



## SPMA MASTERS SWIMMING



### SPMA 2009 Open Water Points Competition

There were ten sanctioned races this summer where swimmers could earn points towards the SPMA Open Water Series. Swimmers had to swim in at least three races to score points.

- Pacific Open Water Challenge 5K
- Pacific Open Water Challenge 1 Mile
- Pacific Open Water Challenge 1/2 Mile
- Balboa to Newport Pier-to-Pier 2 Mile
- Seal Beach Rough Water 1 Mile
- Seal Beach Rough Water 3 Mile
- Semana Nautica 6 Mile
- Naples Island 1 Mile
- Naples Island 3 Mile
- Don Burns Corona del Mar 1 Mile

<b>Men 18-24</b>	1st	Walid Wasfy UCI
<b>Men 25-29</b>	1st	Mark Tripp SOBA
<b>Women 25-29</b>	1st	Merritt Johnson LBSM
	2nd	Natalie Merrow SAM
<b>Men 30-34</b>	1st	Andrew Burch UNAT
	2nd	Eric Pace Birkholz NOVA
<b>Women 30-34</b>	1st	Andrea Azuma CTM
	2nd	Beth Weber UNAT
<b>Men 35-39</b>	1st	Michael Bergkvist UNAT
	2nd	Mike Switzer MVN
	3rd	Sean Fuqua WH2O
<b>Women 35-39</b>	1st	Laurie Dodd UCLA
	2nd	Yvonne Beachley UNAT
	3rd	Sandy Roth SOBA
<b>Men 40-44</b>	1st	David Neilan SOBA
	2nd	Simon Millar UCLA
	2nd	Jim Bergen MVN
<b>Women 40-44</b>	1st	Jill Keenan-Boline ROSE

<b>Men 45-49</b>	2nd	Mara Matl UCI
	3rd	Dana Gilchrist UNAT
	1st	Parks Wesson SCAQ
<b>Women 45-49</b>	2nd	Bill Ireland SCAQ
	3rd	Bryan Buck UCI
	1st	Maureen MacDonald SCAQ
<b>Men 50-54</b>	2nd	Janice Clark CTM
	3rd	Kathy Gore SOBA
	1st	Andy Bray UNAT
<b>Women 50-54</b>	2nd	Bruce Thomas SCAQ
	3rd	Rooney Daschbach UNAT
	1st	Jenny Cook SCAQ
<b>Men 55-59</b>	2nd	Robin Smith MVN
	3rd	Lynn Kubasek NOVA
	1st	Howard Burns UNAT (Men's High Point)
<b>Women 55-59</b>	2nd	Dennis Ploessel UNAT
	3rd	Martin Risley SOBA
	1st	Christie Ciraulo UCLA (Women's High Point)
<b>Men 60-64</b>	2nd	Allison Mitchell MVN
	3rd	Patsee Ober UNAT
	1st	Bill Darby UNAT
<b>Women 60-64</b>	2nd	David Reukema CTM
	1st	Kathleen Nielsen GWSC
<b>Men 65-69</b>	2nd	Katherine Watson OJAI
	1st	Eric Anderson LAPS
<b>Women 65-69</b>	2nd	Mark Krakower CROC
	1st	Ellen Shockro NOVA
<b>Women 70-74</b>	1st	Jeanne Little MVN

Thanks to Christie Ciraulo for tracking and tabulating the SPMA Open Water Points competition.

#### *In this issue:*

- 2010 SCY meet entry forms
- Who are we? by Julie Heather

### SPMA Holds Elections for Officers

Southern Pacific Masters Swimming held elections for officers for the 2010-2011 term at the annual meeting in November. Congratulations to the following new officers:

Chairman: Nancy Kirkpatrick-Reno  
 Vice-Chair: Mark Moore  
 Secretary: Ahelee Sue Osborn  
 Treasurer: Jim Dougherty  
 Member At-Large: Rob Dumouchel

This is the last issue of USMS Swimmer and SPMA Swimming News that you will receive if you have not registered for 2010! Register by January 31, 2010 to ensure an uninterrupted subscription to the magazine.

To register, send in the form that was in the November/December newsletter, mail in the invoice that was recently sent to you, or go online to our website, [www.spma.net](http://www.spma.net) and click on the link to *Online USMS Registration* that is on the home page.

# SWIM FOR LIFE!

## SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ATASCADERO: Team K-man  
ATASCADERO: No. SLO Masters  
BAKERSFIELD: Gold Wave Masters  
BAKERSFIELD Swim Club  
BAKERSFIELD Aquatics Club  
LOMPOC: Lompoc's Other Swim Team  
PASO ROBLES: North County Aquatics  
SAN LUIS OBISPO Masters  
SAN LUIS OBISPO: Kennedy Club Masters  
SANTA MARIA: Santa Maria Swim Club

Jennifer Glensk (805) 434-1912, jglensk@charter.net, www.teamkman.org  
Kass Flaig (805) 704-9797, kassflaig@hotmail.com, www.c2multisport.com  
Chris Hansen (661) 654-2327, chansen6@csu.edu  
Keith Moore, bsc@bakersfieldswimclub.org, www.bakersfieldswimclub.org  
Charles Pike (661) 395-4663, bakersfieldaquatics@yahoo.com, www.bakersfieldaquatics.org  
Frank Piemme (805) 735-7574, conniefrank@verizon.net  
Nancy Szejekowski (805) 238-5591, betco@yahoo.com, www.northcountyaquatics.org  
Philip Yoshida (805) 543-9515, office@sloswimclub.org, www.sloswimclub.org  
Linda Stimson (805) 781-3488 x 17, sloaquatics@kennedyclubs.com, www.kennedyclubs.com  
Mike Ashmore (805) 928-9655, santamariasmwim@verizon.com, www.santamariasmwim.net

## SANTA BARBARA (South) and VENTURA

CAMARILLO: Camarillo YMCA  
CARPINTERIA: Channel Island  
OJAI: Ojai Masters  
SANTA BARBARA Aquatics Club  
SANTA BARBARA: UCSB Masters  
SANTA BARBARA Masters  
SANTA BARBARA: Oceanducks  
THOUSAND OAKS: Conejo Simi Aquatics  
THOUSAND OAKS: Conejo Valley Multisport Masters  
THOUSAND OAKS: Daland Masters  
THOUSAND OAKS: South Coast Aquatics  
VENTURA COUNTY Masters  
VENTURA: Rio Mesa Masters

Martin Armstrong (805) 794-5525, kelpbedd@yahoo.com, www.ciyymca.org  
Vic Anderson (805) 403-5425, delphis13@msn.com, channelislandmasters.blogspot.com  
Rick Goeden (805) 646-6884, theswimguy@sbcglobal.net  
Gregg Wilson (805) 252-6469, sbacmasters@gmail.com, www.sbaquatics.com  
Naya Higashijima (805) 893-2505, ucsbmasters@gmail.com  
SB Swim Office (805) 966-9757, swimoffice@sbswim.org  
Emilio Casanueva (805) 637-8331, emilio@zapallar.net  
Jon Irwin (310) 658-7276, jirwin@earthlink.com, www.csaswim.com  
Nancy Kirkpatrick-Reno (818) 469-9972, nancy@cnkinvestments.com, www.csaswim.com  
Kevin Lane (818) 917-6930, klane1956ct@sbcglobal.net, www.dalandswim.com  
Matt Warshaw (805) 660-2082, matt@southcoastaquatics.com, www.southcoastaquatics.com  
Jason York (408) 821-5600, jason.e.york@gmail.com, www.buenaventuraswimclub.org  
Toby Petty (805) 642-6674, tonthego00@sbcglobal.net, www.riomesaswimclub.com

## LOS ANGELES (North)

CLAREMONT: The Claremont Club  
LANCASTER: Oasis Masters  
PALMDALE: Canyons Aquatic Masters  
PASADENA: Caltech Masters  
PASADENA: Rose Bowl Masters  
PORTER RANCH: Porter Valley Masters  
SANTA CLARITA Masters  
WALNUT: FASTER Masters Swim Team

Christine Dahlstrom-Maki (909) 477-2011, christine\_dahlstrom@yahoo.com  
Tom Otto (661) 948-0057, ottofixit@hotmail.com  
Jeff Conwell (661) 993-2868, jeffcc@canyons.org, www.canyons.org  
Suzanne Dodd (626) 449-7536, sdodd@ipac.caltech.edu  
Chad Durieux (626) 564-0330, cdurieux@rosebowlaquatics.org, www.rosebowlaquatics.org  
Matt Olaya (661) 305-9720, alphamaleswim@gmail.com, www.pvmasters.com  
Lance O'Keefe, lkeefe@santa-clarita.com, pool: (661) 250-3767  
Louis Boehle (909) 657-7758, louisboehle@mac.com

## LOS ANGELES (Westside)

EL ALABASAS: City of Calabasas Masters  
EL SEGUNDO MASTERS  
HOLLYWOOD: Hollywood Wilshire YMCA  
L.A. WEST: UCLA Bruin Masters  
MALIBU Community Pool Swims Masters  
WEST HOLLYWOOD Aquatics  
WOODLAND HILLS: Southwest Aqu Masters

Raine Kishimoto (818) 222-2782 x 110, lkishimoto@cityofcalabasas.com  
City of El Segundo (310) 524-2700 x2738  
Ricardo Espinoza (213) 639-7547, ricardoespinoza@ymcala.org  
Steve Najera (310) 206-1787, snajera@recreation.ucla.edu  
Molly Larson (310) 456-2489 x272, mlarson@ci.malibu.ca.us, www.ci.malibu.ca.us  
Susan Shore (310) 288-6555 (team hotline), info@wh2o.org, www.wh2o.org  
Fred Shaw (818) 347-1637, swamfred@aol.com, www.swam.us

## LOS ANGELES (Central and South)

CATALINA Channel Swimming Federation  
L.A.: Swimming Los Angeles  
L.A. (various locations): SCAQ  
L.A. MID-WILSHIRE: Meridian Swim Club  
L.A.: Los Angeles Athletic Club Masters  
L.A.: Pool Open Water  
SOUTH GATE Masters Swim Team

Carol Sing (619) 588-2677, swim@swimcatalina.org, www.swimcatalina.org  
Matt Harrigan, matt@swimmingla.com or Andy Copley, andy@swimmingla.com  
SCAQ Office (310) 390-5700, www.swim.net/scaq  
Vanessa Mesia (310) 729-2971, vanessamesia@sbcglobal.net, www.meridiansportsclub.com  
Vanessa Mesia (310) 729-2971, vanessamesia@sbcglobal.net, www.laac.com  
Gerry Rodrigues (310) 432-3683, swimpro@pacbell.net  
Patricia Mitchell (323) 563-5446, pmitchell@sogate.org

## LOS ANGELES (South Bay and East County)

CARSON/LOS ALAMITOS: Long Beach Grunions  
HAWTHORNE: South Bay Swim Team  
LA MIRADA: La Mirada Armada  
LONG BEACH: Alpert JCC  
LONG BEACH: Long Beach Masters Swim  
LONG BEACH: Shore Aquatic Masters  
LOS ALAMITOS Masters  
MANHATTAN BEACH: Magnum Masters  
RANCHO PALOS VERDES: Zenith Aquatics  
TORRANCE: LA Peninsula Swimmers

Yuji Utsumi, (562) 252-0220, info@lbgrunions.com, www.lbgrunions.com  
Kathy Davids Gore (310) 643-6523, kdavids@socal.rr.com, www.southbayswimteam.org  
Beverly Garman (949) 552-1710, ihaccoach@aol.com, www.swimarmada.com  
Sascha Bryon-Zwick (562) 426-7601 x1035, sbryanzwick@alpertjcc.org, www.alpertjcc.org  
Cindy Summers (562) 416-6755, summerscm@hotmail.com  
Robert Lynn (562) 644-3883, europeanhouse@aol.com, www.shoreaquatics.com  
Corey Lakin (562) 430-1073 x511, clakin@ci.los-alamitos.ca.us, www.ci.los-alamitos.ca.us  
Chuck Milam (310) 546-3601, cdmilam@hotmail.com, www.manhattantcc.com  
Shari Twidwell (310) 947-1323, shari@zapswimming.com, www.zapswimming.com  
Debi Blair (310) 813-9656, info@lapsmasters.org, www.lapsmasters.org

## INLAND EMPIRE

BEAUMONT Masters  
CORONA: Circle City Aquatics  
CORONA: Corona Aquatic Team Masters  
RIVERSIDE: Riverside Aquatics Assn.  
TEMECULA: City of Temecula Masters  
TEMECULA Swim Club  
YUCAIPA: Masters of Yucaipa

Christy Arwood (951) 769-2087, christy@nds-ca.net  
Scott Gainey (949) 315-1013, coachgainey@gmail.com, www.ccaqswim.org  
John Salvino (866) SWM-CRINA, coachsalvino@hotmail.com  
Carrie Ridgway (951) 205-2268, info@raa-swim.org, www.raa-swim.org  
Gwen Willcox (951) 694-6410, gwen.willcox@cityoftemecula.org  
Bryan Davis (951) 285-2718, headcoach@temeculaswimclub.com, www.temeculaswimclub.com  
Jason Bradbury (951) 845-7458, ystcoach.jason@verizon.net, www.yucaipawim.org

## ORANGE COUNTY

ALISO VIEJO: Renaissance Club Sport  
COSTA MESA: Orange Coast Masters Swimming  
COTO DE CAZA: Coyotes  
FULLERTON: FAST Masters Team  
HUNTINGTON BEACH: Golden West Swim Club  
IRVINE Novaquatics  
IRVINE: UCI Masters  
MISSION VIEJO Masters  
NEWPORT BEACH: Pacific Coast Aquatics  
NEWPORT BEACH Lifeguard Association  
TUSTIN: SOCAL Aquatics  
YORBA LINDA: East Lake Eagle Rays

Alex Isaly (949) 643-6700, alex.isaly@clubsports.com, www.renaissanceclubsport.com/aliso-viejo  
Anthony Iacopetti (714) 369-9555, aiacopetti@occ.cccd.edu, www.coastmastersswimming.com  
Todd Conrad (949) 858-4100 x257, cotocoyotes@gmail.com  
Bill Jewell, (949) 466-6523, swimbill@sbcglobal.net, www.fastswim.org  
Cindy Lim (714) 397-0132, cindyhlim@msn.com, www.goldenwestswimclub.com  
Mike Collins (949) 338-6682, info@novamasters.com, www.novamasters.com  
Charlie Schober (949) 824-7946, ctschobe@uci.edu, www.masterswim.uci.edu  
Mark Moore (949) 233-6521, swimoffice@mvnswim.org, www.mastersmvnswim.org  
Mark Desmond (949) 306-3599, markdesmond@highhopes.ws, www.pacificcoastaquatics.org  
Jim Turner (949) 644-3046, jturner@nbf.net, www.newportlifeguard.org  
Steve Pickell (714) 356-7390, coachsteve@socalaquatics.com, www.socalaquatics.com  
Mike Pawloski (714) 372-6273, bonuspak@earthlink.net

## LAS VEGAS

HENDERSON Southern Nevada Masters  
LAS VEGAS: Las Vegas Masters  
LAS VEGAS: Swim Las Vegas  
LAS VEGAS: Viva Las Vegas Masters

Frank Lowery (702) 400-2790, flowery719@cox.net, www.lowerymultisport.com  
Victor Hecker (702) 247-7788, heckerrealstate@hotmail.com  
Kara Robertson (702) 498-2316, swimlasvegas@gmail.com, www.swimlv.com  
Melissa Gutierrez (702) 480-4321, mjvgutierrez@cox.net

# SPMA Competition Information and Instructions

**Rules:** Current USMS and SPMA rules will govern. All events are timed finals. Swimmers must check in with the Clerk of Course for deck seeded events that they wish to swim. After an event has been officially closed, swimmers may not check in. Age as of the last day of the meet determines age group for the meet for short course yards, and age as of December 31st of the year of competition determines age for long course and short course meters meets. You must be 18 years of age to register with SPMA and compete in meets.

**Eligibility:** Events are open to any **current** USMS registered swimmer or a foreign swimmer with a valid travel permit. SPMA swimmers are encouraged to submit their registration application with the submitted entry card, if NOT currently registered.

**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.

**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 (below). Do not mail in the meet entry form.

**Entry Confirmation:** 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.

**Strictly Forbidden:** Entering more than 5 individual events per day; using hand paddles in warm-up areas; diving in warm-ups unless in designated sprint lanes (entering the warm-up pool must be done with feet first with one hand in contact with the pool deck); use of any pacing device in competition; and smoking in any area where swimmers may be present.

**Open Water:** Swimmers using non-porous neoprene swim suits, wetsuits, or other non-porous attire will be ineligible for awards or place points.

*Check out our website  
www.spma.net  
for up-to-date information*

## 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 • •	Meet _____						FOR OFFICE USE ONLY	
	800/1000 • •	No. of events _____ x \$ _____ = \$ _____						Amt Rec'd _____	
	1500/1650 • •	Surcharge \$ _____						Date _____	
	• •	Total \$ _____							

Include a copy of USMS card

**Maximum FIVE Individual Events/Day**

Include a copy of USMS card

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: \_\_\_\_\_



## Las Vegas Masters Vegas Free Play SCY Meet Saturday, January 23rd, 2010

Sanction number: 330-001

**Facility:** Desert Breeze Park, 8275 W. Spring Mountain Road, indoor 50-meter by 25-yard pool. Six lanes will be available for warm-up.

**Directions:** From the I-15 Fwy., take the Flamingo Road exit (#38). Take Flamingo Road west for 3.54 miles. Turn right onto South Rainbow Blvd. and go 0.78 miles. Turn left onto Spring Mountain Road and go 1.70 miles. The pool is on the left.

**Entries:** The pre-entry postmark deadline is Monday, January 18th, 2010. Deck entries will close at 12:30 p.m. for the first six events. Age on January 23rd determines age group for the meet. You must be at least 18 to compete.

**Seeding:** All events will be deck-seeded slowest to fastest, by entered time, ages and genders combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 500 yd. Freestyle and the 400 yd. Individual Medley.

**Relays:** All relays will be deck entered. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

**Awards:** Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

**Special Awards:** Events marked VFP (Vegas Free Play) will have special awards from local casinos for "free play" at the casino. Winners of age groups will be eligible for coupons redeemable at Las Vegas casinos. You must be at least 21 years of age in order to get a VFP coupon.

**Entry Fees:** \$2.00 for each individual event entered and a \$10.00 surcharge per swimmer. For swimmers in relays only, the fee is \$5.00. NOTE: deck entrants will pay an additional \$10.00 entry charge.

**Checks payable to:** Las Vegas Masters

Mail consolidated entry card, a copy of your 2010 USMS card, and check to: Las Vegas SCY Meet, P. O. Box 204, Lake Forest, CA 92609-0204.

**Questions:** Victor Hecker, (702) 247-7788; Robert Mitchell, mitchellrobert@cox.net, (949) 689-7946.

### Saturday, January 23, 2010

Warm-up at noon

Events start at 1:00 p.m.

1. 500 yd. Freestyle
2. 200 yd. Mixed Medley Relay
3. 100 yd. Individual Medley
4. 50 yd. Butterfly
5. 100 yd. Backstroke
6. 200 yd. Freestyle
7. 50 yd. Breaststroke
8. 200 yd. Individual Medley
9. 100 yd. Butterfly
10. 50 yd. Freestyle (VFP-1)
11. 50 yd. Backstroke
12. 400 yd. Individual Medley
13. 100 yd. Breaststroke
14. 100 yd. Freestyle (VFP-2)

*Please read the general information on entering swim meets on the third page of this newsletter!*

## Rose Bowl Masters SCY Distance Meet Saturday, February 6th, 2010

Sanction number: 330-002

**Facility:** Rose Bowl Aquatics Center, 360 N Arroyo Blvd., Pasadena. There is an outdoor, 8-lane competition pool, with six lanes available for warm-up.

**Directions:** *Going west on I-210*, exit Orange Grove as the freeway transitions to the 134. Go straight through the lights onto W. Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd, and right into the first parking lot. *Going east on 134*, exit Orange Grove Blvd, and turn left onto Orange Grove. Turn left on West Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd and right into the first parking lot. *Going south on I-210*, exit Mountain, turn right onto Mountain. Go straight until you see the Rose Bowl. At the parking lots turn left onto Arroyo Drive and left into parking lot I.

**Entries:** The pre-entry postmark deadline is Saturday, January 30th, 2010. Deck entries will close at 8:00 a.m. Age on February 6th determines age group for the meet. You must be at least 18 to compete.

**Seeding:** All events will be deck-seeded slowest to fastest, by entered time, ages and genders combined.

**Relays:** All relays will be exhibition and deck entered at no cost.

**Awards:** Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

**Entry Fees:** \$20.00 per swimmer flat fee. Deck entries are allowed for \$30.00 flat fee. For swimmers in relays only, the fee is \$5.00.

**Checks payable to:** Rose Bowl Aquatics

Mail consolidated entry card, a copy of your 2010 USMS card, and check to: Rose Bowl Aquatics Masters, c/o Chad Durieux, 360 N Arroyo Blvd., Pasadena, CA 91103.

**Questions:** Chad Durieux, cdurieux@rosebowlaquatics.org.

### Saturday, February 6, 2010

Warm-up at 7:00 a.m.

Meet starts at 8:30 a.m.

1. 500 yd. Freestyle
2. 400 yd. Individual Medley
3. 200 yd. Backstroke
4. 200 yd. Breaststroke
5. 1000 yd. Freestyle
6. 200 yd. Butterfly
7. 200 yd. Freestyle
8. 200 yd. Individual Medley
9. 400 yd. Freestyle Relay (Men, Women, Mixed)
10. 200 yd. 2-person Freestyle Relay (exhibition)
11. 100 yd. 2-person Medley Relay (exhibition)

*Online entries are available for many of our meets. In some cases a discount is available for entering online, because it saves the meet host a lot of data entry! Please check [www.spma.net](http://www.spma.net) for links to online entries.*

## FAST Masters Short Course Yards Meet Sunday, February 21st, 2010

Sanction number: 330-004

**Facility:** Janet Evans Swim Complex, 801 W Valencia Ave, Fullerton, outdoor 10-lane, 25-yard competition pool, with separate warm-up lanes available.

**Directions:** From the 91 Fwy take the Euclid Ave exit. Go north on Euclid to Valencia and turn right on Valencia. The swim complex is located on the left.

**Entries:** The pre-entry postmark deadline is Saturday, February 13th. Deck entries will close at 8:45 a.m. for the 1650 yd. Freestyle and at the conclusion of the 1650 yd. Freestyle for all other events. The 1650 will be limited to four heats. Age on February 21st determines age group for the meet. You must be at least 18 to compete.

**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 1650 yd. Freestyle.

**Relays:** All relays will be deck entered. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry. There are no additional fees for relays.

**Awards:** Individual: ribbons for places 1 to 3. Relay: ribbons for first place.

**Entry Fee:** \$20.00 per swimmer flat fee. Deck entries are allowed for \$30.00 flat fee. For swimmers in relays only, the fee is \$5.00.

**Checks payable to:** FAST Swimming

Mail consolidated entry card, a copy of your 2010 USMS card, and check to: FAST Masters Meet, P. O. Box 5468, Fullerton, CA 92838.

**Snack Bar:** A snack bar will be available on site for water, Gatorade, and energy snacks.

**Questions:** Meet Director, Terry Merlihan, (714) 693-3991, [themerlihans@earthlink.net](mailto:themerlihans@earthlink.net)

### Sunday, February 21, 2010

1650 Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

1. 1650 yd. Freestyle

Additional warm-up after 1650

Event #2 starts at noon

2. 50 yd. Breaststroke

3. 100 yd. Freestyle

4. 50 yd. Backstroke

5. 100 yd. Individual Medley

6. 50 yd. Butterfly

7. 400 yd. Freestyle Relay (Men, Women, or Mixed)

8. 100 yd. Backstroke

9. 200 yd. Individual Medley

10. 50 yd. Freestyle

11. 100 yd. Breaststroke

12. 100 yd. Butterfly

13. 200 yd. Freestyle

14. 200 yd. Medley Relay (Men, Women, or Mixed)

## Caltech Pentathlon SCY Swim Meet Sunday, March 7th, 2010

Sanction number: 330-005

**Facility:** 1201 E. California Blvd, Pasadena. The Caltech facility is an outdoor, 8-lane, 25-yard, all-deep pool with a separate 25-yard warm-up pool.

**Directions:** Take Hill Avenue south from the 210 Fwy. After 1.2 miles, turn right on California Blvd. Go to the second stop light and turn left into the parking lot. Continue past the tennis courts to the gym. The pool is located west of Brown Gym. Or take the 110 Fwy. North until it ends. Go 1 mile and turn right on California Blvd., and continue 2 miles to Caltech. Parking is free on weekends.

**Entries:** The pre-entry postmark deadline is Friday, February 26th. Deck entries close at 9:15 a.m. sharp! Age on March 7th determines age group for the meet. You must be at least 18 to compete.

**Seeding:** All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined.

**Awards:** Custom pentathlon awards will be given to the top three finishers in each age group. The swimmer with the lowest cumulative time for all five events shall be declared the winner. A swimmer must swim all five events to be considered for an award.

**Entry Fees:** \$20.00 flat fee per swimmer. Deck entries are allowed for \$30.00. Late entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

**Checks payable to:** Caltech Masters

Mail consolidated entry card, a copy of your 2010 USMS card, and check to: Caltech Pentathlon, c/o Suzanne Dodd, 211 Eastern Ave., Pasadena, CA 91107.

**Questions:** Meet Director, Suzanne Dodd, (626) 449-7536.

### Sunday, March 7, 2010

Warm-up at 9:00 a.m.

Meet starts at 10:00 a.m.

1. 50 yd. Butterfly

2. 50 yd. Backstroke

3. 50 yd. Breaststroke

4. 50 yd. Freestyle

5. 100 yd. Individual Medley

*The 2010 TYR Swim Meet of Champions, to be held June 10-13, 2010 at Marguerite Recreation Center in Mission Viejo, will be dual sanctioned by USMS and USA Swimming. This means that Masters swimmers who make the (very fast) qualifying times for this meet can enter and swim with the big guys and gals, and your times will count for USMS Top Ten (whether you swim under your USA Swimming registration number or your USMS number) and World records (only if you swim under your USMS number). Please contact the SPMA Office at (626) 296-1841 if you plan to swim in this meet!*

## Santa Clarita Masters SCY Swim Meet Saturday, March 20th, 2010

Sanction number: 330-006

**Facility:** Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy.

**Directions:** *From the north*, take I-5 to the Valencia Blvd exit in Valencia. Go east several miles (Valencia Blvd turns into Soledad Canyon Rd) to Ruether Ave. Turn right and cross over railroad tracks. Turn right at Centre Pointe Pkwy. Turn left into driveway for Aquatic Center. *From the south*, take I-5 to Hwy. 14 north. Exit at Golden Valley Rd. Turn left onto Golden Valley Rd. Turn right on Centre Point Pkwy. Make a right into the driveway for the Aquatic Center. Parking available in both upper and lower parking lots.

**Entries:** The pre-entry postmark deadline is Saturday, March 13th. Deck entries for the 1650 yd. Freestyle will close at 8:45 a.m., all other deck entries close at 11:00 a.m. Age on March 20th determines age group for the meet. You must be at least 18 to compete.

**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 1650 yd. Freestyle and the 400 yd. Freestyle.

**Relays:** All relays will be deck entered. Relay fees are \$4.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

**Awards:** Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

**Entry Fees:** \$20.00 per swimmer flat fee for online entries. \$24 flat per swimmer flat fee for mail-in entries. Deck entries allowed for a total of \$30.00.

**Checks payable to:** City of Santa Clarita.

Mail consolidated entry card, a copy of your 2010 USMS card, and check to: Santa Clarita Aquatic Center, c/o Santa Clarita Masters Club, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91355.

**Questions:** Meet Directors, Chris Lundie, (661) 286-4088, clundie@santa-clarita.com; Lance O'Keefe, (661) 250-3767, lokeefe@santa-clarita.com; Mike Coash, (661) 250-3760, mcoash@santa-clarita.com.

### Saturday, March 20, 2010

1650 warm-up at 8:00 a.m.

1650 starts at 9:00 a.m.

1. 1650 yd. Freestyle (check-in required)  
Additional warm-up after 1650  
Event #2 starts at noon
2. 200 yd. Mixed Freestyle Relay
3. 100 yd. Butterfly
4. 200 yd. Freestyle
5. 100 yd. Breaststroke
6. 50 yd. Freestyle
7. 200 yd. Individual Medley
8. 400 yd. Freestyle (check-in required)
9. 100 yd. Backstroke
10. 50 yd. Butterfly
11. 400 yd. Individual Medley
12. 200 yd. Breaststroke
13. 100 yd. Freestyle
14. 50 yd. Backstroke
15. 200 yd. Butterfly
16. 100 yd. Individual Medley
17. 50 yd. Breaststroke
18. 200 yd. Backstroke
19. 200 yd. Mixed Medley Relay

## UC-Irvine Masters SCY Meet Sunday, April 25th, 2010

Sanction number: 330-003

**Facility:** UCI Pool is located on the UCI campus, an outdoor, 8-lane competition pool with a warm-up area.

**Directions:** *From the north*, take the Jamboree Rd. exit from I-405. Turn right on Jamboree Rd, left on Campus Dr., and right on West Peltason. The pools is ahead on the right. *From the south*, take the University Dr. exit from I-405. Turn left on University, left on Campus Dr., right on West Peltason. The pool is ahead on the right. Park in the Mesa Parking Structure at Mesa Rd and West Peltason (\$8 per day).

**Entries:** The pre-entry postmark deadline is Saturday, April 17th, 2010. Deck entries will close at 8:30 a.m. for 500 yd Freestyle, and at 10:00 a.m. for all other events. Age on April 24th determines age group for the meet. You must be at least 18 to compete.

**Seeding:** All events will be deck seeded slowest to fastest, by entered time, ages and genders combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 500 yd. Freestyle.

**Relays:** All relays will be deck entered. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

**Awards:** Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

**Entry Fees:** \$25.00 per swimmer flat fee. Deck entries are allowed for \$30.00 flat fee. For swimmers in relays only, the fee is \$5.00.

**Checks payable to:** UC Regents

Mail consolidated entry card, a copy of your 2010 USMS card, and check to: Charlie Schober, UCI Crawford Hall, Irvine, CA 92697-4500.

**Questions:** Meet Director, Charlie Schober, (949) 824-7946, ctschober@uci.edu.

### Sunday, April 25, 2010

Warm-up at 8:00 a.m.

500 yd. Freestyle starts at 9:00 a.m.

1. 500 yd. Freestyle  
Additional warm-up after 500  
Event #2 starts at 10:30 a.m.
2. 200 yd. Freestyle Relay (Men, Women, Mixed)
3. 200 yd. Individual Medley
4. 50 yd. Backstroke
5. 100 yd. Butterfly
6. 200 yd. Freestyle
7. 100 yd. Backstroke
8. 50 yd. Freestyle
9. 100 yd. Breaststroke
10. 100 yd. Freestyle
11. 50 yd. Butterfly
12. 50 yd. Breaststroke
13. 100 yd. Individual Medley
14. 200 Medley Relay (Men, Women, Mixed)

## Expand your horizons!

Take a trip to a swim meet in a neighboring LMSC.  
For up-to-date information check out these websites:

San Diego-Imperial: [www.simasterswim.org](http://www.simasterswim.org)

New Mexico: [www.zianet.com/pdjang/nmms/index.htm](http://www.zianet.com/pdjang/nmms/index.htm)

Arizona: [www.azlmsc.org](http://www.azlmsc.org)

# Who are we? A look at SPMA members by Julie Heather

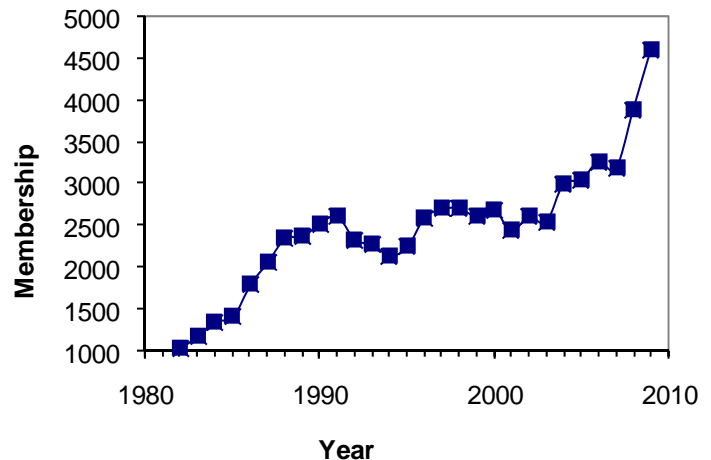
Southern Pacific Masters Association is growing, and changing. We've seen a huge growth spurt over the past two years, from slightly less than 3,200 members in 2007 to over 4,600 at the end of 2009. Our membership growth is illustrated in the graph to the right, starting in the early 1980s.

Credit should be given to our clubs. The number of available clubs for members to join has grown from 55 in 2001 to over 80 in 2009. Our growth increases proportionally to our clubs, and we've had 17 new clubs in the last two years alone. Our clubs vary in size from 1 member up to 501 (Irvine Novaquatics at 501 is the third largest club in the U.S.; see SPMA Top Ten list below).

We have grown much faster than the rest of United States Masters Swimming. Two years ago SPMA members accounted for 7.2% of the total members in USMS, and today we account for 8.7%. We account for a whopping 17% of the growth of USMS as a whole. One out of 6 people who joined USMS in the last two years did so in Southern Pacific.

Even though, or perhaps because, the economy isn't so great right now, we're seeing more people heading to the pool. Perhaps the vacation in Europe is being traded for pursuits closer to home. Or the kids are swimming, so you might as well too. Or you need to do something to slow down the middle-age spread. The knees might not be so happy running, whereas swimming is more gentle on everything but the shoulders. While our reasons are many and varied, what we find is that it is much more fun and motivating to get in the pool with friends, and have a coach on deck telling us what to do.

Our membership distribution has a significant difference from that of USMS as a whole. USMS has about 53% men and 47% women, while SPMA has 60% men and 40% women. We have two predominantly gay and lesbian Top Ten clubs (WH2O and LBG) that have significantly more men than women, but that only accounts for part of our lopsidedness! Of our 562 unattached swimmers, 65.5% are male.



According to Esther Lyman, the USMS National Registrar (who graciously crunched all the numbers and provided the data for this article), we had been on a gradual upward trend in female membership until this year, when the percentage of female membership declined 1/2%. While USMS grew 81.2% over the past 16 years, women grew by 109.7% and men only 62%.

It's not only our membership that's growing, but our meets and open water events are attracting record numbers of swimmers, and we have more events to choose from. The recent SCM UCLA meet at the new Spieker Aquatic Center had nearly 250 participants, a record for a non-championship meet. Our meets are well run and attract swimmers from all along the west coast.

Who are we really? A bunch of swimmers, very passionate about the sport, wanting to stay fit and healthy, and for a good portion of us, enjoying competition (pool meets, open water events, triathlons).

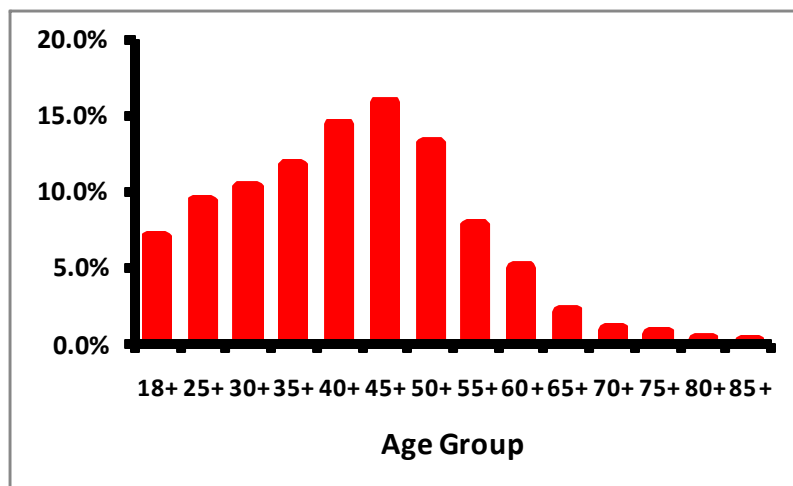
Will we be 5000 strong by the end of 2010?

## Top Ten SPMA Clubs

Based on 2009 registration data (as of 11/01/09), here are the top ten clubs in SPMA:

1. Irvine Novaquatics (501 members)
2. UCLA Bruin Masters (344)
3. Mission Viejo Masters (258)
4. Southern California Aquatic Masters (241)
5. West Hollywood Aquatics (223)
6. Santa Barbara Masters (198)
7. Conejo Simi Aquatics (189)
8. Rose Bowl Masters (176)
9. South Coast Aquatics (147)
10. Long Beach Grunions (131)

There are also 562 unattached swimmers for any clubs looking to increase their membership!





# Southern Pacific Masters Association Schedule

## SPMA Officers

### Chairman:

Nancy Kirkpatrick-Reno  
29840 Quail Run Dr.  
Agoura Hills, CA 91301  
(818) 469-9972  
nancy@cnkinvestments.com

### Vice-Chair:

Mark Moore  
33055 Dolphin Ct.  
San Juan Capistrano, CA 92675  
(949) 233-6521  
m.w.moore@cox.net

### Secretary:

Ahelee Sue Osborn  
23571 Via Calazada  
Mission Viejo, CA 92691  
(949) 231-2049  
aheleesue@gmail.com

### Treasurer :

Jim Dougherty  
635 W Leadora  
Glendora, CA 91741  
jweavd@yahoo.com

### Member At-Large:

Rob Dumouchel  
239 S Elm St #20  
Arroyo Grande, CA 93420  
robdomouchel@gmail.com

### Webmaster:

Chris Lundie  
20850 Centre Point Pkwy.  
Santa Clarita, CA 91350  
(661) 510-1403  
clundie@santa-clarita.com

### SPMA Office, Registrar, and

### Swimming News Editor:

Julie Heather  
957 N. El Molino Ave.  
Pasadena, CA 91104  
(626) 296-1841  
registrar@spma.net

[www.spma.net](http://www.spma.net)

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January	21	SPMA Committee Conference Call
	23	Las Vegas Masters SCY Swim Meet
February	6	Rose Bowl SCY Distance Events Swim Meet, Pasadena
	21	FAST Masters SCY Swim Meet, Fullerton
March	7	Caltech SCY Pentathlon, Pasadena
	20	Santa Clarita SCY Swim Meet
April	17	UCLA SCY Swim Meet, Westwood
	25	UC-Irvine SCY Swim Meet
May	7-9	Southwest Zone and SPMA SCY Regional Championships, Mission Viejo
	17	Santa Clarita LCM Swim Meet
June	6	Mission Viejo LCM Swim Meet
	26	Las Vegas LCM Swim Meet (tentative)
July	2-3	San Luis Obispo LCM Swim Meet
	3	Mission Viejo LCM Relay Meet
	10	Santa Barbara LCM Swim Meet (tentative)

For a complete and updated list of events, go to [www.spma.net](http://www.spma.net) or call the SPMA office

## SPMA DVD Library

SPMA has a DVD library available for use by our members. There is a \$10.00 charge for borrowing up to three DVDs. This covers the cost of the envelopes and mailing both ways. Packages must be brought to the post office for return due to USPS security requirements. We also need a separate check for \$100.00 that will be held as a deposit until the DVDs are returned. This check will not be cashed unless the DVDs are not returned. The rental period is one month. Give the SPMA office a call at (626) 296-1841, and we will discuss which videos would best fit your needs. Please include alternates with your request, or let us know if you would prefer to wait for videos that are currently out on loan. Send requests to the SPMA office.

### DVD format:

- Swim Fast: Butterfly (Michael Phelps)
- Swim Fast: Breaststroke (Ed Moses)
- Swim Fast: Freestyle (Lindsay Benko)
- Open Water Swimming, Skills, Techniques & Racing Tips (Mike Collins, Gerry Rodrigues)
- Go Swim, Freestyle with Karlyn Pipes-Neilsen
- Go Swim, All Strokes (with Kaitlin Sandeno and Erik Vendt)
- Go Swim, Butterfly with Misty Hyman
- Go Swim, Freestyle and Backstroke Drills
- Go Swim, Breaststroke with Dave Denniston
- Go Swim, Breaststroke with Amanda Beard
- Go Swim, Breaststroke Turns and Pullouts with Dave Denniston
- Go Swim, Breaststroke Drills with Staciana Stitts and Dave Denniston
- Go Swim, Backstroke with Jeff Rouse
- Eddie Reese on Freestyle
- Eddie Reese on Backstroke
- Eddie Reese on Butterfly
- Eddie Reese on Breaststroke
- Swimming Faster: Butterfly (Marsh & Durden)
- Swimming Faster: Breaststroke (Marsh)
- Swimming Faster: Freestyle (Marsh)
- Swimming Faster: Backstroke (Marsh)
- Training & Race Strategies for Backstroke (Marsh)
- Training & Race Strategies for Sprint Freestyle (Marsh)
- Training & Race Strategies for IM (Marsh)
- Training & Race Strategies for Breaststroke and Butterfly (Marsh & Durden)
- Training & Race Strategies for Middle Distance & Distance (Crocker)
- Swimming Faster: Turns (Marsh)
- Swimming Faster: Starts (Marsh, Bracklin, Pilczuk)
- Lane Lines to Shore Lines: Your Complete Guide to Open Water Swimming
- Becoming a Faster Swimmer: Butterfly (Tom Jager)
- Becoming a Faster Swimmer: Freestyle (Tom Jager)
- Freestyle Made Easy: Total Immersion
- Backstroke for Every Body: Total Immersion
- Better Fly for Every Body: Total Immersion
- Breaststroke for Every Body: Total Immersion