



SPMA MASTERS SWIMMING



SPMA Delegates Represent Members at United States Masters Swimming Convention

USMS holds its annual meeting in conjunction with United States Aquatics Sports. This year the meeting was at the Town & Country Resort in San Diego. SPMA sent a group of delegates to represent your interests. For a summary of decisions made at convention look at SWIM Magazine.

Here are some highlights that will be of particular interest to Southern California swimmers:

- 2004 Southwest Zone championships were awarded to: Arizona (SCY), SPMA-Long Beach (SCM), SPMA-Mission Viejo (LCM), and SDI (Open Water).

Members Honored by USMS by Wayne McCauley

SPMA is pleased to announce that two of our members were honored as recipients of the 2003 Dorothy Donnelly USMS Service Award. Michael Collins and Shannon Sullivan were honored. This prestigious award is given to those who give so much of themselves to Masters swimming.

SPMA Long Course Meters Record Setters

The following USMS and/or World records were set in SPMA Long Course Meters meets this year:

Woody Bowersock	90-94	50, 100, 200 free 400 free 50, 100, 200 back
Ed Cazalet	60-64	200 IM, 200 back
Lee Mench	50-54	100 free
Maxine Merlino	90-94	200 IM
Walt Pfeiffer	90-94	200, 400 IM 50, 100, 200 fly 100 breast
Karlynn Pipes-Neilsen	40-44	200 IM, 200 back 1500 free
Rita Simonton	85-89	50, 100, 200 free 400, 800, 1500 free
Helene Iberall, Maxine Merlino, Walt Pfeiffer, Woody Bowersock	(Coast Masters)	360+ Mixed 200 free relay
Sean Parker, John Templin, Dan Sullivan, Bert Bergen	(UCI Masters)	160+ Men's 400 medley relay

- USMS will be proceeding with preparations to submit a bid to host the 2006 World Championships at Stanford. The final approval of the bid will be made by the USMS Board of Directors.
- The 2005 Long Course Meters National Championships were awarded to Mission Viejo Nadadores (congratulations!). They will be held August 10-14, 2005.
- Bids for the 2005 SCY Championships were reopened since a certifiable bid was not received by the deadline.
- Part IV of the USMS Rule Book, Participation, Conduct, Hearings, and Appeals, was rewritten.

First USMS Convention by Bekah Wright

I want to thank everyone for making my first convention experience so rewarding and inspirational. You all took a great part in making me feel so welcome and in helping me to understand committees, etc. Shannon Sullivan was an excellent mentor and roommate. She not only made introductions and helped me to get involved, but impressed me with her own boundless energy. I came away from the experience raring to go. The conference has inspired me not only as a swimmer, but has given me ideas to work towards my primary goal of getting more beginning swimmers into Masters swimming and competition. Although my first attempt at Australian football was thwarted by security, I look forward to a replay next year when the secret will finally be revealed. Until then... I impatiently await my assignment to a committee and what I'm sure will be my further inauguration into Masters swimming.

In this issue:

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- * USA Swimming Conference on Sports Medicine, by Jessica Seaton
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SWIM FOR LIFE!

SANTA BARBARA, VENTURA, KERN, SAN LUIS OBISPO

ARROYO GRANDE: South County Aq Waves
ATASCADERO: Kennedy Aquatics
BAKERSFIELD: Golden Wave Masters
BAKERSFIELD SWIM CLUB
CAMARILLO: Pleasant Valley Swim Club
OJAI: Ojai Masters
PASO ROBLES: North County Aquatics
SAN LUIS OBISPO: TRISLO Roadrunners
SAN LUIS OBISPO MASTERS
SANTA BARBARA: UCSB Masters
SANTA BARBARA MASTERS
SANTA MARIA SWIM CLUB
SANTA PAULA: Heritage Valley Masters
THOUSAND OAKS: Daland Masters
VENTURA AQUATIC CLUB
VENTURA COUNTY MASTERS

NORTH LOS ANGELES COUNTY

GLENDALE: Adult Aquaphobia Swim Center
GRANADA HILLS: CSUN Masters
PASADENA: Caltech Masters
PASADENA: Rose Bowl Masters
SANTA CLARITA MASTERS
WOODLAND HILLS: Southwest Aq Masters

SOUTH LOS ANGELES COUNTY

CULVER CITY: SCAQ
EL SEGUNDO MASTERS
EL SEGUNDO: Play Hard Swim Hard
HAWTHORNE: South Bay Swim Team
HOLLYWOOD: Hollywood Wilshire YMCA
LA: City of Los Angeles Masters
LA: USC Trojan Masters
LA DOWNTOWN & WEST: SCAQ
LA MID WILSHIRE: Meridian Swim Club
LA WEST: UCLA Bruin Masters
LONG BEACH: Shore Aquatics
LONG BEACH SWIM CLUB
LONG BEACH: Beach Swim Club Masters
LONG BEACH: Grunions
RANCHO PALOS VERDES: Zenith Aquatics
SANTA MONICA: SCAQ
SOUTHGATE MASTERS
TORRANCE: LA Peninsula Swimmers
VENICE & WESTCHESTER: SCAQ
WEST HOLLYWOOD AQUATICS

ORANGE COUNTY

COAST MASTERS
FOUNTAIN VALLEY: Typical Tropical Swim Cl.
HUNTINGTON BEACH: Golden West Swim Cl.
HUNTINGTON BEACH SWIM CLUB
IRVINE NOVAQUATICS
IRVINE: Sports Club
IRVINE: UCI Masters
MISSION VIEJO MASTERS
NEWPORT BEACH MASTERS
NEWPORT BEACH: Lifeguard Association
NEWPORT BEACH: Pacific Coast Aquatics
TUSTIN: SOCAL
VILLA PARK: Orange Regional Comp. Aquatics
YORBA LINDA: East Lake Eagle Rays

SAN GABRIEL VALLEY, KERN, RIVERSIDE, SAN BERNARDINO

CHINA LAKE AQUATICS MASTERS
INDIO: Top Fin Aquatics
LANCASTER: Oasis Masters
LOMA LINDA/RIALTO: Inland Masters
MURRIETA: TEAM Masters
RIVERSIDE: Corona Swim Team
TEMECULA: Inland Gold Aquatic Masters
YUCAIPA: Masters of Yucaipa

LAS VEGAS

HENDERSON Southern Nevada Masters
CITY OF LAS VEGAS MASTERS

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Keith Moore (661) 637-1403; www.bakersfieldswimclub.org
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Michael Hamm (310) 993-4977; swimdude41@aol.com
SCAQ Office (310) 390-5700; www.swim.net/scaq
Carl Anhalt (310) 288-6555 (team hotline); info@wh2o.org; www.wh2o.org

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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. You must be 19 years of age to compete in short course yard meets. If your 19th birthday is before December 31, 2003 you may swim long course meters and short course meters 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); 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.

Approximately \$1,300 was raised by The American Mile open water swim to benefit the Twin Towers Orphan Fund for young victims of the September 11 tragedy.

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 _____					200 • •		• •
	800/1000 • •		No. of events _____ x \$ _____ = \$ _____					FOR OFFICE USE ONLY		
	1500/1650 • •		Surcharge \$ _____					Amt Rec'd _____		
	• •		Total \$ _____					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 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, ALL CITIES, COUNTIES, DISTRICTS AND/OR STATES IN WHICH SAID EVENT MAY BE STAGED OR IN WHICH SEGMENTS MAY BE RUN, 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

PLEASE SIGN: _____ **DATE** _____

Is this your first Masters Meet? Yes
No

Non-SPMA swimmers please include your address:

Street: _____

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

City, State, Zip: _____

Highlights from the USA Swimming Conference on Sports Medicine and Sports Science By Jessica Seaton, D.C.

The USA Swimming Conference on Sports Medicine and Sports Science was held September 5 and 6, 2003 in San Diego. Although USA Swimming focuses on young swimmers, much of the information can be applied to Masters swimmers as well. These are some of the more interesting of the many lectures and forums that were held.

The Altitude Tent Project was presented by Deb Whitney from USA Swimming. Altitude tents and bubbles are being marketed as a way for athletes to benefit from the purported benefits of living at high altitude while training at sea level. At high altitude most people's bodies compensate for the lack of oxygen by manufacturing more red blood cells. Training at high altitude has the disadvantage of not being able to train at the speeds that one can at sea level. Slow swimming in training leads to slow swimming in a race. The tents are supposed to create, at sea level, the same atmospheric conditions that exist at altitude. The athlete is supposed to spend at least eight to nine hours per day in the tent. Ms. Whitney was able to track four swimmers over the course of a year. After three weeks in the bubble, all the swimmers experienced fatigue, which went away after a week. At the end of the year all four performed either the same or better than they had prior to the bubble. Among the disadvantages of the bubble were that the bubble was hot in the summer making it difficult to sleep; it needed to be turned on two hours prior to bedtime, which meant the swimmer had to be home to turn it on; sharing the bed with a significant other was difficult, and watching TV through the bubble was impossible.

Asthma in Swimming was presented by USMS President Jim Miller, M.D., who is an expert on asthma. Currently asthma is seen as a chronic inflammatory process that leads to hyper-responsiveness and irreversible changes in the respiratory system. The lungs of a person with untreated asthma at the age of 35 look like those of a smoker with emphysema-like changes. 90% of people with exercise-induced asthma have underlying chronic asthma. Asthma often does not show up until one reaches 85% of one's exercise potential. 40% of people with allergies and eczema also have asthma. In adults there is an association with gastro-esophageal reflux disease (GERD) and asthma. Studies that have been published within the last year show a definite increase in asthma in children who spend time in an indoor pool, while this association has not been shown with outdoor pools. The problems with the indoor pools are probably related to the irritation caused by chlorine gases where inadequate ventilation exists, increase in allergens found in humid air, and possible increase in mold. Dr. Miller stated that in dealing with asthma, medications must address not only the constricted airway, but also the inflammatory component. He also addressed the issue of medications and drug testing, an important issue in non-Masters competitive swimming.

Brooke Bennett's Shoulder Surgery—A Case Study. Brooke Bennett, her coach Peter Banks, and her orthopedic surgeon

Scott Rodeo, M.D., were all present. Since Brooke was 20 years old at the time of the surgery, and won medals in two Olympics, her situation was not comparable to that of most Masters swimmers. It was interesting to hear that her workouts totaled up to 110,000 yards per week (that is 10 workouts per week with an average of 10,000 yards per workout).

Recovery Nutrition was the "hot topic" lecture given by John Ivy, Ph.D., professor at the University of Austin, Texas. He made some interesting points in addition to those I covered in my article on recovery nutrition. (*SPMA News* March/April 2003). He felt that the recovery drink was the most important meal for the athlete. He stated that dehydration causes a decrease in aerobic and muscle performance, and psychomotor and mental skills. Drinking a sport drink containing electrolytes results in a quicker and more complete rehydration by maintaining the drive to drink and keeping urine output at normal, unlike water, which causes urine output to increase. Dr. Ivy emphasized the importance of a combination carbohydrate/protein recovery drink as soon after exercise as possible. He recommended a drink containing 1.2 – 1.5 grams of carbohydrate and 0.3 – 0.5 grams of protein per kilogram of body weight, or a carbohydrate to protein ration of 2:1 up to 5:1. An alternative to the designer recovery drinks would be non-fat chocolate milk or sweetened soy milk. Several participants pointed out that world champion swimmer Michael Phelps eats right after each of his performances.

Role of Chiropractic Care in Competitive Swimming. This was a forum that included a chiropractor, an athletic trainer, an orthopedic surgeon, and a massage therapist. The integration of chiropractic into a university and top competitive setting occurred only because the swimmers were demanding chiropractic care. They found that chiropractic treatment helped them recover from neck, back, and other injuries commonly associated with swimming. Now the medical doctors, athletic trainers, physical therapists, and chiropractors are increasingly learning to work together and communicate with each other in the interest of the swimmer.

Jessica Seaton, D.C. is a chiropractic orthopedist in private practice in West Los Angeles. She has been swimming with West Hollywood Aquatics for over 12 years. She is the current chair of the USMS Sports Medicine Committee. She can be reached at (310) 470-0282 or at jseaton@aol.com.

**UCLA Bruin Masters
Short, Long Pentathlon & Free-athlon
Saturday, November 8th, 2003**

Pre-entry postmark deadline November 1st!
Full information in the Sept/Oct newsletter
and online at www.spma.net.

IGLA San Francisco

by Errol Graham

The 2003 International Gay & Lesbian Aquatics Championships were held at Stanford University from August 21st to 24th and hosted by SF Tsunami Swim Club. I have attended most of the IGLA Championships over the years, and I was not going to miss the opportunity to see old friends and make new friends, and also find out if I could beat my times in the water. This was the thirteenth and largest IGLA Championships held to date with more than 1,000 competitors entered, many of whom were from Southern California. Placing second in the large team division was West Hollywood Aquatics, while Long Beach Grunions won in the medium team category.

Many people worked hard to make the competition the success it was, from those organizing the meet to the volunteers and officials. Everyone seemed to be having fun, and the environment of friendship and camaraderie resulted in many people swimming personal bests. The spectrum ranged from swimmers who were competing for the first time to the 17 world records that were broken in addition to the many national and IGLA records that were set.

In between races, swimmers were able to watch the water polo tournament which included some very exciting games, including women's matches. One of the highlights this year was the opportunity to have the swimming events and the water polo tournament take place at the same facility at the same time, as well as the thrilling diving and synchronized swimming competitions. This made it possible for athletes and spectators to watch the different sports without having to go back and forth to different pools in different parts of the city, as has been done before. The final event was the popular Pink Flamingo contest which is an IGLA tradition. Teams of various sizes perform routines that combine music, dance, costumes, props, make-up, diving, and synchro. This year's theme was Wild, Wild West, and the creativity and energy on display was at an all-time high.

Many athletes have already marked their calendars for the next IGLA competition which will take place in Fort Lauderdale in October of 2004. This is a perfect opportunity to plan for a vacation in Florida and also compete at the International Swimming Hall of Fame. It's only a year away!

NOTE: For more information, please log on to www.igla.org



Photo by Errol Graham

Southwest Masters Turkey Shoot at Pierce College Sunday, November 23rd, 2003

Sanction number: 333-033

Directions: Pierce College Pool, is an outdoor, 7-lane competition pool with two 25-meter warm-up lanes. 6201 Winnetka Ave., Woodland Hills. Take the 101 Freeway to Winnetka. Exit at Winnetka and go north 1 mile to the college. Winnetka is located 6 miles west of the San Diego Freeway (405) and Ventura Freeway (101) interchange.

Entries: The pre-entry postmark deadline is Saturday, November 15, 2003. Age on December 31, 2003 determines age group for the meet. You may swim at age 18 if your 19th birthday is on or before December 31, 2003. Entries for the 1500 m Freestyle will close at 8:45 a.m., all other deck entries at 11:30 a.m.

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 and the 400 m 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. Event 8 is a rare 800 m Freestyle relay, a chance for a record. Event 16 is men's, women's, mixed, freestyle or medley relays.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place. Special awards for the swimmers who swim closest to their entered time in each event.

Entry Fees: \$1.50 per 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 \$5.00 entry charge.

Checks payable to: Southwest Masters

Mail consolidated entry card, a copy of your USMS card, and check to: Southwest Masters, 7914 Sadring, West Hills, CA 91304.

Questions: Meet Director, Steve Schofield (818) 992-1820; Meet Processing, Robert Mitchell, mitchellrobert@cox.net.

Sunday November 23, 2003

1500 warm-up at 8:00 a.m.

1500 starts at 9:00 a.m.

1. 1500 m Freestyle (check in required)

Additional warm-up after 1500

Event #2 starts at noon

2. 50 m Butterfly

3. 100 m Backstroke

4. 200 m Breaststroke

5. 50 m Freestyle

6. 100 m Butterfly

7. 200 m Backstroke

8. 800 m Free Relay (men, women, or mixed; deck enter)

9. 50 m Breaststroke

10. 100 m Freestyle

11. 200 m Butterfly

12. 50 m Backstroke

13. 100 m Breaststroke

14. 200 m Freestyle

15. 400 m Individual Medley

16. 200 m Relay (men, women, or mixed; medley or free; deck enter)

Frank Piemme and Karen Melick accepted their 2002 SPMA Swimmer of the Year awards at the Long Course Regional Championships this summer.

Long Beach Swim Club and UCI Masters

11th Annual SPMA Regional Short Course Meters Championships

Friday-Sunday, December 12-14, 2003

Sanction number: 333-034

Directions: Belmont Plaza Olympic Pool, Long Beach. Take the Lakewood exit from I-405. Go south on Lakewood to the traffic circle, exit the traffic circle at CA-1 (PCH) south, go one block to Ximeno and turn right. Turn right on Livingston, then left on Termino. Pool is ahead.

Fees: NO INDIVIDUAL DECK ENTRIES ARE ALLOWED. Entry fee includes meet t-shirt. Flat fee of \$40.00 if postmarked on or before Friday, November 28, 2003. Add \$10.00 late fee for all entries postmarked on or after Saturday, November 29, 2003. All entries must be RECEIVED by Friday, December 5, 2003. Swimmers who plan to swim only in relays may do so, for a \$10.00 fee (no t-shirt), and must also sign a consolidated entry, deck entries allowed.

Rules: Swimmers are limited to a total of 8 individual events for the entire meet (no more than 5 per day), plus relays. All fees are non-refundable. A swimmer's age on December 31, 2003 determines their age group for the entire meet.

Seeding: All events will be deck-seeded. All individual events plus 400 and 800 m relays will be seeded and swum slowest to fastest. The 200 m relays will be seeded by age group. Except for the specified relays and the 1500 m and 800 m Freestyle events (see distance events below), all events will be swum men and women separately.

Distance Events: Both the 1500 m and 800 m Freestyle events are limited to 10 heats. The first 80 swimmers to enter each event and check in on race day will be guaranteed a lane assignment. If more than 80 enter either of these events, a waiting list will be established, based on the date the entry was received (or, if many are received on the same day, the order in which the envelopes are opened). Waitlist swimmers should check in for either event by the posted deadline. You will be called to fill vacancies based on the order your entry was received.

Relays: All 200 m relays must be entered by 9:00 a.m. on the day the relay is to be swum. All 400 and the 800 m relays must be entered no later than 11:00 a.m. on the day the relay is to swim. A swimmer may enter only one 400 m Freestyle relay (e.g., women's, men's or mixed), one 400 m Medley relay, and one 800 m Freestyle relay.

Timing: Electronic timing will be used. The meet hosts will make every effort to provide one timer for each lane. Swimmers from all clubs are expected to assist with timing. Clubs may be assigned lanes for timing, based on the numbers of their swimmers participating in the meet. Swimmers in the next heat should assist by stepping forward and pushing a timing system button for the finish of the swimmer in the preceding heat. Swimmers who expect to set records should arrange in advance for additional timers so that there are 3 watch times as back-ups to the electronic timing system.

Check-in: This will be a "DECK-SEDED" meet. You MUST check-in for all events you wish to swim.

Awards: Individual: Custom medals for places 1st to 3rd, SPMA ribbons for places 4th to 6th for each age group and gender. Relays: Custom medals for 1st place, SPMA ribbons for 2nd and 3rd places. Special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to top 10 teams, based on combined scoring for men and women, individual events plus relays, including mixed relays.

Entries: Mail entries, entry card, copy of registration card (2003 or 2004), and fees (payable to Long Beach Swim Club) to: Long Beach Swim Club, 11th Annual Holiday Invitational, PO Box 3368, Long Beach, CA 90803-0368.

Food and Lodging: Information will be posted at www.masterswim.uci.edu as it becomes available.

Questions: Lucy Johnson, lucyj@uci.edu

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

Friday, December 12

Warm-up at noon

Meet starts at 1:00 p.m.

Check-in for event 1 will close at 12:30 p.m., events 2 and 3 will close at 3:00 p.m. and event 4 will close at the conclusion of the 1500 m Freestyle.

1. Mixed 1500 m Freestyle
2. Men's 400 m Individual Medley
3. Women's 400 m Individual Medley
4. Mixed 800 m Freestyle

Saturday, December 13

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

Check-in for events 5 and 6 will close at 8:40 a.m. Check-in for events 7 to 10 will close at 9:00 a.m. The check-in deadlines for all other Saturday events will be announced at the meet.

5. Men's 200 m Freestyle
6. Women's 200 m Freestyle
7. Men's 50 m Butterfly
8. Women's 50 m Butterfly
9. Men's 100 m Backstroke
10. Women's 100 m Backstroke
11. Mixed 200 m Freestyle Relay
12. Mixed 200 m Medley Relay
13. Men's 200 m Breaststroke
14. Women's 200 m Breaststroke
15. Men's 50 m Freestyle
16. Women's 50 m Freestyle
17. Men's 100 m Butterfly
18. Women's 100 m Butterfly
19. Men's 200 m Backstroke
20. Women's 200 m Backstroke
21. Men's 100 m Individual Medley
22. Women's 100 m Individual Medley
23. Men's 200 m Medley Relay
24. Women's 200 m Medley Relay
25. 400 m Freestyle Relay (Men's, Women's and Mixed)*

Sunday, December 14

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

Check-in for events 26 and 27 will close at 8:40 a.m. Check-in for events 28 to 31 will close at 9:00 a.m. The check-in deadlines for all other Sunday events will be announced at the meet.

26. Men's 400 m Freestyle
27. Women's 400 m Freestyle
28. Men's 50 m Breaststroke
29. Women's 50 m Breaststroke
30. Men's 100 m Freestyle
31. Women's 100 m Freestyle
32. Men's 200 m Butterfly
33. Women's 200 m Butterfly
34. Men's 200 m Freestyle Relay
35. Women's 200 m Freestyle Relay
36. Men's 50 m Backstroke
37. Women's 50 m Backstroke
38. Men's 100 m Breaststroke
39. Women's 100 m Breaststroke
40. Men's 200 m Individual Medley
41. Women's 200 m Individual Medley
42. 400 m Medley Relay (Men's, Women's, and Mixed)*
43. 800 m Freestyle Relay (Men's, Women's, and Mixed)*

*Relays: A swimmer may swim only one relay in each of event 25, 42 and 43 (e.g., Women, Men or Mixed).

Southern Pacific Masters Association

2004 Membership Form

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 2004 Membership Application <input type="checkbox"/> Renewal 2003 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			Home Phone No. ()
	City	State	Zip	Daytime Phone No. ()
Date of Birth	Age	Sex	Email Address (print in ALL CAPS)	
Month/Day/Year				
CLUB (If left blank, you will remain with your 2003 club, or "unattached" if new)			Today's Date	
Emergency Contact (optional)			Phone No. of emergency contact	
<input type="checkbox"/> Opt out of SPMA-NEWS email list (check this box if you would only like SPMA to use your email address to contact you about questions or problems with your membership)				
<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: \$35 \$ _____ (If TODAY is between Sept. 1, 2004 and October 31, 2004 the fee is reduced to \$25) Optional Donations: \$1.00 (or \$____) to SPMA \$ _____ \$1.00 (or \$____) to USMS Endowment Fund \$ _____ \$1.00 (or \$____) to the International Swimming 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."		
Make check payable to SPMA, Mail to: <p style="text-align: center;"> SPMA c/o Julie Heather 957 N El Molino Ave Pasadena, CA 91104 </p>		Signature _____		

Benefits of 2004 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 videotape and book library.
- SPMA Swimming News, featuring up-to-date information on events occurring in our area and helpful articles on health and swimming, as an insert in SWIM Magazine.
- 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.

Help SPMA keep costs down by sending in your registration form now. We won't have to invoice you, and you will have uninterrupted delivery of SWIM Magazine and your newsletter.

2004 USMS Registration is valid through December 31, 2004

SPMA Swimming News, November/December 2003

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Southern Pacific Masters Association Schedule

November	
8	UCLA SCM Meet
20	SPMA Annual Meeting, SPMA Office
23	Turkey Shoot SCM Meet, Pierce College
December	
12-14	SPMA SCM Regionals, Belmont Plaza, Long Beach

Check the SPMA website for 2004 swim meets. They will be posted as the dates are available.

Bookmark it today:

www.spma.net

SPMA Video Library

SPMA has a video library available for use by our members. There is a \$6 charge for one tape (or book), \$8 for two, or \$10 for three. This covers the cost of the envelopes and mailing both ways. We also need a separate check for \$50 per tape that will be held as a deposit until the tape(s) are returned. This check will not be cashed unless you don't return the tapes. The rental period is one month. Give the SPMA office a call, and we'll discuss which videos would best fit your needs. Titles available for rental include:

- Swim Smarter/Swim Faster (Richard Quick and Skip Kenny)
- Starts, Turns, & Finishes (Richard Quick and Skip Kenny)
- Swimming Techniques (Don Gambriel's Classic Series)
- Coaches' Drills (Don Gambriel's Classic Series)
- Women's Swimming (Don Gambriel's Classic Series)
- Men's Swimming (Don Gambriel's Classic Series)
- Backstroke from the Bottom Up (David Bottom)
- Freestyle from the Bottom Up (David Bottom)
- Freestyle and Backstroke: The Total Immersion Way (Terry Laughlin)
- Butterfly and Breaststroke: The Total Immersion Way (Terry Laughlin)
- Getting Better: Championship Swimming with John Naber
- Sprint Freestyle (Aleksandre Popov)
- Flyaway: The Butterfly Stroke in Swimming (Univ. of Calgary)
- Breaststroke (Don Gambriel's Gold Medal Series)
- Backstroke (Don Gambriel's Gold Medal Series)
- Butterfly (Don Gambriel's Gold Medal Series)
- Freestyle (Don Gambriel's Gold Medal Series)
- Breaststroke: Stroke Problems and Drill Solutions (Roque Santos)
- Ultimate Breaststroke (Adrian Moorhouse and Nick Gillingham)
- The Wave Breaststroke (Mike Barrowman and Jozsef Nagy)
- Body Segment Awareness (Bill Boomer)
- Assembling Aquatic Body Lines (Bill Boomer)
- U. S. Swimming, Let's Talk Safety
- Quick-Championship Winning Freestyle
- Quick-Championship Winning Backstroke
- Quick-Championship Winning Butterfly
- Quick-Championship Winning Breaststroke
- Quick-Championship Winning Starts
- Quick-Swimalates: Pilates for Swimmers
- Quick-Championship Winning Walls: Turns for All Strokes
- Quick-Swimmers' Shoulder: Prehab and Rehab
- Quick-Posture, Line, & Balance: The Foundation of Championship Winning Swimming