

newsletter



Message from the Chair

by Michael Moore, PMS Chair



Pacific Masters has a treasure trove of great volunteers. Pacific would not be able to offer the programs that we offer without the people we have that devote much of their time to others.

This years Pacific Masters Service awards and swimmers of the year were awarded at the 2003 Short Course Yard Championships at UC-Santa Cruz.

This year the **Contributor of the Year** was awarded to **Joan Smith**. Joan has been a volunteer for Pacific for many years. She has worked as a deck official while her husband Richard swims. Joan has provided leadership in the roles of PMS Vice-Chair of Administration, Officials Chair, and Top Ten and Records Co-Chair.

Theresa Wistrom is **Pacific Masters Appreciation Award** recipient. Theresa was the co-meet director for the 2000 PMS Short Course Meters Championships. She was also the meet director for the 1500 Short Course Meter Championships in 2001 and 2002. Without her willingness to organize this less-than-profitable event, we would not have been able to offer it.

Andrew Eber and **Cindy Baxter** are the 2003 **Distinguished Service Award** recipients. **Andy** was responsible for getting Masters swimming at the Petaluma Swim Center. Recently, he was able to work with the Petaluma City Council to extend the pool season at the Petaluma Swim Center from March to the end of October.

Cindy Baxter of Rinconada Masters has worked for Masters Swimming for thirty years. She ran the Rinconada Spring meet for many years. When her daughter was an age group swimmer, Cindy worked as a deck official. After being away from the deck, she again became a certified deck official and worked the recent Santa Clara

Nationals and is frequently seen working as a stroke and turn official at Masters meets. Cindy is currently the Pacific Masters Officials chair.

Distinguished Service Awards were also given to **San Mateo Master Marlins, Tamalpais Aquatic Masters and Santa Cruz Masters Aquatics**.

San Mateo Master Marlins was the first Masters team in PMS and Tamalpais Aquatic Masters (originally Marin Aquatic Club) was right on its heels. Both were charter members of PMS back in 1971.

SMMM has given us distinguished service in the development, administration, and organization of our program in PMS and hosted SC and SCM events throughout the years as well as the first USMS SC National Championships at the College of San Mateo in 1972.

TAM ran SC and LC PMS Championships in the 70s and 80s, OW events in the 80s and 90s, postal events in the 90s and 2000s, and provided our members with the latest education and theories by hosting clinics with experts in various fields of interest in the 70s and 80s. These clubs continue to provide PMS leadership and distinguished service today.

CRUZ may not have as lengthy a history as SMMM and TAM but it has certainly performed distinguished service over the years. It teamed with the Santa Cruz Lifeguards to offer our members the opportunity to participate in the Santa Cruz Roughwater Swim, it has offered

PMS a venue for numerous SC and LC Championship meets (sometimes coming to the rescue with both in the same year), and gives our hardy distance aficionados the opportunity to swim open water (ocean) distance events. PMS recognizes the value of these clubs and acknowledges their contributions in the success of our program.

Overall Swimmers of the Year:

Age group swimmers of the year are determined by a calculation involving their PMS and USMS Top Ten rankings and records for all three pool courses and placings in open water swims. A swimmer must have participated in a minimum of two PMS sanctioned events in order to be eligible. From these winners the Pacific Masters Swimming Committee votes on the overall male and female Swimmers of the Year.

Laura Val is the 2002 Female Swimmer of the Year. During the year Laura set 15 USMS Short course yards records, five USMS Long Course Records and four Short Course meters records in her 50-54 age group. In accomplishing this feat she swam faster than the records she set in a younger age group.

Ed Cazalet is the 2002 Male Swimmer of the Year. Ed turned 60 for the LC and SCM seasons and made the most of his aging up! Ed set 2 National and 7 PMS LC records and 2 National and 7 PMS SCM records in the 60-64 age group in 2002.

A list of the 2002 Swimmers of the Year is found on the next page.

OPEN WATER MEETS

Redwood Coast Masters Spring Lake One Mile Open Water Swim

Saturday, May 10, 2003

Sanction # OW-0301

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 the course.

Entries: Online: go to www.lifeguardsforlife.org (via active.com)

Mail: Indicate estimated one-mile swim time on entry. Send entry form or consolidated card, a photocopy of 2003 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: \$25 entry fee for pre-entries, \$30 entry fee for late and race day entries. Entry fee is non-refundable and non-transferable. All entries include a free t-shirt.

Deadline: Entries must be postmarked by April 25, 2003.

T-Shirts: All entries 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

Website: www.lifeguardsforlife.org (map to event location available and downloadable entry forms)

Berryessa (continued)

Traditional Post Swim Picnic: On-site food service will be providing burritos and salads, 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 are available.

Race Director: Laurel King (530) 304-3108; e-mail:laurel@outdoormind.net

Davis Aquatic Masters Lake Berryessa 22nd Annual One and Two Mile Swims

Saturday, June 7, 2003

PMS Sanction # OW-0303, OW-0304

Location: Oak Shores Park off Knoxville-Berryessa Rd., on west shore of Lake Berryessa. Turn E. onto Knoxville-Berryessa Road from Hwy. 128 at Turtle Rock Cafe. Entrance to Oak Shores Park is 0.6 mi. N of Park Headquarters and two miles N of Spanish Flat. **Carpooling strongly encouraged** as a condition of event permit granted by US Bureau of Reclamation. Free shuttle service between parking areas will be available.

Course: One and two mile buoys mark courses 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, Masters Wetsuit 1 Mile, and USA Swimming 1 Mile for ages 11-18, and 500 yd for ages 8-10.

Time: Race day registration and check-in begins at 7:00 A.M. and closes at 9:00 A.M. for 2 mile-swim, combined 2-mile and 1-mile, & 500 yd. Youth swim; 10:30 A.M. for the Masters & USA Swimming 1-mile. The USMS two mile starts at 9:30 A.M., USA Swimming 500-yard swim at 9:50 A.M., USA Swimming one mile at 11:00 A.M., and USMS 1-mile at 11:15 A.M.

Swim Procedure: Deep water starts. No late starters. Caps will be provided and are mandatory. No individual escorts. Safety craft will patrol. Cut-off times: 1 hour for one-mile and 2 hours for two-mile swims.

Entries fees: Entry fees include swim cap, official Berryessa mug, post-race refreshments, and eligibility for prizes. Entry fees: \$25 for 1-Mile and 2-Mile swims; \$35 for combined 1- and 2-Mile; \$15 for USA Swimming 500-Yard swim - Send entries, with a photocopy of 2003 USMS to DAM, P.O. Box 921, Davis, CA 95617. For **official entry form** send a S.A.S.E to the above address, Attn.: Race Director, or for information and register online: www.DAMFAST.org

Deadline: May 21, 2003 (an additional \$10 will be charged for late and race day registration).

Awards: Commemorative medals will be awarded to the 1st three finishers in each age and gender group and an elite group. Special awards to top three men and women finishers in the following divisions: 2-mile Masters, 1-Mile Masters, 1-mile USA Swimming, and the 500 yd. Youth swim.

T-shirts: May be ordered on entry form for an additional \$9 each prior to May 21, 2003. A limited number of T-shirts will be available on race day for \$15 each.

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2002 Swimmers of the Year

19-24	Andy Nonaka WCM Anya Kolbisen TOC
25-29	Jeff Henderson BMW Helen Salcedo SCAM
30-34	Roque Santos WCM Debbie Schultz-Santos WCM
35-39	Geoffrey Glaser USF Laureen Welting TOC
40-44	Dave Boatwright WCM Suzanne Heim-Bowen WCM
45-49 tie	Bryan Volpp WCM/ Richard Garrett BMW Cindy Lee SMMM
50-54	Jim Clemmons MAM Laura Val TAM
55-59	Robert Strand TOC Daniela Barnea STAN
60-64	Ed Cazalet TAM Susan Munn DAM
65-69	Dick Peterson SMMM Bobbie Callison RINC
70-74	Roger Campbell SMMM Ann Hirsch WCM
75-79	Fred Trask WCM Gloria Stupfel SMMM
80-84	William Johnston WCM Margery Meyer TOC
85-89	Aldo Da Rosa RINC Marjorie Sharpe STAN

Changes to Open Water Events

Several changes have been made to the open water schedule and the events that are listed on it. If you need more details, contact information for these events is listed on the schedule in this newsletter.

- May 3rd, **Parkside Aquatic Park Swim**. This event will not be sanctioned by PMS. Open water points will **not** be given.
- **May 26th**, Tri Valley Masters Open Water Clinic #2: **Cancelled**. (Clinic #1 will still be held on May 18th)
- The swims scheduled to be hosted by **TVM at Lake Del Valle** on May 26th have been **changed to Sunday, July 27th**. The distances have been changed to 0.75 and 1.5 miles.
- **Whiskeytown** 1- and 2-mile swims have been **changed** from September 14th to **September 7th**.

POOL MEETS

Walnut Creek Masters Invitational Long Course Swim Meet

Friday and Saturday, June 13 & 14, 2003

Sanction # 38-03-10

Location: Clarke Swim Center, Heather & Marchbanks Dr., Walnut Creek. From 680 North take Ygnacio Valley Rd. to San Carlos, make a left turn at the stop light, turn left on Heather. From 680 South take No. Main St. turnoff, turn right at signal (Main St) to Ygnacio Valley Rd., turn left at stoplight and proceed as above. A limited snack bar will be available during this meet. No smoking or consumption of alcoholic beverages allowed at the pool.

Pool: 8 Lanes of 50 meters for competition plus one warm-up lane during competition. (Absolutely no diving during warm-up). Outdoor heated pool.

Time: Warm-ups for the 800 free at 5 P.M. Friday evening. Meet starts at 5:30 P.M. We will run two to a lane only if necessary. Warm-ups for Saturday at 7:45-8:45 A.M., meet begins at 9:00 A.M.

Rules: 2003 Masters and USMS Rules will govern this meet. Swimmers limited to 5 events per day. Current 2003 USMS registration number is required.

Check-In: The 800m free on Friday night is pre-seeded. No deck entries will be accepted for the 800. NO EXCEPTIONS. Call Charlene O'Brien, (925) 934-5657, Thursday, June 12th between 6 P.M.-9 P.M. for estimated start time. The Saturday events are deck-seeded and late entries (deck entries) are permissible. All swimmers in the first 4 events must check-in by 8:30am. All others are urged to check-in early. You must check-in at least 30 minutes prior to the expected start of your event. Any swimmer failing to check-in will not be allowed to swim that event.

Meet Procedure: All events will be run slow to fast. Manual timing will be used.

Entries: All entries must be on a Consolidated Entry Card. Make sure you enter "meter times". Enclose Consolidated Entry Card, copy of 2003 USMS card, and entry fee and make checks payable to: Walnut Creek Masters. Mail to: Walnut Creek Masters, P.O. Box 8039, Walnut Creek, CA 94596.

Entry fees: \$4.00 for each event if entered by the deadline and there is also a \$5.00 surcharge per swimmer.

Deadline: June 6, 2003 and received by June 10, 2003. Those entries received after the deadline and deck entries will be charged \$4.50 per event plus the \$5.00 surcharge.

Age Groups: 19-24, 25-29, 30-34, 35-39, up to 90+.

Awards: Ribbons awarded 1st through 3rd place.

Meet Director: John King, (925) 930-6854

Referee: John Duncan

Events: Odd = women, even = men.

- 1-2 800 m Free* (Friday Only)
- 3-4 400 m IM
- 5-6 200 m Free
- 7-8 100 m Breast
- 9-10 200 m Fly
- 11-12 100 m Back
- 13-14 200 m IM
- 15-16 100 m Free
- 17-18 200 m Breast
- 19-20 100 m Fly
- 21-22 200 m Back

*This is the only Friday event all others are on Saturday.

Burlingame Masters Watersports (BMW) Splash and Dash Long Course Meters

Sunday, June 22, 2003

Sanction # 38-03-11

Location: Burlingame High School, 400 Carolan Ave., Burlingame, CA.

Directions: From 101 take the Broadway exit (WEST), Take a left (SOUTH) at the light onto Carolan Ave and continue for approximately 1 mile. Turn left (EAST) at Oak Grove Ave. Entrance to a small parking lot is found on Oak Grove Ave. Street parking is also available.

Facility: 8-lane, 50 meter by 25-yard outdoor, heated pool. 5 lanes for competition, 2 lanes for warm-up/warm-down, 1 buffer lane. Colorado Timing system and scoreboard. Limited locker room facilities. Snack bar available.

Check In: Begins at 7:15 A.M. and will close at 8:30 A.M. **No deck entries will be accepted after 8:30 A.M.. Warmups** begin at 7:30 A.M. and end at 8:45 A.M. Meet starts at 9 A.M.

Entries: This is a cardless meet. Send your entry on a consolidated entry form with a copy of your 2003 USMS card. Relays will require a yellow entry card.

Entry fees: Flat fee of \$10.00 for 1 individual event, \$15.00 for 2 or more individual events if pre-entered.

Late entry fee or deck entries: Flat fee of \$20.00 for 1 event, \$30.00 for 2 or more individual events. Relay entry fee of \$4.00 per relay (relays deck entry only). Make checks payable to: **BAC.**

Mail to: BMW Splash and Dash, c/o Doug Huestis, 9 Escondido Ave., San Francisco, CA 94132

Deadline: Pre-entries must be postmarked by Wednesday, June 11, 2003 or hand delivered to Coach Doug at the Burlingame Aquatic Club Pool by Friday, June 13, 2003.

Meet Director: Doug Huestis (415) 681-5496 (or) email: klencke@itsa.ucsf.edu

Meet Referee: Michael Moore

Events: (Odd=Women, Even=Men)

- 1-2 200 m. Medley Relay
- 3-4 50 m. Backstroke
- 5-6 50 m. Butterfly
- 7-8 50 m. Kick*
- 9-10 50 m. Breaststroke
- 11-12 50 m. Freestyle
- 13-14 200 m. Freestyle Relay

*special event (10 minute break after this event if necessary)

OPEN WATER

Redwood Coast Masters Lake Sonoma Two Mile Swim

Saturday, June 28, 2003

Sanction #OW-0302

Location: Yorty Creek Recreation Area in Lake Sonoma.

Directions: Hwy 101 North to Cloverdale. Exit S. Cloverdale Blvd and head west, turn right on S. Cloverdale, left on W. Brookside, left on Foothill, and veer right on Hotsprings Rd. Use caution on Hotsprings Rd.

Course: Two-mile, loop course. Expected water temperature: 70-75°.

Time: Check-in and race-day registration from 6:30 A.M. - 7:30 A.M.

Swim Procedure: Wave starts begin at 8:00 A.M.. Swim caps and finish tags will be provided and must be worn. Two hour cut-off time.

Entries: Online: go to www.lifeguardsforlife.org (via active.com)

Mail consolidated form or official entry form with your estimated one mile time, a copy of your 2003 usms registration card and a check payable to Redwood Coast usla to: Redwood Coast 2 Mile Swim, P.O. Box 337, Healdsburg, CA 95448.

Entry fees: Pre-race entries are \$25 per person, Late entries and race-day registration are \$30. All competitors will receive a free t-shirt.

Deadline: Pre-race entries must be postmarked by June 13, 2003.

Awards: Awards to overall male and female winners and three deep in each age division.

T-Shirts: All entries will receive a T-shirt. Indicate size (L or XL) on order form.

Race Information and fax line: (707) 528-4718

Email: redwoodcoastopenwater@yahoo.com

Online race information and map to event location: www.lifeguardsforlife.org

Please submit creative writing and photos to Newsletter Editor Joanne Berven 4854 Andrea Ct. Livermore, CA 94550 jdnevreb@attbi.com

Deadline for pool and open water swims for the July-August Newsletter is May 15, 2003

POOL MEET

OPEN WATER

Santa Cruz Masters Aquatics And The University Of California-Santa Cruz 2003 Pacific Masters Long Course Swimming Championships

Friday, Saturday, Sunday, July 11, 12, 13, 2003

Sanction # 38-03-12

Pool: One of Northern California's finest and fastest. Great locker and shower facilities. Spectacular view. Beautiful beaches, Boardwalk, Redwood parks. Seven lanes for competition and one lane for warm-up throughout the meet. Warm-up breaks during the meet.

Location: East Field House, UCSC Campus. Take Hiway 1 (Mission St.) north from Hiway 17 and Hiway 1 interchange to Bay St. Turn right and follow Bay up the hill straight through campus entry. Turn left at Hagar Dr. 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, stroll back up the hill along the path to the pool...about a 1/4 mile walk. **DO NOT PARK AT THE POOL ON FRIDAY!!** Meters are closely monitored and non-meter zones are **VIGOROUSLY TICKETED (\$25.00)**.

Times: Friday: Check-in and warm-up begin at 10:00 A.M. Meet starts at 11:00 A.M.

Saturday and Sunday: check-in and warm-up at 7:30 A.M. Meet starts at 9 A.M.

Please Note: You must **check-in anew each day**, and have checked in 45 minutes prior to the **estimated** start of your event or you will be scratched! However, the check-in deadline for the first event each day is 30 minutes before the scheduled start of the meet.

Entries: Use the consolidated entry form as this is a cardless meet. Be sure to enclose photocopy of your 2003 registration card!! Maximum of 5 events per day, 7 events for three day meet, excluding relays. **Please Note:** This meet is long course meters. To convert SC yards times to LC times convert your SC time to seconds, multiply by 1.1, add the difference in the number of turns between SC and LC and you will have your LC time in seconds. Convert to minutes and seconds. **Conversion tables can be found at swiminfo.com.**

Fees: \$10.00 for 1 event; \$25 for 2-4 events; \$30 for 5-7 events. Excluding relays. No surcharges. Fee for RELAYS is \$4 per relay. All fees payable to "U.C. REGENTS".

Deadline: Entries must be postmarked no later than **Wednesday, June 25** and/or received no later than Monday, June 30. Meet directors are forbidden to accept late entries so **PLAN AHEAD! ENTER NOW!** Mail your check, consolidated race entry, and USMS registration photocopy to: PMS LONG COURSE CHAMPS, Box 8422 Santa Cruz, CA 95061

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

Relays: Deck entered on yellow relay cards. Swimmers may swim only once in each relay event. Cards must show correct first and last names and correct age for each swimmer.

Seeding: Individual events will be deck seeded from slowest to fastest. We will swim most events one-to-a-lane. **However, we will swim two-to-a-lane for the 400 m, 800 m, and 1500 m**

Freestyles. If you wish to swim one-to-a-lane, your heat will swim after the two-to-a-lane heats. Please declare your intentions on your entry form and to the meet referee when you check-in.

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

Program: Available for \$5 donation to UCSC Men's and Women's Swimming.

Timing: CRUZ Masters will provide one timer per lane during the meet. Swimmers from all teams are expected to assist with timing duties, too. Let's all be good sports and lend a hand. Should it be necessary to swim any races two-to-a-lane, those races will be hand timed. Split times on the way for Top-Ten or Records are not allowed by USMS in such events.

Referee: Leonard "Bud" Meyer

Meet Director: Joel Wilson: 831.425.5762

Schedule of Events (odd # events for women, even # events for men):

Friday, July 11

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

Saturday, July 12

7-8 400 m freestyle
9-10 50 m backstroke
11-12 200 m breaststroke
13-14 100 m butterfly
15 200 m mixed medley relay
17-18 200 m freestyle
19-20 50 m butterfly
21-22 200 m backstroke
23 400 m mixed freestyle relay

Sunday, July 14

25-26 100 m backstroke
27-28 50 m breaststroke
29-30 200 m butterfly
31-32 100 m freestyle
33-34 200 m freestyle relay
35-36 200 m I.M.
37-38 50 m freestyle
39-40 100 m breaststroke
41-42 400 m medley relay
43-44 800 m freestyle

The Olympic Club Trans Tahoe 27th Annual Invitational Rough Water Relay Swim

Saturday, July 19th, 2003

Sanction # Pending

Location and Course: Approximately 11.5 miles across Lake Tahoe from Sand Harbor, NV to Skylandia Beach, CA. Altitude: 6,200 ft. Expected water temperature: 55-60 degrees. Special course conditions include wind, choppy water and a rocky beach.

Swim Procedure: Six members to a team. Each member swims a 30-minute leg, then a 15-minute leg, and then 10-minute legs until finished. Teams must maintain their swimming order throughout the race. No drafting permitted. The use of wet suits or similar devices is not permitted. Pilot boats must conform to stated safety and emergency procedures.

Check-in: Check-in is required at the Captains' meeting at 8:30 P.M. on July 18th and again at 7:00 A.M. before the race on July 19th. Teams not signed-in at the Friday evening meeting will not be permitted to check-in or compete on Saturday morning.

Divisions: Combined ages determine team age category. Minimum age 19. Divisions: Women's 114+, 180+, 240+, Men's 114+, 180+, 240+; Mixed (3 men, 3 women) 114+, 180+, 240+; and Open (any team not fitting other categories).

Entries: Teams may enter by submitting a fully completed "Official Entry and Roster Form" to the Olympic Club. A copy of all team members' 2003 USMS cards must accompany this form.

Deadline/fees: Pre-race entries are \$250 per team, postmarked by May 22nd. Before June 13th the entry fees will be \$275; between June 14 and July 9, entry fees will be \$300; after July 9th (by staff decision) the entry fees are \$400. For the Official Entry and Roster Form, contact The Olympic Club website www.olyclub.com.

Awards: Three deep in each division. Swim caps and t-shirts to all participants.

Race Info: Scott Williams,
e-mail swilliams@olyclub.com,
phone (415) 775-3088 ext. 1241.
Website: www.olyclub.com (click on visitor)

OPEN WATER

Tri-Valley Masters Del Valle 0.75 and 1.5 Mile Swims

Sunday, July 27, 2003

Sanction # Pending

Location : Del Valle Regional Park, Livermore, CA. Del Valle Regional Park is located on Del Valle Road off Mines Road south of Livermore (parking fee \$5). Exit I-580 eastbound or westbound in Livermore at North Livermore Avenue. Head south and proceed through town (North Livermore Avenue will become South Livermore Avenue in town). About 1.5 miles outside town, turn right at Mines Road, go about 3.5 miles and continue straight on Del Valle Road (Mines Road turns left). The park entrance is about four miles ahead.

Course Description: 0.75 mile and 1.50 mile loop courses. Expected water temperature is 75 degrees.

Check-In: Check-in and race-day registration 6:15 – 7:30 A.M.

Race Start Times: 0.75-mile swim start begins at 8:00 A.M. and 1.50-mile swim begins at 8:45 A.M.

Entries: Pre-race entries are \$20.00 for one event and \$30.00 for both 0.75 mile and 1.50-mile events. Please make checks payable to **Tri-Valley Masters** and mail along with an entry form and a copy of your 2003 USMS registration card to: Tri-Valley Masters, C/O Glenn Abersold, 1291 Echo Summit Street, Livermore, CA 94551

Deadline: Saturday, July 19, 2003. Late and race day entries are \$25.00 for one event and \$35.00 for both 0.75 mile and 1.50 mile events.

Awards: Awards to overall male and female winners and three deep in each age division.

Race Information: Glenn Abersold (925) 785-1717; glenn217@attbi.com

POOL MEET

San Francisco Tsunami Masters 2003 IGLA Championships International Gay and Lesbian Aquatics

Friday, Saturday, Sunday, August 22, 23, 24, 2003

Sanction # 38-03-13

Location: Avery Aquatic Center, Stanford University, Stanford, California

Directions: From Highway 101 North & South, Take the Embarcadero Road exit west towards Stanford. At El Camino Real, Embarcadero turns into Galvez Street. Cross El Camino Real and continue on Galvez. Turn left on Nelson Road and proceed into the Varsity Parking Lot. The Avery Aquatic Center entrance is at the front right of the Varsity Lot. For Additional directions go to <http://gostanford.ocsn.com> click on **Facilities** and choose the **Avery Aquatic Center option**.

Facility: The Avery Aquatic Center offers four separate pools, two 9-lane X 25-meter courses for the swimming competition, one 8-lane 25-yard course for warm up throughout the meet.

Time: Friday & Saturday: Warm-up 7:30-8:45 A.M. in competition pool, meet begins at 9 A.M.. Sunday: Warm-up 7:30-8:15 A.M. in competition pool, meet begins at 8:30 A.M. .

Check-In: Same day positive check in for the 400, 800, 1500 Freestyle and the 400IM. For these events, you must check in 30 minutes before the estimated start of the event. The 1500 and 800 freestyle events will be swum men and women combined, slowest to fastest. The 400 free and 400 IM will be swum women first, then men, slowest to fastest. General check in will be Thursday night and each day of competition. Championship seeding will be used for the remainder of the events. No false start rule will be enforced.

Entries: This is a cardless meet. Competitors are strongly encouraged to register online At www.IGLA2003.org Swimmers may enter a maximum of 5 events. For online registration, please fax a copy of your Masters Swimming registration card or Fina registration card to 415-487-3538. For mail entries, enclose a check for \$50 made out to San Francisco Tsunami Masters, a copy of your 2003 Masters/ Fina Swimming registration card, and an Online or Consolidated Entry Form. Mail to: IGLA2003 c/o Geoff Glaser, 814 Steiner Street, San Francisco, CA 94117

Entry Fees: Fee is \$50.00 per swimmer for one to five individual events and up to five relays.

Deadline: Entries must be received by Tuesday July 22, 2003. **No late or deck entries.**

Scoring: Individual events: 9-7-6-5-4-3-2-1. Relays: Double

Awards: Medals for first through third place. Ribbons for fourth through eighth place. Team trophies will be awarded to the top team in each size division. A Team must be must be an IGLA member in good standing to qualify for team trophies. More information on the website.

Concessions: Commemorative items and food service will be offered for sale.

Meet Director: Joe Healy (415) 621-9964

Referee: Michael Moore

Events: (Odd =Women, Even = Men)

Friday, August 22, 2003

1-2	800 M Free
3-4-5	4x100 M Medley Relay
7-8	100 M Free
9-10	200 M Breast
11-12	100 M Fly
13-14	50 M Back
15-16-17	4x200 M Free Relay
19 - 20	400 M Individual Medley

Sunday, August 24, 2003

43-44	1500 M Free
45-46	100 M Individual Medley
47-48	200 M Fly
49-50	50 M Breast
51-52	200 M Back
53-54-55	4x50 M Free Relay

Saturday, August 23, 2003

21-22	200 M Individual Medley
23-24	200 M Free
25-26	100 M Back
27-28	50 M Fly
29-30-31	4x100 M Free Relay
33-34	100 M Breast
35-36	50 M Free
37-38	400 M Free
39-40-41	4x50 M Medley Relay

check out our website
www.pacificmasters.org

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	Zip		
Phone	*Age	Birthday		
Club	Club Abbr.	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.

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

Membership Card Replacement	2.00
USMS/PMS Registration Forms	free
USMS Brochures (up to 20)	free
Pad -100 Consolidated Entry Forms	3.50
USMS 2003 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

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/).

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		

2003 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

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 , Tom Fristoe, P.O. Box 5116, Pleasanton, CA 94566, (925) 251-8058, tfristoe@tentoe.com
Sat.	June 7	DAM	Lake Berryessa (1, 2 mile), Laurel King@outdoormind.net
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.	July 27	TVM	Lake Del Valle (0.75, 1.5 mi), Glenn Abersold, (925) 520-8696 (d), (925) 961-0409 (e) glenn217@attbi.com
Sat.	Aug. 2	CRUZ	Santa Cruz Pier (1 mile), Rick Gould, (661) 255-4978, 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
Wed.-Sun.	Aug. 13-17	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
Sat.	Aug. 23	TCAM	Pincrest Lake (1, 2 mile), John Brunolli, (209) 586-8944, brunolli@bonespt.com
Sun.	Sept. 7	RAD	Whiskeytown (1, 2 mile), Terry Misslin, (530) 221-5550, tmisswimr@aol.com
Sun.	Sept. 7	MVM	SCM Medley Mania , David Connell, (408) 781-2527
Wed.-Sun	Sept. 10-14	USMS	National Convention, San Diego
Sat.	Sept. 20	RAMS	Folsom Lake (1, 2 mile), Terri Maginnis, (916) 663-2790, ptmag@surfbest.net
Sat.	Sept. 27	RINC	PMS SCM 1500 Championships , Jim Shaw, (650) 529-1173, jfs45@aol.com
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. 12	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: 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.

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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