

Pacific Masters Swimming

newsletter



Chair's Message



by Michael Moore, PMS Chair

THANK YOU, THANK YOU, THANK YOU

Putting on the XI FINA World Masters Championships was a great undertaking. Six months after the end of the championships, we are still wrapping up all the things that needed to be completed.

There were hundreds of people who worked on the Championships. I would like to take some time to acknowledge a few of those people.

Anne Warner Cribbs of the Bay Area Sports Organizing Committee was our executive director. She was instrumental in working with Stanford University, the National Governing Bodies and FINA. And then there was meet registration, letters of invitation and tons of work; as well as having the best Rolodex in the Bay area

Nancy Ridout (Tamalpais Masters), our Pacific Masters Registrar is also a member of the FINA Masters Committee. Besides being the secretary of the Organizing Committee. She was responsible for much of the paper work. Nancy was instrumental in designing the meet medals - the best-looking Worlds medals - ever.

Barry Fasbender (Stanford Masters) was a member of the Organizing Committee. Barry was also in charge of the Swimming championships. The Swimming championships had over 5500 athletes competing in the largest swim meet that United States Masters Swimming has ever had. One day there were over 4,000 swimmers competing at the Stanford venue. He was also in charge of a day of relays, where there were over 1400 relay teams to be seeded the night before.

Barbara Thomas (Loch Ness Masters) was the treasurer of the Organizing Committee. She took care of the books and worked on the reports to US Masters Swimming.

Bill Grohe (USF Masters) worked on marketing. He was also instrumental in distributing the medals and awards. I thought we would only need one person working to pass out the medals, but he got four of his USF teammates to help distribute the medals and they were kept busy all the time.

Jon Steiner (Tamalpais Masters) reviewed the contracts of the Organizing Committee and worked hard to be sure that agreements were on a business like basis. Everyone who saw the Tam relay that Jon anchored will remember that race. We will miss Jon.

Jody Smith (Stanford Masters and Stanford University) is the aquatic supervisor at Stanford. She went out of her way to be sure that Stanford's world class facilities were always in a world class condition. She gave guidance for the meet that helped us tremendously.

Kerry O'Brien and Walnut Creek Masters filled all the timing chairs on Monday of the meet. On Tuesday Walnut Creek entered one hundred relays - Kerry and the other Walnut Creek coaches were kept very busy organizing their relays.

Phyllis Quinn (The Olympic Club), **Linda Gilchrest**, **Paul White** (Alameda Aquatic Masters) and the rest of the Open Water Committee, worked very hard with the Open Water Committee to produce one of the best open water Courses in the Masters Championships history. She found warm open water in San Francisco bay where a great course could be located.

John Klimp (Stanford Masters) helped Barry organize the swimming volunteers. On any given day there were about 100 volunteer positions to fill, then train. John organized the volunteers.

With thousands of people from 74 different nations coming to the championships, **Ilsa Byrnes** (USF Masters) with ability to speak four languages helped direct the swimmers to the correct line.

Phil Bowen and Rich Cacciso took hours of video. **Joe Spohn** took the film and made a four-minute tape that gives a great feel for the meet.

Announcer **Mark Gill** (Kentucky Masters) created drama and excitement. He was able to point out great Masters swimmers, extraordinary performances, and when records seemed on the verge of being broken. With 165 swimming records surpassed at Stanford; he was very busy.

Ed Ruth of USA Swimming was the meet referee and along with **Bob Brown**, **Rick Beebe** and **Jacki Allender** did a great job of taking care of the paperwork. I thought only one admin referee would be needed but we had three championships referees and they were kept working the entire time they were there - lunch on the job.

Laura Colette and Kris Nergaard who transported the FINA officials. Besides doing the transporting, Kris also announced and Laura worked in accreditation.

Larry Rice, **Jacquie** and **Dean Dillingham** were in charge of the timing systems. With thousands of splashes to keep track of, these professionals made sure that the timing equipment worked well and that the all swimmers got their times and splits.

We had hundreds of volunteers who worked at the meet and without those volunteers the meet could not have taken place. To all the volunteers, it was your help and work that made the championships work. **"Thank you!"**

POOL MEETS

Rinconada Masters Spring Short Course Meet

Saturday March 17, 2007

Sanction# 38-07-08

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

Directions: HWY 101m 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 7:30 a.m. - 8:45 a.m.. Meet starts at 9:00 a.m..

Check In: Swimmers in events #1-2 must check in before 8:30 a.m.. 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 March 2, 2007, or received by Wednesday March 7, 2007.**

No DECK ENTRIES for 1000 Free. Mail entry, and check payable to Rinconada Masters and a copy of your 2007 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

Awards: Ribbons 1st through 6th 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: Bud Meyer

Starter: TBD

(Timing equipment by Larry Rice)

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 a.m..

3	4	200 yd	Breast
5	6	50 yd	Free Novice*
7	8	50 yd	Free
9	10	100 yd	Fly
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**

*Novices are those with no prior competitive masters experience.

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

Strawberry Canyon Aquatic Masters Invitational Meet

Sunday, March 25, 2007

Sanction #: 38-07-09

Location: Spieker Aquatics Complex, UC Berkeley, Bancroft Way at Dana Street.

Parking: Limited hourly indoor parking available at Bancroft Way @ Ellsworth, and free parking is available along Bancroft Way (meters are off on Sundays).

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 7:00 a.m. The 500 Free will begin at 8:30 a.m., and all other events will follow.

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 8:00 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:

Online Entry Event Fee: \$4.00 Surcharge plus \$2.50 per event. The cost of the online meet entry system is \$1.00 per swimmer plus 5% of the events fee, which is added to your total. Visit <http://scam.mastersswim.com> to sign up.

Mailed Entry Event Fee: \$5.00 Surcharge plus \$3.50 per event. Please note that a discount is offered for online entry. Make checks payable to UC Regents.

Deck/Late Entry: \$5.00 surcharge plus \$5.00 per event.

Mail: Consolidated Entry Form, a photocopy of your 2007 USMS registration card, and your entry fee (made out to UC Regents) to: SCAM Swim Meet 2007, Cal Rec Club, 2301 Bancroft Way, Berkeley, CA 94720-4420 ****No refunds.****

Deadline: Entries must be postmarked no later than March 12 (or received by March 15). 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: Ben Swiggett, ben.swiggett@markettools.com

Assistant Meet Director: Kathy Striebel, kastriebel@sbcglobal.net

Referee: TBD

Events: (Odd=Women; Even=Men)

1	2	500 yd	Freestyle
3	4	100 yd	IM
5	6	100 yd	Butterfly
7	8	100 yd	Backstroke
9	10	50 yd	Breaststroke
11	12	200 yd	Freestyle
13	14	100 yd	Breaststroke
15	16	100 yd	Freestyle
17	18	50 yd	Backstroke
19	20	50 yd	Freestyle

CHAMPIONSHIP POOL MEET

Tri Valley Masters and the Walnut Creek Masters 2007 Pacific Masters Short Course Championships

Friday, Saturday, & Sunday, April 20, 21, & 22, 2007

Sanction # 38-07-10

Pool: Dolores Bengston Aquatic Center. 25 yd x 50 meter outdoor heated pool. Sixteen lanes are available for competition. 25 yd x 25 meter outdoor, heated pool with eight lanes available for warm-up and warm-down. Locker rooms and additional restrooms are available.

Location: 4455 Black Ave, Pleasanton, CA 94566. Carpooling is strongly recommended, particularly on Friday. Parking is available in the pool parking lot. Limited parking is available on adjacent streets. **NO OVERNIGHT OR RV PARKING PERMITTED.** Additional parking space is available Saturday and Sunday in the Alisal Elementary parking lot located on Black Ave. Please note signs and avoid parking in restricted areas.

Directions: From I-580, exit at Santa Rita. Head south about 2 miles to Black Ave. Turn right on Black Ave. Pool is located on the right. From I-680 take Bernal exit. Go east about 1 mile, turn left at Main Street. Drive through downtown Pleasanton. Main Street becomes Santa Rita road. Turn left on Black Ave., pool is on the right.

Time: Check-in and warm-up at 7:00 a.m. Meet starts at 8:30 a.m. with the women's heats on both courses. Note that on Friday the men's 1650 will start after the conclusion of the women's heats.

PLEASE NOTE: You must check-in each day and have checked in 45 minutes prior to the estimated start of your event or you will be scratched! The check-in deadline for the first event each day is 30 minutes before the scheduled start of the meet. Sunday's events can proceed quickly, be prepared to check in by start of meet for first 4 events.

Relays: Deck entered on yellow relay cards. Fees for RELAYS are \$4.00 per relay. Swimmers may swim only once in each relay event. Cards must show correct first and last names and correct age for each swimmer. Team relay tabs are acceptable with a blank check payable to Walnut Creek Masters.

Seeding: Individual events will be deck seeded from slowest to fastest. We intend to swim all events one-to-a-lane. However, if overwhelmed with entries, we will swim two-to-a-lane for the 500, 1000, and 1650 Freestyle. If you wish to swim one-to-a-lane, write "one per lane" on the check-in sheet at the meet. All one-per-lane heats will swim after

the two-to-a-lane heats.

TWO OPTIONS FOR MEET ENTRY:

Option 1 - Online Meet Entry: (deadline: midnight, Wednesday, April 11). Enter at: <http://wcm.mastersswim.com> to receive an immediate entry confirmation via email. The billing information email should be brought to the meet as proof of entry. This entry process will include a processing fee by Swim Connection and requires a credit card for payment. The processing fee is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Entering online is a convenience; it is in no way required or expected of a swimmer.

Option 2 - Traditional Mailed: (Entries must be postmarked by Monday, April 2 and/or received by Thursday, April 5) Entries must be on a Consolidated Entry Form. Mail your form with a copy of your 2007 USMS Card, and check payable to *Walnut Creek Masters* to Walnut Creek Masters, C/O Debbie Santos, 1244 Oak Knoll Dr, Concord, CA 94521. (925-521-0522) or hand delivered to Heather Frams Pool, c/o Kerry O'Brien. If you would like to confirm entry, please include a stamped envelope or post card..

Note: This is a cardless meet. **No late or deck entries will be accepted. No refunds will be made.** No fax entries will be accepted. **Incomplete entries cannot be processed and will be returned.** Because this is a championship meet, NT (no time) entries are not allowed.

Fees: \$15 for one event, \$30 for 2-4 events, and \$35 for 5-7 events.

Deadline: Mailed entries must be postmarked by Monday, April 2 and/or received by Thursday, April 5.

Online entries must be submitted by Wednesday, April 11, midnight.

Meet Directors are forbidden to accept late or incomplete entries!

Snack Bar: Available throughout the meet.

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

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 \$5.00

Timing: The Hosts will provide one timer per lane throughout the meet. Additional timers for all three days will be requested from those present. Teams with a large number of swimmers may be assigned a lane for the entire meet. Two-to-a-lane events will be hand timed.

Accommodations:

Partial information below. Full hotel information on the Tri Valley Website. **Courtyard by Marriott**

Approx. 3 miles from pool
Reservations: 925-463-1414

Residence Inn - By Marriott Pleasanton

Approx. 6 miles from pool
Reservations: 1-800-331-3131

Four Points by Sheraton

Approx. 3 miles from pool
Reservations: 925-460-8800

Head Referee: Millie Nygren

Meet Directors: Peter Guadagni 925-932-9958, Bob Snodgrass

Schedule of Events:

(Odd = Women, Even = Men):

FRIDAY, APRIL 20

- 1-2 1650 yd freestyle
- 3-4 800 yd freestyle relay
- 5-6 400 yd I.M.
- 7-8 200 yd freestyle

SATURDAY, APRIL 21

- 9-10 500 yd freestyle
- 11-12 50 yd backstroke
- 13-14 200 yd breaststroke
- 15-16 100 yd butterfly
- 17 200 yd mixed medley relay
- 19-20 100 yd IM
- 21-22 200 yd backstroke
- 23-24 50 yd fly
- 25 400 yd mixed freestyle relay

SUNDAY, APRIL 22

- 27-28 100 yd freestyle
- 29-30 50 yd breaststroke
- 31-32 200 yd butterfly
- 33-34 100 yd backstroke
- 35-36 200 yd freestyle relay
- 37-38 200 yd IM
- 39-40 50 yd freestyle
- 41-42 100 yd breaststroke
- 43-44 400 yd medley relay
- 45-46 1000 yd freestyle

San Mateo Master Marlins Parkside Aquatic Mile Saturday May 12th, 2007

Sanction #: Pending

Location of Swim: Parkside Aquatic Park, San Mateo, CA

Directions: From 101 N, exit at Kehoe Ave. From 101 S. exit at 3rd Ave. East. Crossover freeway, turn right on Norfolk, proceed to Kehoe Ave and turn left. Follow Kehoe to Joinville Aquatic Center. To proceed to Parkside Aquatic Park turn right on Roberta Ave (just past Joinville Aquatic Center) and go 0.4 miles. Turn left into Parkside Aquatic Park.

Open Water Swim Check-in and Race Day Registration: Begins at 7:00 A.M. and closes at 8:30 A.M. Race start is at 9:00 A.M.

OW Swim Course Description: One mile salt water triangular course; in-water start and sandy beach exit. Expected water temp. 55-75 degrees. For current water temp. contact Joel Swartz prior to race day openwater@sanmateo-marlins.org.

Swim Divisions and Awards: Awards in 5 yr age divisions: 18-24, 25-29, 30-34, 35-39, etc. Special awards to oldest finisher, first female, first male, and youngest finisher.

Open Water Swim fee is \$30 if pre-register by May 5th; \$35 on race day. Make checks payable to SMMM. Send entries and a copy of your 2007 USMS card to SMMM, Joinville Aquatic Center, 2111 Kehoe Ave, San Mateo, CA 94403. Consolidated entry forms are available on the Pacific master Website (www.pacificmasters.org) or in this magazine. If race cancels for any reason refunds will be less \$5 for processing.

For OW Swim Joel Swartz, 650-728-9351, openwater@sanmateomarlins.org.

Swim Deadline: Postmarked by May 5, 2007.

Amenities: Swim entry fee includes the option of a men's short sleeve t-shirt or new this year WOMEN'S SHIRTS (!), plus post-race beverages and snacks. Picnic tables and BBQ grills are available at Parkside Aquatic Park. Locker rooms with showers at Joinville Aquatic Center.



Redwood Coast Masters Spring Lake One Mile Open Water Swim

Saturday, May 19, 2007

Sanction # Pending

Location: Spring Lake, Santa Rosa

Directions: From Hwy 101, take Hwy 12 East. Turn right on Mission Blvd., left on Montgomery Dr., right on Channel Dr., right on Violetti Rd., into park. Parking Fee \$5.00.

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 wave starts five minutes apart. All swimmers must wear the provided swim caps and race finish tags. The color of the swim cap will designate wave number and the finish tags will be collected in the chute at the finish line. There will be a one hour cut-off time. No individual escorts. Safety craft will patrol.

Entries: Online: go to www.lifeguardsforlife.org before May 13, 2007 **Mail:** Indicate estimated one-mile swim time on entry. Send entry form or consolidated card, a photocopy of 2007 USMS card and a check payable to Redwood Coast USLA to: Spring Lake One Mile Swim, P.O. Box 337, Healdsburg, CA 95448. For official entry form, Please visit www.lifeguardsforlife.org for printable entry forms, course maps, and driving directions.

Entry fees: \$25 entry fee for pre-entries includes a free t-shirt, \$30 entry fee for late and race day entries. Entry fee is non-refundable and non-transferable.

Deadline: Entries must be postmarked by May 4, 2007. Online entries close May 13, 2007.

T-Shirts: All pre-entry participants will receive a free 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: jim@lifeguardsforlife.org

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

Descent into the Maelstrom

By Rick Meyerhoff

OK...I know that Edgar Allen Poe penned a story of the same name. My experience with the Maelstrom was twofold - watching the young bucks in the men's 50 meter freestyle at the Worlds Masters Championships and the emotional drama I experienced as I made my first foray into international competition.

I'm a sprinter, and though fast approaching sixty, still have a lot of gas in the tank. I approached my training with the diligence and verve only a sprinter can muster. Always ready with a comment of irreverence, careful not to alienate my coach, and just lazy enough to gain the affections of my elder teammates in the lane.

Along the way, I gained something that I hadn't anticipated - the friendship and camaraderie of my teammates. As we trained for the championships, we forged a bond, and that bond was family. The kind that follows a common goal, a love of the game, and a deep appreciation for what each teammate was trying to accomplish.

So I found myself at Stanford to compete in the World Championships with almost 6,000 swimmers from around the world. I was excited. My first event was one of my favorites, the 50 fly.

I decided to swim without goggles. I can't keep them on when I dive. I had already come to grips with my anxiety attacks so I didn't need something else to worry about.

Thus, on Saturday, I began my unexpected descent into the maelstrom that lay in wait for me. I had a great start in the 50 fly, and good stroke turnover. But when I approached the finish, I couldn't see the wall.

It was late afternoon, and the walls and touch pads were in the shadows. I decided to coast in. Big mistake! It took forever. When I finally touched the wall, I knew I had blown whatever chances I had to get a good time.

My second event was the next day, the 100 meter free. When I took off from the blocks in my new and first ever speed suit, my new goggles filled up with water - one lense at a time.

Apparently, turns are not my forte. To the aghast of my teammates, who were right there at the bulkhead, I went in ahead and came out behind. As I ran out of gas the last 15 meters, I couldn't see the end of the pool.

MAELSTROM cont from previous page

Remembering the day before, I tried to finish strong. This time I took that extra stroke and slammed my hand into the touch pad, jamming my index finger. It still hurt a couple of weeks later.

So, there I was, after two events, nursing my wounds, dealing with the demons, and my pride and index finger suffering. But, I wasn't going to get discouraged.

The third day, Monday, I had my two final individual events. The 50 meter free and the 100 meter fly. The 50 wasn't anything to write home about.

My final individual event was the 100 fly, and I was ready. I knew that the last few meters of the 100 would be tough (I had never swum it before). I was bringing it back home strong and relaxed, when the piano dropped on me. 15 meters from the finish was the beginning of the end. Telephone poleing as it were, I struggled to finish. I can now lay claim to my friends that I am 20th in the world (of 25 entered).

I had been scratched from a couple of high performance relays, and substituted into a couple of slower ones. But it was no big deal because one of our swimmers showed us what it was all about; he had been recently diagnosed with lung cancer.

Jon Steiner, who has made many contributions to the Pacific Masters program, took off the nasal cannula that continually fed him oxygen and swam a superb 50 meter anchor leg. To watch him swim that anchor leg, with courage, tenacity and verve, put what we were doing into perspective. The odds he faced were more important than anything that anybody was doing that day, or the days ahead.

But, woe to me, there were no more places to hide. I was entered into the big boys relay as the butterfly leg of the 240 medley relay.

One of our swimmers, Dick Thomas, put it to me gently; the rest of the guys were counting on me to put in a stellar performance.

Sitting in the marshalling area with Rich Burns (world record holder), back; Ken Frost (former world record holder) breast; yours truly; and Dick Thomas (national record holder), free, I didn't want to let the guys down. Dick, the great motivator, said that if we could find a way to cut off two seconds, we could break the world record. Two seconds indeed!

Rich got off well, with a lead in backstroke. Then, Ken powered down the lane toward me breaststroke. I got a good rolling relay start and everything seemed to fall into place, effortlessly. I hit the wall without incident and Dick took off. All I could see was him and the Olympic Club's swimmer racing neck and neck down the lane line, churning up the water.

Rich Burns and I were still in the water when Dick hit the wall. Rich looked up at the clock, turned to me and said, "We broke the world record." I couldn't believe it.

At the end of the relay, after all the commotion had died down, I went over to the side and just broke down. All my demons had been exorcised, and I could look my teammates and coach in the eye, knowing that I had not let them down. A burden had been lifted from my psyche. Both Ken and I had dropped our times by a second.

As I climbed out of the pool and the maelstrom I had faced, with that final performance, I did so with the realization that one should never give up. Keep trying. Do the best you can, because you never know what rewards lay in store.

Davis Aquatic Masters Lake Berryessa 26th Annual One and Two Mile Open Water Swims

Saturday, June 2, 2007

Sanction#: OW ---- (1-mile) and (2-mile) OW ----

Location: Lake Berryessa, in the hills above Napa at Oak Shores Park off Knoxville-Berryessa Rd., on West shore of the lake.

Directions: Carpooling is strongly encouraged. Directions are on web site and in the brochure.

Course: One and two-mile buoys mark courses at 200-yard intervals. Expected water temperature: 65-70 degrees.

Time: Race day registration and check-in begins at 7 a.m. and closes at 9:00 a.m. for 2-mile swim and 10:30 a.m. for all 1-mile swims. The two-mile starts at 9:30 a.m., one-mile at 11:25 a.m.

Swim Procedure: Deep water starts. No late starters

Entry fees: For 1- Mile or 2- Mile swims are \$30 if postmarked by Sunday May 13, 2007 (\$40 late and race day). Pre-race day entry fees for combined 1 and 2- Mile is \$50 (\$60 late and race day). Send entries, with a photocopy of 2007 USMS card to DAM, P.O. Box 921, Davis, CA 95617. Or register on DAM's website at www.damfast.org. USMS cards can be purchased the day of the event for \$35.

Deadline: Postmarked by Sunday May 13, 2007. Day of competition registrations are accepted but a \$10.00 late fee will be imposed.

Race Director: Molly Koch, phone: 530-757-SWIM, email: mollymunz@yahoo.com

Online Registration Web Site: <http://www.damfast.org>
All information and online registration will be available on the web site by **March 30, 2007**.

Online Form Request: <http://www.adventuresports.com/outside/berryessa/e-mail.htm>

Paper Registration Form Request: Send a SASE to P.O. Box 921, Davis, CA 95617, Attn: Molly Koch

Phone: 530-757-SWIM

Berryessa information is abbreviated in this issue due to space requirements. Full information will appear in the next issue.(ed)

COACH OF THE YEAR 2006 NOMINATIONS

Every year, Pacific Masters recognizes the outstanding coach of the year. Coaches are important and we need to recognize them. Many times coaches are there for their swimmers in ways they had not foreseen. For Masters coaches, this aspect can carry over beyond swimming, and in to the things that make an adult swimmer's life in the pool more difficult and challenging than coaching age group swimmers: injuries, illness and even death, divorce, job issues and family issues. And through it all, rain or shine, in shorts or rain gear, the coaches are always there!

Take some time to think about whether your coach would qualify for this award. We are fortunate in our LMSC, because there are so many terrific and caring coaches that love swimming and Masters swimmers, so that receiving this award makes it a true honor for the recipient. It is time again to honor the Coach of the Year.

Nominations: Nominations may be made by any registered Pacific Masters club officer, in a written statement setting out how their nominee meets these qualifications, as well as the instructional and inspirational qualities of the coach. This nomination also needs supporting letters from up to four registered Pacific swimmers. Send these materials by March 21, 2007 to Michael Moore (by email at chairman@pacificmasters.org or by mail to 350 Wayland, San Francisco, CA 94134.

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: 72-99, 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 highly visible 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		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: <input style="width: 100px;" type="text"/>	
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		

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.

Select any two bulleted videos

Eddie Reese (2005)

- Freestyle (DVD, 2 copies)

David Marsh (2004)

- Swimming Faster Freestyle (DVD)
- Training and Race Strategies for Sprint Freestyle (DVD)

Richard Quick and Milt Nelms (2003)

- Championship Winning Swimming
- Freestyle (1 copy VHS, 1 copy DVD)
- Backstroke (1 copy VHS, 1 copy DVD)
- Breaststroke (VHS)
- Butterfly (VHS)
- Start (VHS)
- Walls, Underwater Swimming (VHS)
- Posture, Line and Balance (VHS)

June Quick Instruction (2003)

- Swimmers' Shoulder: Prehab and Rehab (VHS)
- Pilates for Swimmers (VHS)

Michael Collins and Gerry Rodrigues (2003)

- Open Water Swimming (DVD, 2 copies)

John Moffett

From the Fast Lane

- Basic Training (VHS)
- Advanced Technique (VHS)

Mike Bottom

From the Bottom Up

- Backstroke (VHS)
- Breaststroke (VHS)

Bill Sweetenham

21st Century Swimming

- Backstroke (VHS)
- Individual Medley (VHS)
- Starts, Turns, Finishes (VHS)
- Advanced Drills (VHS)

Adrian Moorhouse, Nick Gillingham

- Ultimate Breaststroke (VHS)

John Trembley

- Swimming Fastest II (VHS)

Matt Wren

- Core Stabilization (VHS)
- Shoulder Stabilization (VHS)

Scott Volkers

- Core Body Strength (VHS)

Bob Anderson (1987)

- Stretching (VHS)

Benny Vaughn

- Clinical Sports Massage (VHS)

Terry Laughlin

- Total Immersion (VHS)

Dr. Marty Hull

- How Swimming Works, New Ideas in Freestyle and Backstroke (1996) (VHS)
- Water: How to be Safe in It Swim Fast in It (VHS)
- Fluid Swimming: Exercises To Improve Range of Motion (VHS)

Melon Dash, Transpersonal Swimming Institute

- How to Overcome Fear of the Water (VHS)

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 • • • • •
 • **Deadline for pool and** •
 • open water swim •
 • information for the •
 • **MAY-JUNE** •
 • Newsletter is •
 • **March 6, 2007** •
 • Please submit creative writing •
 • and photos to Newsletter Editor •
 • Joanne Berven •
 • 4854 Andrea Court •
 • Livermore, CA 94550 •
 • newsletter@pacificmasters.org •
 • • • • •

PRICE LIST

USMS Membership Forms **free online** at
www.pacificmasters.org
 Membership Card Replacement 2.00
 2006 USMS Rule Book (2007 USMS Rule Book
 when available) 8.00
 2006 USMS Mini Rule Book (rules only)
 (2007 USMS Rule Book when available)5.00
 Video deposit 50.00
 Video mailing charge per order 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	

2007 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

2007 Meet Schedule

Fri-Sun	3/2-4/2007	WCM	Intensive Training Camp, Kerry O'Brien, swim4wc@netscape.net
Sat	3/17/07	RINC	Spring Short Course Meet, Jim Shaw, jshaw45@sbcglobal.net
Sun	3/25/2007	SCAM	Strawberry Canyon Masters Invit., Sarah Trejo, strejo127@gmail.com
Fri-Sun	4/20-22/2007	WCM/IVM	PMS Short Course Championships, Kerry O'Brien, swim4wc@netscape.net
Sat	4/28/07	MELO	Melito Long Course Meet, CANCELLED
Sat	5/12/07	SMMM	Parkside Aquatic Mile, Joel Swartz, joelgdtsswartz@yahoo.com
Th-Sun	5/17-20/2007	Federal Way, WA	USMS SC Championships
Sat	5/19/07	RCM	Spring Lake 1-mile, Jim McCray, jim@lifeguardsforlife.org
Sat	6/2/07	DAM	Lake Berryessa 1 & 2 mile, Molly Koch, mollymunz@yahoo.com
Sat	6/9/07	TVM	Del Valle 0.75- & 1.5-mile, Bill McCracken, mccracmiler@pacbell.net
Sun	6/10/07	BMW	Splash & Dash
Fri-Sun	7/6-8/2007	CRUZ	PMS Long Course Championships, Joel Wilson, openwatr@got.net
Sat-Sun	7/14/07	RCM	Russian River 1-mile, Jim McCray, jmccray@sonic.net
Sat	7/21/07	TOC	30th Annual Trans Tahoe Relays, Scott Williams, swilliams@olyclub.com
Sat	8/4/07	CRUZ	Santa Cruz Pier Swim, Roughwater Swim, rgould@santa-clarita.com
Sat	8/5/07	CRUZ	Pier-to-Pier, CANCELLED
Sun	8/5/07	CRUZ	Cruz Cruise 2-mile, Paul Wrangell, pwrangel@pacbell.net
Fri-Fri	8/10-13/2007	The Woodlands, TX	USMS LC Championships
Sat	8/11/07	SNM	Donner Lake 2.7-mile, Laura Hanson, laurahanson888@hotmail.com
Sun	8/19/07	MAM	Manatee 2 x 1 mile Relay, Gordon Jacoby, gdjacoby@aol.com
Sat	8/25/07	TCAM	Pinecrest Open Water CANCELLED
Sun	9/9/07	RAD	Whiskeytown 1- and 2-mile, Terri Misslin, tmisswimr@aol.com
Sun	9/16/07	MVM	Alan Liu Memorial SCM
Sun	9/16/07	RCP	Tiburon Mile, OW
Sun	9/23/07	SMMM	Short Course Meters Pentathlon, Cindy Lee, cindyswimlee@earthlink.net
Sun-Sun	9/23-30/2007	USMS	USAS Convention, Anaheim, CA
Sat	9/29/07	SMST	Folsom Lake 1- and 2-mile, Joe Dowd, jrdowd@aol.com
Sun	10/7/07	SAC	33rd Annual Sprint Pentathlon, Andrew Brenan, Andy@Brenan.net
Fri-Sun	10/12-14/2007	WCM	PMS SCM Championships, Kerry O'Brien, swim4wc@netscape.net
Sat	12/1/07	SNM	Reno Winners Meet Gwen Shonkwiler, gwenshonk@sbcglobal.net

2007 MEETING DATES:

1/17, 2/21 cc, 3/21, 4/18 cc, 5/30, 6/20 cc, 7/18, 8/22 cc, 9/19, 10/24 cc, 11/14.

Jan/Mar/May/July/Sept/Nov meetings will be held at the Heather Farms Community Center, Walnut Creek, unless noted otherwise, 7:30pm Dinner served 7-7:30pm.

The Feb/Apr/June/Aug/Oct meetings will be via conference call.

OW Points Update:

Peter Guadagni and Ron Emhoff were accidentally switched the M/50-54 category. The new results (and awards) are as follows:

1 Sandy MacDonald	SMST 154
2 Ron Emhoff	TVM 122
3 Peter Guadagni	WCM 118
4 James Kemp	STAN 84
5 Don Foreaker	SRM 72
6 Brian Skuse	UNAT 66

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