

newsletter



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Chair's Message by Julie Paque Call for Nominations

It is the time of year when we want to recognize those volunteers who have given so generously of their time and energy to make Pacific Masters Swimming the vibrant and healthy organization we all enjoy. One of the ways that we recognize these people is through our annual service awards. Nominations can be made by an Pacific Masters Swimming member.

Contributor of the Year:

One award will be given out to recognize outstanding contributions to Masters Swimming during 1998 in support and leadership, recruitment of members, program development, and promotion of Masters Swimming at the club, association or national level. The recipient must have been a member of PMS in 1998. There was no Contributor of the Year awarded in 1997.

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 1996, 1997, and 1998; 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 in Masters Swimming. This award was given to Ron Emhoff and Allan Cartwright in 1997.

Distinguished Service:

This award recognizes outstanding and consistent contributions to Masters Swimming, such as support and leadership, recruitment of members, program development and promotion of Masters Swimming at the club, association, or national level. PMS may give out any number of awards in this category. The recipient must be currently registered with PMS. Last year's winner was Barry Fasbender.

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. This award went to Doug Huestis for 1997.

Nominations for the above awards must be made in writing and received by me (Julie Paque, 2203 Rock St. Mountain View, CA 94043; or email to julie@paque.com; or fax to (650)967-6482) no later than February 10, 1999. The awards will be presented at the short course championships in April.

Photo courtesy of Elfriede Rogers



The Silver Bullets, Walnut Creek Masters WORLD RECORD Breaking 320+ Relay Team demolished the 200 m Medley Record in 4:19.11 by 19 seconds and the 200 m Free Record in 3:49.73 by 20 seconds (both previously held by Japanese teams) at the Nike World Masters Games August 9-14 in Portland, Oregon. L-R: Sally Joy 81, Jean Durston 84, Mary Jane Reeves 81, Jae Howell, 75. ABSOLUTELY AWESOME, LADIES!!!

OPEN WATER

1998 Open Water Points Competition

Congratulations to our 1998 Open Water Points winners! The table below lists the top six in each age group along with their team affiliation and point total.

All PMS swimmers who placed tenth or better in any of the ten 1998 open water swims, were entered into the Points Competition. Total points from each swimmers six best placings determine the winners. Awards go to the top three swimmers in each age group. If you have not received your award by January 31, contact Marcia Benjamin at (510) 357-7753.

19-24			40-44			60-64		
Kerlin, Sarah	CRUZ	151	Quinn, Phyllis	TOC	154	Monroe, Donna	WCM	151
Royer, Heather	USF	85	Baker, Wendy	SAC	80	Myers, Dot	SAC	131
Marcone, Natalie	SANR	75	Kemp, Cindy	CRAM	76	Springer, Susan	RINC	115
O'Leary, Shauna	UNAT	66	Sommers, Lorraine	SCAM	63	Anderson, Clarine	LAM	102
Clarke, Jenna	SCSC	54	Ellis, Deborah	LMS	62	Lingys, Jutta	SMMM	89
<u>Wynhoven, Astrid</u>	<u>DAM</u>	<u>49</u>	<u>Wheeler, Barbara</u>	<u>UNAT</u>	<u>49</u>	<u>Durham, Teta</u>	<u>SMM</u>	<u>74</u>
O'Rourke, Matt	SNM	63	MacDonald, Sandy	SAC	154	Price, Kent	LAM	154
Lee, Joshua	WHA	57	Harris, Scott	DAM	128	Fasbender, Barry	STAN	146
Hartman, Matthew	SAC	38	Emhoff, Ron	SANR	110	Gilmer, David	DAM	114
Valesi, Cesare	UNAT	38	Morales, John	UMSC	110	Miller, James	ACM	98
Von Behrens, Mark	UNAT	35	Schouweiler, Peter	SNM	83	Haworth, Emory	DAM	76
Lee, Jerry	SCAM	30	Addison, Bill	RHMS	74	O'Donnell, Jim	CMS	54
25-29			45-49			65-69		
Hertzner, Cynthia	CRUZ	128	Brems, Marianne	RINC	145	Roper, Gail	UNAT	88
Welch, Katie	WCM	88	Davis, Diane	DAM	135	Lambertson, Ann	SMMM	82
Deasy, Michelle	ORAC	64	Armento, Valerie	UNAT	106	Hirsch, Ann	WCM	63
Leetmae, Erika	ORAC	64	Tukua, Karen	TERA	103	Callison, Barbara	RINC	57
Zamanian, Alison	SCAM	63	Jones, Alice	SCAM	86	Madden, Loretta	DC	22
<u>Marcoux, Sionainn</u>	<u>FCMC</u>	<u>60</u>	<u>Garcia, Dianne</u>	<u>TAM</u>	<u>85</u>	<u>McMillan, Betty</u>	<u>WCM</u>	<u>22</u>
Romanelli, Bill	UNAT	146	Taggesell, Larry	SCSC	154	Campbell, Roger	SMMM	124
Walsh, Todd	MVM	120	Wilson, Joel	CRUZ	127	Lewis, Richard	ACM	85
Ishii, Greg	ORAC	78	Laverty, Noel	SAC	115	Lewis, Robert	BAM	57
McMillan, John	UNAT	73	Foreaker, Don	UMSC	111	Brown, Ron	WCM	41
McKeon, Mike	USF	60	Small, Stephen	SANR	111	Kahana-Konen, A.J.	SNM	22
Owen, Ed	MNLO	58	Knight, James	SJAM	108	Grohe, William	USF	19
30-34			50-54			70-74		
Hazen, Lisa	LYN	154	Bailie, Kaeti	SNMA	107	Knockenbauer, Martha	SMMM	110
Phalen, Jennifer	SCAM	113	Sosnoski, Diane	DC	104	Dawson, Bunny	AHSM	66
Chalmers, Maureen	CRUZ	113	Thomas, Arline	UNAT	93	Griffin, Ruth	RAD	19
Kanazawa, Christine	RINC	94	McNally, Rosemary	SMMM	66			
Cox, Juliet	ECAM	90	Price, Sandra	NVM	56	Kerswill, Ed	MVM	88
<u>McHale, Carol</u>	<u>WCM</u>	<u>72</u>	<u>Lovette, Cornelia</u>	<u>LAM</u>	<u>51</u>	Aldrich, Stan	SAC	85
Eagleton, Alan	WHA	114	Burror, James	AAM	141	Jones, Glynn	TOC	63
Wanderer, James	RINC	106	Kelley, David	DAM	128	Sutton, Luman	SAC	22
Zavack, Scott	UNAT	90	Birnie, Tim	TOC	127	Petersen, Norman	SERC	19
Nielsen, Jason	CRUZ	85	Selmer, John	RINC	115	Ponischil, John	LAM	19
Arris, Todd	TOC	78	Piazza, Mike	WCM	78	Schomburg, Richard	USF	19
Nelson, Brian	WCM	62	McCarty, Tom	TOC	78			
35-39			55-59			75-79		
Motekaitis, Ann	DAM	144	Munn, Susan	DAM	151	Meyer, Margery	TOC	88
Rose, Nancy	SNM	142	White, Susan	TCAM	134	Taft, Zada	SMMM	19
Teidemann, Elizabeth	UNAT	116	Coleman, Kate	SCAM	104			
Dugan, Linda	SCSC	108	Brown, Dee	UNAT	67	Rogers, Fred	USF	154
Meyer, Marguerite	TOC	91	Garfin, Susan	SCAM	44	Smith, Richard	SAC	104
<u>Lewis, Nancy</u>	<u>UNAT</u>	<u>87</u>	<u>Anson, Susan</u>	<u>SCAM</u>	<u>35</u>	McCall, Tom	SCAM	44
Dugan, Bob	SCSC	145	Seiferheld, Richard	NVM	143	Taft, Ray	SMMM	22
Brancamp, David	SNM	129	Fleming, John	UNAT	125	Kirkendall, Richard	NAM	17
Keck, Mike	TOC	121	Orth, Peter	SFBS	111			
Salowe, Jeff	SCSC	99	Saxsenmeier, William	COL	111			
Silk, James	SANR	86	Edwards, Chuck	SAC	83			
Sims, Paul	SRM	85	Weaver, Walter	CRUZ	63			
			Shoemaker, Ross	CHAB	63			
						80-84		
						Sharp, Marjorie	STAN	88
						<u>Reeves, Mary Jane</u>	<u>WCM</u>	<u>38</u>
						Zoller, Nicolas	TOC	22

POOL MEETS

Don't Waste Your Base TAM's 1650 Postal January & February, 1999

Sanction #38-99-02

Location: You may swim this 1650 event any time during the months of January and February in the comfort of your own 25 yd. pool. All you need is someone to count your laps and record your splits. You may enter this as an individual and/or as a four person team relay (4 x 1650, men, women or mixed in age groups 19+, 25+, 35+, etc.).

Rules: All USMS and PMS rules apply. Swimmers may swim no more than 2 to a lane in a "split fashion" (no circle swimming). A split sheet with 50 yd. splits, signed by at least one timer, must be attached to the entry form. Times not entered to the 1/100th will be rounded up.

Entries: Swimmers may enter on an official TAM 1650 entry form or a consolidated entry form. Enter relays by filling out the relay form and attaching photocopies of the individual entries. Mail your entry, a copy of your 1999 USMS card and a check payable to Tamalpais Aquatic Masters to TAM 1650, 582 Market Street, Suite 1217, San Francisco, CA 94104. Entries must be postmarked by March 10, 1999. To receive an official entry form and a split sheet, mail a SASE the above address.

Entry Fees: \$6.00 for individual 1650 swim, \$4.00 per relay team.

Awards: First through third for individual event and first place for relays.

T-Shirts: T-Shirts are available for \$12.00 S, M, L, XL. XXL are \$14. Please indicate the size (on your check).

Results: Results will be mailed.

Information: Jon Steiner (415) 981-0300

Pacific Masters Fitness Clinic Series

Four PMS Fitness Clinics were held this year and one USMS Swimmer and Coaches Mentor Clinic. **Pablo Morales** & **Finis** demonstrated the Mono Fin, front end snorkel and Hydro Hip Belt at the Santa Cruz & Walnut Creek clinics. **Brian Stack** spoke on balanced freestyle in Carmel. **Brian Stack** and **Kerry O'Brien** lead a National coaches Mentor Clinic and Swimmer clinic at Mills College. These clinics are available to any registered Masters Swimmer. If you or your team would like to host a fitness clinic in 1999 call **Tina Talbot** (925) 831-9539 or e-mail sanr@hotcoco.infi.net.

Fog City Masters Winter Quadrathon Meet

Sunday, January 17, 1999

Sanction # 38-99-01

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. Electronic Timing with touch pads will be used. Bleachers are available. A small snack bar will be 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 1999 USMS card. Entry fees: \$2 surcharge plus \$2 per event if postmarked by January 7, 1999. Late and deck entries (accepted until check in time on the day of the meet) are \$2 per swimmer and \$3 per event. Make checks payable to St. Ignatius College Prep.

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

Swimmers are encouraged to enter all four events. There may be breaks in the competition to ensure that swimmers have rest between events.

Awards: Special award to the winner in each age group (female and male) with the fastest cumulative (50+100+200+500) time. Factors will be added in as follows: 50-Time multiplied by 10, 100-Time multiplied by 5, 200-Time multiplied by 2.5 and 500-Time multiplied by 1.

Meet Director: Doug Huestis (415) 776-5496.

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

Be sure to visit
Pacific Masters Website...
www.pacificmasters.org

The Olympic Club Mile

Sunday February 7, 1999

Sanction #38-99-04. This is a unique 1650 freestyle event combining USMS and USA swimmers.

Location: Saint Ignatius College Preparatory School - Herbst Natatorium 2001 37th Avenue San Francisco, CA (Located off of Sunset Blvd. at Rivera St.)

Course: Eight lanes, 25 yds. Heated indoor pool. Seven lanes will be used for competition. Warm-up/down lane will be available throughout the meet. Electronic timing will be used. Snack bar available.

Time: Warm-ups from 8:00-8:45 a.m. The meet will start promptly at 9:00 a.m.

Eligibility: Applications from the following swimmers will be guaranteed: 1. The swimmer with the fastest 1650 time among entries submitted within an age group. 2. Any swimmer with a Top Ten 1650 result nationally, from the previous year short course season, in their age group. Please submit seed time and/or results to be qualified under the above conditions. 3. Other entry applications may be accepted until the entry limit of 100 total USMS and USA swimmers is reached on a first received basis. (We anticipate the meet to run from 9:00 a.m to 4:00 p.m.)

Check-In: The meet will be pre-seeded and preliminary heat assignments will be made. Application acceptances will be mailed out on Friday January 29, 1999. Heats 1-8 must check-in by 8:30 a.m.; Heats 9-16 must check in by 11:30 a.m..

Entries: All entries must be postmarked by Friday, January 15, 1999. All entries must be on a signed consolidation entry form and include a copy of your 1999 USMS registration card. **NO DECK ENTRIES!!**

Fees: \$15.00 per swimmer, includes \$5.00 surcharge to cover pool rental. Make check payable to THE OLYMPIC CLUB and send to: The Olympic Club Mile, 524 Post Street, San Francisco, CA 94102

Awards: Distinct awards with an appropriate \$300 each will be given for the following: 1. Fastest male (USMS or USA swimmer). 2. Fastest female (USMS or USA swimmer) 3. Closest to a National Record or the swimmer who breaks a National Record by the largest margin.

Snack Bar: A snack bar will be available throughout the meet.

Officials: **Meet Director:** Dana Totten (415)775-3088, ext. 205; **Referee:** Michael Moore. **Starter:** Adam Jennings

Guest Speaker: John Nabor

POOL MEETS

University of San Francisco Masters Valentine's Affair

Saturday, February 6, 1999

Sanction #38-99-03

Location: USF Koret Health and Recreation Center. Corner of Turk and Parker Sts., San Francisco. From the **Bay Bridge** take 101 GG Bridge/GG Park Connector. Once freeway ends, stay on Fell approx. 1 mile. Turn R on Masonic, L on Turk (third light). Turn L into free parking just after Parker (2nd light). From **101 South**, follow instructions from Bay Bridge above. From **280** take 19th Ave. exit. Stay on 19th approx. 3 miles. Turn R on Geary, and follow directions from GG Bridge. From the **GG Bridge** take 19th Ave. Turn R on Clement, L on 14th Ave., L on Geary to Stanyon, R on Stanyon, L on Turk and enter parking area.

Facility: Indoor 25 yd. x 50 m. indoor pool. Eight competition lanes, 2 warm-up/down lanes available throughout meet. Electronic timing. Snack bar from 9 a.m.

Time: Warm-up from 8:00-8:45 a.m. Meet begins at 9:00 a.m..

Check In: Preregistered 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: This will be a cardless meet. All entries must be on a consolidated entry form and accompanied by a copy of the swimmer's 1999 USMS registration card. Entry fees are \$2.00 per event plus \$5.00 surcharge per swimmer if postmarked by January 27, 1999 or hand delivered by January 29, 1999. \$3.50 per event for late and deck entries, and \$4.00 per relay, 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.

Awards: Participation goodies will be distributed to all swimmers.

Meet Director: Mark Block (510) 549-0616

Referee: Bud Meyer

Information: Cathy Huang (415) 422-6247

Events: (Odd=Women, Even=Men)

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 New **luggage tags** now available from PMS Registrar. At \$2.00 they are a bargain. Get one for each of your bags. Order forms are on next to last page of newsletter.

San Mateo Masters Marlins 14th Annual PMS Indoor Relays

Sunday, February 21, 1999

Sanction #38-99-05

Location: Oceana High School, 401 Paloma Ave., Pacifica. From I-280, take Hwy 1 South. Exit on Paloma Ave. The high school is located on the east side of Hwy 1.

Facility: 25 yds., indoor pool. Eight competition lanes, 2 lanes available for warm up throughout the meet. Snack bar available.

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

Entries: DECK ENTRIES ONLY. The following items are required by 8:30 a.m.: (1) An official "Team List" with release signatures; a copy of this release form has been sent to all teams. (2) A photocopy of each swimmers 1999 USMS card; (3) A PMS yellow relay card for each relay (first two events, all other events by 10:00 a.m.); and (4) A \$15 per swimmer surcharge.

Entry Fees: \$15 surcharge per swimmer which allows you to swim in any/all relays. No other fees apply. Make checks payable to San Mateo Master Marlins.

Awards: Team awards to top three clubs.

Meet Director: Dale Finch (650) 654-1554 or dfinch@ix.netcom.com

Referee: Rick Beebe.

Events: (Odd=Women, Even=Men)

All events will be swum slow to fast

- 1 800 yd. Mixed Free Relay (4x200)
- 3-4 200 yd. Medley Relay (4x50)
- 5-6 400 yd. Freestyle (4x100)
- 7* 200 yd. Mixed Equipment(4x50)
- 9-10 400 yd. Medley (4x100)
- 11* 100 yd. Mixed Underwater (4x25)
- 13 200 yd. Freestyle (4x50)
- 15* 500 yd. Freestyle(50, 100, 150, 200)

* Denotes Special Events

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
- 13-14 50 yd. Breaststroke
- 15-16 200 yd. Backstroke
- 17-18 50 yd. Freestyle
- 19-20 200 yd. IM
- *21 200 yd. Mixed Special Relay

*Special Event

Walnut Creek Masters Twelveth Annual Intensive Training Camp

March 5, 6, 7, 1999

Sanction #38-99-06

Location: Clarke Swim Center, Heather Farm Park, Walnut Creek. 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 a full weekend dedicated to enhancing your competitive swimming performance through strenuous conditioning, stroke and distance specificity and stroke technique instruction in an atmosphere conducive to serious swim training. The camp will consist of two in-water workouts per day (morning is general conditioning, afternoon is sprint, mid-distance, distance specific). Each morning session is followed by a hearty breakfast. Optional stroke schools will be conducted Friday evening and Sunday morning, free to all interested campers.

Coaching Staff: The 1999 Camp Staff includes: Kerry O'Brien, Penny Leach and Steve Stahl, coaching staff of the 1996 National Champion Walnut Creek Masters; Brian Stack, Veteran Instructor with Terry Laughlin's Total Immersion Swim Camps, and Tim Sheeper, Head Coach Menlo Park Masters and the 1998 Pacific Masters Swimming Coach of the Year.

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: Limited to 50 USMS registered swimmers. Clinic fee \$115. Optional dinner \$15. T-Shirt at no extra charge if registered by February 12, 1999. For registration form, call Kerry O'Brien (510) 943-5856.

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The deadline for the March/ April issue is January 15, 1999. Submit your photos and creative writing to Newsletter Editor Joanne Berven, 4854 Andrea Court, Livermore, CA 94550.

POOL MEETS

Rinconada Masters Short Course Spring Meet

Saturday, March 13, 1999

Sanction #38-99-07

Location: Rinconada Pool. Embarcadero and Newell Road, Palo Alto. Turn west off Hwy 101 on Embarcadero to Newell. Park on Embarcadero Rd. or behind pool.

Facility: 14 lane x 25 yard pool (8-10 competition, 4-5 warm-up/down lanes). Snack bar available.

Time: Warm-up 7:30-8:45 a.m. Meet starts 9:00 a.m.

Check In: Swimmers in events #1-2 must check in before 8:30 a.m. All other swimmers must check in at least 30 minutes before the estimated start of the event.

Entries: This will be a cardless meet. Swimmers may use the consolidated entry form in this newsletter or send a SASE to Nan Blackledge at the address below.

Entry Fees: \$2.00 per event (\$3.00 late or deck entries) plus \$6.00 surcharge per swimmer. Entries must be received by March 3, 1999. No deck entries for 1000 Free. Maximum 5 events per person. Mail entry, check payable to Rinconada Masters and a copy of your 1999 USMS registration card to Nan Blackledge, 2843 South Court, Palo Alto, CA 94306, (650) 326-6766.

Awards: Ribbons 1st through 6th in each age group. Special Memorial awards: Men's 75-79 Willard Johnson Award (1000 Free), Men's 40-44 Frank Parrish Award (50 Fly) and Women's 70-74 Sylvia Bailey Award (400 IM).

Meet Director: Sally Scholer, (650) 856-6249.

Events: (Odd=Women, Even=Men)

All events will be swum slow to fast

1-2 1000 yd. Free

Note: The 1000 Free is limited to the first 60 pre-registered swimmers. No deck entries for this event will be accepted.

Event #3 will not start before 11:30 a.m.

3-4 200 yd. Back

5-6 50 yd. Fly

7-8 100 yd. Free

9-10 50 yd. Breast

11-12 50 yd. Back

13-14 100 yd. IM

15-16 50 yd. Free

17-18 400 yd. IM

*A-B 1650 yd. Fly

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

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Santa Cruz Masters has expanded its adult fitness swimming program to a new 50M facility in Santa Cruz. We now offer 31 workouts a week, Monday - Saturday, at both the UC Santa Cruz pool and the new Simpkins Family Swim Center. For more information contact the Santa Cruz Masters Aquatics, Box 8422, Santa Cruz, CA 95061 or call (408) 425-5762.

Stanford Masters, Spartan Masters, SJSU Intercolligate Women's Swimming 1999 PMS Short Course Yards Championship

April 16-18, 1999

Sanction No. 38-99-09

Location: San Jose State Aquatic Facility, just north of San Salvador Street and 8th Street in San Jose, CA. Park in the 7th Street parking garage at San Salvador Street and 7th Street for \$2.00 per day. Some free parking is available on neighboring streets. There are also parking garages at San Fernando and 10th Street and at San Salvador and 4th Street (both about 4 blocks from pool).

Directions: From 280: Exit at 7th Street, go 3 blocks north on 7th, cross San Salvador, and turn left into parking garage. From 101: Exit at 13th Street, go south about 2 miles, turn right on San Fernando, left on 10th Street, and right on San Salvador, right on 7th Street, turn left into parking garage.

Facility: Outdoor 60 meter x 25-yard pool. All events will be conducted in two deep-water, 9-lane, 25-yard courses. Electronic timing will be used in both courses. At least four 25 yard warm-up lanes will be available at all times. There will be a snack bar and a concession area.

Time: Friday check-in and warm-up begins at 11 am; meet starts at 12 noon. Saturday and Sunday check-in and warm-up begins at 7:30 am; meet starts at 9:00 am.

Check In: You must check in each day of the meet at least 30 minutes prior to the start of your event.

Entries: *** No late or deck entries*** Entries must be postmarked by Friday, April 2nd. Fee is \$10 for one individual event, \$20 for 2-4 events and \$28 for 5-7 events; \$4 per relay. Swimmers may enter a maximum of five events per day and seven events for the entire meet, excluding relays. Swimmers only on relays must submit an entry form and show their 1999 USMS registration card. Relay cards may be deck entered. *** There will be no refunds. *** Make **check payable** to Stanford Masters Championships and send with Consolidated Entry Form and a photocopy of 1999 USMS registration card to: PMS Championships c/o Barry Fasbender 845 Talisman Drive Palo Alto, CA 94303-4449

Meet Procedure: This is a cardless meet; lane assignments will be posted. The meet will be deck seeded, slow to fast. Each event will be swum in both courses with the women first, odd heats in one course and even heats in the other course. Scoring is 10-8-7-6-5-4-3-2-1 for individual events; double for relays.

Timing Plan: Each team will be expected to help time. Stanford Masters will provide at least one timer per lane throughout the meet. Additional timers will be requested from those present.

Meet Directors: Barry Fasbender (650) 494-3128 and John Klimp (650) 856-0422 (H), (650) 494-8600 (W)

Head Referee: Bud Meyer

Awards: Individual and relay awards for 1st through 9th. Team awards for 1st and 2nd in four divisions.

T-Shirts: A great looking limited edition T-shirt can be ordered by including a separate check for \$10 (note size on check) with your entry. T-shirts will be available at the meet in limited sizes and quantities for \$12.

Accommodations: A list of area hotels with special rates will be sent to each team in February. For your own list, send a self addressed stamped envelope to: Hotel Info, c/o Barry Fasbender 845 Talisman Drive Palo Alto, CA 94303-4449.

Events: (Odd = Women, Even = Men)

Friday, April 16, 12 noon

Check-in & Warm-up: 11 am	25-26	50 Fly	
1-2	1650 Free	27-28	400 Free Relay
3	800 Mx Free Relay		
5-6	400 IM		

Sunday, April 18, 9 am
 Check-in & Warm-up: 7:30 am

Saturday, April 17, 9 am	29-30	100 Back	
Check-in & Warm-up: 7:30 am	31-32	50 Breast	
9-10	500 Free	33-34	200 Fly
11-12	50 Back	35-36	100 Free
13-14	200 Breast	37	200 Mx Free Relay
15-16	100 Fly	39-40	200 IM
17-18	200 Medley Relay	41-42	50 Free
19-20	200 Free	43-44	100 Breast
21-22	100 IM	45	400 Mx Med Relay
23-24	200 Back	47-48	1000 Free

Pacific Masters Swimming Competitions

HOW TO ENTER

Please read the following instructions before entering USMS/PMS sanctioned events. For further information on specific upcoming competitions, see elsewhere in this newsletter. Current USMS and PMS rules govern each swim event.

AGE GROUPS

Entrants must be at least 19 years old.

Individual Events: 19-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

Short Course (yards) Relays: 19+, 25+ and subsequent ten year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group.

Short Course (meters) and Long Course Relays: 76-99, 100-119, 120-159, 160-199 and 40 year increments as high as necessary. The aggregate age of the four members shall determine the age group.

POOL COMPETITIONS

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

Individual event information must be completed in the designated area only if the meet is designated as a **cardless meet**. All other meets

require event information on official PMS pink (for women) and blue (for men) cards. At all meets, including cardless, relays must be entered on official yellow PMS relay entry cards.

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

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

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

OPEN WATER COMPETITIONS

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

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

----- Cut here -----

T-Shirt Size:

PACIFIC MASTERS SUPPLIES AND SERVICES

POOL MEET

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.**

Five new video tapes now available:

1. Flexibility for Sport & Fitness, Human Kinetics Video, 40 min.
2. The Wave Breaststroke, Mike Barrowman/Jozsef Nagy
3. Swimming Towards 2000, Scott Volkers, Study of Strokes of some of the best swimmers in the world.
4. Swim Clinique, C.D. Johnson, Training Tips for all 4 strokes
5. Total Immersion, Terry Laughlin, The Revolutionary Way to swim better, faster, and easier

Other Available Tapes include:

- Forbes Carlyle Seminar
- Red Cross Swimming/Diving Skills
- Breaking the Mental Barrier
- Fluid Swimming
- Masters Start and Turn Instruction
- Gettin' Better
- ASCA World Clinic 1992 (4 tapes)
- Stretching
- Swim Smarter/Swim Faster (2 tapes)
- Gold Medal (4 tapes)
- Weight Training for Adult Swimmers
- Olympic Champions on Film
- Free/Back/Breast from the Bottom Up (3 tapes)
- Clinical Sports Massage, Vol. 1
- Swim Power
- Stretching Classic Swimming (4 tapes)
- From The Fast Lane (3 tapes)
- Excellence in Swimming Stroke Technique
- Swimming Fastest-II

PRICE LIST

Membership Card Replacement.....	2.00
USMS/PMS Registration Forms.....	free
USMS Brochures (up to 20).....	free
Entry Cards	
(pink, blue, relay; combos ok)	
set of 20.....	2.00
set of 100.....	5.00
set of 500.....	15.00
Pad of 100 Consolidated Entry Forms.....	3.50
USMS/PMS Records- indicate type:	
(SC, LC, SCM).....	3.00
PMS Top Ten Times -indicate type	
(SC, LC).....	5.00
Building a Successful Masters Club.....	3.00
Places to Swim - one area.....	SASE
Places to Swim - entire USA.....	6.00
USMS 1999 Rule Book.(avail 1/99).....	7.00
USMS Decals (each).....	.25
PMS Luggage Tag for PMS Card.....	2.00
Video and audio tape deposit	50.00
Video/audio tape mailing charge.....	5.00
PMS Super Set	
(stickers, instructions, certificates)	
set of 1.....	1.00
set of 10.....	5.00
set of 15.....	10.00
set of 50.....	18.00
Swim Seasons Record Card	
(for recording best times)	
set of 1.....	.50
set of 10.....	2.00
set of 25.....	4.50

Strawberry Canyon Masters Short Course Invitational Meet

Saturday, March 27, 1999

Sanction #38-99-08

Location: Contra Costa College, 2600 Mission Bell Dr., San Pablo.

Directions: From I-80 North, exit on El Portal Drive, turn left, continue to Castro Street, turn right(about a mile and a half.) From I-80 South, exit on El Portal Drive, turn right and follow directions above. **Parking:** Castro Street off El Portal Drive exit is free.

Facility: Outdoor, 20 lane x 25 yd. pool (8 competition, 10 warm-up lanes). Snack bar available.

Time: Warm-up 7:30 a.m. Meet starts 9:00 a.m. **Check In:** The 500 free is pre-seeded. No deck entries for the 500 free. All other events will be deck seeded.

Swimmers in the 500 Free must check in by 8:30 a.m. Swimmers in the 200 IM must check in by 9:00 a.m. All other swimmers must check in at least thirty minutes before the estimated start of the event.

Entries: Entries on pink and blue cards and accompanied by a consolidated entry form. Swimmers are limited to five events, excluding relays. Entry fees are \$5.00 surcharge per swimmer (including relay-only swimmers) and \$2.00 per event (pre- registered) or \$3.00 per event (late and deck entries). \$4.00 per relay team. Send cards, check payable to SCAM, and a photocopy of your 1999 USMS card postmarked no later than March 15 (or received by March 17) to: SCAM Registration, Ralph Elder, 3028 Hilligass Ave., Berkeley, CA 94705.

Awards: All swimmers will receive a goody bag.

Prizes: Prize drawings will be held for every event throughout the meet. The more events you enter, the more chances you have of winning!

Meet Director: Ralph Elder (510) 841-5795

Referee: John Duncan; Starter: Bud Meyer.

Events: (Odd=Women, Even=Men)

- All events will be swum slow to fast
- 1-2 500 yd. Freestyle
 - 3-4 200 yd. IM
 - 5-6 100 yd. Butterfly
 - 7-8 50 yd. Breaststroke
 - 9-10 100 yd. Freestyle
 - 11-12 200 yd. Freestyle Relay
 - 13-14 50 yd. Butterfly
 - 15-16 100 yd. Backstroke
 - 17-18 100 yd. Breaststroke
 - 19-20 200 yd. Freestyle

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		

1999 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

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

1999

JANUARY

- 1-2/28 TAM, 1650 Postal, SCY, Jon Steiner (415) 981-0300.
- 13 PMS Meeting, 7:30 p.m., San Ramon.
- 17 Fog City Quadrathlon, Doug Huestis (415)776-5496

FEBRUARY

- 6 USF, Valentines Day Affair, SCY, Cathy Huang (415) 422-6247 (d).
- 7 TOC, The TOC Mile, SCY, Dana Totten (415) 775-3088 x205.
- 10 PMS meeting, 7:30 p.m., San Ramon.
- 21 SMMM, 13th Annual Indoor Relays, SCY, Dale Finch (650) 654-1554.

MARCH

- 5-7 WCM, Intensive Training Camp, Kerry O'Brien (510) 934-5657.
- 13 RINC, Spring Fun Meet, SCY, Sally Schoeler, (650) 856-6249.
- 24 PMS Meeting, 7:30 p.m., San Ramon.
- 27 SCAM, Invitational, SCY, Ralph Elder, (510) 841-5795; relder@uclink4.berkeley.edu

APRIL

- 16-18 STAN, PMS SCY Championships, San Jose State University, Barry Fasbender, (650) 494-3128
- 28 PMS Meeting, 7:30 p.m., San Ramon.

MAY

- 13-16 USMS Short Course Championships, Santa Clara, CA, Alma Guimarin (408) 947-2298
- 26 PMS Meeting, 7:30 p.m., San Ramon.

JUNE

- 5 DAM, Lake Berryessa (1,2 mi.), OW, Jon Tice (530) 661-5985 (d), (530) 795-0944 (e).
- 6 SNM, First Splash, LC, Gwen Shonkwiler (702) 327-5010 (d); (707) 323-2174 (e).
- 11-12 WCM, Invitational, LC, Kerry O'Brien (925) 943-5856 (d), (925) 934-5657 (e).
- 20 SFBS, Aquatic Cove, OW, Joe Oakes, (650) 903-0341.
- 27 AAM, Brooklyn Basin Coast Guard Challenge, OW, Linda Gilchrist (510) 769-0317.

JULY

- 10 USLSA, Russian River, OW, Jim McCray (707) 528-4718.
- 14 PMS Meeting, 7:30 p.m., San Ramon.
- 17 TOC, Trans Tahoe Relay, Dana Totten (415) 775-3088 x205.

JULY (cont)

- 23-25 CRUZ PMS LC Championships, George Cunningham, (408) 336-8215
- 31 CRUZ, Santa Cruz Pier Swim, OW, Rick Gould (831) 429-3197.

AUGUST

- 1 CRUZ, Pier-to-Pier Swim, OW, Joel Wilson (831) 425-5762.
- 1 CRUZ, Cruz Cruise 2-Mile, OW, Joel Wilson (831) 425-5762.
- 7 SNM, Donner Lake, OW, Nancy Rose (916) 582-1214.
- 11 PMS Meeting, 7:30 p.m., San Ramon.
- 14 SFRP/USF/FOG, Swim SF, SCY, Joe Healy, (415) 905-4921(d); (415) 621-9964 (e).
- 15 MAM, 2 x 1 Relay, OW, Gary Fitschen (415) 777-2400 (d), (510) 530-7812 (e).
- 19-23 USMS Long Course Championships, Minneapolis, MN, Paul Windrath, (612) 388-8524, pwindrath@compuserve.com

SEPTEMBER

- 8 PMS Meeting, 7:30 p.m., San Ramon.
- 12 REDD, Whiskeytown (1, 2 mi.), OW, Pete O'Neill (530) 225-0020, (530) 246-7340 (e).
- 15-19 USMS Convention, San Diego, CA, Nancy Ridout (415) 892- 0771.
- 18 SANR, Shadow Cliffs (0.5, 1.5 mi.), OW, Tina Talbot (925) 275- 2345 (d), (925) 831-9539 (e).
- 26 SAC, Sacramento Pentathlon, SCY, Renee Neal (916) 443-0321

OCTOBER

- 3 SMMM, Meters Meet, SCM, Dale Finch (650) 654-1554.
- 9-10 WCM, PMS Championships, SCM, Kerry O'Brien, (925) 943-5856(d); (925) 934-5657 (e).
- 13 PMS Meeting, 7:30 p.m., San Ramon.
- 16 HMSW, PMS 1500 M Championships, SCM, Karlene Martin, (707) 838- 4432.

NOVEMBER

- 17 PMS Meeting, 7:30 p.m., San Ramon.

DECEMBER

- 4 SNM, Reno Winners Meet, SCY, Gwen Shonkwiler (702) 327-5010 (d); (707) 323-2174 (e).

For a complete copy of the annual Hawaii Sports Calendar, send SASE to: The Waikiki Roughwater Swim Committee, 95-230 Waioleka #39, Honolulu HI 96789

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