events accepted no later than 8:15 a.m. Swimmers in later events must check in at least 30 minutes before the estimated start of the event. Check in at Hagen Gym between 7:30 a.m. and 9:00 a.m. Check in on the pool deck after 9:00 a.m.

Entries: This will be a cardless meet. All entries must be on a consolidated entry form and accompanied by a copy of the swimmer's 2001 USMS registration card.

Entry fees: Entry fees are \$2.00 per event (\$3.50 late or deck entries) plus \$5.00 surcharge per swimmer, \$4.00 per relay. Make checks payable to University of San Francisco Masters. Mail to USF Masters, Attn. E. Tosta, PO Box 330017., San Francisco, CA 94133-0017.

Deadline: Entries must be postmarked by Wednesday, January 31, 2001 or hand delivered to Koret by Friday, February 2, 2001.

Awards: Participation goodies will be distributed to all swimmers.

Meet Director: Mark Block (510) 549-0616

Referee: Bud Meyer

Information: Cathy Huang (415) 422-6247

Events: (Odd=Women, Even=Men)

All events will be swum slow to fast

- 1-2 200 yd. Freestyle
- 3-4 50 yd. Butterfly
- 5-6 200 yd. Breaststroke
- 7-8 50 yd. Backstroke
- 9-10 200 yd. Butterfly
- 11 200 yd. Mixed Medley Relay
- 12 200 yd Mixed Special Relay* ---->

San Mateo Masters Marlins 16th Annual PMS Indoor Relays

Sunday, February 25, 2001

Sanction #38-01-07

Location: Oceana High School, 401 Paloma Ave., Pacifica. From I-280, take Hwy 1 South. Exit on Paloma Ave. The high school is located on the east side of Hwy 1.

Facility: 25 yds., indoor pool. Eight competition lanes, 2 lanes available for warm up throughout the meet. Snack bar available.

Time: Warm-up 8:00 a.m. Meet starts at 9:00 a.m.

Entries: DECK ENTRIES ONLY. The following items are required by 8:30 a.m.: (1) An official "Team List" with release signatures; a copy of this release form has been sent to all teams. (2) A photocopy of each swimmers 2001 USMS card; (3) A PMS yellow relay card for each relay (first two events, all other events by 10:00 a.m.); and (4) A \$15 per swimmer surcharge.

Entry Fees: \$15 surcharge per swimmer which allows you to swim in any/all relays. No other fees apply. Make checks payable to San Mateo Master Marlins.

Awards: Team awards to top three clubs.

Meet Director: Dale Finch (650) 654-1554 or dfinch@ix.netcom.com

Referee: Rick Beebe.

Events: (Odd=Women, Even=Men)

All events will be swum slow to fast

- 1-3* 800 yd. M/F/Mixed Free(4x200)
- 5 200 yd. Medley (4x50)
- 7 400 yd. Freestyle (4x100)
- 9** 100 yd. Freestyle (4x25)
- 10-11 400 yd. Mixed Medley (4x100)
- 13** 400 yd. Ind. Medley (4x100 IM)
- 14-15 200 yd. Mixed Freestyle(4x50)

* All mens, womens, and mixed relays will be seeded together by time; each swimmer may only swim in one 800 yd. relay.

** Denotes Special Events

- 13-14 50 yd. Breaststroke
- 15-16 200 yd. Backstroke
- 17-18 50 yd. Freestyle
- 19-20 200 yd. IM

* Special Event

POOL MEETS

Walnut Creek Masters 14th Annual Intensive Training Camp

March 2, 3, 4, 2001

Sanction #38-01-08

Location: Clarke Swim Center, Heather Farm Park, Walnut Creek. From I-680 N take Ygnacio Valley Rd. East 2 mi. to N. San Carlos. Turn L. and follow signs to the park. From I-680 S take Geary exit. Turn L. on N. Main, L. on Treat, R. on Bancroft, R. on Ygnacio Valley Rd., R. on N. San Carlos and follow signs.

Description: This training camp is a full weekend dedicated to enhancing your competitive swimming performance through strenuous conditioning, stroke and distance specificity and stroke technique instruction in an atmosphere conducive to serious swim training. The camp will consist of two in-water workouts per day (morning is general conditioning, afternoon is sprint, mid-distance, distance specific). Each morning session is followed by a hearty breakfast. Optional stroke schools will be conducted Friday evening and Sunday morning, free to all interested campers.

Coaching Staff: The 2001 Camp Staff includes: Kerry O'Brien, Steve Stahl, Mike Heaney, and Susan Strong from the 1999 and 2000 Short Course National Champion Walnut Creek Masters. Also assisting will be Brian Stack, of Manatee Masters and Total Immersion Swim Camps, 1992 Olympian Roque Santos, and other USMS Coaches.

Check It Out! - TRAC VIDEO has been contracted to provide our underwater videotaping. All swimmers will again get to keep their tape. Other highlights include: Dryland Training Demonstration, Massages and Team Dinner (both at a nominal cost) and more.

Entries: Limited to 50 USMS registered swimmers. Clinic fee \$140. Optional dinner \$15. T-Shirt at no extra charge if registered by February 12, 2001. For registration form, call Kerry O'Brien (510) 943-5856.

21-22 100 yd. Free
23-24 400 yd. IM
A-B 1650 yd. Fly**

* Novice: no prior competitive masters experience.

** Special Event - This is a note-worthy event. Records are kept. Entry is free. Must be completed in 45 minutes.

Rinconada Masters Spring Meet

Saturday, March 10, 2001

Sanction #38-01-09

Location: Rinconada Pool. Embarcadero and Newell Road, Palo Alto. Turn west off Hwy 101 on Embarcadero to Newell. Park on Embarcadero Rd. or behind pool. From 280, exit Page Mill east. Page Mill becomes Oregon Expressway east of El Camino Real. Turn North (left) on Middlefield, east (right) on Embarcadero to Newell. (280 Sand Hill exit not advisable due to road construction).

Facility: 14 lane x 25 yard pool (10 competition, 3 warm-up/down lanes, 1 buffer lane). Snack bar available.

Time: Warm-up 7:30-8:45 a.m. Meet starts 9:00 a.m.

Check In: Swimmers in events #1-2 must check in before 8:30 a.m. All other swimmers must check in at least 30 minutes before the estimated start of the event.

Entries: This will be a cardless meet. Swimmers may use the consolidated entry form in this newsletter or send a SASE to Nan Blackledge at the address below.

Entry Fees: \$2.00 per event (\$3.00 late or deck entries) plus \$6.00 surcharge per swimmer. Maximum 5 events per person. Mail entry, check payable to Rinconada Masters and a copy of your 2001 USMS registration card to Nan Blackledge, 501 Portola Rd., P.O. Box 8005, Portola Valley, CA 94028, (650) 424-4376.

Deadline: Entries must be Postmarked by Friday, February 26, 2001 or received by Saturday, March 3, 2001. NO DECK ENTRIES for 1000 Free.

Awards: Ribbons 1st through 6th in each age group. Special Memorial awards: Men's 75-79 Willard Johnson Award (1000 Free), Men's 40-44 Frank Parrish Award (50 Fly) and Women's 70-74 Sylvia Bailey Award (400 IM).

Meet Director: Jim Shaw (650) 529-1173

Referee: Bud Meyer

Events: (Odd=Women, Even=Men)

All events will be swum slow to fast
1-2 1000 yd. Free

Note: The 1000 Free is limited to the first 60 pre registered swimmers. No deck entries for this event will be accepted.

Event #3 will not start before 12 noon.

3-4 50 yd. Free
5-6 50 yd. Free, Novice*
7-8 100 yd. Breast
9-10 50 yd. Fly
11-12 50 yd. Back
13-14 50 yd. Back, Novice*
15-16 100 yd. IM

17-18 50 yd. Breast
19-20 100 yd. Fly

Strawberry Canyon Masters Invitational Meet

Saturday, March 31, 2001

Sanction # 38-01-10

Location: Spieker Aquatics Complex, UC Berkeley, Bancroft Way at Dana Street. Limited indoor parking available at Bancroft Way at Ellsworth. Directions: From I-80 East or West, take University Ave. exit and head east. Continue on University Ave. until you reach Oxford Street. Take a right on Oxford, go past Bancroft Way (one way street), and take the next left onto Durant Avenue. Take another left on Ellsworth, cross Bancroft Way, and drive directly into the covered parking facility. \$5 pay parking available at Spieker Complex; park in designated areas. Metered parking and free weekend permit parking available on neighboring streets.

Course: Outdoor, 25-yard, 20-lane pool. Eight lanes will be used for competition and ten lanes for warm-ups. NOTE: During the 500 free only, 16 lanes will be used for competition and four for warm-ups.

Time: Warm-ups begin at 7:30 a.m. First event begins at 9:00 a.m.

Check in: The 500 free is pre-seeded; no deck entries for the 500. All other events will be deck-seeded. All swimmers in the 500 freestyle must check in by 8:30 a.m. All others must check in at least 30 minutes prior to the expected starting time of each event. Swimmers who do not check in will not be allowed to swim. The meet will be seeded slowest to fastest.

Entries: Swimmers are limited to five (5) events, excluding the relay. This is a cardless meet. Mail Consolidated Entry Form, a photocopy of your 2001 USMS registration card, and your entry fee to Lisa Goldman, 5410 Broadway, #303, Oakland, CA 94618.

Entry fees: \$5.00 surcharge per swimmer and \$2.00 per event if pre-entered, \$3.00 per event if deck-entered. Relays are \$4.00 per team. Make checks payable to SCAM. NO REFUNDS.

Deadline: Entries must be postmarked no later than March 17 (or received by March 21).

Please do not send mail requiring a signature for receipt.

Awards: All participants will receive a goodie bag. Prize drawings will be held for every event throughout the meet. The more events you enter, the more chances you have of winning.

Snack bar: will be open during the meet.

Meet director: Lisa Goldman: (510) 655-5093, lisakgoldman@hotmail.com

Referee: John Duncan

Events: (Odd=Women; Even=Men)

1 - 2 500 Freestyle
3 - 4 200 I.M.
5 - 6 100 Butterfly
7 - 8 100 Backstroke
9 - 10 200 Freestyle Relay
11 - 12 200 Freestyle
13 - 14 100 Breaststroke
15 - 16 100 Freestyle
17 - 18 100 I.M.

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		F <input type="checkbox"/>	
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.

- | | |
|---|---|
| <ol style="list-style-type: none"> 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, Breaststroke 11. Excellence in Swimming Stroke Technique - 12. Stretching - Bob Anderson | <ol style="list-style-type: none"> 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 20. Classic Swimming Series (4 tapes) - Don Gambriel, Men's Swimming, Women's Swimming, Swimming Techniques, Coaches Techniques 21. Breaking the Mental Barrier (audio tapes) |
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Deadline for
pool and open water swims
for the
March - April Newsletter is
January 15, 2001
Please submit creative writing
and photos to
Newsletter Editor
Joanne Berven
4854 Andrea Ct.
Livermore, CA 94550
nevreb@home.com

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 2001 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			

2001 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

LC Long Course Mtrs.	OW Open Water	SC Short Course Yds.	SCM Short Course Mtrs.
Jan. 20	SDAM	Masters Clambake, SCY, Dan Frost, (831) 899-7213	
Jan. 24	PMS	PMS Meeting, OakHill Park, Danville	
Jan. 28	FOG	Fog City Quadrathlon, SCY, Doug Huestis, (415) 776-5496	
Jan. 1-Feb. 28	TAM	Postal 1650, Jon Steiner, (415) 981-0300	
Feb. 10	USF	Valentine's Day Affair, SCY, Mark Block, (510) 549-0616	
Feb. 11	TOC	The Mile, Tiffany Forbes, (415) 775-3088 x 1205	
Feb. 25	SMMM	Pacifica Indoor Relays, SCY, Dale Finch, (650) 654-1554	
Feb. 28	PMS	PMS Meeting, OakHill Park, Danville	
Mar. 2-4	WCM	Intensive Training Camp, Kerry O'Brien, (925) 943-5856	
Mar. 10	RINC	Pre-Spring Meet, SCY, Jim Shaw, (650) 529-1173	
Mar. 28	PMS	PMS Meeting, OakHill Park, Danville	
Mar. 31	SCAM	Invitational, SCY, Polly Upshaw, coachpolly@usms.org	
Apr. 20-22	CRUZ	PMS Championships, SCY, Joel Wilson, (831) 425-5762	
Apr. 25	PMS	PMS Meeting, OakHill Park, Danville	
May 12	RCM	Spring Lake, OW, Jim Mc Cray, (707) 528-4718	
May 17-20	SCSC	USMS Nationals	
May 23	PMS	PMS Meeting, OakHill Park, Danville	
June 2	DAM	Lake Berryessa (1, 2 mile), OW, Tariq Kadir, (530) 758-8665	
June 8-9	WCM	Invitational, LC, Kerry O'Brien, (925) 943-5856	
June 27	PMS	PMS Meeting, OakHill Park, Danville	
July 1	SMMM	Open Water Clinic & Swims, Thomas Huggins, (415) 668-4840	
July 7	RCM	Russian River, OW, Jim Mc Cray, (707) 528-4718	
July 13-15	WEST	PMS Championships, LC, Isla Wallace (408) 926-6621	
July 21	TOC	Trans Tahoe Relay, OW, Scott Williams, (415) 775-3088 x 1241	
July 25	PMS	PMS Meeting, OakHill Park, Danville	
July 28	SFBSA	Aquatic Park Challenge, OW, Gary Emrich, (650) 359-3773	
Aug. 4	CRUZ	Santa Cruz Pier, OW, Rick Gould, (925) 931-5345	
Aug. 5	CRUZ	Pier-to-Pier, OW, Joel Wilson, (831) 425-5762	
	CRUZ	Cruz Cruise, OW, Joel Wilson, (831) 425-5762	
Aug. 11	SNM	Donner Lake, OW, Mike Ryder	
Aug. 16-19	PN	USMS Nationals	
Aug. 19	MAM	2 x 1 Relay, OW, Vincent Pon, (510) 523-3304	
Aug. 25	TCAM	Pincrest Lake, OW, John Brunolli, (209) 532-2761	
Aug. 29	PMS	PMS Meeting, OakHill Park, Danville	
Sept. 9	RAD	Whiskeytown (1, 2 mile), OW, Pete O'Neill, (530) 225-0020 x 726	
Sept. 12-16	USMS	National Convention	
Sept. 15	TVM	Shadow Cliffs (0.5, 1.5 mile), OW, Suzanne Van Cleve, (925) 463-2146	
Sept. 22	RAMS	Folsom Lake (1, 2 mile), OW, Nancy Kelley, (916) 624-0715	
Sept. 26	PMS	PMS Meeting, OakHill Park, Danville	
Sept. 29	SFRP	Swim SF, SCY, Tod Hill, (415) 647-4271	
Oct. 7	SAC	Sacramento Pentathlon, SCY, Andrew Brenan, revols@earthlink.net	
Oct. 14	SMMM	Meters Meet, Dale Finch, (650) 654-1554	
Oct. 19	HMSW	PMS Championships (1500), Theresa Wistrom, (707) 433-1886	
Oct. 20-21	WCM	PMS Championships, SCM, Margee Curran, (925) 256-7940	
Oct. 24	PMS	PMS Meeting, OakHill Park, Danville	
Nov. 28	PMS	PMS Meeting, OakHill Park, Danville	
Dec. 1	SNM	Reno Winners Meet, SCY, Steve Lintz, (775) 849-2179	

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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