

# newsletter



## Message from the Chair

by Michael Moore, PMS Chair



## Happy New Year

It is a new year, time to put in those new year resolutions to swim better and to really work on exercising this year. With the XI FINA World Masters Championships coming to Stanford in 2006, now is the time to start working to a goal of making the qualifying times then to swim well at the meet.

### 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, email: [chairman@pacificmasters.org](mailto:chairman@pacificmasters.org), or mail: 350 Wayland, San Francisco, CA 94134, no later than March 16, 2005. The awards will be presented at the short course championships at the end of April.

**Contributor of the Year:** One award which recognizes outstanding contributions to Masters Swimming in support and leadership, recruitment of members, program development, and promotion of Masters Swimming at the club, association, or national level. The recipient must be a member of PMS. The 2004 award recipient was **Barry Fasbender**.

**Distinguished Service:** This award recognizes outstanding and consistent contributions to Pacific 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 **R. Tod Spieker and Barbara Thomas**. **Walnut Creek Masters** was recognized for their service to Pacific Masters, they have run a Long Course meet for many years and have been run the Short Course Meters Championships for the past few years.

**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 2002, 2003, and 2004; 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. **Aldo Da Rosa and Laura Colette** were recognized last year.

**Appreciation:** The purpose of this award is to express special thanks to individuals or groups who have made significant contributions to PMS. Nominees need not be registered members, but they must have contributed significantly toward the conduct, leadership, or support of PMS. Last year's recipients was **Beth Folkreth**.

The complete list of awards are on the Pacific Masters web site at <http://www.pacificmasters.org/general/awards.html>



Participants at the recent Coaches Clinic held at the Olympic Club, SF



Coaches Kerry O'Brien, WCM and Brian Stack, MAM getting ready to do some videotaping at the Coaches Clinic.

## POOL MEETS

### Monterey Bay Masters: The Bob Walthour III, Invitational Masters Clambake

Saturday, Jan. 22, 2005

Sanction # 38-05-02

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

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

Facility: Pattullo Swim Center is an indoor facility with a six lane competition pool and a separate small warm-up/warm-down pool. Snack/Coffee bar available. T-shirts will be available for purchase.

Time: Warm-up 9:00 a.m. Meet begins promptly at 10:00 a.m.

Check-in: Check-in opens at 8:00 a.m. Check-in closes 30 minutes before the expected start of each event. Entry fees: \$15.00 for up to five events. Same day registration is \$25.00

Entries: Mail a consolidated entry form, a copy of your 2005 USMS registration, and your check payable to SEA, P.O.Box 950, Seaside, CA 93955. Swimmers are limited to a maximum of five events.

Deadline: Entries must be received by Sunday, January 16, 2005. Same day entries are accepted with a \$10.00 penalty.

Awards: Medals will be awarded for up to sixth (6th) place in each age group, for each event. A special "Iron Lung Award" will be awarded for any swimmer completing 3 out of 4 of the following events: 500 freestyle, 200 fly, 400 IM, or 1000 freestyle.

Meet Director: Ken Fittro (831) 394-0533; backstrider@aol.com.

Meet Referee: TBA

Events: (Odd=Women, Even=Men)

- |       |          |                   |
|-------|----------|-------------------|
| 1-2   | 50 yd.   | Backstroke        |
| 3-4   | 200 yd.  | Freestyle         |
| 5-6   | 100 yd.  | Breaststroke      |
| 7-8   | 500 yd.  | Freestyle         |
| 9-10  | 50 yd.   | Freestyle         |
| 11-12 | 200 yd.  | Breaststroke      |
| 13-14 | 100 yd.  | Backstroke        |
| 15-16 | 200 yd.  | Butterfly         |
| 17-18 | 100 yd.  | Individual Medley |
| 19-20 | 50 yd.   | Breaststroke      |
| 21-22 | 200 yd.  | Backstroke        |
| 23-24 | 100 yd.  | Butterfly         |
| 25-26 | 400 yd.  | Individual Medley |
| 27-28 | 50 yd.   | Butterfly         |
| 29-30 | 200 yd.  | Individual Medley |
| 31-32 | 100 yd.  | Freestyle         |
| 33-34 | 1000 yd. | Freestyle         |

Lap Counters will be provided for the 500/1000 freestyles

### The Olympic Club 1650 Swim Meet

Saturday January 23, 2005

Sanction: # 38-05-03

Location: The New Olympic Club, 665 Sutter St., San Francisco, 94102  
Directions: Yahoo.com or Mapquest.com (downtown San Francisco)

Parking: Paid parking in The Olympic Club Garage with discount for meet participants.

Course: Multi-lane, 25-yard heated indoor pool. Eight lanes will be used for competition. Warm-up / cool down lanes will be available throughout the meet. Electronic timing will be used.

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

Eligibility: All USMS swimmers must have a current 2005 USMS registration card and must enter the number on their entry forms. Swimmers who enter as "Pending" or "Applied For" must be prepared to present their card or register before being permitted to check in, unless the Meet Director determines that they are validly pending. Swimmers may register at the meet.

Check-In: The meet will be preseeded and preliminary heat assignments will be made. Heats 1-8 must check-in by 8:30 a.m.; Heats 9-16 must check in by 11:30 a.m.

Entries: Consolidated Entry Forms must be completely filled out including best short course time for the 1650 freestyle. "No Time" entries will be accepted. Entries must be postmarked by midnight, January 17, 2005. No late entries will be accepted. No refunds will be made. Entries will be limited to 100 total swimmers on a first received basis. Entries not accepted will be returned.

Fees: Total entry fees \$25.00. Make check payable to The Olympic Club and send to: The Olympic Club 1650, 665 Sutter Street, San Francisco, CA 94102, Attn. Scott Williams

Awards: 1st - 3rd in each division  
Snack Bar: A snack bar will be available throughout the meet.

Referee: Michael Moore  
Meet Directors: Scott Williams swilliams@olyclub.com, 415-345-5215; Laureen Welting lwelting@olyclub.com, 415-345-5213

### FOG City Winter Quadrathon Meet

Sunday, January 30, 2005

Sanction # 38-05-05

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

Facility: Indoor, 25-yard x 8-lane competition pool. 5 competition lanes with 2 lanes available for warm-up/down throughout the meet. There will be breaks in the competition (between events) to ensure that swimmers have rest between events. Electronic Timing with touch pads will be used. Bleachers are available.

Time: Warm-up will start at 1:00 p.m., meet starts at 2:00 p.m. Check In: 1:15 p.m. for 500 Freestyle deck entries. 1:30 p.m. for 500 Freestyle pre-entered swimmers. 2:00 p.m. for all other events.

Entries: This is a cardless meet. Send your entry on a consolidated entry form with a copy of your (year 2005) USMS Card.

Entry fees: Flat fee of \$15.00 (for 1 to 4 events) if postmarked by Friday, January 21, 2005 or received at the pool by Monday, January 25, 2005. Late and deck entries (accepted until check in time on the day of the meet) is a flat fee of \$30.00 (for 1 to 4 events)

Make checks payable to St. Ignatius College Prep.

Mail to: Diane Davis/Aquatics, 2001 37th Ave., San Francisco, CA 94116.

Awards: Raffle

Meet Director: Diane Davis (415-731-2522).

Meet Referee: Michael Moore.

Events: (Odd=Women, Even=Men)

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

## POOL MEETS

### Don't Waste Your Base TAM's 1650 Postal January & February 2005

Sanction # 38 -05-01

What You Need: A 25 yard/25 meter/50 meter pool and someone to time you (who can count to 66)

Distance: 1650 yards/1500 meters

Date: Anytime during the months of January and February, 2005

Eligibility: All swimmers registered with USMS for 2005 are eligible to participate.

Rules: All USMS and PMS rules apply. A split sheet with 50 yard/meter splits must be signed by at least by one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted.

Entry Fees: For individual entries: \$6.00 for U.S. entries, \$10.00 for international entries. For relay entries: \$4.00 for each four (4) person relay entry. Checks should be made payable to Tamalpais Aquatic Masters. Entry fees are not refundable or transferable.

Entry Forms: You may enter using a consolidated entry form and attaching a split sheet with 50 yard/meter splits signed by at least one timer. Enter relays by filling out the relay form and attaching photocopies of the four (4) individual entries. A copy of your current USMS card must accompany all individual entries. Mail entries to TAM 1650, 1000 Fourth Street, Suite 875, San Rafael, CA 94901.

Age Divisions: 18-24, 25-29, 30-34, etc., male and female.

Relays: Four (4) person relay entries will be accepted in the following age groups: 18+, 25+, 35+, etc., male, female and mixed (each person swims the 1650; relay entries are scored on total time for the four (4) 1650s). There is a \$4.00 entry fee for each four (4) person relay entry.

Postmark Deadline: All entries must be postmarked by March 10, 2005.

Awards: Awards will be given for 1-3 place for individual events and first place for relays.

T-shirts: T-shirts are available for \$15 each. XX large are \$16. If you wish to order a T-shirt, please indicate the size you want on your check.

Information: For more information or questions please contact Jon Steiner at (415) 459-2000, Fax: (415) 459-3668, email: lawjls@aol.com

### University of San Francisco Masters 2005 Short Course Valentines Affair

Saturday, February 12, 2005

Sanction #38-05-05

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

Directions: From the Bay Bridge take the 9th Street Civic Center exit. Stay right on offramp, and go straight onto Harrison (one way). Go one block west, R on 9th Street. When crossing Market Street, bear L onto Hayes Street. Take Hayes Street 3 blocks to Franklin Street. Turn R on Franklin Street, L on Turk Street. Continue west on Turk Street. Parking lot entrance is on the left immediately after the intersection of Parker Street and Turk Street. From the South Bay (101 North): From Hwy 101 North take Mission Street Exit (exit is on the L side). Exit on 9th Street Civic Center. Turn L onto 9th Street. When crossing Market Street, bear L onto Hayes Street. Take Hayes Street 3 blocks to Franklin Street. Turn R on Franklin Street, L on Turk Street. Continue west on Turk Street. Parking lot entrance is on the L immediately after the intersection of Parker Street and Turk Street. 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 2005 USMS registration card. Relays must be on official yellow relay entry cards.

Entry fees: Pre-entry: \$5.00 surcharge plus \$2.50 per event. Deck/late entry: \$5.00 surcharge plus \$5.00 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, PO Box 330017, San Francisco, CA 94133-0017.

Deadline: Entries must be postmarked by Wednesday, February 2, 2005 or hand delivered to the Koret Center at USF by Friday, February 4, 2005. 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@pacbell.net; 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

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• **Deadline for** pool and  
• open water swims for the  
• **March - April**  
• Newsletter is  
• **January 15, 2005**  
• Please submit creative writing,  
• and photos to  
• Newsletter Editor,  
• Joanne Berven,  
• 4854 Andrea Ct.,  
• Livermore, CA 94550  
• newsletter@pacificmasters.org  
• • • • •

## TRAINING CAMP

### Walnut Creek Masters 18th Annual Intensive Training Camp

March 4, 5, & 6, 2005

Sanction #38-05-07

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, Saturday, and Sunday 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 2005 Camp Staff includes: Kerry O'Brien, Mike Heaney, and Debbie Santos, coaching staff of the 2003 and 2004 National Champion Walnut Creek Masters; Brian Stack, Head Coach of the Manatee Masters of Oakland and the 1997 Pacific Masters Swimming Coach of the Year; Dr. Jim Miller, Coach of the 2000 Long Course National Champion Virginia Masters; and Steve Haufler, Head Coach of the Orinda Aquatics and Haufler Swim School.

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 2005 USMS Registered Swimmers with registration being taken on a "First Come Basis". Space will be limited to 50 swimmers. \$180.00 registration fee. A \$35.00 fee will be charged for any cancellations after February 8th. \$25.00 for the camp dinner. All swimmers who register for the camp prior to February 8th will receive a commemorative T-shirt. Once your entry is accepted, you will receive updated information by mail.

For further information, call Kerry O'Brien (925) 943-5856.



### The Leukemia & Lymphoma Society's Team In Training Program Offers Amateur and Seasoned Athletes a Chance to Race, Train and Socialize, While Raising Research Money for a Cure

The Leukemia & Lymphoma Society is one of the foremost fundraising organizations dedicated to curing blood cancers. One of its most successful programs is Team In Training (TNT), pushing novices, veterans, and professionals alike to train and compete in endurance events in exchange for fundraising for the organization. Seventy-five percent of the Society's total expenses support research and patient services. Funds that each athlete raises goes directly to support the mission of the LLS. The remaining 25% goes towards event entry fees, coaching fees, travel and accommodations associated with putting the athletes through a top quality training schedule and entering them in nationally-known races.

Currently, TNT offers programs for triathlons, marathon and half marathon runs and walks, and century bike rides (100-mile cycling events). The TNT triathlon program is one of the Bay Area's oldest triathlon clubs. Past and current Masters swimmers are leveraging their swim fitness into this multi-sport discipline; in fact, many previous non-club swimmers are turning to Masters programs to complement their triathlon training. Since Masters swimmers already benefit from the fitness programs at our pools, the transition into multi-sport training and competition is easy, and it provides added levels of competition and personal achievement. Contact the The Leukemia & Lymphoma Society at 1-800-78-TRAIN or visit [www.teamintraining.com](http://www.teamintraining.com) for further details.



## POOL MEETS

### Rinconada Masters

#### Spring Short Course Meet

Saturday March 12, 2005

Sanction No: 38-05-08

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

Directions: HWY 101 exit Embarcadero west to Newell. Park on Embarcadero Rd. or turn right on Newell. From 280, exit Page Mill east. Page Mill becomes Oregon Expwy east of El Camino Real. Turn north (left) on Middlefield, east (right) on Embarcadero to Newell.

Facility: 14 lane x 25 yd pool (8 competition, 5 warm-up/down, 1 buffer). Note: Timing system is push button only with no pads. Snack Bar available.

Time: Warm-up 7:30am - 8:45 am. Meet starts at 9:00 am.

Check IN: Swimmers in events #1-2 must check in before 8:30 am. All others must check in at least 30 minutes before the estimated start of their event.

Entries: This will be a cardless meet. Swimmers may swim up to 5 individual events. You must use the consolidated entry form in the Pacific Master Swimming newsletter or request an entry form from Nan Blackledge. ( See below)

Entry Fees: \$2.00 per event, ( \$3.00 late or deck entries) plus \$6.00- surcharge per swimmer. Entries must be Postmarked by Friday February 25, 2005, or received by Wednesday March 2, 2005. No DECK ENTRIES for 1000 Free. Mail entry, and check payable to Rinconada Masters and a copy of your 2005 USMS registration card to: Rinconada Spring Meet c/o Nan Blackledge, 501 Portola Road, P.O. Box 8005, Portola Valley, CA 94028, 650-424-4376. **\*\*No Refunds\*\***

Awards: Ribbons 1<sup>st</sup> through 6<sup>th</sup> in each age group. Special Memorial Awards: Women's 70-74 Sylvia Bailey Award (400 IM), Men's 75-79 Willard Johnson Award (1000 Free) ( Please return award Plaques each year)

Meet Director: Jim Shaw 650-529-1173

Referee: To be announced

Starter: To be announced

(timing equipment by Larry Rice)

Special Caps for Swimmers breaking records in the meet.

Events: (Odd – Women, Even=Men)

All events will be swum slow to fast.

1 – 2 1000 Yd. Free

Event #3 will not start before 11 AM.

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\*

\*Special-event, records are kept. Entry is free. Event must be completed within 45 mins.

\*\* Novices are those with no prior competitive masters experience

### Strawberry Canyon Masters

#### Invitational Meet

Saturday, March 19, 2005

Sanction #38-05-09

Location: Spieker Aquatics Complex, UC Berkeley, Bancroft Way at Dana Street. Limited \$5 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. 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 (4) 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 2005 USMS registration card, and your entry fee to: Sarah Trejo, Meet Director, 608 Judah Street #3, San Francisco, CA 94111

**\*\*No refunds.\*\***

Deadline: Entries must be postmarked no later than March 4 (or received by March 9). 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: Sarah Trejo, (510) 318-1436

Assistant Meet Director: Joan Spangler (510) 243-0536

Referee: TBD

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.

# 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 18 years old.**

**Individual Events:** 18-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

**Short Course (yards) Relays:** 18+, 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:** 72-98, 100-119, 120-159, 160-199 and 40 year increments as high as necessary. The aggregate age of the four members shall determine the age group.

#### POOL COMPETITIONS

**Entry Procedures:** Thoroughly read the Entry procedures for each competition. For all meets, individuals must send a copy of the Consolidated Entry Form below with a photocopy of their USMS registration card. Failure to provide a copy of this card will result in a \$3.00 look-up fee.

Individual event information must be completed in the designated area only if the meet is designated as a **cardless meet**. All other meets require event information on official PMS pink (for women) and blue (for men) cards. At all meets,

including cardless, relays must be entered on official yellow PMS relay entry cards.

Entry cards and PMS registration forms are available through Nancy Ridout, PMS Registrar, 580 Sunset Parkway, Novato, CA 94947 (415) 892-0771.

**Check In Requirements:** Swimmers must check in at all meets. Read specific check in requirements designated by the meet host.

**Strictly Forbidden:** Entering more than five individual events per day • Using hand paddles in warmup areas. • Diving in warmups unless in designated sprint lanes (entering the warmup pool must be done with feet first with one hand in contact with the pool deck). • Smoking in any area where swimmers may be present.

#### OPEN WATER COMPETITIONS

**Entry Procedures:** Individuals must send a copy of the Consolidated Entry Form below or an entry form provided by the event host. It must be accompanied by a copy of the swimmers **current** USMS registration card. Failure to provide a copy of this card will result in a \$3.00 look-up fee.

**Event Requirements:** Swimmers using non-porous neoprene swim suits, wetsuits or other non-porous attire will be ineligible for awards or place points. Swimmers are not permitted to use fins, pull buoys or other swimming devices with the possible exception of soft hand paddles or fins as a prosthesis. Approval of prosthesis use is the responsibility of the event director. Wearing fluorescent day-glow caps is mandatory. Each course is patrolled by safety craft. Unless specifically stated, individual escorts are not allowed. A cut-off time will be enforced.

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### Consolidated Entry Form • Pacific Masters Swimming

Name (as it appears on registration card)		Sex M <input type="checkbox"/>	1. Place USMS card in this space. 2. Photocopy with this consolidated entry form. 3. Send in photocopy with each entry.  *Age for LCM & SCM meets is age as of Dec. 31st of current year. Age for SCY meets is age of last day of meet.
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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# 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. **Championship Winning Swimming,**

Richard Quick and Milt Nelms, 10 tapes including 2-a) Freestyle, 2-b) Backstroke, 2-c) Breaststroke, 2-d) Butterfly, 2-e) Walls: Turns for all Strokes, 2-f) Starts, 2-g) Underwater Swimming – The Fifth Competitive Stroke, 2-h)

2. **Open Water Swimming, Skills, Techniques, and Tactics,** Michael Collins & Gerry Ridrigues – DVD format only

3. **21st Century Swimming, v.2** Backstroke, v.5, IM, v.6 Starts, Turns, Finishes, v.7 Advanced Drills

4. **Ultimate Breaststroke,** featuring Adrian Moorhouse and Nick Gillingham.

5. **Core Stabilization & Shoulder Stabilization** (2 tape set with book), Matt Wren MS, PT

6. **Basic Training from the Fast Lane** - Coach John Tremblay, 1992

7. **Core Body Strength** with Coach Scott Volkens (Mobility and Flexibility).

8. **Australian Swim Coaches Teaching Association** with Coach Bill Sweetnham v2. Backstroke, v5. Individual Medley, v6. Starts, Turns, Finishes, v7. Advanced Drills

9. **How Swimming Works,** New Ideas in Freestyle & Backstroke - Dr. Marty Hull, 1996

10. **From the Fast Lane** (3 tapes)- John Moffet vol. 1-Basic Technique, vol. 2-Basic Training, vol. 3-Advanced Technique

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. **Forbes Carlisle Seminar** - Taped at the Olympic Club, 1995

15. **From the Bottom Up** - Mike Bottom (3 tapes)Freestyle, Backstroke, Breaststroke

16. **Stretching** - Bob Anderson

17. **Clinical Sports Massage** - Benny Vaughn

18. **Weight Training for Adult Swimmers** - from Rinconada Masters 50+ Clinic

19. **Classic Swimming Series (4 tapes)** - Don Gambriel

20. **Breaking the Mental Barrier** (audio tapes)

21. **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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PMS Luggage Tag for PMS Card	2.00
Video and audio tape deposit	50.00
Video/audio tape mailing charge (per 1 or 2 tapes order)	5.00

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

**2005 Meeting Dates:** January 19, February 16, March 16, April 13, May 11, June 15, July 20, August 24, September 28, October 19, November 16. The meeting place will be at Heather Farms, Walnut Creek. (Directions to come)

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

## 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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# 2005 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

January - February	TAM	Postal 1650, Jon Steiner, lawjls@aol.com
Sat. 1/22/05	MBAY	Clambake, Ken Fittro, backstrider@aol.com
Sun. 1/23/05	TOC	The Mile, Scott Williams, swilliams@olyclub.com
Sun. 1/30/05	FCM	Fog City Quadrathon, Diane Davis, ddavis@siprep.org
Sat. 2/12/05	USF	Valentine's Day Affair, Bryan Andrews, andrews_bryan@yahoo.com
Fri.-Sun. 3/4-6/05	WCM	Intensive Training Camp, Kerry O'Brien, swim4wc@netscape.net
Sat. 3/12/05	RINC	Spring Short Course Meet, Jim Shaw, jshaw45@sbcglobal.net
Sat. 3/19/05	SCAM	Invitational, Kevin William, coachkevin@usms.org
Sat. 4/02/05	FDM	SCY Meet, Skye Flocco, skyepf@hotmail.com
Sat. 4/16/05	SMMM	Open Water Clinic #1, Thomas Huggins, thuggins@cityofsanmateo.org
Sat. 4/23/05	SMMM	Open Water Clinic #2, Thomas Huggins, thuggins@cityofsanmateo.org
Fri.-Sun. 4/29-5/1/05	WCM/TVM	PMS SCY Championships, Kerry O'Brien, swim4wc@netscape.net
Sat. 5/14/05	SMMM	Parkside Aquatic Park (1 mile), Joel Swartz, joelgdtswartz@yahoo.com
Sat. 5/21/05	RCM	Spring Lake (1 mile), Bert Whitaker, redwoodcoastopenwater@yahoo.com
Sat. 6/4/05	DAM	Lake Berryessa (1, 2 mile), Laurel King, laurel@outdoormind.net
Sun. 6/12/05	BMW	Splash and Dash, Doug Huestis, klencke@itsa.ucsf.edu
Sat. 6/18/05	TVM	Lake Del Valle (.75mi, 1.5 mi), "Race Driector", tvmswim@sbcglobal.net
Sat. 6/25/05	RCM	Lake Sonoma (2 mile), Bert Whitaker, redwoodcoastopenwater@yahoo.com
Sun. 7/17/05	RAMS	Folsom Lake (1, 2 mile), Terri Maginnis, pmaginnis@ncbb.net
Fri.-Sun. 7/8-10/05	CRUZ	PMS LC Championships, Joel Wilson, openwatr@got.net
Sat. 7/23/05	TOC	Trans Tahoe Relay, Laureen Welting, lwelting@olyclub.com
Sat. 7/30/05	CRUZ	Santa Cruz Pier (1 mile), Roughwater Swim, rgould@santa-clarita.com
Sun. 7/31/05	CRUZ	Pier-to-Pier (10K), Joel Wilson, openwatr@got.net
Sun. 7/31/05	CRUZ	Cruz Cruise (2 mile), Paul Wrangel, pwrangel@pacbell.net
Sun. 8/7/05	SNM	Donner Lake, Gwen Shonkwiler, gwen@unr.edu
Sun. 8/21/05	MAM	2x1 mile Relay, Larry Taggesell, taggela@msn.com
Sat. 8/27/05	TCAM	Pincrest Lake, John Brunolli, brunolli@bonespt.com
Sun. 9/11/05	RAD	Whiskeytown (1, 2 mile), Greg Tyler, tmisswimr@aol.com
Sun. 9/18/05	SCM	Meters Pentathlon, Cindy Lee, cindyswimlee@earthlink.net
Sun. 9/25/05	LNM	Tiburon Mile, Bob Placak, rctibmile@placak.com
Sun. 10/1/05	SAC	32 nd Annual Pentathlon, Andrew Brennan, revols@earthlink.net
Sat.-Sun. 10/7-9/05	WCM	PMS SCM Championships, Kerry O'Brien, swim4wc@netscape.net
Sat. 12/03/05	SNM	Reno Winners Meet, Gwen Shonkwiler, gwen@unr.edu

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