

# newsletter



by Doug Huestis, PMS Chair

## Pacific Masters Swimming 2002 Coach of the Year Nominations due.

OK, swimmers it's time to give credit due to that person who helped you reach those lofty goals you set for yourself over the last year. Be they winning a National Championship, finishing your first open water swim, or losing those pounds you put on over the holidays!! We know who I'm talking about — that slave driver on the deck, that merciless counter of seconds and repetitions — Your Coach !!!

Being a Masters Coach myself I love coaching because it keeps me involved with some of the finest adult athletes out there. And while this internal satisfaction is what keeps myself, and other coaches, trying to make their programs the very best — every once in a while it's nice to be recognized by your peers as having brought that something special, something extra to the table.

Perhaps you have a coach who has made a difference in your training, in your competition, in your life. Perhaps they have spent some extra time working on some part of your swimming that makes you just a little bit better because of it. Now this is your chance to tell them "Thank you". Round up your team mates and start talking it up!! Trust me — just being nominated by your swimmers brings a real sense of satisfaction to a Coach.



Sharlene Van Boer

### Previous Coaches of the Year

- 2001 Sharlene Van Boer (RHMS)
- 2000 Marie Mc Sweeney (TAM)
- 1999 Tina Talbot (SANR)
- 1998 Tim Sheeper (MNLO)
- 1997 Brian Stack (MAM)

The selection criteria is as follows: The Coach of the Year is selected on the basis of inspirational and instructional qualities; club and individual accomplishments including championships and world records; and non-competitive club and individual accomplishments including club size and growth, club participation, volunteering, and events run by the club; and the coach's service to PMS, USMS and other masters organizations, participation in clinics, and published works.



Marie McSweeney

To nominate your coach, provide a nomination letter listing his or her accomplishments and a maximum of four letters from your teammates supporting your nomination.

Nominations may be mailed to PMS Chairman Doug Huestis,

9 Escondido Ave, San Francisco, CA 94132; or delivered in person to Doug at or before the PMS Committee meeting on May 22, 2002 at OakHill Park in Danville. The award will be presented at the PMS Long Course Championship meet.



Tina Talbot

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

## OPEN WATER SWIM WINNERS

Congratulations to our 2001 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	Cary Conley	SRM	72
2	Britt Howard	DAM	59
3	Jessica Sullivan	SCAM	53
4	Christine Hegedus	SCAM	51
5	Linda Gallo	SCSC	44
6T	Solette Kummer	SCAM	36
6T	Teri Campbell	UNAT	36
6T	Heather Bakker	USAB	36
1	Holden Hardcastle	USF	143
2	Kirk Walker	UNAT	85
3	William Dichtel	UNAT	49
4	Jed Michnowicz	SCSC	41
5	Matt Judd	DAM	36
6	Joseph Glenn	UNAT	34
25-29			
1	Karla Rees	SJAM	108
2	Caroline Leigh-Wood	NVVM	88
3	Becky Watkins	TVM	87
4	Michelle Deasy	TOC	85
5	Sarah Kerlin	CRUZ	84
6	Colleen Darling	SCAM	83
1	Jaime Marian	TVM	142
2	Brad Winsor	DAM	127
3	Staffan Westerberg	SCAM	63
4	Alan Liu	MVM	40
5	Glenn Abersold	TVM	34
6	Scott Henderson	STAN	33
30-34			
1	Sari Paikoff	SCAM	111
2	Cynthia Hertzner	CRUZ	88
3	Susie Grant	MELO	54
4	Alison Zamanian	SCAM	44
5	Debbie Schultz Santos	WCM	39
6	Christine Kanazawa	RINC	39
1	Christian Lambert	CRUZ	83
2	Robert Childs	TOC	75
3T	Joshua Woodruff	MVM	66
3T	Dan Frost	SEA	66
5	John Nosacka	RAMS	60
6	Scot Shoemaker	GSM	59
35-39			
1	Heike Mansoor	FAMS	130
2	Lisa Hazen	SCSC	129
3	Susan Preston	MELO	114
4	Maureen Chalmers	WCM	106
5	Laura Colette	CSPF	104
6	Ann Hemington	CRUZ	102

35-39			
1	Dave Matthews	WCM	154
2	John Ottersberg	TSU	94
3	Dan Veatch	USF	66
4	John Brunolli	TCAM	63
5	Sean Murphy	TOC	60
6	John Felts	AAM	51
40-44			
1	Cindy Clements	TAM	129
2	Sharon Salzman	RHMS	118
3	Kathryn Vatsula	CRUZ	95
4	Kristine Buckley	TAM	94
5T	Terri McGinnis	RAMS	85
5T	Susan Gordon-Arnold	SCSC	85
1	David Knapp	TVM	138
2	James Silk	TVM	119
3	John Morales	SRM	80
4	David Brancamp	SNM	61
5	Paul Sims	SRM	60
6	Martin Jansen	WCM	55
45-49			
1	Phyllis Quinn	TOC	142
2	Lindabeth Schmucker	DAM	134
3	Victoria Igel	LAM	130
4	Nancy Rylett	SAC	89
5	Laura Bea Albrecht	TAM	68
6	Barbara Nielsen	VAM	63
1	Sandy MacDonald	SAC	154
2	Tom Arnold	SCSC	120
3T	James Knight	SJAM	114
3T	Fred Farley	RINC	114
5	Bill Adkinson	RHMS	112
6	Ron Emhoff	TVM	107
50-54			
1	Marianne Brems	MENLO	154
2	Alice Jones	SCAM	145
3	Jacklyn Litman	WAC	124
4	Sheila Monaghan	TCAM	120
5	Diane Davis	DAM	113
6	Valerie Armento	UNAT	93
1	Joel Wilson	CRUZ	123
2	James Burror	AAM	112
3	Will Davis	DAM	97
4	Philip Murphy	SCAM	79
5	David Harmer	TCAM	76
6	Richard Trivett	RAMS	61

# POOL MEET

55-59			
1	Diane Sosnoski	SCAM	151
2	Susan White	TCAM	140
3	Virginia Jonsson	SMMM	133
4	Kaeti Bailie	RATZ	60
5	Carol Eber	WSS	59
6	Theresa Wistrom	HMSC	57
1	Alex Johnson	MAM	143
2	Allan Cartwright	TVM	85
3	Ross Shoemaker	SMMM	61
4	Dennis Bunting	UNAT	59
5	John Anderson	VAM	51
6	Michael Dower	UNAT	47
60-64			
1	Susan Munn	DAM	154
2	Susan Springer	STAN	130
3	Patricia Durham	SMMM	111
4	Charlotte Jenkins	TAM	82
5	Joyce Haworth	WCM	64
6	Janet Olsen	RAMS	47
1	Kent Price	LAM	154
2	Ralph Brott	FCM	139
3	Peter Orth	SFBS	88
4	Barry Fasbender	STAN	83
5	Richard Antonchuk	MELO	79
6	Lloyd Kearns	UNAT	64
65-69			
1T	Donna Monroe	WCM	148
1T	Dot Myers	SAC	148
3	Jutta Lingys	SMMM	135
4	Joanne Berven	TVM	34
5	Barbara Callison	RINC	33
6	Tessie Branscomb	MEND	22
1	William Grohe	USF	142
2	Emory Haworth	WCM	110
3	James Miller	SERC	94
4	William Evans	UNAT	48
5	Mike Laramie	UNAT	44
6T	John Milne	UNAT	32
6T	Mark Taylor	SMMM	32
70-74			
1	Martha Knockenhauer	SMMM	123
2	Ann Lambertson	SMMM	66
3	Bunny Dawson	AHSM	34
4	Marilyn Mutzner	??	19
5	Betty Crowley	LVTC	17
1	Roger Campbell	SMMM	154
2	Dick Lewis	ACM	38
3	Luman Sutton	SAC	22
4T	William Lupfer	UNAT	19
4T	Don Stupfel	SMMM	19
4T	Cap Thomas	DAM	19
4T	Pierre Hathaway	CVM	19

## Strawberry Canyon Masters Invitational Meet

**Saturday, March 23, 2002**

Sanction # 38-02-08

**Location:** Spieker Aquatics Complex, UC Berkeley, Bancroft Way at Dana Street. Limited indoor parking available at Bancroft Way @ 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.

**Fees:** \$5.00 surcharge per swimmer. \$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. Mail Consolidated Entry Form, a photocopy of your 2002 USMS registration card, and your entry fee to Sari Paikoff, 3040 1/2 Dohr St. Berkeley, CA, 94702. No refunds.

**Deadline:** Entries must be postmarked no later than March 9 (or received by March 13). 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:** Sari Paikoff, (510) 917-2617

**Referee:**

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

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

75-79			
1	Margery Meyer	TOC	66
2	Gloria Stupfel	SMMM	22
1	Fred Rogers	USF	154
2	Ed Kerswill	MVM	66
3	Tom McCall	SCAM	38
4	Stan Aldrich	SAC	22
5	Norm Petersen	SERC	22
6T	Verne Scott	??	17
6T	Dan Westerman	PSF	17
6T	Joseph Seliber	SMMM	17
80-84			
1	Ray Taft	SMMM	66
2	Richard Smith	WCM	22

# POOL MEET

## Santa Cruz Masters Aquatics and the University of California-Santa Cruz PMS 2002 Short Course Championships

Friday, Saturday, Sunday, April 12, 13, 14, 2002

Sanction #: 38-02-09

**Location:** East Field House, ucsc campus.

**Directions:** Take Hwy 1 (Mission St.) north from Hwy 17/Hwy 1 interchange to Bay St. Turn right (away from ocean) and follow Bay up the hill straight through Campus entry. Turn left at Hagar Drive 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, and walk the 400 yards up the hill. **DO NOT PARK AT THE POOL ON FRIDAY** unless you buy a parking permit at the entrance to campus or bring lots of quarters. Meters are closely monitored and non-meter zones are **VIGOROUSLY TICKETED** (\$25.00).

**Facility:** ucsc Swim Complex, Santa Cruz, CA. Seven lanes for competition and one lane for warm-up throughout the meet for each of the two swim courses. Additional warm-up breaks during the meet. Snack bar will be available all three days. Concessionaires will have quality comestibles for your eating pleasure.

**Time/Check In:** FRIDAY check-in and warm-up begin at 8:30 A.M. Women's 1650 starts at 10:00 A.M on both courses. Men's 1650 will start after the conclusion of the women's heats.

SATURDAY AND SUNDAY check-in and warm-up at 7:30 A.M. Meet starts at 9 A.M., with the women's heats on both courses. **PLEASE NOTE:** You must check-in anew each day, and have checked in one-half hour (30 min.) prior to the start of your event or you will be scratched!

**Entries:** This is a cardless meet. Use a consolidated entry form and follow all directions. Enclose copy of your 2002 registration card! Maximum of 5 events per day, 7 events for three day meet, excluding relays.

**Entry Fees:** Fee is \$10 for one individual event, \$20 for 2- 4 events and \$25 for 5-7 events; \$4 per relay. There will be no refunds. Make check payable to "U.C. REGENTS" and send with consolidated race entry card, and 2002 USMS registration photocopy to: PMS CHAMPIONSHIPS, c/o Santa Cruz Masters, P.O.. Box 8422, Santa Cruz, CA 95061.

**Deadline:** No late or deck entries. Entries must be postmarked no later than Saturday, March 30th and/or received no later than Wednesday April 3rd, 2002.

**Seeding:** individual events will be seeded from slowest to fastest. It's our intention to swim ALL events one to a lane. However, if overwhelmed with entries, we will go two- to-a-lane for the 500, 1000, and 1650 freestyle. Anyone who wishes to swim only one per lane can do so after all two-to-a-lane heats have been swum.

**Scoring:** Individual events: 9-7-6-5-4-3-2-1 (eight places). Relays: 18-14-12-10-8-6-4-2 for each age group (eight places). \*NOTE: only two relay teams per swim club may score per age group of a relay.

**Awards:** Ribbons to first through eighth place. High point awards for each sex and age group. Team trophies will be awarded to the top teams in each PMS team size division.

**T-Shirts:** Commemorative t-shirts will be offered for sale.

**Program:** with entries and entered times on sale for \$3 per copy.

**Timing plan:** CRUZ Masters will provide one timer per lane throughout meet. Additional timers for all three days will be requested from those present. We suggest that each team bring a "designated timer", a non-competitor to assist.

**Meet Director:** Joel Wilson (831) 425-5762.

### Schedule of Events

Friday, April 12, 2002	Saturday, April 13, 2002	Sunday, April 14, 2002
1- 2 1650 yd. freestyle	9-10 1000 yd. freestyle	29-30 500 yd. freestyle
3- 800 yd. mixed free relay	11-12 100 yd. butterfly	31-32 100 yd. breaststroke
5- 6 400 yd. I.M.	13-14 50 yd. breaststroke	33-34 200 yd. butterfly
7- 8 200 yd. freestyle	15 400 yd. mixed free relay	35-36 100 yd. backstroke
	17-18 50 yd. freestyle	37-38 200 yd. free relay
	19-20 200 yd. backstroke	39-40 100 yd. freestyle
	21-22 50 yd. butterfly	41-42 200 yd. I.M.
	23-24 200 yd. breaststroke	43-44 50 yd. backstroke
	25-26 100 yd. I.M.	45-46 400 yd. medley relay
	27 200 yd. mixed medley relay	

### Awards Night...



The food is always wonderful at the meetings. Doug thanks Cindy Baxter, (RINC) and Ann Kay (MNLO) who prepare and bring such wonderful treats.

Joan Alexander,  
(WCM), Secretary



Chairman Doug Huestis, (BMW) is presented a plaque in appreciation for his leadership by Rick Windes, (TSUN), who also received an appreciation award for his work as Vice-Chairman - Administration

### at the



Clarine Anderson,  
(LAM), Treasurer

Michael Moore  
(FOG) wears  
several hats:  
Member-at-large,  
Webmaster, and  
Marketing/Public  
Relations



## OPEN WATER MEETS

### San Mateo Master Marlins Open Water Clinics and One Mile Swim

Saturdays, April 27, May 4 and  
May 11, 2002,

**Location:** Joinville Aquatic Center, 2111  
Kehoe Ave., San Mateo, CA and Parkside  
Aquatic Park, San Mateo, CA.

**Clinic Check in Times:** 7:45 a.m. check-in.  
8:00 a.m.-9:00 a.m. classroom time; 9:00 a.m.  
-11:00 a.m. in water instruction and video;  
11:30 a.m. short open water swim.

**Open Water Swim Check-in:** Begins at 7:00  
a.m. and closes at 8:30 a.m.. Race start is at 9  
a.m..

**Clinic Descriptions:** Clinic#1: We will focus  
on the fundamentals of open water freestyle.  
Time will be spent in the classroom and in the  
pool at Joinville Aquatic Center and at the open  
water course at Parkside Aquatic Park.

Clinic#2: We will focus on strategies and  
techniques used in both lake and open water  
swims.

**OW Swim Course Description:** One mile  
salt water triangular course; in water start and  
sandy beach exit. Expected water temp. 65  
degrees

**Swim Divisions and Awards:** Awards in 10  
yr age divisions: 19-29, 30-39, 40-49, 50-59,  
60-69, 70 and over. Special award to oldest  
finisher.

**Clinic Registration:** Must pre-register.  
Registration closes with first 25 entries for  
each clinic.

**Entry fee:** Clinic fee is \$20.00 (for each  
clinic) pre-registration or \$15.00 with a paid  
entry to the subsequent Parkside Aquatic Mile  
on May 11. **Open Water Swim fee** is \$25 pre-  
registration; \$30 on race day. Make checks  
payable to SMMM. Send entries to SMMM,  
Joinville Aquatic Center, 2111 Kehoe Ave. San  
Mateo, CA 94403. Entry forms to be available  
at [www.sanmateomarlins.org](http://www.sanmateomarlins.org) or you may use  
the consolidated entry form on the Pacific  
Masters Website ([www.pacificmasters.org](http://www.pacificmasters.org)) or  
in this magazine.

**Contact information:** Thomas Huggins,  
650-522-7460 (Joinville Aquatic Center),  
[coachthomas@sanmateomarlins.org](mailto:coachthomas@sanmateomarlins.org).

**Deadline:** No deadline for clinic entries but  
registration closes at 25 participants.

**Swim Deadline:** Postmarked by April 27, 2002.

**Amenities:** Clinic fee includes videotaping,  
continental breakfast and locker room  
facilities. Swim entry fee includes short sleeve  
t-shirt, post-race beverages and snacks; Picnic  
tables and bbq grills are available. Walking  
distance from Joinville Aquatic Center locker  
rooms with showers.



Doug  
congratulates  
Nancy Ridout,  
(TAM), for  
yeoman work  
as Registrar

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

Saturday, May 18, 2002

Sanction # OW- pending

**Location:** Spring Lake, Santa Rosa, CA.  
**Directions:** 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 2002  
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 3, 2002

**T-Shirts:** All pre-entries postmarked by  
May 3, 2002 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

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



Richard Smith,  
(WCM), Zone Rep  
Joan Smith, (WCM),  
Officials Chair

### Davis Aquatic Masters Lake Berryessa Annual One and Two Mile Swims

Saturday, June 1, 2002

Sanction # OW- pending

**Location:** Oak Shores Park off Knoxville-  
Berryessa Rd., on west shore of Lake Berryessa.

**Directions:** 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.  
Carpooling is strongly encouraged.

**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 A.M. for all 1 mile swims. The two  
mile starts at 9:30 A.M., one mile at 11:15 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 15, 2002 (\$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 2002 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).

**Deadline:** postmarked by May 15, 2002

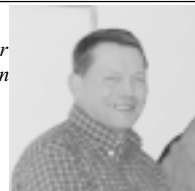
**Awards:** Commemorative medals will be  
awarded to the 1st three finishers in each age and  
gender group. Special award to 1st man and  
woman overall in 2 and 1 mile. Awards to top  
three men and women finishers in combined and  
wetsuit (no age group) categories.

**T-shirts:** May be ordered on entry form for an  
additional \$8 each prior to May 15, 2002. A  
limited number of T-shirts will be available on  
race day for \$14 each.

**Traditional Post Swim Picnic:** In-N-Out Burger  
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:** Herb Marsden (530) 902-3061;  
email [herbmars@hotmail.com](mailto:herbmars@hotmail.com)

Barry Fasbender,  
(STAN), Vice Chair  
for Meet Operation



January 16  
PMS meeting...

# 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.
	F <input type="checkbox"/>	
Street	no. of events entered:	
City	State	
Phone	*Age	
Club	Club Abbr.	Zip
		Birthdate
		Entry Fee

For a Cardless Meet, enter your times in the table below

T-Shirt size:

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.

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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> <li>11. Excellence in Swimming Stroke Technique -</li> </ol> | <ol style="list-style-type: none"> <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, Men'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**  
 pool and open water swim information  
 for the  
 May - June Newsletter is  
 March 15, 2002.  
 Please submit creative writing  
 and photos to  
 Newsletter Editor  
 Joanne Berven  
 4854 Andrea Ct.  
 Livermore, CA 94550  
 newsletter@pacificmasters.org

### PRICE LIST

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## 2002 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

	LC Long Course Mtrs.	OW Open Water	SC Short Course Yds.	SCM Short Course Mtrs.
Mar. 1-3	WCM	Intensive Training, Camp Kerry O'Brien, 41 Mayo Lane, Walnut Creek, CA 94596, (925) 943-5856 swim4wc@netscape.net		
Mar. 9	RINC	Spring Short Course Meet, Nan Blackledge, 501 Portola Rd. #8005, Portola Valley, CA 94028, (650) 424-4376		
Mar. 23	SCAM	SCAM Invitational, Sari Paikoff, 3040 Dohr St., Berkeley, CA 94702, Calamese2001@yahoo.com		
Mar. 21-31	NZ	World Championships		
Apr. 12-14	CRUZ	PMS Championships, Joel Wilson, P.O. Box 8422, Santa Cruz, CA 95061, (831) 425-5762, openwatr@got.net		
Apr. 27	SMMM	Open Water Clinic #1, Thomas Huggins, 2111 Kehoe Ave., San Mateo, CA 94403, (650) 522-7460, swimmingfly@earthlink.net		
May 4	SMMM	Open Water Clinic #2, Thomas Huggins, 2111 Kehoe Ave., San Mateo, CA 94403, (650) 522-7460, swimmingfly@earthlink.net		
May 11	SMMM	Parkside Aquatic Park (1 mile) Thomas Huggins, 2111 Kehoe Ave., San Mateo, CA 94403, (650) 522-7460, swimmingfly@earthlink.net		
May 14-17	HI	USMS Nationals		
May 18	RCM	Spring Lake (1 mile), Jim McCray, P.O. Box 337, Healdsburg, CA 95448, (707) 528-4718		
June 1	DAM	Lake Berryessa (1, 2 mile), Herb Marsden, P.O. Box 921, Davis, CA 95617, (530) 902-3061, herbmars@yahoo.com		
June 7-8	WCM	Long Course Invitational, Kerry O'Brien, 41 Mayo Lane, Walnut Creek, CA 94596, (925) 943-5856, swim4wc@netscape.net		
June 29	TVM	Shadow Cliffs (3/4, 1-1/2 mile), Ron Emhoff (entries), 7730-C Canyon Meadow Circle, Pleasanton, CA 94588		
June 30	BMW	Splash and Dash, Doug Huestis, 9 Escondido Ave., San Francisco, CA 94132, (415) 681-5496, klencke@itsa.ucsf.edu		
July 6	RCM	Lake Sonoma (2 mile), Jim McCray, P.O. Box 337, Healdsburg, CA 95448, (707) 528-4718		
July 12-14	CRUZ	PMS Championships, Joel Wilson, P.O. Box 8422, Santa Cruz, CA 95061, (831) 425-5762, openwatr@got.net		
July 20	TOC	Trans Tahoe Relay Scott Williams, 524 Post St., San Francisco, CA 94102, (415) 775-3088 x 1241, swilliams@olyclub.com		
Aug. 3	CRUZ	Santa Cruz Pier (1 mile), Lifeguard Headquarters (entries), #1 Municipal Wharf, Santa Cruz, CA 95060, (831) 420-6015		
Aug. 4	CRUZ	Pier-to-Pier (10K), Joel Wilson, P.O. Box 8422, Santa Cruz, CA 95061, (831) 425-5762, openwatr@got.net		
Aug. 4	CRUZ	Cruz Cruise (2 mile), Scott Patterson, 108 Anthony St., Santa Cruz, CA 95060, (831) 426-1043		
Aug. 16-19	CLEV	USMS Nationals		
Aug. 18	MAM	2 x 1 Relay, Vincent Pon, 25625 Crestfield Dr., Castro Valley, CA 94552, (510) 287-0792, vpon88@hotmail.com		
Aug. 24	TCAM	Pinecrest Lake (1, 2 mile), John Brunolli, 22636 Cedar Pines Ave., Twain Harte, CA 95370, (209) 532-2761, jbrunol@lodelink.com		
Sept. 8	RAD	Whiskeytown (1, 2 mile), Pete O'Neill, 4429 Moyvane Dr., Redding, CA 96001, (530) 225-0020 ex 726, poneill@jett.net		
Sept. 11-15	USMS	National Convention		
Sept. 21	RAMS	Folsom Lake (1, 2 mile), Nancy Kelley, 4065 Silver St., Rocklin, CA 95677-1534, (916) 624-0715, nancyk@vfr.net		
Oct. 6	SAC	29th Pentathlon, Andrew Brenan, P.O. Box 188205, Sacramento, CA 95818, (916) 923-5174, revols@earthlink.net		
Oct. 12-13	WCM	Short Course Meters Meet, Kerry O'Brien, 41 Mayo Lane, Walnut Creek, CA 94596, (925) 943-5856 swim4wc@netscape.net		
Oct. 20	SMMM	Meters Pentathlon, Dale Finch, 76 Elm St., San Carlos, CA 94070, (650) 654-1554, dfinch@ix.netcom.com		
Dec. 7	SNM	Reno Winners Meet, Gwen Shonkwiler, 3315 Thornhill Dr., Reno, NV 89509, (775) 323-2174, gwen@scs.unr.edu		

**2002 Meeting Dates:** Feb. 20, Mar. 27, Apr. 24, May 22, June 26, July 24, Aug. 28, Sept. 25, Oct. 23, Nov. 20. All meetings will be held at the Oak Hill Park Community Center, Danville, CA

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