



SPMA MASTERS SWIMMING



SPMA Open Water Points Results

Thanks to the hard work of Christie Ciraulo and Shannon Sullivan, the SPMA Open Water Points Competition has been resurrected.

Rules: A swimmer must be registered with SPMA prior to or at the swim to score any points for that swim.

There is no wetsuit division for the SPMA points competition. No one wearing a wetsuit can score points.

It is possible to place fourth in an event but score first place points – e.g., the three people finishing ahead of you are not SPMA registered.

If you age up to a new age group during the season, your points go with you.

There are typos on all results. If you feel there is an error, go to the race link. Double check your results and email the SPMA office the details so that errors can be corrected.

There are eight sanctioned races listed below. Only these races count toward points. It is only possible to swim seven, as the Naples swims overlap.

- Pacific Open Water Challenge 5K
- Balboa to Newport Pier-to-Pier 2 Mile
- 38th Seal Beach Rough Water 5K
- Seal Beach Rough Water 1 Mile
- Semana Nautica 6 Mile
- Naples Island 3 Mile
- Naples Island 1 Mile
- Don Burns Corona del Mar 1 Mile

Age Group Awards: To qualify for an award, a swimmer must swim at least three sanctioned races.

The top five races of each swimmer will be tallied.

The top three point winners in each age group (if they have participated in at least three swims) will receive an award.

High Point Awards: A high point award will be given to the top male swimmer and the top female swimmer overall.

The top five races of each swimmer will be tallied to reach high point.

In the case of a tie, additional races will be added until the tie is broken. If both swim-

mers have won every race in their respective age groups (they have swum every race offered), a tie will be declared.

Points: First 22; second 18; third 16; fourth 14; fifth 12; sixth 10; seventh 8; eighth 6; ninth 4; and tenth 2.

2007 Results:

M18-24: 1. David Pekarek CTM

W18-24: 1. Jennifer Schumacher NOVA

W25-29: 1. Jessica Krick CTM

M30-34: 1. Marc Eskes UNAT; 2. Kris Behrens SCAQ; 3. Christopher Armstrong SCAQ

M35-39: 1. Eric Erenstoft SCAQ; 2. Bill Kane SOBA

W35-39: 1. Jill Keenan-Boline ROSE; 2. Laurie Dodd UCLA

M40-44: 1. David Neilan SOBA; 2. Finn McClafferty SWM; 3. TJ Sutherland NBLA

W40-44: 1. Ann Finley SOBA; 2. Sue Stohrer SOBA; 3. Anita Correa SAM

M45-49: 1. Buzz Harper LAPS; 2. Parks Wesson SAM; 3. Chris Engelhart MESA

W45-49: 1. Jenny Cook UCLA; 2. Valerie Hagopian SAM; 3. Janice Clark CTM

M50-54: 1. Daniel Slosberg SCAQ; 2. Bruce W Thomas SCAQ; 3. Rooney Daschbach UNAT

W50-54: 1. Christie Ciraulo (*Women's High Point*)

M55-59: 1. David Reukema CTM; 2. Don Van Cleve SCAQ

W55-59: 1. Patsee Ober UNAT; 2. Katherine Watson OJAI

M60-64: 1. Bill Darby UNAT (*Men's High Point*); 2. Eric Anderson SOBA

W60-64: 1. Ellen Shockro UCI

W65-69: 1. Carol Jewell NOVA

M75-79: 1. Robert Rolph MVN

In this issue:

- Short Course Meters meet information
- 2008 USMS registration form
- Registration fee increases to \$40
- How to register using online banking
- News from the USMS Convention

SWIM FOR LIFE!

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ATASCADERO: Team K-man
BAKERSFIELD: Golden Wave Masters
BAKERSFIELD SWIM CLUB
SAN LUIS OBISPO MASTERS
SAN LUIS OBISPO: Kennedy Club Masters
SANTA MARIA: Santa Maria Swim Club
VALYERMO: slowtwitch.com

Jennifer Glenesk (805) 2376170; swimcoach@teamkman.org; www.teamkman.org
Rafael Guijarro (661) 472-7246; rago2000@sbcglobal.net
John Kraetsch, jfk1@mcjunkin.com; www.bakersfieldswimclub.org
Louise Butler (805) 543-9515; sloswimclub@sbcglobal.net; www.sloswimclub.org
Linda Stimson (805) 781-3488 x17; sloaquatics@kennedyclubs.com
Cris Maxwell (805) 478-5801; maxwell.pca2@verizon.net
Mark Montgomery (310) 990-1400; montyman007@hotmail.com, slowtwitch.com

SANTA BARBARA (South) and VENTURA

CARPINTERIA: Channel Island
NEWBURY PARK: Performance Masters
OJAI: Ojai Masters
SANTA BARBARA: UCSB Masters
SANTA BARBARA MASTERS
THOUSAND OAKS: Conejo Simi Aquatics
THOUSAND OAKS: Daland Masters
THOUSAND OAKS: South Coast Aquatics
VENTURA COUNTY MASTERS
VENTURA: Rio Mesa Masters

Vic Anderson (805) 403-5425, delphis13@msn.com
Steve Gleason (805) 208-3888; sgleason51@yahoo.com
Rick Goeden (805) 646-6884; theswimguy@sbcglobal.net
Jeremy Kipp (805) 893-2505; jeremykipp@cox.net
Jon Bishop (805) 886-0050; coachjb@sbswim.org
Jon Irwin (310) 658-7276; jirwin@earthlink.net; www.csaswim.com
Leslie Daland-James (805) 495-5210; lesliedaland@yahoo.com
Matt Warshaw (805) 660-2082; matt@southcoastwaterpoloclub.com
Steve Witcher (805) 650-0400; buenaswim@yahoo.com
Toby Petty (805) 642-6674; tonthego00@sbcglobal.net

LOS ANGELES (North)

LANCASTER: Oasis Masters
PASADENA: Caltech Masters
PASADENA: Rose Bowl Masters
SANTA CLARITA MASTERS

Tom Otto (661) 948-0057; ottolfixit@hotmail.com
Suzanne Dodd (626) 449-7536; sdodd@ipac.caltech.edu
Chad Durieux (626) 564-0330; cdurieux@rosebowlaquatics.org
Lance O'Keefe; lokeefe@santa-clarita.com; pool: (661) 250-3766

LOS ANGELES (Westside)

CALABASAS: City of Calabasas Masters
EL SEGUNDO MASTERS
L.A. WEST: UCLA Bruin Masters
PORTER RANCH: Porter Valley Masters
WEST HOLLYWOOD AQUATICS
WOODLAND HILLS: Southwest Aq Masters

Raine Kishimoto (818) 222-2782 x 110; lkishimoto@cityofcalabasas.com
City of El Segundo (310) 524-2700 x2738
Gerry Rodrigues (310) 702-9327; swimpro@pacbell.net
Dan Sigafos (513) 284-4872; dtsigafos@hotmail.com
Joel McKenna (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. (various locations): SCAQ
L.A. MID-WILSHIRE: Meridian Swim Club
L.A. : Los Angeles Athletic Club Masters

Linda Bamford (805) 469-2415; swim@swimcatalina.org; swimcatalina.org
SCAQ Office (310) 390-5700; www.swim.net/scaq
Vanessa Mesia (310) 729-2971; vanessamesia@sbcglobal.net; meridiansportsclub.com
Skye Conant (213) 625-2211 x3366; skye.conant@laac.net; www.laac.com

LOS ANGELES (South Bay)

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

Kathy Davids (310) 643-6523, kdavids@socal.rr.com; www.southbayswimteam.org
Cindy Jarvis (562) 426-7601 x1047, cjarvis@alpertscc.org, www.alpertscc.org
Elodie Lynn (562) 644-5228, mimibobs@msn.com, www.shoreaquatics.com
Yuji Utsumi; (562) 252-0220; info@lbgrunions.com; www.lbgrunions.com
Chuck Milam (310) 592-6010, cdmilam@hotmail.com, www.manhattance.com
Shari Twidwell (310) 937-3535; shari@zapswimming.com
Beth Overstreet (310) 214-9593; beth.ford@mindspring.com, www.lapsmasters.org

INLAND EMPIRE

CORONA: Corona Aquatic Team Masters
MURRIETA: MESA Aquatic Masters
PALMDALE: Palmdale Masters
RIVERSIDE: Riverside Aquatics Assn.
TEMECULA: City of Temecula Masters
WALNUT: Buzzards Peak Masters
YUCAIPA: Masters of Yucaipa

John Salvino (866) SWM-CRNA; coachsalvino@hotmail.com
Debbie Mone (951) 265-1454; msmone@msn.com; mesaaquatics.com
Joe Goss (661) 267-5611; jgoss@cityofpalmdale.org
Eric Tanner (951) 313-9274; ertanner@gmail.com
Gwen Willcox (951) 694-6410; gwen.willcox@cityoftemecula.org
Francis Neric (562) 713-4555, fneric@mtsac.edu
Kathy Fellenz (909) 790-5544; junebug@cybertime.net

ORANGE COUNTY

COAST MASTERS
FULLERTON: FAST Masters Team
HUNTINGTON BEACH SWIM CLUB
HUNTINGTON BEACH: Golden West Swim Club
IRVINE NOVAQUATICS
IRVINE: UCI Masters
IRVINE: The Sports Club/LA
MISSION VIEJO MASTERS
NEWPORT BEACH: Pacific Coast Aquatics
NEWPORT BEACH: Team TYR
SAN CLEMENTE: San Clemente Swim Masters
SAN JUAN CAPISTRANO: Capo Masters
TUSTIN: SOCAL Aquatics
VILLA PARK: Orange Regional Comp. Aquatics
YORBA LINDA: East Lake Eagle Rays

Lou Giberson (949) 837-3091
Bill Jewell, swimbill@sbcglobal.net; fastswim.org
Buddy Belshe (949) 362-4727
Erik Andrews (714) 308-2227; slipperyrocks@yahoo.com; goldenwestswimclub.com
Mike Collins (949) 338-6682, info@novamasters.com; www.novamasters.com
Charlie Schober (949) 824-7946; ctschober@uci.edu; www.mastersswim.uci.edu
Dan Schoen (949) 9758400 x6204; danschoen@thesportsclub.com; thesportsclubla.com
Mark Moore (949) 233-6521; swimoffice@mvnswim.org; mastersmvnswim.org
Mark Desmond (949) 306-3599; markdesmond@highhopes.ws; pacificcoastaquatics.org
Jeni Buys (949) 706-9991; gojeni@aol.com
Rod Snyder (949) 366-1630; rdsnyder4@cox.net
Bert Bergen (949) 291-1659 (pool); info@capomasters.com; www.capomasters.com
Debra Cruze-Meyer (714) 639-1913; coachdebra@socalaquatics.com
Mark Tierney (714) 639-7531; coachmark@orca-aquatics.com
(714) 701-9440

LAS VEGAS

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

Frank Lowery (702) 400-2790; flowery719@cox.net; www.lowerysmultisport.com
Victor Hecker (702) 247-7788; heckerrealestate@hotmail.com
Marie Girouard (702) 461-5354; 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

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

Non-SPMA swimmers please include your address:

Street: _____

City, State, Zip: _____

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

UCLA Bruin Masters Short Course Meters Swim Meet Saturday, November 3, 2007

Sanction number: 337-042

UCLA Student Activities Center Pool (formerly the Men's Gym Pool) on the UCLA campus is an outdoor 8-lane competition pool with a warm-up area.

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

Entries: The pre-entry postmark deadline is Saturday, October 27th. Meet day entries for the 800 m Freestyle will close at 8:30 a.m. and at 10:00 a.m. for all other events. Age on December 31st, 2007 determines age group for the meet.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and genders combined. Swimmers in the 800 m Freestyle *must* check in to be seeded.

Relays: No Charge - Fun Event! 4 x 50 "T-shirt" relay. Each team member must swim with a T-shirt on. The shirt is exchanged from one swimmer to the next. Bring a T-shirt to use. This is quite a comical event and loads of fun. 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.

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

Entry Fees: \$25.00 per swimmer flat fee (pre-entry or deck entry).

Checks payable to: UC Regents

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

Questions: Meet Director, Gerry Rodrigues, swimpro@pacbell.net. Meet Information, (310) 702-9327. Meet Processing, Robert Mitchell, mitchellrobert@cox.net

Saturday, November 3, 2007

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

800 starts at 9:00 a.m.

1. 800 m Freestyle
Additional warm-up after the 800
Event #2 starts at 10:30 a.m.
2. 200 m Freestyle Relay (men, women, mixed; deck enter)
3. 200 m Individual Medley
4. 50 m Backstroke
5. 100 m Butterfly
6. 200 m Freestyle
7. 100 m Backstroke
8. 50 m Freestyle
9. 100 m Breaststroke
10. 100 m Freestyle
11. 50 m Butterfly
12. 50 m Breaststroke
13. 100 m Individual Medley
14. 4 x 50 m T-shirt Relay (deck enter)

Special thanks to Errol Graham for proof-reading the SPMA Newsletters, often on a very short deadline!

Julie Heather, editor

Southwest Masters Turkey Shoot at Pierce College Sunday, November 18, 2007

Sanction number: 337-044

Pierce College Pool is an outdoor 7-lane competition pool with two 25-meter warm-up lanes. 6201 Winnetka Ave., Woodland Hills.

Directions: Take the 101 Freeway to Winnetka. Exit at Winnetka and go north one 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 10th. Entries for the 800 m Freestyle will close at 8:45 a.m. and at the conclusion of the 800 for all other events. Age on December 31st, 2007 determines age group for the meet.

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 800 m Freestyle and the 400 m Individual Medley.

Relays: All relays will be deck entered. There is no charge for relays. 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: \$3.00 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 \$10.00 entry charge.

Checks payable to: AM Swimming

Mail consolidated entry card, a copy of your USMS card, and check to: Southwest Masters Turkey Shoot, P. O. Box 204, Lake Forest, CA 92609-0204.

Questions: Mary Hull (818) 885-5934; Robert Mitchell, mitchellrobert@cox.net, (949) 689-7946.

Sunday, November 18, 2007

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

800 starts at 9:00 a.m.

1. 800 m Freestyle (check in required)
Additional warm-up after the 800
Event #2 starts at 11:00 a.m.
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 Freestyle Relay (men, women, 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. 400 m Relay (medley or freestyle; men, women, mixed; deck enter)

SPMA will hold elections for officers at the annual meeting on Thursday, November 15th in Pasadena. Please contact the SPMA office for additional information about the meeting or if you are interested in running for a position.

Long Beach Grunions

2007 SPMA SCM Championships

November 30 - December 2, 2007

Sanction number: 337-045

Directions: The Belmont Plaza Olympic Pool, 4000 E. Olympic Plaza Dr., Long Beach CA 90803. Take the 405 Fwy. to the 7th Street exit. Go west on 7th Street to Redondo. Left on Redondo to Ocean Blvd. Left on Ocean to Termino. Right on Termino, Termino dead ends into pool parking. You can park on either side of the pool. All day parking passes will be available at the meet.

Fees: Flat fee of \$40.00 if postmarked before Monday, November 12th. Entry fee includes a meet T-shirt. Add a \$10.00 late fee for all entries *postmarked* (or entered on-line) after Monday, November 12th. Entries received after November 12th will not appear in the meet program. All entries *must be received* by 6:00 p.m. Wednesday, November 21st. No individual deck entries will be allowed. Age on December 31st determines age for the meet. All relays will be deck entered. Relay only swimmers may enter for a \$10.00 fee (which does not include a meet T-shirt) and must sign a consolidated entry card. Swimmers are limited to entering a total of 7 individual events for the entire meet and no more than 5 individual events per day. Relay entries are \$10 per relay, and there is no limit on the number of relays a swimmer may swim, but swimmers may swim only one relay (men, women, or mixed) per event. There will be no refunds of entry fees after November 21st.

Seeding: All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 800 and 1500 m Freestyle and 400 m Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be by gender and age group. The 1500 m Freestyle may be limited to the first 80 entries at the discretion of the meet director. Swimmers may enter both the 800 and 1500 m Freestyle.

Timing: Electronic timing will be used and two timers per lane will be provided. Clubs are requested to assist with timing where possible.

Check-in: Due to the anticipated large number of entrants, positive check-in is required for all events. Phone check-in is available for the 1500 Freestyle from 8:00 to 9:30 a.m. and for the 400 IM and 800 Freestyle from 8:00 a.m. until 11:00 a.m. on November 30th by calling (714) 273-8793 during those hours.

Awards: Individual: SPMA medals for places 1 to 3 and SPMA ribbons for places 4 to 6 for each age group and gender. Relays: SPMA medals for 1st place, SPMA ribbons for 2nd and 3rd places. There will be special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to the top eight teams, based on combined scoring for men and women, individual events plus relays.

Entries: To register online, go to www.lbgrunions.com, click on Swim Meets, and then register. You may also mail entries, SPMA entry card, copy of USMS card, and check (payable to: Long Beach Grunions) to: LB Grunions, c/o Bart Parnes, 645 Terrylynn Place, Long Beach, CA 90807. Receipt of entry will not be verified by phone. Send a SASE or stamped postcard for return receipt. **Questions:** Call (714) 273-8793 or send an email to [Kenny Brisbin, ken@supersource.com](mailto:Kenny.Brisbin@supersource.com). For hotels, information, and directions, go to www.lbgrunions.com and click on "Swim Meets."

Please note that this meet entry information supersedes the information in the September/October newsletter!

Friday, November 30th

Warm-up 9:00 a.m.

Meet starts at 10:00 a.m.

Check-in for 1500 m Freestyle closes at 9:30 a.m.

1. 1500 m Freestyle (Women, Men)
Check-in for 400 IM closes at noon.
2. 400 m Individual Medley (Women, Men)
Check-in for the 800 m Freestyle closes at 1:00 p.m.
3. 800 m Freestyle (Women, Men)

Saturday, December 1st

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

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

Sunday, December 2nd

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

Check-in for the 400 m Freestyle closes at 8:30 a.m.

21. Women's 400 m Freestyle
22. Men's 400 m Freestyle
23. Women's 100 m Butterfly
24. Men's 100 m Butterfly
25. Women's 50 m Breaststroke
26. Men's 50 m Breaststroke
27. Women's 200 m Backstroke
28. Men's 200 m Backstroke
29. **400 m Medley Relay (Women, Men, Mixed)**
30. Women's 100 m Freestyle
31. Men's 100 m Freestyle
32. Women's 200 m Breaststroke
33. Men's 200 m Breaststroke
34. Women's 50 m Backstroke
35. Men's 50 m Backstroke
36. Women's 100 m Individual Medley
37. Men's 100 m Individual Medley
38. **800 m Freestyle Relay (Women, Men, Mixed)**

Relays: A swimmer may swim only one relay in each of events 8, 15, 20, 29, and 38.

For more information on host hotels and on-line entries, visit www.lbgrunions.com

Las Vegas Masters Vegas Free Play SCY Meet Saturday, January 26th, 2008

Sanction number: 338-001

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 the 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 21st, 2008. Deck entries will close at 12:30 p.m. for the first six events. Age on January 26th 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 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: AM Swimming

Mail consolidated entry card, a copy of your 2008 USMS card, and check to: Las Vegas SCY Meet, P. O. Box 204, Lake Forest, CA 92609-0204.

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

Saturday, January 26, 2008

Warm-up at noon

Events start at 1:00 p.m.

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

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

USMS Dues Increase

USMS, at its 2006 convention in Dearborn, Michigan, voted to increase membership dues by \$5.00 per year starting in 2008. The dues increase will allow USMS to continue to improve upon its services to its membership in accordance with its strategic plan. Several upcoming items include moving to online registration, the funding of a club development program in an effort to grow the membership of USMS and the hiring of professional full time staff for the organization. As a result of this change by USMS, the membership dues for SPMA will now be \$40 per year starting with registrations for the 2008 calendar year.

Paying Your Dues Using Online Banking - Step by Step

If you would like to pay your registration using your online banking checks (e.g., BillPayer, CheckFree, etc.), please follow these simple steps to ensure that the process goes smoothly.

1. Fill out and sign your registration form.
2. Write on the form (anywhere) that the dues check will arrive separately. If you don't do this, your incomplete registration will be sent back to you!
3. In the memo area of your online check put your name.
4. Mail your form to the SPMA Office, or fax it to the SPMA Office *during business hours* (626-296-1841). Note that any faxes that wake the registrar up at night will be discarded!

Late Breaking News from the USMS Convention

As this newsletter was going to press we received some late breaking news from the USMS Convention, held in Anaheim, California during the last week in September.

Woody Bowersock (Coast Masters) was inducted into the International Masters Swimming Hall of Fame as an Honor Swimmer.

The 2008 honorees were announced, and we are proud to have Jim McConica (Ventura County Masters) and Bob Strand (registers in Pacific, but works out with Rose Bowl) as inductees.

The 2007 June Krauser Communications Award was given to Julie Heather, SPMA Registrar.

The 2009 Short Course Yard USMS National Championships were awarded to Clovis, California.

Southern Pacific Masters Association

2008 Membership Form

United States Masters Swimming, Inc. & Southern Pacific Masters Association 2008 Membership Application <input type="checkbox"/> Renewal Previous 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 (required) Month/Day/Year		Age	Gender	Email Address (print in ALL CAPS)
CLUB (If left blank, you will remain with your previous club, or "unattached" if new)				Today's Date
Emergency Contact (optional)				Phone No. of emergency contact
<input type="checkbox"/> Check this box if you do not want any emails from USMS or SPMA, except regarding your registration.				
<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: \$40 \$ _____ 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>				

Benefits of 2008 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 USMS Swimmer, a bi-monthly swimming publication which runs concurrently with your membership (\$8.00 of the annual dues is designated for the magazine subscription).
- 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.
- 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 the USMS magazine and the SPMA newsletter.

2008 USMS Registration is valid through December 31, 2008

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Southern Pacific Masters Association Schedule

November	3	UCLA SCM Swim Meet
	15	SPMA Committee Annual Meeting and Elections, Pasadena
	18	Pierce College Turkey Shoot SCM Swim Meet, Woodland Hills
	30-12/2	SPMA SCM Championship Swim Meet, Long Beach
January	26	Las Vegas SCY Swim Meet

For a complete and updated list of events, check www.spma.net or call the SPMA office

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
New Mexico: www.zianet.com/pdjang/nmms/index.htm
Arizona: www.azlmsc.org

SPMA Video Library

SPMA has a video library available for use by our members. There is a \$7 charge for one tape or DVD, \$10 for two, or \$12 for three. This covers the cost of the envelopes and mailing both ways. Tapes must be brought to the post office for return due to USPS security requirements. We also need a separate check for \$50 *per DVD or video* that will be held as a deposit until the tape(s) are returned. This check will not be cashed unless the tapes are not returned. The rental period is one month. Give the SPMA office a call (626-296-1841), and we'll discuss which videos would best fit your needs. Please include alternates with your request, or note that you would prefer to wait if the videos you request are out on loan. Send requests to the SPMA office. Titles available for rental include:

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
- 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)

For a complete list of VHS video tapes available contact the SPMA Office or view the list online at www.spma.net