

Why Join Pacific Masters?

OPEN WATER SWIMS



LIFELONG FRIENDSHIPS



Camaraderie. Regular workouts and club events foster lifelong friendships. Pacific Masters clubs have a variety of swimmers of all ages and abilities.

"Our friendship was born in the water but thrives on land." C.S., Tri Valley Masters, Pleasanton

Coaches. Many Pacific Masters clubs have coached workouts designed to improve technique, endurance and aerobic conditioning. Whether your goal is to enter competition or to improve fitness, coaches can guide you toward your goal.

COACHING



Competition. The majority of the 10,000 Pacific Masters swimmers participate in training, fitness and social functions offered and never enter a competition. You may attend a pool meet or open water swim to set a personal best time or to gauge improvement or to have the opportunity to meet 200 new friends. You don't have to have swum in college to compete!

"I am energized by the workouts and the people." M.A., Davis Aquatics Masters

FITNESS TRAINING



POOL COMPETITION



How to Join. Go to www.pacificmasters.org and click on "Places to Swim and Clubs". Anyone age 18 and older can attend a workout. Talk to the coach and decide if Pacific Masters is for you.

2004 Pacific Masters Schedule

January	TAM	One Hour Postal Swim
Jan. – Feb.	TAM	Postal 1650
Sat. 1/10/04	MBAY	Clambake
Sat. 1/24/04	TOC	The Mile
Sun. 2/01/04	FCM	Fog City Quadrathlon
Sat. 2/07/04	USF	Valentine's Day Affair
Sun. 2/22/04	SMMM	Pacifica Indoor Relays
Fri.-Sun. 3/5+/04	WCM	Intensive Training Camp
Sat. 3/06/04	RINC	Spring Short Course Meet
Sat. 3/20/04	SCAM	Strawberry Invitational
Fri.-Sun. 4/2+/04	CRUZ	PMS SCY Championships
Sat. 4/10/04	SMMM	Open Water Clinic #1
Sat. 4/17/04	SMMM	Open Water Clinic #2
Thurs-Sun 4/22+/04	USMS	SC Nationals, Indianapolis
Sat. 5/01/04	TVM	Battle of the Bay
Sat. 5/08/04	SMMM	Parkside Aquatic Park (1 mile)
Sat. 5/15/04	TVM/WCM	Open Water Clinic
Sat. 5/22/04	RCM	Spring Lake (1 mile)
Thurs-Sun 6/3+/04	FINA	World Championships, Italy
Sat. 6/05/04	DAM	Lake Berryessa (1, 2 mile)
Fri.-Sat. 6/11+/04	WCM	Long Course Invitational
Sun. 6/13/04	SCCP	Santa Cruz Open Water Festival
Sat. 6/19/04	TVM	Lake Del Valle (0.75mi, 1.5 mi)
Sun. 6/20/04	BMW	Splash and Dash
Sat. 6/26/04	RCM	Lake Sonoma (2 mile)
Wed.-Wed 7/7+/04		Olympic Trials
Fri.-Sun. 7/9+/04	CRUZ	PMS LC Championships
Sat. 7/24/04	TOC	Trans Tahoe Relay
Sat. 7/31/04	CRUZ	Santa Cruz Pier (1 mile)
Sun. 8/01/04	CRUZ	Pier-to-Pier (10K)
Sun. 8/01/04	CRUZ	Cruz Cruise (2 mile)
Sun. 8/08/04	SNM	Donner Lake (2.7 miles)
Thu.-Sun. 8/12+/04	USMS	USMS Nationals, Savannah, GA
Sun. 8/15/04	MAM	2x1 Relay
Sat. 8/21/04	TCAM	Pincrest Lake (1, 2 mile)
Sun. 9/12/04	RAD	Whiskeytown (1, 2 mile)
Wed.-Sun. 9/15+/04	USMS	National Convention, Orlando
Sat. 9/18/04	RAMS	Folsom Lake (1, 2 mile)
Sun. 9/26/04	SMMM	SCM Pentathlon
Sun. 10/03/04	SAC	31st Annual Pentathlon
Sat.-Sun. 10/8+/04	WCM	PMS SCM Championships
Sat. 12/04/04	SNM	Reno Winners Meet Affair
Sat. 12/11/04	SJAM	Christmas Relays



Pacific Masters Swimming 2004 Membership Application

Fee \$30 (USMS \$12, PMS \$10, SWIM Magazine \$8)

Check payable to: Pacific Masters Swimming

Renewal _____ 2003 number (if known) _____

New Registration

Print clearly (Name must match race entries):

Last Name _____

First name, M.I. _____

Mailing address _____

City/State/Zip _____

Home phone # _____

Work phone # _____

Date of birth: Month _____ Day _____ Year _____

Age _____

Sex: Male _____ Female _____

Email: _____

Club: _____

"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."

Signature _____

Today's Date: Month _____ Day _____ Year 20 _____

I coach Masters _____ I am a Certified Official _____

Optional contributions (added to my \$30 registration fee)

\$1 ___ or (____) US Master Swimming Foundation

\$1 ___ or (____) Int'l Swimming Hall of Fame Foundation



Pacific Masters Swimming
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Pacific Masters Swimming



- ❖ Fitness
- ❖ Camaraderie
- ❖ Triathlete Training



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