



A Publication of
Southern Pacific Masters Association
of Masters Swimming

Swimming News

Southern Pacific Masters Association

www.spma.net

Volume 3 Issue 2 2002

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There's no such thing as a healthy tan

By Ed Nessel

There's no such thing as a healthy tan. Recently, several public health organizations have reported that malignant melanoma, the most deadly type of skin cancer, is spreading in epidemic proportions throughout our population. These reports have come from the American Cancer Society, the American Dermatological Association, the Centers for Disease Control, and the Skin Cancer Foundation. All of these organizations have claimed with alarm that skin cancer is on the rise. One of the most significant statistics is the increase of occurrence in young adults. These concerns are particularly important for many Masters swimmers, who spend a considerable amount of time swimming in the sun.

At one time, malignant melanoma was a type of cancer that affected aging adults who had spent many years in the sun. It was originally thought to be purely the result of years and years of sun exposure. It now appears in increasing numbers of young adults, particularly those who are fair-skinned. Melanoma is one of the most unpredictable skin cancers and can spread quickly, often in a matter of weeks. Today, early detection and treatment allow for a good prognosis.

Many of us have heard reports about the declining ozone layer and its decreasing ability to protect us from ultra violet (UV) exposure. What once caused the average

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Weighty Issues

By Jessica Seaton, D.C.

Headline in the *Los Angeles Times*, December 14, 2001:

Surgeon General Takes Stern Stance on Obesity

Health: American 'epidemic' is compared to smoking in its health risks. Lifestyle changes are strongly urged.

WASHINGTON—The nation's epidemic of obesity is almost as menacing to health as smoking, the U.S. surgeon general said Thursday as he called on Americans to eat less and exercise more.

"Deaths related to obesity have reached 300,000 a year," said Dr. David Satcher, compared with 400,000 deaths annually from illnesses associated with smoking. "Heart attacks, diabetes, strokes and various forms of cancer have all been linked to obesity," Satcher said.

All Americans Asked to Lose 10 Pounds

To fight the epidemic, all Americans should lose 10 pounds as a patriotic gesture, said Health and Human Services Secretary Tommy G. Thompson.

The current guidelines used to determine who is normal weight, overweight, or obese involve calculating one's Body Mass Index (BMI). The BMI is one's weight in kilograms divided by one's height in meters. For those who don't have these metric figures available, one can also calculate the BMI by multiplying one's weight in

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If you move, be sure to notify the SPMA Office at (562) 494-4471 to continue to receive this newsletter.

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SPMA Swimming News is published three times yearly. Any articles must be submitted for review 1 month prior to our December, April and August publication dates.

What is the Southern Pacific Masters Association all about?

Masters swimming is an organized program of swimming for adults. Masters swimming exists to promote health and fitness in its members who participate in a variety of ways ranging from lap swimming to international competition. Everyone has his or her own reason for joining Masters—health, fitness, camaraderie, fun, the thrill of competition, travel and coaching. Anyone 18 years of age or older can join. United States Masters Swimming, Inc. (USMS) provides the national administrative structure for Masters swimming, and it supports the local Masters programs. USMS was founded in 1970 and currently has over 41,000 members with more than 500 local swim clubs located throughout the country. USMS holds national championships each year for short course yards in the spring and long course meters in the summer.

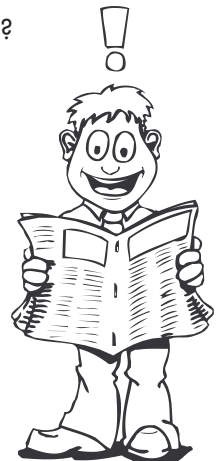
On the local level, Masters swimming is governed by Local Masters Swimming Committees (LMSC). The LMSC's in turn are composed of smaller groups: clubs, teams and un-affiliated swimmers. This is the web site for the Southern Pacific Masters Association (SPMA); the local association that encompasses Southern California and parts of Nevada. SPMA has approximately 2700 members.

For fitness and triathlete swimmers, being part of a Masters Swimming program provides a coached workout for help with swimming technique, and a pool full of team mates to encourage each other to continue with the swimming regimen. USMS also sponsors several fitness challenges throughout the year, such as the 2000 yard fitness challenge and the February fitness challenge. This is what Masters Swimming is all about!

Got News?

- Do you have a great idea for an article?
- Any suggestions or comments?
- Great swim meet or workout photos?
- Anything you think your fellow swimmers might find interesting?
- Let us know, and we might use them in future issues. Electronic submissions preferred but will take hard copies too!

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		WEIGHT (in lbs.)																								
		100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300				
HEIGHT	5', 0"	19.5	21.5	23.4	25.4	27.3	29.3	31.2	33.2	35.1	37.1	39.1														
	5', 1"	18.9	20.8	22.7	24.6	26.4	28.3	30.2	32.1	34	35.9	37.8	39.7													
	5', 2"	18.3	20.1	21.9	23.8	25.6	27.4	29.3	31.1	32.9	34.7	36.6	38.4	40.2												
	5', 3"	<18	19.5	21.3	23	24.8	26.6	28.3	30.1	31.9	33.7	35.4	37.2	39												
	5', 4"	<18	18.9	20.6	22.3	24	25.7	27.5	29.2	30.9	32.6	34.3	36	37.8	39.5											
	5', 5"	<18	18.3	20	21.6	23.3	25	26.6	28.3	30	31.6	33.3	34.9	36.6	38.3	39.9										
	5', 6"	<18	<18	19.4	21	22.6	24.2	25.8	27.4	29	30.7	32.3	33.9	35.5	37.1	38.7	40.3									
	5', 7"	<18		18.8	20.4	21.9	23.5	25.1	26.6	28.2	29.8	31.3	32.9	34.5	36	37.6	39.2									
	5', 8"	<18			19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4	31.9	33.4	35	36.5	38	39.5								
	5', 9"	<18				19.2	20.7	22.1	23.6	25.1	26.6	28.1	29.5	31	32.5	34	35.4	36.9	38.4	39.9						
	5', 10"	<18					18.7	20.1	21.5	23	24.4	25.8	27.3	28.7	30.1	31.6	33	34.4	35.9	37.3	38.7	40.2				
	5', 11"	<18						19.5	20.9	22.3	23.7	25.1	26.5	27.9	29.3	30.7	32.1	33.5	34.9	36.3	37.7	39				
	6', 0"	<18							19	20.3	21.7	23.1	24.4	25.8	27.1	28.5	29.8	31.2	32.5	33.9	35.3	36.6	38	39.3		
	6', 1"	<18								18.5	19.8	21.1	22.4	23.7	25.1	26.4	27.7	29	30.3	31.7	33	34.3	35.6	36.9	38.3	39.6
	6', 2"	<18									19.3	20.5	21.8	23.1	24.4	25.7	27	28.2	29.5	30.8	32.1	33.4	34.7	35.9	37.2	38.5
	6', 3"	<18										18.7	20	21.2	22.5	23.7	25	26.2	27.5	28.7	30	31.2	32.5	33.7	35	36.2
6', 4"	<18											19.5	20.7	21.9	23.1	24.3	25.6	26.8	28	29.2	30.4	31.6	32.9	34.1	35.3	36.5

WEIGHTY ISSUES-continued from page 1

pounds by 703, then dividing that figure by one's height in inches, and then dividing that figure once again by one's height in inches.

Note: Gray numbers are considered to be overweight. Numbers to the left of the gray numbers are normal weight, to the right are obese.

Doctors generally advise their patients to maintain a BMI of between 18.5 and 24.9. A BMI between 25 and 29.9 is considered overweight and above 30 is considered obese.

A study published in the July 2001 issue of *Archives of Internal Medicine* suggested that for both men and women the risk of developing diabetes, gallstones, hypertension, heart disease, and stroke increased proportionately to the amount they are overweight. The figures break down as follows:

BMI above 35: approximately 20 times more likely to develop the above-mentioned conditions than those in the 18.5 – 24.9 range.

BMI in the overweight range: three times more likely to develop diabetes within a ten year period, and twice as likely to develop gallstones. The risk of developing hypertension, high cholesterol, and heart disease were also elevated.

A surprising finding was that even those in the high-normal range (22.0 – 24.9) were twice as likely to develop diabetes, and were more likely than those with a BMI of less than 22 to develop any of the other above-mentioned conditions.

A Word of Caution

The BMI figure is not valid for extremely muscular individuals who have low body fat, such as body builders. People with body builder physiques are generally not swimming, because that kind of muscle mass would adversely affect buoyancy. However, there may be the exceptional individual out there.

Moderate Weight Loss May Help with Sleep Disordered Breathing (SDB)

Sleep-disordered breathing is sometimes also known as sleep apnea. It is recognized by abnormally shallow or slow breathing, or a temporary absence of breathing during sleep. It may be associated with cardiovascular disease, high blood pressure, or even death. A study published in December 2000 in the *Journal of the American Medical Association* suggested that a ten percent increase in weight over a four year period of time resulted in a six-fold increase in the risk of developing moderate to severe SDB. Weight loss was associated with a decrease in severity or disappearance of the condition.

High-Protein Diets Do Not Promote Long-term Weight Loss

The October 2001 issue of *Circulation* published a statement by the American Heart Association that confirmed that no evidence exists that high-protein, low carbohydrate diets promote long-term weight loss. Among the popular diets examined were the Atkins Diet and the Zone Diet. High protein diets promote short term weight loss. As the dieter initially cuts carbohydrates from his or her diet, a lot of water is lost. During the next phase, the body begins to break down fat, which suppresses the appetite. In addition, most of these diets are also restricting portions (therefore restricting caloric intake). Diets which are low in carbohydrates tend to be deficient in several important nutrients, such as vitamins and fiber. At the same time they are high in saturated fats, since most Americans get the bulk of their protein from animal sources. This combination puts the dieter at an increased risk for heart disease. However, once a normal diet is resumed, these people tend to return to their pre-diet weights.

The Secret to Weight Loss

The secret to weight loss is to burn more calories than are consumed. To maintain one's weight, one needs to consume as many calories as one burns. To gain weight, one needs to consume more calories than are burned.

Rule of thumb: if your clothes are too tight you either

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person to get a sunburn with 60-90 minutes of midday exposure has been magnified to the point where 15-30 minutes will do harm. In addition, it is the repeated exposure that may cause the most damage.

There is an expression in dermatology: "The skin never forgets." In fact, excess unprotected exposure can cause significant problems years beyond the initial exposure. The Skin Cancer Foundation has recently revised its list of the incidence of melanoma, and there may be approximately three times more than originally reported.

Simple precautions can help. Apply a waterproof sunscreen with an SPF (sun protection factor) of at least 15. Sunscreens with higher SPF numbers are said to provide better skin protection. The SPF number gives a rough approximate number of "safe" minutes allowed in the sun. If you normally burn in 15 minutes, an SPF of 15 should theoretically protect you for 15 times that number, or 225 minutes. Depending on the sun's position in the sky and time of year, the actual amount of protection could be less. The sunscreen needs to be applied to the skin 20 minutes prior to sun exposure to allow the active ingredients to penetrate into the deep layers of the skin. No matter how good the SPF in the sunscreen, after 90 minutes, the amount of protection is suspect. It is a good idea to reapply the lotion after swimming and perspiring, and to only allow a maximum exposure of 90 minutes. A new application does not necessarily allow for a completely carefree reexposure to the sun's rays.

Skin cancer most frequently occurs on the nose, the tips of the ears, the backs of the hands, as well as the shoulders and upper back. It can also occur on the lips, which have very little natural protection. A lip balm with a good SPF should be used and reapplied regularly. A wide-brimmed hat should also be an important part of your summer wardrobe.

Certain medications can enhance your skin's sensitivity to the sun. These medications include antibiotics such as tetracyclines, sulfas, Cipro, certain antidepressants, tranquilizers, antihistamines, Retin-A, and non-steroidal antiinflammatories (NSAIDs) such as Motrin, Advil, Naprosyn, and Relafen. Questioning your pharmacist or physician about

WEIGHTY ISSUES-continued from page 3

need to eat less, or exercise more, or ideally do both.

As you cut down on how much you eat, what you eat becomes even more important. A diet rich in whole grains, fruits, and vegetables, with moderate amounts of meat, and small amounts of monounsaturated or polyunsaturated fats, is going to give you a lot more value than small amounts of junk food. If you combine this healthy diet with swimming four to five times per week, you should be able to reach your optimal weight more quickly.

Jessica Seaton, D.C., is a chiropractic orthopedist in private practice in West Los Angeles. She swims with West Hollywood Aquatics and is the chairperson of the SPMA Fitness committee and the USMS Sports Medicine Committee. She can be reached at (310) 470-0282 or at Jseaton@aol.com.

these particular medications may help protect you.

The sun is emotionally uplifting and can be beneficial in small doses. It must be handled with great caution, however. Although we cannot survive very long without the sun, too much can be harmful.

Ed Nessel is a registered pharmacist with a Doctor of Pharmacy, MS in biochemistry and MPH in public health. He is on the USMS Sports Medicine Committee and serves as USMS National Librarian. In 1998 he was honored as USMS Coach of the Year.

For some of you avid readers, you may have seen this article before. As we get nearer to summer and the inevitable extra time in the sun, I felt this article was well worth running again. We all need to review the steps we need to take to minimize our exposure and damage from the sun's rays. As participants in a sport in which we spend lots of time in the sun, this article is well worth reading. It first ran in *Swim Magazine* in the July/August 2000 issue.

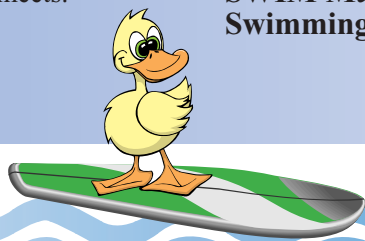
—Editor

WEB SURFING

Check out these internet sites for more information about swimming, workouts, news and meets.

SPMA Masters Swimming
US Masters Swimming
SWIM Magazine
Swimming World Magazine

www.SPMA.net
www.usms.org
www.swiminfo.com
www.swiminfo.com





All photos in this issue courtesy of Bill Collins, Davis, California. Thanks Bill!

MEET RESULTS

El Segundo review 2002

While the winter Olympics were being held in snowy Utah, seventy masters swimmers competed in the 8th Gary Grandi Memorial swim meet. Swum each year in El Segundo, the meet was held on Sunday February 10, 2002. If needed, there were plenty of overhead heaters to warm up a cold winters day, but we had close to 85 degrees

outside for a great sunny weekend.

Swimmers names were drawn to receive goggles and posters donated by Swim magazine. There were many fast times turned in by swimmers who are training for USMS Short Course Nationals in Honolulu, Hawaii. Meet results can be found on the SPMA web site WWW.SPMA.NET.

2002 Caltech Pentathlon round-up

The 28th annual Caltech Pentathlon meet was held on March 10 under sunny, warm skies. There were 153 swimmers who entered the meet, competing in a 50 yard swim of each stroke (butterfly, backstroke, breaststroke, and freestyle) and the 100 individual medley. Total times were added together to determine the winner. The competitors came from all over Southern California, San Diego to Santa Maria, as well as Las Vegas. This year's nice weather and increased attendance made this meet especially enjoyable for all participants.

For the men, the 40-44 year old age group was particularly competitive, with 22 entrants vying for the top three spots. Two men from Ventura Masters, **Don Smith** and **Bryant Lum**, along with Paul Carter from SCAQ, set the pace with the top three fastest cumulative times for the meet. Smith (40) had the fastest time in the 50 breast, 28.10, and 100 IM, 56.72, and beat out Lum (40) by 0.75 seconds to win the first place award. Lum finished second and Carter (44) finished third, 1.01 seconds behind Lum. The fastest time in the 50 fly went to **Adam Conway**, swimming a 23.95 and pacing

him to a first place finish in the men's 19-24 age group. **Dan Wegner** of SCAQ had the fastest 50 free time, 22.12, and the fastest 50 back time, 26.25, in route to a first place finish in the men's 30-34 age group.

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LOWEST TOTAL COMBINED TIME WINNERS BY AGE GROUP		
Age Group	Women	Men
19-24:	Keiko Price, WH20	Adam Conway, SDSM
25-29:	Liz Hawes, UCSB	Tory Dober, UCI
30-34:	Kristen Powell, SWM	Dan Wegner, SCAQ
35-39:	Janet Coover, SDSM	Bert Bergen, NOVA
40-44:	Kayley Vernallis, CPM	Don Smith, VCM
45-49:	Morri Kleine-Spang, WH20	John Templin, UCI
50-54:	Mimi Frank, SLUG	Peter Wisner, HIMA
55-59:	Lois Goodman, OSB	Paulo Figueiredo, WH20
60-64:	Lynne Lund, SDSM	Mike Freshley, SDSM
65-69:	Dionne Caldwell, NOVA	Jeff Farrell, OSB
70-74:	Gay Collins, OSB	Al Craig, NEW
75-79:	Grace Altus, OSB	Frank Piemme, OSB
80-84:	Maurine Kornfield, CM	Louis Giberson, CM
85-89:	—	Woody Bowersock, CM



Following you will find abbreviated versions of convention committee reports from those that went to the United States Masters Swimming convention in Louisville, Kentucky November 16-18 of 2001.

—Editor

Rule Book—Mary Hull

- The Rule Book Committee conducted much of the year's business by e-mails.
- E-mail was used due to the late rescheduling of the convention and to allow all of the committee members to participate.
- There were four designs submitted for the Rule Book cover and the committee chose the cover designed by Bill Volckening.
- The committee also decided to dedicate the 2002 Rule Book to Nancy Ridout.
- No decisions were needed on bids to print the Rule Book as we are in the second year of a two-year bid, and it was decided to stay with the current number of Rule Books being printed.
- It was also noted that due to the lateness of the convention this year, the printed hard copy of the Rule Book would probably not be ready by January 1, 2002 but hope to have an electronic copy on the USMS website by January 1, 2002.

Convention—Mary Hull

I also served on the Convention Committee helping with the distribution of all the meeting minutes and other information that was distributed to all the convention delegates.

M.A.C.A.—Steve Schofield

- The new Jan. 2002 MACA newsletter was approved. And the MSC to pay the editor \$300 for each newsletter, preferably quarterly.
- MACA's relationship with ASCA was discussed.
- MACA officers for the next 2 years were elected.
Pres.: **Ed Nessel**
Vice Pres.: **Doug Huestis**
Treasurer: **Steve Schofield**
Registrar: **Emmett Hines**
Newsletter Editor: **Dan Frost**
- MACA's bank balance as of Nov. 1, 2001 is \$3940.43.
- MACA's web page will now be on the USMS server.

Long Distance—Steve Schofield

- Chairwoman, **Sally Dillon**, passed out boxes of candy to all the members of the committee as her parting gift.
- SPMA's **Bob Coale**'s proposal for choosing "ALL STARS" was passed out and will be considered at the

next convention.

- Foreign swimmers who wish to swim in USMS Long Distance National Championships events must now get approval from the USMS national office.
- The "Open Water Clinic" manual is now on the web, and the coaches committee has approved 4 clinics for 2002.
- The following bids were approved for the 2003 USMS Long Distance National Championships.
 - A. One Hour Postal, January: Tualatin Hills Barracudas
 - B. 5 & 10KM Postals, May 15-Sept 30: YMCA Indy Swim Fit
 - C. 3000 & 6000yd Postals, Sept 1-Oct 31: Washington State University Swim Team
 - D. One mile, June 21: YMCA Indy Swim Fit, Eagle Creek, Indianapolis, Indiana
 - E. Two mile, April: Texas Gold Masters, Austin, Texas
 - F. >1 & <3 mile, June: Clemson Aquatic Team, Clemson, South Carolina
 - G. >3 & <6 mile, August: Central Oregon Masters, Elk Lake, Bend, Oregon
 - H. >6 mile, August 3: Santa Cruz Masters, Santa Cruz, California

Sports Medicine—Jessica Seaton

The following action items were approved by the House of Delegates:

- A proposal was presented on the role of the Medical Liaison to the USMS Altitude Training Camp in Colorado Springs. The committee felt that in order to optimize the medical research possible from these training camps, a medical liaison from the Sports Medicine Committee should be in attendance for the duration of the camp. Initial data from the camps has been limited to a survey, which the Sports Medicine Committee assembled.
- A timeline was established for articles published in *SWIM Magazine*.
- The Sports Medicine Committee will work with the editor of *SWIM Magazine* on a new Ask the Doctor feature that will appear four times per year.
- A proposed study, headed by Sports Medicine Committee member **Eddie Ames**, was reported on favorably and will be forwarded on to the USMS Foundation for possible funding. The working title of the study is The Effect of Competitive Swimming on Parkinson's Disease and Essential Tremor.
- It was recommended that Sports Medicine lectures be

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continued at the USMS Convention. This year, due to the abbreviated schedule, there was no lecture.

- The Sports Medicine Committee is joining with the USMS Coaches Committee in their efforts to create a Masters track at the ASCA (American Swimming Coaches Association) world clinic with the goal of sharing research and expertise with ASCA coaches on topics germane to aging athletes.

Fitness—Jessica Seaton

The Fitness Committee focuses on events designed for the non-competitive swimmer. Because these events often attract non-USMS swimmers, there are insurance issues when staging these swims. Various fitness events that took place over the past year were discussed.

Ideas that are worth pursuing:

- Check Off Challenge: David and Tracy Grilli organized this event and will do so again in 2002. A swimmer buys a T-shirt with all of the official swimming events. As the swimmer completes each event, either in a workout or at a meet, he or she checks off the event on the T-shirt.
- Mileage goals: 50 miles, 100 miles. Many pools have boards with the swimmers names and how close they are to completing the goal.
- Events can be organized around a particular distance, i.e., Swim the Florida Coast, Swim Around the World, Swim Across Lake XYZ).

The Fitness committee plans to construct a fitness event kit, which would be made available to local clubs.

Rules—Jessica Seaton

Rule changes are discussed in alternating years. This was not a rules year, but a legislative year. If a rule change is proposed, it must first be deemed an emergency by the Rules Committee. Then it must pass by 90% of the House of Delegates.

There were very few rule changes proposed. The only one that may affect the top level competitive swimmer was a new rule 105.3.10. This rule was designed to have new records appear on the USMS web site as quickly as possible, so that swimmers and meet directors would have access to new records. It reads as follows:

105.3.10—When a record is claimed, an official records application form shall be filled out, signed by the designated officials, and transmitted immediately following performance with all supporting data, including official meet results, the primary printout tape, and/or copy of the entry card with timers' signatures, to the records and tabulation chair for the LMSC in which the event was sanctioned or recognized.

Responsibility for this lies with either the LMSC records chair or the official scorer of the meet. The LMSC records and tabulation chair shall send the supporting data to the chair of the USMS Records and Tabulation Committee for verification. Upon verification, the chair of the USMS Records and Tabulation Committee shall promptly publish the new record on the USMS web site.

USMS Convention—Clay Evans

The USMS Board and Delegates did a great job of mustering a convention in a short time frame.

As usual, I was frustrated by all that should have been done that did not get done. Of course, some of that is due to my not completing everything I was responsible for. I was to create a database for the USMS Planning Committee of recently constructed swimming pools across the USA and I have only cracked the surface of the subject a year later. I will be spending time compiling sources for this data and the job will take some work. I am very happy to share this task with any SPMAers who wish to help.

I was happy to see that the newly elected USMS Executive Board is all coaches. Yeah, power to the coaches. I think that we will see some good progress in many areas that our organization hasn't previously thought to explore.

One of these explorations was my initiative that I moved in the Marketing Committee last year that was not done—only due to lack of resolve. This was the \$25,000 expenditure of USMS funds for a Public Relations person.

Fortunately, it will be rolled over into the New Year. I also moved in the Marketing Committee to have a second USMS booth for conventions, expos and events. This will be a great boost for gaining new members into USMS and local clubs. I will be compiling a list of National conventions, expos and events that we should send booths to.

We will take the well-designed USMS Booth to the National Recreation and Parks Aquatics convention in Palm Springs this March. I will be keeping the booth for that event, as well as the LA Marathon. If you SPMAers can find an event near you, your club should get involved.

I enjoyed the early morning swims and found two sets that I would like to share with coaches and swimmers. First was one by **Jim Miller** our new President. It was a set to make you think. 4 x 100 hard on a short interval followed by two 50s where you think technique and do stroke drills.

We did four rounds of this and I thought it was great to slow down in the middle of swimming hard to think about technique. I have already used it often at SCAQ and LMU College workouts.

The second set was by MACA President **Ed Nessel**.

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CONVENTION REPORTS—continued from page 7

This was a broken 300 where you go a 150 at moderate speed and interval and then a sprint 100 on short interval followed by a sprint 50 with an interval that will let you recover.

I was the secretary of the Southwest zone and took copious notes, which only survive by one hard copy with **Judy Gilles** and maybe another with **Wayne**.

USMS Convention— Wayne McCauley

USMS Elects New Executive Committee

Congratulations to the following four individuals who were elected to the USMS Executive Committee for two-year terms:

President - **Jim Miller**, Virginia LMSCs
Vice President - **Scott Rabalais**, Southern LMSC
Secretary - **Sally Dillon**, Pacific Northwest LMSC
Treasurer - **Doug Church**, Indiana LMSC

Important Legislation

- 18 year olds can join USMS immediately as signature is on or after birthday. Can compete if; short course yards birthday first day of meet, Meters 19th birthday before December 31 of year.
- 2003 National Championships
- SCY Arizona May 15-18, 2003
- LCM Rutgers August 14-17, 2003
- SCY 2002 Hawaii will have four (4) events with no qualifying times and six (6) total.

Southwest Zone meeting

- **Judy Gilles / Clay Evans** term up. Excellent job done by both.
- Zone meets; SPMA SCM
- Arizona SCY in April 19-21, 2002
- San Diego not able to do LCM;
- SPMA to do LCM last week in July 2002.
- Election of zone chair; new chair **Wayne McCauley**
- Southwest zone established a fund to have zone team awards.

Action Items

- Action item: **Wayne McCauley, Mike Collins** SPMA, **Mark Gill**-Arizona on committee for zone awards, two tiers large and small teams with top three teams in zone meets.
- Action item: SPMA to require an Administrative Referee for problem meets.
- Action item Zone to try to get sponsors Southwest Airlines, Southwest Bank.
- Action item for SPMA approve zone request for

- \$0.25/swimmer registered in 2001 for Southwest Zone
- Action item: Wayne to do zone newsletter put zone web site into separate USMS server URL. SouthwestZone.org or Southwestzoneswimming.org.
- Action item: Wayne to establish mission statement and goals for next two years.

Communications

- 18 web sites on USMS web server
- 13 LMSCs on server
- Regional database with National Office.
- Records database for ISHOF.
- Approved MACA for web hosting.
- Anonymous posting motion tabled.
- Swim editor job expanding.

International

- Best news no change in rules, still allowing breast kick as well as dolphin.
- *FINA Masters News* available free from Switzerland
- **Shannon Sullivan** to update contacts.
- New Zealand will use Hytek for better results.

Sports Medicine

- Survey form for Camp in third version
- Needs larger database- possibly SPMA hand out at Regionals
- Need FAQ's
- New Swim 'Ask Sports Medicine Committee' per BV
- Five articles ready for Swim
- One ready for funding.
- **Wayne McCauley** to rewrite Heart Rate Monitor
- Swim magazine needs 3 months prior outline to Committee and Swim editor.

History Archives

- Storage will be on DVD roms, now on CD-ROMs
- Permanent KEY (ID)
- Need conversion from priority software to standard (\$20,000)
- Swingold website needs to be purchased by USMS (\$1500)
- **Wayne McCauley** digitized "The History of Masters Swimming" onto two CD-Roms over 800 megabytes.

Coaches Committee

- Mentor coach swimmer clinics \$500 ~4 times per year
- Open water clinics \$500 ~4 clinics
- Olympic training center

continued on page 9

CONVENTION REPORTS—continued from page 8

- Coaches quarterly
- On Deck Coaching
- New association with ASCA
- Coaching track with ASCA national convention
- Possible scholarship to ASCA convention for new coaches

USMS Convention— Shannon Sullivan **Thursday, November 15**

The SPMA delegates met for dinner after checking in at the Galt House in Louisville, and discussed the business at hand for the next few days. We welcomed our newest delegate, Trisha Commons, and prepared her for her first USMS Convention as best we could.

Afterward, we visited the hospitality suite for the Delegate Welcome. Mike and Julie did a great job in arranging the suite. Bill and Joanne Tingley were acknowledged for their endless assistance in organizing and securing the convention hotel and negotiating the room rates.

The convention meeting rooms were donated by the hotel, and USMS was not charged a penny extra.

Friday, November 16

Decided not to attend the swim workout this morning, as that would have meant setting my biological clock to get up at 2:15AM! Plus Wayne snored all night.

House of Delegates and Roll Call started at 8:00AM, and continued with the nominations of candidates for office. Unfortunately, I missed most of the presentation, because I was on the phone with American Airlines dealing with the flight that Dan missed in L.A.

I stopped in briefly at Registration, Legislation, Rule Book, and Championship.

I spent most of the afternoon and early evening at our Long Distance Committee meeting. We had accomplished a lot via email throughout the year under **Sally Dillon**'s leadership. **Randy Nutt** presented her with a very cool pace clock for her desk, as a thank you for her years as Committee Chair.

Applause.

Sally gave her report on 2001 National Championship events with a 42% increase in the 5/10K due to the publication of the form in *Swim Magazine*. We as a committee, voted 14 to 2 against allowing a wetsuit division in open water national championships. MSC to require foreign swimmers obtain an official letter of invitation. We continued on with the 2002 Budget Review.

Steve and I will report back to the committee with prices on OW buoys which we then can lend or rent. Subcommittees gave their reports, and I volunteered to edit

and electronically store the final version of the USMS Open Water Swimming Manual, and the Clinic Manual, once I receive the disks from Barney and Sally.

We awarded the bids for 2003 Long Distance National Championship events as follows:

- 1 Mile Swim- YMCA INDY
- 2 Mile Cable-Texas Gold Masters
- 1/3 Mile Open-Florida Gold Coast and Aqua Moon Adventure
- 3/6 Mile Open-Central Oregon Masters
- 6 Mile Open-Santa Cruz
- 1 Hr Postal- Tualatin Hills Barracudas
- 5/10K Postal-YMCA INDY
- 3/6K YD Postal-WSU Masters Swim Team

Dinner time, don't remember, then headed for Candidates Forum/Open Discussion etc. which lasted until 10PM. Dove into bed with earplugs intact, in hopes of falling asleep before Wayner.

Saturday, November 17

Wake up call for 5:00AM, and down to lobby for bus pickup at 5:15AM. Swam in Errol's lane for **Mike Collins**' "long axis" workout, which was excellent.

Back in time to grab a bagel and coffee in the lobby, before heading to the International meeting, chaired by **June Krauser**, who asked me to take the minutes.

There were only 4 out of 16 committee members in attendance, but quite a lot of delegates.

The statistics of FINA World Masters Swimming Championships and the revised History of FINA Masters, were available handouts. The corrections for Germany 2000 results were updated.

You can view the full results from Munich by going to www.fina.org and click on Masters Newsletter.

June highlighted the FINA Masters Swimming Committee Meeting from August 2001, and the Minutes of the 18th FINA Bureau Meeting from July in Japan.

I volunteered to update the USMS International Contacts. If you would like to receive the FINA Masters News, please write:

FINA Bureau
Avenue de L'Avant-Poste 4
1005 Lausanne
SWITZERLAND

It is published semiannually, and there will be a special edition released after New Zealand.

FINA Bureau granted FINA Masters Committee's rec

continued on page 11

WHERE TO SWIM IN SOUTHERN CALIFORNIA

SWIM FOR LIFE! Get the most out of your water time by working out with other swimmers at organized coached practices. SPMA currently has 60 registered clubs listed below offering swimming opportunities throughout Southern California and Southern Nevada.

SANTA BARBARA, VENTURA, KERN COUNTIES

ATASCADERO: KENNEDY AQUATICS
BAKERSFIELD: GOLDEN WAVE MASTERS
BAKERSFIELD SWIM CLUB
CAMARILLO – PLEASANT VALLEY SWIM
OJAI MASTERS

PASO ROBLES: NORTH COUNTY AQUATICS
SAN LUIS OBISPO: TRISLO ROADRUNNERS
SAN LUIS AQUATIC MASTERS
SANTA BARBARA
SANTA BARBARA: UCSB MASTERS
SANTA MARIA SWIM CLUB
SIMI VALLEY SEATURTLES MASTERS
THOUSAND OAKS: DALAND MASTERS
VENTURA AQUATIC CLUB
VENTURA COUNTY MASTERS

NORTH LOS ANGELES COUNTY

GRANADA HILLS CSUN MASTERS
INDUSTRY HILLS AQ. CLUB MASTERS
PASADENA: ATHLETIC CLUB MASTERS
PASADENA: CALTECH MASTERS
PASADENA: ROSE BOWL MASTERS (ROSE)
WOODLAND HILLS SOUTH WEST AQ MSTRS

SOUTH LOS ANGELES COUNTY

CULVER CITY-PALMS YMCA
CULVER CITY: SCAQ
EL SEGUNDO MASTERS
HAWTHORNE: South Bay Swim Team
HOLLYWOOD: YMCA Masters
LA DOWNTOWN: SCAQ
LA MID WILSHIRE: MERIDIAN SWIM CLUB
LA WEST: UCLA BRUIN MASTERS
LA WEST: AND WESTWOOD: SCAQ
LOS ANGELES-PARK LA BREA
LONG BEACH SHORE AQUATICS
LONG BEACH SWIM CLUB
LONG BEACH: BEACH SWIM CLUB
RANCHO PALOS VERDES: ZENITH AQ
SANTA MONICA: SCAQ
SOUTHGATE MASTERS
TORRANCE : LA PENINSULA SWIMMERS
VENICE/BEACH CITIES MASTERS
VENICE: SCAQ
WEST HOLLYWOOD AQUATICS
WESTCHESTER: LMU MASTERS SWIM

- Jennifer Brown (805) 466-6775
- Evelina Steele (661) 663-9884
- James Richey (661) 342-8887
- Bruce Brown (805) 383-6927
- Rick Geoden (805) 646-3377 (Ojai)
- Malchia Olshan (805) 646-1091
- Stephen Thompson (805) 239-3013
- Roger Warnes (805) 544-2385
- Lynne Anderson (805) 541-2585
- Brandon Seider (805) 966-9757
- Brandi McDowell (805) 893-7616
- Michael Ashmore (805) 349-8980, (805) 928-9655
- Brian Timmerman 805-955-9029
- Peter Daland (805) 523-3207, 495-5210
- Bob Anderson (805) 654-6400 ext.1345
- Ken Grey (805)-650-0400

- Edward Lapporte (818) 667-6389, (818) 363-3858
- Bev Garmen (626) 964-2391, Kathryn Shiperd (909) 468-9093
- Suzanne Dodd (626) 449-7536
- Suzanne Dodd (626) 449-7536
- Justin Davis (626) 397-4993
- Fred Shaw (818) 347-1637

- Liz Weiner (310) 836-1472
- SCAQ Office (310) 390-5700
- Diane Graner-Gallas (310) 379-9109
- Kathy Davids (310) 643-6523, (310) 283-9014
- Ricardo Espinoza (213) 639-7543, (213) 276-3526
- SCAQ Office (310) 390-5700
- Timothy Sharpe (323) 954-1100
- Gerry Rodrigues (310) 702-9327
- Office (310) 390-5700
- Timothy Sharpe (323) 954-1100
- Reiko Wesson (562) 594-6831
- Tom Trapp
- Kaia Hedlund (562) 434-5307
- Steven Vannort (310)519-7742d (310) 377-8939
- SCAQ Office (310) 390-5700
- Patricia Mitchell (323) 563-5753
- Michael Hamm (310) 377-4848
- Carole Shigaki (323) 634-0746
- SCAQ Office (310) 390-5700
- Linda Kleine (323) 663-3774
- SCAQ Office (310) 390-5700

continued on page 11

WHERE TO SWIM IN SOUTHERN CALIFORNIA

WHERE TO SWIM IN SOUTHERN CALIFORNIA—continued from page 10

ORANGE COUNTY

FOUNTAIN VALLEY: TYPICAL TOPICAL S. C.
HUNT. BEACH: GOLDEN WEST SWIM CLUB
HUNTINGTON BEACH SWIM CLUB
IRVINE NOVAQUATICS
IRVINE: UCI MASTERS
MISSION VIEJO MASTERS
NEWPORT BEACH MASTERS
VILLA PARK: ORANGE REG COMP AQTICS
NEWPORT BEACH: PACIFIC COAST AQTICS
COAST MASTERS
FULLERTON COMMUNITY AQ.
SANTA ANA-TUSTIN
YORBA LINDA: East Lake Eagle Rays

- Robert Sands (714) 969-1056
- Blair Roy (714) 894-6266, Rick Graves (714) 374-8705
- Buddy Pelshe (949) 362-4727
- Mike Collins (949) 338-6682, Kim Hoesterey (714) 731-8067
- Lucy Johnson (949) 824-5830
- Wendy McCalley (949) 380-2552
- Ronald Clark (949) 673-5278
- Michael Giles (714) 777-9109
- Mark Desmond (949) 733-0044
- Lou Giberson (949) 837-3091 Maurine Kornfeld (213) 469-8518
- Peter Snyder (805) 967-8608, (714) 992-7128
- Shawn Donohue (714) 505-6078
- Sean Gribbon (714) 695-0640

SAN GABRIEL VALLEY, KERN, RIVERSIDE, SAN BERNARDINO

CHINA LAKE AQUATICS MASTERS
INDIO: TOP FIN AQUATICS
LANCASTER: OASIS MASTERS
LOMA LINDA: INLAND MASTERS
RIALTO: INLAND MASTERS
TEMECULA ELSINORE MURRIETA MSTRS
YUCAIPA: MASTERS OF YUCAIPA

- Anne Moorehead (760) 375-9390
- Veronica Duran (760) 564-5000
- Tom Otto (661) 948-0057
- Mike Murphy (909) 382-6546
- Mike Murphy (909) 382-6546
- Debbie Mone (909) 461-6603
- Don Harlan (909) 797-0824

LAS VEGAS AREA

HENDERSON SOUTHERN NEVADA MASTERS
(formerly Las Vegas Masters)
CITY OF LAS VEGAS MASTERS

- Frank Lowery (702) 260-8181 Dan Geary (702) 214-4210
- Keith Hughes (702) 592-7805

CONVENTION REPORTS—cont. from page 9

ommendation to exclude the portion of SW8.3 which reads, "A breaststroke kicking movement is not permitted."

Continued throughout the day in attending Communications and Marketing meetings, then was a bit late for our Southwest Zone meeting because I was helping out in the Xerox room making and collating copies for the House of Delegates. Happy to see that lunch had arrived,

Judy chaired and Clay took minutes. Had to leave early to type up minutes for International Committee Report.

Then HOD, Championship bids presentation, officer elections. Quick break to change for dinner/awards, hospitality suite, then went dancing all night with the Long Distance Committee.

Sunday, November 18

Saw the meteor shower on way back at 4:30AM. Woke up Wayne. Slept till 7:30AM, then to HOD at 8:30AM. Quick

break to check out before the lines were too long, then back to HOD until noon.

Said goodbyes, had really nice brunch with group and shared taxi with Bob, Jessica, and Errol back to the airport, safe trip home, slept on plane.

**"The mind is the limit.
As long as the mind can
envision something, you
can do it."**

—Arnold Schwarzenegger

SOUTHERN PACIFIC MASTERS ASSOCIATION • CONSOLIDATED ENTRY CARD

Name _____ Male Female USMS # _____

Birthdate ____/____/____ Age _____ Club _____ Phone (____) _____

Event No.	FREESTYLE (Submitted Time)	Event No.	BACKSTROKE (Submitted Time)	Event No.	BREASTSTROKE (Submitted Time)	Event No.	BUTTERFLY (Submitted Time)	Event No.	INDIV. MEDLEY (Submitted Time)
	50 • •		50 • •		50 • •		50 • •		100 • •
	100 • •		100 • •		100 • •		100 • •		200 • •
	200 • •		200 • •		200 • •		200 • •		400 • •
	400/500 • •								
	800/1000 • •								
	1500/1650 • •								

Meet _____ No. of events _____ × \$ _____ = \$ _____ Surcharge \$ _____ Total \$ _____	FOR OFFICE USE ONLY Amt Rec'd _____ Date _____
---	---

Include a copy of USMS card **Signature on back is REQUIRED!** Include a copy of USMS card

fold..... fold

Late or incomplete entries (no fee, incomplete entry card, incomplete entry data) or entries postmarked after due date **MAY BE REJECTED!**

ALL MASTERS swimmers are required to send a photo-copy of their USMS card with their entry card. **ALL Masters** swimmers may be asked to show their USMS card if requested at the meet.

"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."

PLEASE SIGN: _____ **DATE** _____

Is this your first Masters Meet? Yes
 No

Read the meet information sheet carefully. Make your check payable as shown on the meet information sheet and mail it to the address shown.

Non-SPMA swimmers please include your address:

Street: _____

City, State, Zip: _____

12/94

CALTECH—continued from page 5

In the men's 50-54 age group, there was a very tight battle between **Peter O'Keefe** of SCAQ and **Peter Wisner** of Hawaii Masters. O'Keefe (51) won three races and Wisner (54) won two, but Wisner's cumulative time was 0.09 seconds faster, thus giving him the first place award. In another close age group, **Al Craig** (74) of New England Masters beat out **Stan McConnell** (70) of Huntington Beach by 0.90 seconds to win the men's 70-74 age group. Teammates **Jeff Farrell** (65) **Frank Piemme** (77) of Ojai-Santa Barbara, and teammates **Louis Giberson** (81) and **Woody Bowersock** (89) of Coast Masters, each won all five of their events took top honors in their respective age groups.

The women's events were dominated by the youngsters in the 19-24 age group. **Keiko Price** (23) of West Hollywood had the fastest times in all five events: 50 fly, 26.87; 50 back, 29.80; 50 breast 31.84; 50 free, 24.31; 100 IM, 1:03.91. Placing second overall and second in the 19-24 age group was **Rori Renee Rangel** (24) of the RAYS swim club. **Liz Hawes** (26) of UCSB was third overall and first in the 25-29 age group. The following women each won all five of their races and took top honors in their age group: **Kristen Powell** (34) of Southwest Masters, **Lois Goodman** (55) of Ojai-Santa Barbara, **Dionne Caldwell** (69) of NOVA, **Gay Collins** (71) of Ojai-Santa Barbara, **Grace Altus** (78) of Ojai-Santa Barbara, and **Maurine Kornfeld** (80) of Coast Masters.



Southern Pacific Masters Association 2002 Membership Form

Benefits of 2002 SPMA Membership

- The opportunity to meet and train with some of the most experienced coaches and swimmers in the area.
- The benefit of coaching and training with our member clubs throughout the country requiring USMS membership.
- A subscription to SWIM Magazine, a bi-monthly national swimming publication which runs concurrently with your membership.
- Liability insurance for your club and meet sponsors.
- Secondary accident insurance.
- Borrowing privileges from the SPMA video tape and book library.
- SPMA Swimming News, featuring up-to-date information on events occurring in our area and helpful articles on health and swimming.
- The privilege of participating in any SPMA or USMS sanctioned postal, pool, and open water events or clinics.
- Information and advice from the SPMA Office to answer your swimming related questions or concerns.

For more information:
www.spma.net
registrar@spma.net
 (562) 494-4471

SPMA respects your privacy: We will not sell your mailing address, phone number, or email address

United States Masters Swimming, Inc. & Southern Pacific Masters Association 2002 Membership Application <input type="checkbox"/> Renewal 2001 number if known: _____ <input type="checkbox"/> New Registration	PLEASE PRINT CLEARLY				
	Your name on this form and on meet entry forms must be identical.				
	Last Name		First Name	Middle Initial	
	Mailing Address			Daytime Phone No. ()	
	City		State	Zip	Home Phone No. ()
	Date of Birth	Age	Sex	Email Address (print in ALL CAPS)	
Month/Day/Year	CLUB (Must be USMS chartered or you will be registered as "Unattached.")	Today's Date			
Emergency Contact (optional)			Phone No. of emergency contact		
<input type="checkbox"/> Please put me on the SPMA mailing list to receive periodic emails about upcoming SPMA events and news of interest to our members (email addresses are not sold or used outside SPMA). <input type="checkbox"/> I would like to view my SPMA newsletter online and save trees and postage costs (email notification of publication will be sent). NOTE: You may change the above options at any time by sending your name, SPMA #, and request to registrar@spma.net, or to the address above.					
<input type="checkbox"/> I am a coach	<input type="checkbox"/> I am a certified official		<input type="checkbox"/> I would like to volunteer for SPMA		
Annual Fee: \$30 \$ _____ (fee reduced for Sept/Oct 2002: \$20) Optional Donations: \$1.00 (or \$ _____) to SPMA \$ _____ \$1.00 (or \$ _____) to USMS Endowment Fund \$ _____ \$1.00 (or \$ _____) to the International Hall of Fame \$ _____ TOTAL ENCLOSED \$ _____	"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 _____				
Make check payable to SPMA, mail to: SPMA c/o Julie Heather 5467 E. Fairbrook St. Long Beach, CA 90815-3020					

UCLA Bruin Masters Meet

Saturday, April 27th 2002

Sanctioned by SPMA for USMS, Inc., No. 332-05

Entries Must be Postmarked No Later Than Monday, April 22, 2002

Special medals for places 1st, 2nd and 3rd

- ORDER OF EVENTS -

Saturday April 27th

Warm-Up 8:00 A.M.

Meet Starts at 9:00 A.M.

1. _____ 500 Yd. Freestyle
The 500 will be limited to 80 entrants.
Addtl. warm-up after 500; Event #2 starts @ 11:00 AM
2. _____ 200 Yd. Ind. Medley
3. _____ 100 Yd. Butterfly
4. **Deck Enter** 200 Yd. Free Relay
5. _____ 200 Yd. Freestyle
6. **Deck Enter** 25 Yd. Butterfly
7. **Deck Enter** 25 Yd. Breaststroke
8. _____ 100 Yd. Backstroke
9. _____ 50 Yd. Freestyle
10. _____ 100 Yd. Breaststroke
11. _____ 100 Yd. Freestyle
12. _____ 50 Yd. Butterfly
13. **Deck Enter** 25 Yd. Backstroke
14. **Deck Enter** 25 Yd. Freestyle
15. **Deck Enter** 4x50 Yd. T-shirt Relay

- Electronic Timing will be used •

Pool: Outdoors at UCLA Men's Gym Pool on the UCLA campus, is an outdoor, 8 lane competition pool with a warm-up area.

Directions & Parking: 405 Freeway to Sunset Blvd. East. Take Sunset approx. 1 mile to Westwood Plaza. Turn right into the campus to parking kiosk and pay \$6.00 parking fee. Ask for best lot to park in for Men's Gym. The pool is located across from the campus food court and bookstore. NOTE: Parking enforcement **DOES** ticket on weekends!

Rules: 2002 USMS and SPMA rules will govern. All events are timed finals. Swimmers are limited to a total of five individual events at this meet. The 25 yard exhibition events do not count against your five event limit. Age on April 27th determines age for the meet. You must be 19 to compete in USMS yards meets. **Deck entries will close at 8:30 AM for event 1 and 10:30 for events 2—12.**

Eligibility: Open to any **current** USMS registered swimmer or a foreign swimmer with a valid travel permit. SPMA swimmers may submit a registration application with the submitted entry card. On site registration is permitted.

Affiliation: A swimmer's affiliation as stated on the consolidated entry card, if valid as of the first day of the meet, will apply throughout the meet, except that swimmers may unattach at any time.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. The Meet Director reserves the right to require swimmers to swim 2 to a lane in the 500 freestyle.

Submitted Times: Please enter your best Short Course Yards time, a reasonable estimate or a workout time. All times must be submitted on a SPMA consolidated entry card or a copy of a SPMA consolidated entry card (both sides). Do not mail in this entry information sheet. If you need a SPMA consolidated entry card, send a self-addressed stamped envelope to the address below.

Relays: Event #4, 6, 7, 13, 14 will be deck entered. Relay fee is \$2.00 per relay. #15 the 4 x 50 "T-shirt" relay is a no charge - fun event! Each member must swim with a T-shirt on. The shirt is exchanged from swimmer to swimmer. For each relay swimmer that is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

Snack Bar: Food will be available at the campus food court located across from the pool.

Awards: INDIVIDUAL. UCLA medals places 1-3. Events # 6, 7 and 13, 14 (25 yard exhibition events) SPMA ribbons places 1-3
RELAY, Event #4 - SPMA ribbons to first place. Event #15 T-shirt relay – bragging rights!

Entry Fees: \$20.00 entry fee per swimmer, for swimmers in relays only the fee is \$5.00

MAKE CHECKS PAYABLE TO: **UC Regents**
MAIL CONSOLIDATED ENTRY CARD AND CHECK TO:
Bruin Masters Meet
PO Box 204
EI Toro CA 92609-0204

To avoid any concern regarding receipt of entry card, enclose a self-addressed stamped envelope or postcard or mail card "Return Reply Request". NO certified, registered or special delivery mail will be accepted. Receipt of entry will not be verified by phone.

Questions: Meet Director, Gerry Rodrigues, swimpro@pacbell.net Meet Information, (310) 645-5937
Meet Processing, Robert Mitchell, MitchellRobert@cox.net

Come have fun with us at UCLA

Also visit <http://www.spma.net/>



2002 City of Las Vegas Long Course Meters Meet

Indoors at New City Municipal Pool, Las Vegas

Saturday, June 8, 2002

Entries Must be Postmarked No Later Than Monday, **June 3, 2002**

Sanctioned by SPMA for USMS, Inc. Sanction number: 332-011 Sponsored by City of Las Vegas Masters

- ORDER OF EVENTS -

Saturday June 8th

Warm-up at 12:00 NOON

Meet Starts at 1:00 P.M.

1. _____ 400 M. Freestyle (check-in)
2. _____ 50 M. Butterfly
3. _____ 400 M. Medley Relay
4. _____ 100 M. Freestyle
5. _____ 100 M. Backstroke
6. _____ 200 M. Freestyle
7. _____ 50 M. Breaststroke
8. _____ 100 M. Butterfly
9. _____ 50 M. Freestyle
10. _____ 50 M. Backstroke
11. _____ 200 M. Ind. Medley
12. _____ 200 M. Free Relay
13. _____ 100 M. Breaststroke

Pool: City Municipal pool is a new indoor, 50 meter by 25 yard pool. Two lanes will be available for warm-up.

Directions: Take I-15 North to 95 East. Exit Las Vegas Blvd. Go left 1 block to Bonanza. Go left on Bonanza 1 block to pool.

Rules: Current USMS and SPMA rules will govern. All events are timed finals. Swimmers are limited to a total of five individual events at this meet. **Deck entries will close at 11:30 AM for the first 6 events. Deck entries will close at 1:00 PM for events 7—11.** Age on December 31, 2002 determines age for the meet. You may swim at age 18 if your birthday is before December 31, 2002.

Eligibility: Open to any **current** USMS registered swimmer or a foreign swimmer with a valid travel permit. SPMA swimmers may submit a registration application when they submit the entry card. On deck registration is permitted.

Affiliation: A swimmer's affiliation as stated on the consolidated entry card, if valid on the day of the meet, will apply throughout the meet, except that swimmers may unattach at any time.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded except swimmers **MUST check in** to swim the 400 freestyle.

Submitted Times: Please enter your best Long Course Meter time, a reasonable estimate or a workout time. All times must be submitted on a SPMA consolidated entry card or a copy of a SPMA consolidated entry card (both sides). Do not mail this information sheet. If you need a SPMA entry card, send a self-addressed stamped envelope to the address below or download from www.spma.net/Cardboth.PDF

Awards: **INDIVIDUAL**, SPMA ribbons to places 1-3. **RELAY**, SPMA ribbons to first place;

Entry Fees: \$2.00 per each **INDIVIDUAL EVENT** entered and a \$10.00 Surcharge per swimmer.

NOTE that deck entrants will pay an additional \$5.00 entry charge.

MAKE CHECKS TO: **Southwest Masters (SWAM)**

MAIL ENTRY CARD AND CHECK TO:

**Las Vegas LCM Meet
7914 Sadring Ave
West Hills, CA 91304**

To avoid any concern regarding receipt of entry card, enclose a self-addressed stamped envelope or postcard or mail card "Return Receipt Requested." NO certified, registered or special delivery mail will be accepted. Receipt of entry will not be verified by phone.

Questions: Meet Director, Victor Hecker (702) 247-7788 Days, (702) 247-7788 Evenings

Meet Entries: Steve Schofield (818) 992-1820

Come swim with us in Las Vegas



Santa Barbara Masters Swim Club presents the:

2002 Reg Richardson Memorial Long Course Meters Swim Meet

Outdoors at Los Banos Del Mar Pool, Santa Barbara, Ca
Sunday, July 14, 2002

The Meet

The Reg Richardson Memorial Meet is part of Semana Nautica, Santa Barbara's annual summer sports festival, now in its 64th year! Learn more at www.semananautica.com

The Pool

Los Banos Del Mar is an outdoor, 7-lane, competition pool with a separate 15-meter warm-up area. The pool is located alongside Leadbetter Beach in Santa Barbara, California.

Order of Events

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|---|--|
| Warm-up at 8:00 A.M. | |
| 1500 M. Freestyle Starts at 9:00 A.M. | |
| 1. | 1500 M. Freestyle |
| <i>Additional warm-up after 1500 M. Freestyle</i> | |
| <i>Event #2 starts at 11:00 A.M.</i> | |
| 2. | 100 M. Freestyle |
| 3. | 100 M. Breaststroke |
| 4. | 200 M. Ind. Medley |
| 5. | 50 M. Freestyle |
| 6. | 50 M. Butterfly |
| 7. | 100 M. Backstroke |
| 8. | 200 M. Freestyle |
| 9. | 100 M. Butterfly |
| 10. | 50 M. Backstroke |
| 11. | 50 M. Breaststroke |
| <i>---10 minute break---</i> | |
| 12. | 200 M. Free Relay (F, M, X) (Deck Enter) |

Sanctioned by SPMA for USMS, Inc.
Sanction Number: 332-012



Rules

2002 USMS and SPMA rules will govern. All events are timed finals. Swimmers are limited to a total of five individual events at this meet. After an event has been officially closed, swimmers may not check in. Deck entries will close at 8:45 AM for the 1500 and 10:30 for all other events. Age on 12/31/02 determines age for meet.

Awards

- Individual SPMA ribbons to places 1-3
- Relay Ribbons to first place
- High Point awards for all age groups
- Heat Prizes throughout the meet!!!!

Submitted times

Please enter your best time, a reasonable estimate or a workout time. All times must be submitted on a SPMA consolidated entry card or a copy of a SPMA consolidated entry card (both sides). Do not mail this information sheet. Download SPMA entry cards at www.spma.net

Semana Nautica T-shirt

There will be a "2002 Semana Nautica Swim Meet" T-shirt available for purchase.

Poolside Picnic

Your entry fee includes a ticket to the Picnic immediately following the meet. The picnic will be held on the lawn beside the pool. Additional tickets can be purchased for \$5 at the meet.





Eligibility

Open to any current USMS registered swimmer or foreign swimmers with a valid travel permit. SPMA swimmers may submit a registration application when they submit the entry card. On-deck registration is permitted.

Affiliation

A swimmer's affiliation as stated on the consolidated entry card, if valid on the day of the meet will apply throughout the meet, though the swimmer may unattach at any time.

Seeding

All events will be deck-seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, **EXCEPT** swimmers **MUST** check in to swim the 1500 M. Freestyle.

Relay

The 200 free relay will be deck-entered. Relay fees are \$5.00 per relay due upon entry. All relays must be submitted on SPMA relay forms that will be available at the meet. For each relay swimmer that is not entered in individual events, a signed liability release must be submitted with the relay entry.

Entry Fees

There is a \$30 flat fee per swimmer.

This fee includes a lunch ticket for the picnic, immediately following the meet. For relay-only swimmers, the fee is \$5.00. PLEASE NOTE that deck entrants will pay an additional \$7.00 entry charge

MAKE CHECKS PAYABLE TO:

Santa Barbara Swim Club

MAIL ENTRY CARD AND CHECK TO:

Brandon Seider
6326 Via Real
Carpinteria, Ca 93013

Entries Must Be Postmarked No Later Than Friday, July 6, 2002

Travel & Lodging

Several airlines fly into Santa Barbara and there are many lodging options within walking distance of the pool. Contact Shannon Sullivan at Altour International for flight information and accommodations: (805) 684-2048 or email: 54colleen@home.com

Directions

Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara.

From the 101 freeway going north, exit at Cabrillo Blvd. (off ramp is in fast lane). Turn towards the ocean and drive West along the beach. Cabrillo Blvd becomes Shoreline Drive at Castillo St., which dead-ends at the pool.

From the 101 Freeway going south, exit at Castillo Blvd. Turn right and the pool is at the end of Castillo.

Parking is available on Castillo and in the lot behind the pool. The parking lot entrance is west of the pool at Harbor Way and Shoreline Drive. There is a parking fee at the lot.

Questions

Meet Director, Brandon Seider (805) 689-2786, brandonseider@aol.com

Meet Processing, Robert Mitchell (949) 689-SWIM (7946), ahsr@compuserv.com

This form can be downloaded at www.spma.org



LOOKING AHEAD...

Check the calendar for upcoming meets!



APRIL 2002

- Saturday, April 27—UCLA SCY meet @UCLA Men's pool Questions? (310) 645-5937

MAY 2002

- Tuesday, May 14-Saturday, May 17—SCY Nationals @Duke Kahanamoku Aquatic Complex, University of Hawaii, Honolulu, Hawaii hosted by Hawaii Masters Questions? patz@hawaii.edu

JUNE 2002

- Saturday, June 8-Las Vegas LCM meet @New City Municipal Pool Questions? (702) 247-7788 (days)

JULY 2002

- Sunday, July 14-Santa Barbara LCM @ Los Banos Del Mar Pool Questions? (805) 689--2786 or brandonseider@aol.com

SEPTEMBER 2002

- Sunday, September 29-Culver City @ Culver City Plunge Questions? (310) 470--0282 or rmmeet@wh2o.org

FOR MORE INFORMATION: www.spma.net

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SPMA Office and Registrar
5467 E. Fairbrook St.
Long Beach, CA 90815-3020

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