

newsletter



Message from the Chair

by Michael Moore, PMS Chair



Happy New Year!

Seventeen years ago, I was selling computers for a local small computer retailer. I had been running (earlier that year I ran in the Bay to Breakers). My knees were starting to hurt me when I ran. Knees don't take too well to a 200 lb body running on concrete or asphalt.

One of my customers, Phil Skarshaug, told me about this adult swimming program called Masters Swimming. Phil swam for TAM but he said there were teams all over the place. I don't remember how I found San Francisco Rec and Park, but I started swimming in October, 1985.

This September, I was elected your chairman of Pacific Masters Swimming. Pacific Masters just surpassed 10,000 members; we are the largest LMSC. We got there mainly because someone like you told a friend, a colleague or acquaintance about Masters swimming and what a great way it is to keep in shape, meet people and compete (if you want).

The swimming committee has planned another great year of competition for those who want to compete, coaching clinics for our coaches, fitness clinics and open water clinics. We hope to have a program where every swimmer will find at least one item that interests them.

As many of you know, Pacific Masters is the largest regional group of Masters swimmers in the U.S. with about 23% of Masters swimmers belonging to Pacific Masters. I have challenged your Board of Directors to help "grow" our LMSC to be about 25% of U.S. Masters Swimming.

If you have been reading the forum section of the USMS website (forums.usms.org), the New England Masters are saying that they are the "Center of Competitive Masters Swimming." Just to have fun with it, it would be great to see the growth in Pacific Masters be equal to one half of New England Master's entire LMSC - we would need to attain a net growth of about 850 members. We can do it, if you get one friend to come to register.

Masters swimming will grow because one person tells a friend about swimming and convinces them to come to practice. Just as Phil Skarshaug told me about Masters swimming and Masters Swimming grew by one member, tell a friend about Masters swimming and the fun of swimming.

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 Michael Moore., 350 Wayland, San Francisco, CA 94132, no later than February 19, 2003. 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 2001 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 2002. The 2001 award recipient was **Richard Smith**.

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 winners were **Andrew Brennan, Paul Wrangell, Davis Aquatic masters, Rinconada Masters, and Tsunami Masters**.

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 2000, 2001, and 2002; 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.

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 **Mary and Lloyd Yoshida, Bud Meyer, and George Cleveland**.

OPEN WATER TOP 5

Congratulations to our **2002 Open Water Points** winners! All PMS swimmers who placed tenth or better in any of the 16 2002 open water swims were entered in the Points Competition. Total points from each swimmer's seven best placings determine the winners. Awards go to the top three swimmers in each age group. If you have not received your award by December 1st, contact Marcia Benjamin at (510) 357-7753 or msbenjamin@earthlink.net. Awards were distributed at the November PMS meeting. **Next year the Open Water award will be based on half the total number of swims offered.**

PL	NAME	TEAM	PTS								
19-24				40-44				60-64			
1	Steven Aronowitz	SMMM	44	1	David Brancamp	SNM	154	1T	Ralph Brott	BMW	154
2	Matthew Marlatt	DAM	41	2	James Silk	TVM	118	1T	Alan Cartwright	TVM	154
3	William Dichtel	FIRE	39	3	Joel Swartz	SMMM	104	3	Richard Antonchuk	MELO	122
4	Andrew Harper	USF	38	4	Chris Cavanaugh	UNAT	63	4	John Fleming	UNAT	114
5	Ellison Wada	CRUZ	38	5T	Rodger Harrell	UNAT	61	5	Peter Orth	UNAT	100
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1	Heather Knight	UNAT	124	5T	David Knapp	TVM	61	1	Susan Munn	DAM	151
2	Neala Kendall	KENY	88	1	Suzanne H-Bowen	WCM	154	2	Susan White	TCAM	136
3	Megan Olson	SCAM	77	2	Heike Mansoor	UNAT	145	3	Charlotte Jenkins	TAM	132
4	Rebecca Haw	SCAM	68	3	Cindy Clements	TAM	137	4	Susan Springer	STAN	114
5T	Christina Cairns	UNAT	60	4	Kristine Buckley	TAM	106	5	Susan Anson	SCAM	69
5T	Britt Howard	DAM	60	5	Margaret McNamara	AAM	105	-----			
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25-29				45-49				1	Emory Haworth	WCM	154
1	Glenn Abersold	TVM	122	1	Sandy MacDonald	SAC	154	2	James Miller	SERC	107
2	Jaime Marian	TVM	88	2	Mike Ryder	SNM	127	3	William Grohe	USF	89
3	Matthew Braun	RAMS	44	3	Ron Emhoff	TVM	124	4	Barry Fasbender	STAN	76
4T	Jason Nielsen	CRUZ	41	4	Fred Farley	RINC	112	5	Dick Peterson	SMMM	66
4T	Joshua Cazadd	RAMS	41	5	James Knight	SJAM	111	-----			
4T	Kirk Walker	UNAT	41	1	Lorraine Somers	SCAM	151	1	Donna Monroe	WCM	154
1	Karla Rees	MVM	127	2	Lindabeth Schmucker	DAM	139	2	Dot Myers	SAC	145
2	Jennifer Perchacek	CWR	107	3	Phyllis Quinn	TOC	128	3	Joyce Haworth	WCM	103
3	Heidi Eslinger	RAMS	104	4	Barbara L-Neilsen	VAM	117	4	Barbara Robben	UNAT	82
4	Heather Royer	SCAM	78	5	Laura Bea Albrecht	TAM	60	5	Joanne Berven	TVM	53
5	Helen Salcedo	SCAM	70	-----				-----			
-----				50-54				70-74			
30-34				1	Joel Wilson	CRUZ	145	1	Roger Campbell	SMMM	154
1	Brian Kohlmeier	SCAM	106	2	Michael Horwath	RATZ	131	2	Pierre Hathaway	CVM	148
2	Greg Larson	TOC	96	3	Noel Laverty	SAC	121	3	Dick Lewis	ACM	117
3	Andrew Abbott	TVM	84	4	Stephen Small	TVM	118	4	John Milne	UNAT	52
4	Roque Santos	WCM	82	5	Richard Trivett	RAMS	93	5	Robert Cunningham	SMMM	51
5	Robert Childs	TOC	71	-----				-----			
1	Juliet Cox	EYMCA	89	1	Marianne Brems	MENLO	154	1T	Bunny Dawson	RINC	41
2T	Michelle Deasy	TOC	82	2	Alice Jones	SCAM	151	1T	Ann Lambertson	SMMM	41
2T	Debbie S-Santos	WCM	82	3	Regina Brittingham	USAB	125	3T	Marty Barry	RHMS	22
4	Jennifer Felix	SMMM	69	4	Carol Riddell	SCAM	118	3T	Marilyn Mutzner	TCAM	22
5	Donna Hubbard	SMST	61	5	Diane Davis	DAM	114	3T	Gail Roper	QUIK	22
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35-39				55-59				75-79			
1	Dave Matthews	WCM	137	1	Alex Johnson	RHMS	151	1	Fred Rogers	USF	151
2	John Ottersberg	TOC	105	2	David Harmer	TCAM	129	2	Luman Sutton	SAC	66
3	Terry DeBiase	FIRE	66	3	Dennis Bunting	UNAT	91	3	Stan Aldrich	SAC	60
4	David Utley	UNAT	58	4	Eric Anderson	CSPF	60	4	Tom McCall	SCAM	41
5	Brad Eagleton	UNAT	55	5	Michael Dower	SERC	54	5	Norm Petersen	SERC	22
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1	Lisa Hazen	SCSC	132	1	Susan Garfin	SCAM	154	1	Martha Knockenhauer	SMMM	85
2	Laura Colette	CSPF	131	2	Carol Eber	PETT	109	2	Margery Meyer	TOC	22
3	Ann Peters	UNAT	120	3	Kate Coleman	SCAM	101	-----			
4	Cynthia Hansen	SCSC	79	4	Mary C-Norkin	DC	93	80-84			
5	Laureen Welting	TOC	76	5	Theresa Wistrom	ACM	87	1	William Johnson	WCM	44
-----				-----				2	Richard Smith	WCM	22
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POOL MEETS

University of San Francisco Masters 2003 Short Course Valentines Affair

Saturday, February 8, 2003

Sanction #38-03-03

Note: Until the pool length has been certified, events swum in this pool shall not count for USMS Records and Top Ten.*

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

Directions: From the **Bay Bridge** take Fell Street exit. 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). **South Bay (101 North):** After Cesar Chavez exit stay in the left lanes and take the left branch towards Civic Center. Take the Fell St. exit. Proceed similar to directions above from Bay Bridge. From the **GG Bridge**, stay to the right and take 19th Ave. Turn R on Anza, R on 14th Ave., R on Geary to Stanyon, R on Stanyon, L on Turk and enter free parking area on the right. From **280 North** take 19th Ave. exit. Stay on 19th approx. 3 miles. Turn R on Geary, and follow directions from GG Bridge.

Facility: Indoor 25 yd. x 50 m. pool. Eight competition lanes, 2 warm-up/down lanes available throughout meet. Electronic timing. Snack bar open 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: All entries must be on a consolidated entry form and accompanied by a copy of the swimmer's 2003 USMS registration card. Relays must be on official yellow relay entry cards.

Entry fees: Pre-entry: \$5.00 surcharge plus \$2.00 per event.
Deck/late entry: \$5.00 surcharge plus \$3.50 per event; Relays: \$4.00 per event, deck entry only. **Make checks payable** to University of San Francisco Masters. **Mail to** USF Masters, Attn. E. Tosta, P.O. Box 330017, San Francisco, CA 94133-0017.

Deadline: Entries must be postmarked by Wednesday, January 29, 2003 or hand delivered to the Koret Center at USF by Friday, January 31, 2003. For hand delivery, please put entries in an envelope addressed to Cathy Huang.

Awards: Participation goodies will be distributed to all swimmers. This will include an accomplishment sheet to affix your individual results stickers.

Meet Directors: Barbara Byrnes, (415) 824-7489, bgbyrnes@pacbellnet; or Bryan Andrews, (415) 647-3537, andrews_bryan@yahoo.com.

Referee: Bud Meyer

Information: Cathy Huang (415) 422-6247 or Elmer Tosta (415) 422-2384.

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

*Special Event

*Pool certifications will be posted on the PMS website as soon as they have been measured.

San Mateo Masters Marlins 18th Annual PMS Indoor Relays

Sunday, February 23, 2003

Sanction #38-03-04

Note: Until the pool length has been certified, events swum in this pool shall not count for USMS Records and Top Ten.*

Location: Oceana High School, 401 Paloma Ave., Pacifica.

Directions: From I-280, take Hwy 1 South. Exit on Paloma Ave. The high school is located on the east side of Highway 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. - 8:45 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 2003 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: Toni DiCapua (510) 581-0943; tdiapua@ix.netcom.com

Referee: Harrison Race

Events: (Odd=Women, Even=Men)

- All events will be swum slow to fast
- 1-3* 800 yd. Ind/Mixed Free (4x200)
- 4-5 200 yd. Medley (4x50)
- 6-7 400 yd. Freestyle (4x100)
- 9** 100 yd. Freestyle (4x25)
- 11-12 400 yd. Medley (4x100)
- 13-14 200 yd. Freestyle (4x50)
- 15-16-17 400 yd. Pace Line ***

*All individual and mixed will be seeded together by time; each swimmer may only swim once.

** Denotes Special Events

***Pace Line Relay - All 4 swimmers begin in the water, and when the race starts, they swim in-trail. After 50yds, the LEAD swimmer pauses at the wall, allowing the 2nd swimmer to become lead, while he becomes 4th in line. This continues until all swimmers have swum as lead twice. Final time is when the 4th swimmer finishes after 400 yds.

Walnut Creek Masters 16th Annual Intensive Training Camp

February 28, March 1, 2, 2003

Sanction #38-02-05

Location: Clarke Swim Center, Heather Farm Park, Walnut Creek.

Directions: 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 2 1/2 days dedicated to enhancing your competitive swimming performance through strenuous conditioning, stroke and distance specificity, and stroke technique instruction, all in an atmosphere conducive to serious swim training. The Camp will consist of two in-water workouts per day. The morning practice will be a general conditioning session, with the afternoon sessions being divided up by Distance, Mid-Distance, and Sprint Specialties. Here the Coaching Staff will strive to meet the specific needs of training for your best events. Each morning session will conclude with a hearty breakfast. Optional Stroke Schools will be conducted Friday evening and Sunday morning free to those interested. The Camp is not the place to begin your training, but to continue it. By registering, you are confirming the fact that you are in good physical health, have been 'competitive swim training' for at least 8 weeks, and are capable of swimming two workouts a day (approximately 6,000-8,000 yards). We ask that, if possible, you bring your own pulling gear

Coaching Staff: The 2003 Camp Staff includes: Kerry O'Brien, Mike Heaney, and Susan Strong, coaching staff of the 1999, 2000, & 2001 National Champion Walnut Creek Masters; Brian Stack, Veteran Instructor at Terry Laughlin's Total Immersion Swim Camps, and the 1997 Pacific Masters Swimming Coach of the Year; Dr. Jim Miller, Coach of the 2000 Long Course National Champion Virginia Masters; and Joel Wilson, Coach of Santa Cruz Masters, and the 2002 Pacific Masters Swimming Coach of the Year.

Continued on next page

POOL MEETS

Rinconada Masters Spring Meet

Saturday, March 8, 2003

Sanction #38-03-06

Note: Until the pool length has been certified, events swum in this pool shall not count for USMS Records and Top Ten.*

Location: Rinconada Pool. Embarcadero and Newell Road, Palo Alto.

Directions: 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.

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 must use the consolidated entry form in this newsletter or request an entry form by sending 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.

No refunds. Maximum 5 events per person. **Mail entry, check payable** to Rinconada Masters and a copy of your 2003 USMS registration card to Rinconada Spring Meet, Nan Blackledge, 501 Portola Rd., P.O. Box 8005, Portola Valley, CA 94028, (650) 424-4376.

Deadline: Entries must be Postmarked by Friday, February 21, 2003 or received by Wednesday February 26, 2003. **NO DECK ENTRIES** for 1000 Free.

Awards: Ribbons 1st through 6th in each age group. Special Memorial award for Women's 70-74 Sylvia Bailey Award (400 IM).

Meet Director: Jim Shaw (650) 529-1173

Referee: Bud Meyer

Starter: George Cleveland

Events: (Odd=Women, Even=Men)

All events will be swum slow to fast

1-2 1000 yd. Free

Event #3 will not start before 10:30 A.M.

3-4 200 yd. Breast

5-6 50 yd. Free

7-8 100 yd. Fly

9-10 50 yd. Free Novice *

11-12 100 yd. Back

13-14 200 yd. Free

15-16 50 yd. Back Novice*

17-18 200 yd. IM

19-20 100 yd. Breast

21-22 50 yd. Fly

23-24 400 yd. IM

25-26 100 yd. Free

A-B 1650 yd. Fly **

* Novice: no prior competitive masters experience.

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

Strawberry Canyon Masters Invitational Meet

Saturday, March 22, 2003

Sanction # 38-03-07

Note: Until the pool length has been certified, events swum in this pool shall not count for USMS Records and Top Ten.*

Location: Spieker Aquatics Complex, UC Berkeley, Bancroft Way at Dana Street. Limited \$5 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. Metered parking and free weekend permit parking available on neighboring streets.

Facility: 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 deckseeded. 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 2003 USMS registration card, and your entry fee to Eric Deam, 19 Orchard Lane, Berkeley, CA 94704. No refunds.

Deadline: Entries must be postmarked no later than March 8, 2003 (or received by March 12, 2003). 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: Eric Deam, (510) 841-4825

Referee: John Duncan

Events: (Odd=Women; Even=Men)

1 - 2 500 yd. Freestyle

3 - 4 200 yd. I.M.

5 - 6 100 yd. Butterfly

7 - 8 100 yd. Backstroke

9 - 10 200 yd. Freestyle Relay

11 - 12 200 yd. Freestyle

13 - 14 100 yd. Breaststroke

15 - 16 100 yd. Freestyle

17 - 18 100 yd. I.M.

check out our website
www.pacificmasters.org

Hawaii summer swim dates have
some slight changes for 2003.
<http://www.hawaiiswim.com>

Continued from previous page

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: The Camp is open to all 2003 USMS Registered Swimmers with registration being taken on a "First Come Basis". Space will be limited to 50 swimmers. \$160.00 registration fee. *A \$35.00 fee will be charged for any cancellations after February 8th.* \$20.00 for the camp dinner. All swimmers who register for the camp prior to February 8th will receive a commemorative T-shirt.

For further information, call Kerry O'Brien (925) 943-5856 or check the website: <http://www.swim4wc.org>

**Pool certifications will be posted on the PMS website as soon as they have been measured.*

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.
Street		F <input type="checkbox"/>	
City	State	no. of events entered:	
Phone	*Age	Zip	
Club	Club Abbr.	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
			Email (Optional)		

"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 9/02

PACIFIC MASTERS SUPPLIES AND SERVICES

VIDEO TAPE LIBRARY How to Borrow Tapes:

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

1. *21st Century Swimming*, v.2 Backstroke, v.5, IM, v.6 Starts, Turns, Finishes, v.7 Advanced Drills
2. *Ultimate Breaststroke*, featuring Adrian Moorhouse and Nick Gillingham.
3. *Core Stabilization & Shoulder Stabilization* (2 tape set with book), Matt Wren MS, PT
4. *Basic Training from the Fast Lane* - Coach John Tremblay, 1992
5. *Core Body Strength* with Coach Scott Volkens (Mobility and Flexibility).
6. *Australian Swim Coaches Teaching Association* with Coach Bill Sweetnam v2. Backstroke, v5. Individual Medley, v6. Starts, Turns, Finishes, v7. Advanced Drills
7. *Ultimate Breaststroke* with Adrian Moorhouse, and Nick Gillingham
8. *How Swimming Works*, New Ideas in Freestyle & Backstroke - Dr. Marty Hull, 1996
9. *From the Fast Lane* (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique
10. *Swim Power, Unlock Your Ultimate Potential* (Technique, Training & Tips) - Steve Tarpinian
11. *Water: How to Be Safe In It, Have Fun In It, Move Powerfully In It, Swim Fast In It* - Dr. Marty Hull
12. *Fluid Swimming: The Importance of Range-Of Motion in Swimming, Stretching Exercises to Improve ROM, Strengthening Exercises to Use It Better* - Dr. Marty Hull
13. *Swimming Fastest II* - John Tremblay
14. *Swim Smarter/Swim Faster* - Richard Quick
15. *Swim Smarter/Swim Faster II* (Starts & Turns) - Richard Quick
16. *Forbes Carlisle Seminar* - Taped at the Olympic Club, 1995
17. *From the Bottom Up* - Mike Bottom (3 tapes) Freestyle, Backstroke, Breaststroke
18. *Excellence in Swimming Stroke Technique*
19. *Stretching* - Bob Anderson
20. *Clinical Sports Massage* - Benny Vaughn
21. *Gettin' Better* - John Nabor
22. *Red Cross Swimming & Diving Skills*
23. *ASCA World Clinic, 1992* (4 tapes) Freestyle, Backstroke, Breaststroke, Butterfly
24. *Weight Training for Adult Swimmers* - from Rinconada Masters 50+ Clinic
25. *Masters Starts & Turns* - ASCA
26. *Gold Medal Series* (4 tapes) - Don Gambril Freestyle, Backstroke, Breaststroke Butterfly
27. *Classic Swimming Series* (4 tapes) - Don Gambril
28. *Breaking the Mental Barrier* (audio tapes)
29. *Residential Pools* by SwimEx, Aquatic Therapy, Sports & Conditioning Pools

PRICE LIST

Membership Card Replacement	2.00
USMS/PMS Registration Forms	free
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Video and audio tape deposit	50.00
Video/audio tape mailing charge	5.00

USMS/PMS Records, Top Ten, and PMS member teams can be found on the PMS website (www.pacificmasters.org/). *Building a Successful Masters Club* and *Places to Swim* can be found on the USMS web site (www.usms.org/).

2003 Event Schedule - continued from back page

Sat.	Aug. 23	TCAM	Pinecrest Lake (1, 2 mile), John Brunolli, (209) 586-8944, brunolli@bonespt.com
Sun.	Sept. 14	RAD	Whiskeytown (1, 2 mile), Pete O'Neill, (530) 225-0020 ex 726, poneill@jett.net
Wed.-Sun.	Sept. 10-14	USMS	National Convention, San Diego
Sat.	Sept. 20	RAMS	Folsom Lake (1, 2 mile), Nancy Kelley, (916) 624-0715, nancyk@vfr.net
Sat.	Sept. 27	RINC	PMS SCM 1500 Championships
Sun.	Sept. 28	SMMM	Meters Pentathlon, Cindy Lee, (650) 522-7460
Sat.-Sun.	Oct. 4-5	RINC	PMS SCM Championships, Jim Shaw, (650) 529-1173, jfs45@aol.com
Sun.	Oct. ?	SAC	30th Annual Pentathlon, Andrew Brenan, (916) 801-2627 (d), (916) 923-5174(e), revols@earthlink.net
Sat.	Dec. 6	SNM	Reno Winners Meet, Gwen Shonkwiler (775) 323-2174, gwen@scs.unr.edu

2003 Meeting Dates: Jan. 15, Feb. 19, Mar. 19, Apr. 16, May 28, June 25, July, 23, Aug. 27, Sept.24, Oct.22, Nov. 19. All meetings will be held at the Oak Hill Park Community Center, Danville, CA and begin at 7:30 PM. All are welcome. **Directions:** On I 680, take Stone Valley Rd. EAST. Go approximately 2 miles. Oakhill Park is on the right, just before Monte Vista High School. Parking lot is in front of the building.

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.

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2003 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

Jan. 1-Feb. 28	TAM	Postal 1650, Jon Steiner, (415) 459-2000 x 30, lawjls@aol.com
Sat. Jan. 11	MBAY	Monterey Bay Masters Clambake, Cary McGregor (831) 384-9757, cmcgregor@rocketmail.com
Sun. Feb. 2	FOG	Winter Quadrathlon, Diane Davis, (415) 731-2522
Sat. Feb. 8	USF	Valentine's Day Affair, Cathy Huang, (415) 422-6247 (d), (415) 422-2384(e), huang@usfca.edu
Sun. Feb. 23	SMMM	Pacifica Indoor Relays, Dale Finch, (650) 654-1554, dfinch@ix.netcom.com
Fri.-Sun Feb. 28, Mar 1,2		WCM Intensive Training, Camp, Kerry O'Brien, (925) 934-5657, swim4wc@netscape.net
Sat. Mar. 8	RINC	Spring Short Course Meet, Jim Shaw, (650) 529-1173, jfs45@aol.com
Sat. Mar. 29	SCAM	Invitational, Eric Deam, (510) 841-4825, edeam@lycos.com
Fri.-Sun. Apr. 4-6	CRUZ	PMS SCY Championships, Joel Wilson, (831) 425-5762, openwatr@got.net
Sat. Apr. 19	SMMM	Open Water Clinic #1, Thomas Huggins, (650) 522-7460, thuggins@cityofsanmateo.org
Sat. Apr. 26	SMMM	Open Water Clinic #2, Thomas Huggins, (650) 522-7460, thuggins@cityofsanmateo.org
Sat. May 3	SMMM	Parkside Aquatic Park (1 mile), Thomas Huggins, (650) 522-7460, thuggins@cityofsanmateo.org
Sat. May 10	RCM	Spring Lake (1 mile), Jim McCray, (707) 528-4718, redwoodcoastopenwater@yahoo.com
Tu.-Fri. May 15-18	USMS	SC Nationals, Tempe AZ
Sun. May 18	TVM	Lake Del Valle Open Water Clinic #1, Glenn Abersold, (925) 785-1717(e), glenn217@attbi.com
Mon. May 26	TVM	Lake Del Valle Open Water Clinic #2, Glenn Abersold, (925) 785-1717(e), glenn217@attbi.com
Sat. May 31	TVM	Lake Del Valle (1.5K, 2 mile, 10K), Glenn Abersold, (925) 785-1717(e), glenn217@attbi.com
Sat. June 7	DAM	Lake Berryessa (1, 2 mile), Herb Marsden, (530) 902-3061, herbmars@hotmail.com
Fri.-Sat. June 13-14	WCM	Long Course Invitational, Kerry O'Brien, (925) 934-5657, swim4wc@netscape.net
Sun. June 22	BMW	Splash and Dash, Doug Huestis, (415) 681-5496, klencke@itsa.ucsf.edu
Sat. June 28	RCM	Lake Sonoma (2 mile), Jim McCray, (707) 528-4718, redwoodcoastopenwater@yahoo.com
Fri.-Sun. July 11-13	CRUZ	PMS LC Championships, Joel Wilson, (831) 425-5762, openwatr@got.net
Sat. July 19	TOC	Trans Tahoe Relay, Scott Williams, (415) 775-3088 (d) (415) 499-5104, swilliams@olyclub.com
Sat. Aug. 2	CRUZ	Santa Cruz Pier (1 mile), Santa Cruz Roughwater Swim, (831) 420-6015, rgould@santa-clarita.com
Sun. Aug. 3	CRUZ	Pier-to-Pier (10K), Joel Wilson, (831) 425-5762, openwatr@got.net
Sun. Aug. 3	CRUZ	Cruz Cruise (2 mile), Scott Patterson, (831) 426-1043, scottcp@sasquatch.com
Sun. Aug. 10	SNM	Donner Lake, Gwen Shonkwiler, (775) 323-2174, gwen@scs.unr.edu
Th.-Sun. Aug. 14-17	USMS	USMS Nationals, Rutgers NJ
Sun. Aug. 17	MAM	2 x 1 Relay, Larry Taggesell, (510) 263-0268, taggela@msn.com
Fri.-Sun. Aug. 22-24	TSUN	IGLA Championships, Joe Healy, (415) 621-9964, jhealysfo@aol.com

Continued on previous page

PACIFIC MASTERS SWIMMING OFFICERS

Chairman:
Michael Moore
350 Wayland St.
San Francisco, 94134
chairman@pacificmasters.org

Administrative Vice-Chair:
Richard Smith
4309 Surita St.
Sacramento, 95864
administration@pacificmasters.org

Operations Vice-Chair:
Barry Fasbender
845 Talisman Dr.
Palo Alto, 94303
operations@pacificmasters.org

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

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

Member-at-Large:
Bill Grohe
189 Galewood Circle
San Francisco, 94131
At-Large@pacificmasters.org

Registrar and PMS Office
Nancy Ridout
580 Sunset Parkway
Novato, 94947
(415) 892-0771
registrar@pacificmasters.org

Communications Co-Chairs:
Newsletter
Joanne Berven
4854 Andrea Ct.
Livermore, 94550
newsletter@pacificmasters.org

Webmaster
Michael Moore
350 Wayland St.
San Francisco, 94134
mwmoore@pacificmasters.org

The Pacific Masters Swimming Newsletter is published six times a year as an insert in the bimonthly SWIM Magazine, for swimmers registered with Pacific Masters Swimming.

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