

# Pacific Masters Swimming

# newsletter



## Coach of the Year



Michael Moore, PMS Chair



photo: Nancy Ricout

Linda Gilchrist, AAM

Pacific Masters has done so well because of the coaches that work with us. Linda Gilchrist, AAM, Ray Laughlin, SMMM, Mike Lynch, PCAM, Daniel Redosko and Mary Ann Nygren, TVM, Jay Christianson, CVAS, and Dana Kirk, SPAS were the nominees for the 2009 Pacific Masters Swimming Coach of the Year. Linda Gilchrist was chosen as the Coach of the Year for the great work she has done over the last thirty years with Alameda Aquatic Masters.

Pacific Masters has done so well because of the coaches that work with us. From the nominations for the Coach of the Year, I took a paragraph that best exemplifies what made this coach special in the eye of the writer. (I took out the names as all the coaches are special).

The nominators for the Coach of the Year were passionate about their coach. It made choosing the Year very difficult of the Committee. From the nominations for the Coach of the Year, I took a paragraph that best exemplifies what made this coach special in the eye of the writer. (I took out the names as all the coaches are special).

-michael

The aspect I appreciate most about the coach is that he focuses on the person, we are not, nor have we ever been a number or one of the swimmers. Because he focuses on the person, he knows how fast you can swim; he knows which competition is appropriate and of course which lane you should swim. Many times the coach knows how fast I can swim better than I do! (DH)

Coach is very active during her workouts, constantly giving tips and suggestions. She's not idly standing on deck waiting for the end. It's easy to see improvements in my fellow swimmers when they are swimming next to me or swimming faster in my lane. Coach seems to have an inexhaustible bag of new drills to correct strokes. She communicates clearly and demonstrates what to do. (AL)

He never fails to be upbeat, encouraging, and supportive to all of us. He is on deck from dawn until dusk, with multiple workouts that he puts together and coaches. In addition, he participates in many extra swim-related activities outside of the weekly workouts. He knows and remembers the names of the 100 or so swimmers that attend Master's workouts, and is able to personalize each workout so it is good for each and every one of us. (CA)

Once I started Masters swimming, however, I started having shoulder problems. In a swim meet in 2006, I injured my left shoulder so severely that the pain prevented me from being able to swim at all. I couldn't even close my car door while seated in the driver's seat! In 2007, I had arthroscopic surgery on my left shoulder to repair a torn rotator cuff and a torn labrum. The surgery was successful and following extensive physical therapy, I was able to start swimming again in early 2008. Even though I

started out very slowly and carefully, I again started having left shoulder pain. Coach noticed what I was doing wrong with my stroke, something no other coach had been able to do. All through 2008 he worked with me extensively and through his coaching, I was able to perfect a swimming technique that allowed my to not only swim pain-free, but actually swim better times than I had ten-years earlier! The culmination of my recovery was when I won first place in the Men's 65-69 400 Meter Freestyle (short course) at Walnut Creek in October 2008.(BL)

Coach attends clinics on a regular basis and gives us some of the best most up-to-date coaching tips and specific techniques. She uses videotaping as a tool and connects with each individual swimmer to ensure they are moving through the water to the best of their ability. Coach is continually motivating and challenging us to swim better through improved stroke technique and to push ourselves with difficult time intervals. It does not matter if the swimmer is a new masters swimmer trying to learn how to swim or a chiseled top notch veteran swimmer who has extensive swimming experience. She provides excellent coaching so that each individual can achieve their goals. (MM)

The coach puts the whole coaching package together in an awesome way. She's able to meet each swimmer, from record holders to rookies, right where he or she is and explain what changes the swimmer needs to make to get to the next level. As a kinesthetically-challenged swimmer, I've found her clear, concise instruction has made my stroke more efficient: she tells me what to do in terms that I can understand and implement. Her interest, her patience, and her confidence that we can do what she tells us make us willing to put in the effort. And we know that she's watching when we do. (CL)

Her workouts are varied, which keeps me coming back for more. She is determined to make every swimmer in her program a better, more knowledgeable swimmer. Sometimes that means explaining what base pace is to a 60-year-old. Other times it means letting us slack off a bit if our heart is not in it. But most of the time, it means talking us through the set, providing "constructive criticism," cheering us on when we PR, and encouraging us to come back the next day when we don't. I even think I am making progress on my head-lifting habit.(GH)

A handful (literally, five) of us decided to swim at Nationals in Clovis. Three of us hadn't swum since 2006 at Worlds, and the fourth hadn't competed since high school, thirty years ago. Coach worked with us for months. In addition to stroke, she made sure we practiced starts, turns, and finishes. No matter how ugly we looked, she stayed positive. Four of us decided to swim the mixed freestyle relay. Coach had to teach us relay starts, which were also new to us. For Nationals, she and her boyfriend drove down and spent all of Sunday with us on our final events, including getting our relay splits. We were so jazzed! (VI)

## OPEN WATER SWIMS

### Redding Swim Team

### Whiskeytown One and Two Mile Swims

**Sunday, September 13, 2009**

Sanction #: OW-09-13a OW-09-13b

**Location:** Brandy Creek Beach, Whiskeytown Lake. I-5 N to Redding, 299 W approximately 15 mi. Left at Whiskeytown Visitors Center and follow signs to beach.

**Note:** National Park Service requires a \$5.00 parking permit for all vehicles. It is available at the Brandy Creek turnoff; automated dispenser.

**Course:** One and two mile triangular courses. Some water grasses near start and finish. Expected water temperature 65-70°.

**Time:** Check-in and race-day registration begins at 8:00 a.m. and ends 45 minutes before the start of each race. (One-mile start: 10:30 a.m. Two-mile start: 11:30 a.m.)

**Swim Procedure:** Beach start. Cut-off times of one hour (one mile) and two hours (two mile) will be enforced.

**Entries:** Pre-race entries are \$25 per race, \$35 for both if postmarked by 9/03/09. Add \$10 for late and race day entries. Mail consolidated form or official entry form with a copy of your 2009 USMS registration card and a check (payable to Redding Swim Team) to: Redding Swim Team, c/o Whiskeytown Lake Swim, c/o Patty Lennon, 11599 Fox Estates Ct. Redding, CA 96003.

**Deadline:** Postmarked by Sept. 03, 2009.

**Awards:** Whiskeytown mugs 1st-3rd place in usual groups.

**Race Information:** Kevin Lennon (530) 244-1994

### Sierra Marlins Masters

### Sierra Marlins Cold Water Challenge

**Saturday, September 26th 2009**

Sanction #OW-09-14a, 14b

**Location:** Negro Bar Beach, Folsom, CA

**Directions:** From HW50. Folsom Blvd exit heading north. Be in the left most lane when turning. Left at Greenback Lane, just over the bridge. 200 yards up turn left into Negro Bar. Follow signs to the right after the ranger station.

From HW80. Douglas Blvd, towards Folsom Lake (east). Right on Auburn-Folsom Blvd. It's about 10-15 min from HW80. Turn right onto Greenback Lane. Turn left into Negro Bar. Follow signs to the right after the ranger station. Plenty of parking is available, car-pooling is recommended. There is a \$7 entrance fee to the park.

**Bicycle Checking:** Bicycle check in will be available for those of you wishing to ride to the lake via the American River Bike Trail.

**Course Description:** Counter clockwise half and mile loop.

**Water Temperature:** 55 - 70 Degrees

**Registration & Check in:** Opens at 9 a.m. Half mile closes at 10 a.m. One mile closes at 10:30 a.m.

**Start Times:** Half mile - 11:00 a.m.; One mile - 11:45 a.m.

**Registration & Check in:** Pre registration by September 14th. \$30 Half or One mile \$40 Half and One mile; Race day registration \$40 Half or One mile \$50 Half and One mile. All entries must have a copy of USMS Card attached.

**Entries:** Entry fee includes event T-Shirt and swim cap.

**Payable To** Sierra Marlins, P.O. Box 1714 Folsom, CA 95763

**Awards:** T-Shirt to all pre-registered

**Contact:** Joe Dowd 916-983-8041; jrdowd@aol.com

### 10<sup>th</sup> Annual RCP Tiburon Mile Open Water Swim

**Sunday, September 13, 2009**

**(This is not a Pacific Masters sanctioned swim.)**

**Location:** San Francisco Bay - Ayala Cove on Angel Island to the shores of Tiburon, CA.

**Directions:** From Hwy 101 in Marin County, take Tiburon Blvd exit and proceed to downtown Tiburon and beach front. Limited street and lot parking. - recommend parking at lot at Blackie's Pasture on Tiburon Blvd (about 2 miles from Hwy 101) and carpooling to downtown

**Course:** Athletes swim one nautical mile from San Francisco Bay's Angel Island crossing Raccoon Straights to the shores of Downtown Tiburon.

**Registration:** Online: go to [www.rcptiburonmile.com](http://www.rcptiburonmile.com) or [www.active.com](http://www.active.com). to register or download an application form to mail in. Sign up early! The RCP Tiburon Mile will sell out - anyone registering after we sell out will be put on the waiting list. Closing date is Sept. 11<sup>th</sup> at 11:59 p.m.

**Time:** Check-in, packet pick-up and race day registration from 6:30 a.m.-8:00 a.m. Swimmers board ferries at 8:30 a. m. and race begins at 9 a.m. from Angel Island Beach.

**Swim Procedure:** Elite swimmers in first wave, followed by non-wetsuit and wetsuit swimmers. Safety craft will patrol. A cutoff time of 55 minutes for the entire swim will be strictly enforced this year. Swimmers who fail to make either cutoff time will be considered disqualified non-finishers. This cutoff time has been established to ensure the safety of swimmers and to ensure we comply by the policy as dictated in our insurance agreement. We certainly do not take great delight in having to enforce this kind of restriction. Swimmers who fail to complete the required distance under the established cutoff time will be visited by a motorized safety craft. Those swimmers will be required to exit the swim immediately.

**Entry Fees & Deadlines:** All fees are non-refundable! Due to the nature and complexity of this event, there will be no refunds, including, if the event were to be cancelled.

**Entry Fee - \$129.00** - if post-marked by 08/28/09.

**Surcharge - \$40.00** - if entry form postmarked after 08/28/09. Entry fee is determined by the date that a valid entry form is postmarked. Incomplete entry forms may be returned and are subject to late fees. Same day registration \$300.00 if entry space is available. \*ENTRY FEES INCLUDE A MANDATORY STATE PARK ACCESS FEE.

**Custom T-Shirts:** Entry fees do not include the cost of T-Shirt. T-shirt fee is \$15.00 and can be purchased on entry form. A limited number will be available on Race Day.

**Awards:** Awards to be presented to the 1<sup>st</sup> place Elite male and female finishers and to 1<sup>st</sup> place in each age division and wetsuit division

**Contact Information:** Race Hotline (415) 721-9990. Mailing address: RCP Events, Inc. 899 Northgate Dr. #304, San Rafael, CA 94903 email: [rcptiburonmile@placak.com](mailto:rcptiburonmile@placak.com)

**Website:** [www.rcptiburonmile.com](http://www.rcptiburonmile.com) (map to event location available and downloadable entry forms)

## POOL MEETS

### San Mateo Master Marlins

#### Swim & Eat Classic

Sunday September 20, 2009

Sanction Number: 38-09-11

**Location:** Joinville Swim Center, 2111 Kehoe Ave., San Mateo.

**Directions:** From San Francisco, take US 101 South, exit on Third Avenue east. Turn right at Norfolk St., and go 0.5 mile to Kehoe Avenue. Turn left and we're at the second stop sign. From the South Bay, take US 101 north and exit on Kehoe Avenue (just after Hwy 92 interchange). From the East Bay on Hwy 92 (San Mateo Bridge) take US 101 north and the first exit is Kehoe Avenue.

**Course:** Outdoor heated pool, 25 meters, 6 competition lanes. A separate 4-lane small warm-up pool will be available at all times.

**Time:** Warm-up from 9:30-10:45 a.m. Meet starts at 11:00 a.m. No swimming equipment (paddles, kickboard, etc.) will be allowed during warm-up.

**Rules:** USMS rules will govern this meet. A current USMS card is required. All events will be timed finals, and will be seeded slow to fast.

**Entries:** Entries MUST BE POSTMARKED NO LATER THAN Thursday, September 10, 2009. Use a consolidated card. Enclose a photocopy of your 2009 USMS Registration Card. Fee is \$3 for each individual event if **postmarked no later** than September 10. Late and deck entries will be charged \$5 for each individual event.

**Fees payable:** Make checks payable to: SAN MATEO MASTER MARLINS, Mail to: Henry Chan, 2642 Hosmer Street, San Mateo, CA 94403

**Check-In:** This meet is deck seeded. All swimmers must check in by 10:15 a.m. Registration closes at 10:30 a.m.

**Age Groups:** 18-24, 25-29, 30-34, etc. Relay Age Groups: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320+, combined age.

**Awards:** Awards for 1st through 6th places for individuals in each age group

**Refreshments:** Snack Bar Concessions available. A BBQ will be available during and after the meet. Picnic tables and a lawn area for competitors/friends/family to enjoy after meet BBQ lunch.

**Meet Director:** Henry Chan (650) 576-2469  
hymc219@hotmail.com

**Referee:** Harrison Race

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

1 - 2	50m	Fly
3 - 4	50m	Back
5 - 6 - 7	200m	Medley Relay (Women, Men, Mixed)
9 - 10	50m	Breast
11 - 12	50m	Free
13 - 14	100m	IM
15 - 16 - 17	200m	Free Relay (Women, Men, Mixed)



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

### Sacramento Masters

#### Thirty-Sixth Annual Sprint SCM

#### Pentathlon

Sanction # 38-09-13

Sunday, October 11, 2009

**Location:** Schaal Aquatic Center on the UC Davis campus. From I-80 (east or west), take Highway 113 north (toward Woodland), exit on Hutchinson, go east 100 yards to the first stop light and turn right onto Health Science Drive. At the first stop sign go forward about 25 yards where you will enter the west side of the parking lot for the Aggie Stadium which includes the Swim Center on the far east side of the parking lot

**Facility:** Schaal Aquatic Center is an outdoor 50 meter pool with 8 lane x 25 meter competition and a 12 lane x 25 yard warm up section. There is a complimentary Snack Bar available.

**Time:** Warm-up at 10:30 a.m., meet starts at 12:00 and usually lasts 3 hours

**Check In:** Deck entries will close at 11 a.m. and check in for pre-entered swimmers will close at 11:30 a.m.

**Rules:** 2009 USMS Rules will govern this meet. You must be 2009 USMS registered.

**Entries:** You may enter this meet either on line, by mail or the day of the swim meet. You may enter any or all of the events. Note that relays cost \$4 and are deck entered at the meet.

**Online Entry:** [https://www.clubassistant.com/club/meet\\_information.cfm?c=1266&smid=1703](https://www.clubassistant.com/club/meet_information.cfm?c=1266&smid=1703) on-line entries must be submitted by Midnight on Wednesday, October 7, 2009.

**Entry Fees:** \$3 per event plus a \$6 surcharge. Your credit card will be charged by 'ClubAssistant.com Event Billing' for this meet.

**Mail-in Entry:** must be postmarked no later than Saturday, October 2, and/or received no later than Wednesday, October 7, 2009.

**Entry Fees:** \$3 per event plus a \$6 surcharge if postmarked or received by October 4th, 2009. Make **checks payable** to Sacramento Masters. Mail your check, consolidated race entry, and 2009 USMS registration photocopy to: Sacramento Masters P.O. Box 188205, Sacramento, CA 95818.

**Deck Entries:** Opens at 9:45 a.m. and closes at 11:10 a.m.

**Entry Fees:** \$4 per event plus \$6 surcharge.

**Awards:** Special awards to those with the fastest combined time for all five events in each age group.

**Meet Director:** Andrew Brenan (916) 923-5174; andybrenan@mac.com

**Referee:** Mel Knapp

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

1-2	50 Meter	Fly
3-4	50 Meter	Back
5-6	50 Meter	Breast
7-8	50 Meter	Free
9-10	100 Meter	IM
11-12-13	200 Meter	Medley Relay Mixed, Women and Men

\* Relay event will be deck entered by 1 p.m.

## POOL MEET

### Mountain View Masters The 6<sup>th</sup> Annual Alan Liu Memorial Short Course Meters Meet

Sunday, October 4, 2009

Sanction Number: 38-09-12

**Location:** Eagle Park Pool, 651 Franklin Street, Mountain View, CA. (Along Shoreline Blvd, between Church Street and High School Way). **From HWY 101**, exit Shoreline Blvd. Turn south towards downtown Mountain View. Turn left on Church Street. Pool is on the right. **From HWY 280**, exit HWY 85 north. Exit El Camino Real north into Mountain View. Turn right on Shoreline Blvd, then right on Church Street. Pool is on the right. The MVM website ([www.mvm.org](http://www.mvm.org)) has a link to a map. Parking is available in lots on both Church and Franklin Streets, and on the surrounding streets.

**Facility:** 8 lane x 25-meter outdoor pool with bulkhead. 6 lanes for competition, with 1 lane and the 4 lane x 20-yard shallow end available for continuous warm up and warm down. Full locker room facilities, toilets and showers on site. Snack Bar available.

**Time:** Warm-up from 7:30 a.m. - 8:45 a.m. The meet will start at 9:00 a.m. There will be a short break before both relay events.

**Check In:** This meet will be deck-seeded. Positive check-in is required for all events. Swimmers entered in Events 1 and 2, the 400 IM, must check in by 8:30 a.m. Swimmers for all other events must check in at least 30 minutes before the estimated start of the event. Entry closures for all events will be announced during the meet, well in advance. All events may be deck-entered on the day of the meet.

**Entries:** This is a cardless meet. Swimmers may enter up to 5 individual events and both relays. Please submit short course meter times for proper seeding. This meet may be entered online or by conventional surface mail. **Entries submitted by mail are preregistered** if postmarked by Wednesday, September 23, 2009, or received by Sunday, September 27, 2009. Entries submitted online must be submitted by 12:00 a.m. PDT Thursday, October 1, 2009. There will be NO REFUNDS of entry fees.

**Option 1: Online Individual Meet Entries:** Enter at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1291&smid=1746](https://www.clubassistant.com/club/meet_information.cfm?c=1291&smid=1746) to receive immediate confirmation of acceptance via email. The "billing information" email should be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost to enter this meet is a Splash Fee of \$5 per swimmer, and \$4 per individual event entered. Please note that the online processing fee of \$1.50 plus 5% is included in these fees. Your credit card will be charged by "ClubAssistant.com Event Billing" for this meet. While preferred, Online Meet Entry is in no way required or expected of a swimmer by Pacific Masters Swimming. Submission of entries and fees by this method is completely voluntary.

**Option 2: Mailed Individual Entry Fees:** The cost is a Splash Fee of \$5 per swimmer and \$5 per individual event. For Late or Deck Entries, the Splash Fee is \$10 per swimmer and \$5 per individual event. Mail your check (payable to **Mountain View Masters**), a copy of your 2009 USMS registration card and the consolidated entry form (available at <http://www.pacificmasters.org/comp/entrycard.html>) to: Mountain View Masters, Attn: Swim Meet Entries, PO Box 390570, Mountain View, CA 94039

**Relays:** All Relays will be deck-entered at a fee of \$4.00 per relay.

**Awards:** Ribbons 1<sup>st</sup> through 8<sup>th</sup> in each age group. Special awards, in memory of Coach Alan Liu, will be given to the winners of the 400 IM in each age group and gender, and to those who complete the "Alan Liu Animal Pentathlon," which includes the 400 IM, 200 Breast, 200 Fly, 200 Back and 400 Free. Award recipients for the latter are not required to win their events.

**Meet Director:** Chris Campbell ([coachchris@mvm.org](mailto:coachchris@mvm.org), evenings: 408-730-8930)

**Referee:** TBD

**Events: (Odd Numbers--Women, Even Numbers--Men)**

*Notes: All events will be seeded and swum slow to fast. Both the 800 and 200 Freestyle Relays will be offered in Men's, Women's and Mixed genders. Each swimmer may participate in only one 800m Free Relay and only one 200 Free Relay.*

1-2	400 m	IM
3-4	200 m	Free
5-6	50 m	Back
7-8	200 m	Breast
9-10	50 m	Free

#### 15 minute Awards break

11	800 m	Mixed Free Relay
13-14	800 m	Women's and Men's Free Relay
15-16	100 m	IM
17-18	200 m	Fly
19-20	50 m	Breast
21-22	100 m	Free

#### 10 minute break

23	200 m	Mixed Free Relay
25-26	200 m	Women's and Men's Free Relay
27-28	200 m	IM
29-30	50 m	Fly
31-32	200 m	Back
33-34	400 m	Free

Deadline for pool and open water  
swim information for the  
**November-December**  
Newsletter is  
**September 6, 2009**  
[newsletter@pacificmasters.org](mailto:newsletter@pacificmasters.org)

# SHORT COURSE METERS CHAMPIONSHIP

## Walnut Creek Masters

### 2009 Pacific Masters Short Course Meters Championships

Fri., Sat., Sun., October 16th, 17th and 18th, 2009

Sanction # 38-09-14

**Location:** Clarke Swim Center, Heather Farm Park, Walnut Creek, CA

**Directions:** From I-680 North, take Ygnacio Valley Road Exit east about 2 miles to San Carlos Dr. signal light, turn left, go one block to Heather Drive turn left. Swim Center is on your right. From I-680 South, take the North Main exit, turn right at the signal on N. Main St travel south to Ygnacio Valley Road, turn left on Ygnacio Valley Rd to San Carlos Drive, as above.

**Facility:** All deep 6-Lane 25 Meter course for competition with 6-25 yard lanes provided for warm-up and warm-down throughout the meet; electronic timing, bleachers and lawn seating, and snack bar.

**Check-In:** This is a Pre-Seeded meet. Swimmers are considered checked-in for all individual events with a distance of 200 Meters and less. Swimmers must check in for ALL Friday events, the 800 Meter Free on Saturday, and the 400 Meter Free on Sunday. The 400 IM (Friday events 1 & 2) must be checked in by 8:30 a.m. All other events over 200 Meters must be checked in 45 minutes prior to the estimated start of the event.

**Entries:** TWO OPTIONS FOR MEET ENTRY:

**Option 1 - Online Meet Entry:** (deadline: midnight, Wednesday, October 7, 2009). Enter at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1301&smid=1752](https://www.clubassistant.com/club/meet_information.cfm?c=1301&smid=1752) 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 Club Assistant and requires a credit card for payment. The processing fee is included in the online entry fee. Your credit card will be charged by "ClubAssistant.com Event Billing" for this meet. ALL online processing fees are included.

**Option 2 - Traditional Mailed or Hand-Delivered:** (Entries must be postmarked by midnight Friday, October 2, 2009, or hand delivered to the address below by 5:00 p.m. on Monday, October 5, 2009). Entries must be on a Consolidated Entry Form. Mail your form to the address below with a copy of your 2009 USMS Card, and check payable to Walnut Creek Masters. If you would like to confirm entry, please include a stamped envelope or post card.

**Mailed:** Walnut Creek Masters, c/o Debbie Santos, 1244 Oak Knoll Dr., Concord, CA 94521 (phone 925-521-0522)

**Hand Delivered:** Clarke Swim Center, Heather Farms Parks, Walnut Creek, CA, Attn: Kerry O'Brien

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.

Enter short course meter times for seeding purposes. Swimmers may enter no more than five individual events per day and a total of seven for the three days. Because this is a Championship meet NT (no time) entries are not allowed. All events will be seeded slow to fast. Events 3, 4, and 5 (the 800 Free Relays), as well as events 7 & 8 (the 1500 Free) and events 27-28 (the 800 Free) will be seeded by time and swum together regardless of gender. Each swimmer may participate in only one 800 meter relay. There will be a brief five minute break after event 2 to prepare for the 800 relays.

**Mailed Entry Fees** \$15 for one event, \$35 for 2-4 events, and \$40 for 5-7 events.

**Online Entry Fees:** \$18 for one event, \$38 for 2-4 events, \$43 for 5-7 events. ALL online processing fees are included.

**Relay Entry Fees:** Deck entered at \$4 per relay

**Deadline:** Mailed entries must be postmarked by Friday, October 2, 2009, and/or received no later than Monday, October 5, 2009. Meet Directors are forbidden to accept late or incomplete entries!

Online entries must be submitted by Wednesday, October 7, midnight. No entries will be accepted after that time!

**Awards:** Distinctive Awards will be given to the top three teams. Awards will be given 1st through 8th in all individual events. Points will be scored as follows: 9-7-6-5-4-3-2-1 for individual events and double for relays. High point award will be given to each age group.

**Snack Bar:** Available all three days.

**Program:** Available for \$5.00

**Meet Director:** Kara Gray. For questions, contact Kara Gray (925) 478-8051, or Debbie Santos at (925) 521-0522.

**Referee:** John King

**Events:** Women - Odd, Men - Even

#### Friday, October 10

Warm-up begins at 8:00 a.m Meet starts at 9:00 a.m

1 - 2	400m	IM
3 - 4	800m	Free Relay
5	800m	Mixed Free Relay
7 - 8	1500m	Free (Men & Women swim together)

#### Saturday, October 11

Warm-up begins at 7:30 a.m. Meet starts at 8:30 a.m

9 - 10	100m	Back
11 - 12	200m	Fly
13 - 14	50m	Breast
15 - 16	200m	Medley Relay
17 - 18	200m	IM
19 - 20	100m	Free
21 - 22	50m	Fly
23 - 24	100m	Breast
25 - 26	400m	Free Relay
27 - 28	800m	Mixed Free (Men & Women swim together)

#### Sunday, October 12

Warm-up begins at 7:30 a.m. Meet starts at 8:30 a.m.

29 - 30	200m	Free
31 - 32	50m	Back
33 - 34	200m	Breast
35	200m	Mixed Free Relay
37 - 38	100m	Fly
39 - 40	50m	Free
41 - 42	100m	IM
43 - 44	200m	Back
45	400m	Mixed Medley Relay
47 - 48	400m	Free

# 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"/> F <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		

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# PACIFIC MASTERS SUPPLIES AND SERVICES

## VIDEO LIBRARY

### How to Borrow DVD's:

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 DVD 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.

### New DVD's for the PMS Library

- Getting' Better with **David Marsh**, Head Coach Mecklenburg AC, 2007
  1. Tips, Drills, & Skills for Faster Freestyle
  2. Tips, Drills, & Skills for Faster Backstroke
  3. Tips, Drills, & Skills for Faster Breaststroke
  4. Tips, Drills, & Skills for Faster Butterfly
  5. Tips, Drills, & Skills for Faster Starts
  6. Tips, Drills, & Skills for Faster Turns
- Go Swim Backstroke, with **Aaron Piersol**, 2007
- In the Fast Lane, **Frank Busch**, Head Coach U. of Arizona, 2006
  1. Fast Lane Freestyle
  2. Fast Lane Backstroke
  3. Fast Lane Breaststroke
  4. Fast Lane Butterfly
  5. Fast Lane Starts & Finishes
  6. Fast Lane Turns & Breakouts
- Lane Lines to Shore Lines, Your Complete Guide to Open Water Swimming, Gary Emich & Phil DiGirolomo, 2007
- Becoming a Champion Swimmer, **Richard Quick**, Head Coach Auburn University, 2006
  1. Becoming a Champion Swimmer: Freestyle
  2. Becoming a Champion Swimmer: Backstroke
  3. Becoming a Champion Swimmer: Breaststroke
  4. Becoming a Champion Swimmer: Butterfly
  5. Becoming a Champion Swimmer: Starts & Turns
- Personal Best - Butterfly, **Bob Bowman**, Head Coach U of Michigan, & **Michael Phelps**, 2006
- **Eddie Reese** On, Head Coach Univeristy of Texas, 2005
  1. Eddie Reese On Freestyle
  2. Eddie Reese On Backstroke
  3. Eddie Reese On Breaststroke
  4. Eddie Reese On Butterfly
- The Swim: Technique & Training for Triathletes, **Trip Hedrick and Clark Campbell**, 2005
- Swimming Faster, **David Marsh**, Head Coach Auburn University, 2004
  1. Swimming Faster Freestyle
  2. Swimming Faster Backstroke
  3. Training & Race Strategies for Breaststroke & Butterfly
  4. Training & Race Strategies for the Individual Medley
  5. Training & Race Strategies for Middle Distance & Distance
  6. Training & Race Strategies for Sprint Freestyle
- Championship Winning Swimming, **Richard Quick**, Head Coach Stanford University, 2003
  1. Posture, Line & Balance
  2. Championship Winning Freestyle
  3. Championship Winning Backstroke
  4. Championship Winning Breaststroke
  5. Championship Winning Butterfly
  6. Championship Winning Walls: Underwater Swimming
  7. Championship Winning Starts
  8. Championship Winning Turns for All Strokes
- **June Quick** Instructional Series, 2003
  1. Swimalates: Pilates for Swimmers
  2. Swimmer's Shoulder, Prehab & Rehab
- Open Water Swimming, **Michael Collins & Gerry Rodrigues**, 2003

**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))

### PRICE LIST

USMS Membership Forms <b>free online</b> at <a href="http://www.pacificmasters.org">www.pacificmasters.org</a>	
Membership Card Replacement	2.00
2008 USMS Rule Book	8.00
2008 USMS Mini Rule Book (rules only)	5.00
Video/DVD deposit	50.00
Video /DVD mailing charge per order	5.00

### DVD ORDER FORM

Please send two checks, payable to Pacific Masters Swimming; one for \$5 to help defray mailing costs and one for \$50 to cover damage and loss. This check will be sent back upon the timely return of the DVDs in good condition.

DVD title - 1	DVD title - 2	Deposit:	\$50
Name (Please Print)		Mailing	5
Address		<b>Total</b>	<b>\$55</b>
City/ ZIP			
USMS/PMS #	Phone (    )		

## 2009 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

Sun	9/13/09	RAD	Whiskeytown 1- and 2-mile, OW
Sun	9/13/09	**	RCP Tiburon Mile, OW
Wed-Sun	9/16-20/09	USMS	USAS Convention, Chicago, IL
Sun	9/20/09	SMMM	Swim and Eat Classic, SCM
Sat	09/26/09	SMST	Cold Water Challenge Folsom Lake, 0.5, 1 mi, OW
Sun	10/4/09	MVM	Alan Liu Memorial SCM
Sun	10/11/09	SAC	36th Annual Sprint Pentathlon, SCM
Fri-Sun	10/16-18/09	WCM	PMS SCM Championships
November	1-30/09	DAM	Brute Squad Postal Swim
Sat	11/7/09	CVAS	(Fresno Area) Short Course Yards Meet
Sat	12/05/09	SNM	Reno Winners Meet, SCY

\* recognized

\*\* non-sanctioned

\*\*\* tentative

### 2009 Meeting Dates:

Sept 9, Oct 21, (cc), Nov 18 annual meeting.

**Directions:** From I-680 take the Ygnacio Valley off ramp, head east. Left at San Carlos and take the second left at the Community Center sign. Parking to the right around the curve. Meetings are held at Heather Farms, Walnut Creek, CA.

(cc) meetings will be via conference call.

For information on Hawaii Open Water Swims go to  
<http://www.hawaiimastersswim.org/index.html>

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