



SPMA MASTERS SWIMMING

35th Annual Caltech Pentathlon Attracts a Large Crowd by Suzy Dodd



This year's Caltech Pentathlon was held on Sunday, March 8, and marked the 35th time this annual meet has been held. The weather was sunny and mild, and the pool was fast for the near-record number of swimmers (206) who took part in the meet. 136 men and 70 women, ranging in age from 21 to 87, swam



Meet Director, Suzy Dodd

five races each: 50 fly, 50 back, 50 breast, 50 free, and 100 IM. The total times were added together to determine the age group winners.

There was a repeat in the overall meet winners. Cynthia Lewin, 33, from Mission Viejo Masters was the overall women's winner. She was also the overall winner in 2008. JR DeSouza, 37, from Rose Bowl Masters, was the men's overall winner. This was the third year in a row that JR has been the overall winner. For the women, Cynthia Lewin had the fastest

time in the 50 fly (27.62), 50 breast (32.44), 50 free (25.69), and 100 IM (1:02.89). Elizabeth Vucinich, 28, from West Hollywood Aquatics had the fastest time in the 50 back with a 30.81. JR DeSouza had the fastest time for the men in the 50 fly (23.50), 50 back (25.61), 50 free (22.04), and 100 IM (54.21). Ian Neubauer, 28, JR's teammate at ROSE had the fastest 50 breast time with a 27.70. Maurine Kornfeld, age 87, from Mission Viejo and Jurgen Schmidt, age 86, from Lompoc were the oldest competitors in the meet. Each won a gold medal in their age group, successfully completing all five events.



Distance swimmer Glenn Gruber

The Caltech Masters team wishes to congratulate all the competitors on a job well done, and invites everyone back next year for the 36th annual Caltech Pentathlon.



CSAM Coach Nancy Reno

Photos by Ahelee Sue Osborn

In this issue:

- 2009 LCM meet entry forms
- 2009 early Open Water Events
- DVD Reviews by Michael Heather

Pentathlon Age Group Winners

18-24	Aubrie Smallwood, YCAM	Matthew Thunell, WH2O
25-29	Elizabeth Vucinich, WH2O	Ian Neubauer, ROSE
30-34	Cynthia Lewin, MVN	Benjamin Cone, CTM
35-39	Sian Romoli, CTM	Jose DeSouza, ROSE
40-44	Gretchen Caterson, SCA	Peter Hixon, ROSE
45-49	Kayley Vernallis, ROSE	Bryant Lum, VCM
50-54	Ahelee Sue Osborn, NOVA	Gerard von Hoffmann, NOVA
55-59	Mindy Dougherty, MVN	Hubie Kerns, VCM
60-64	Beverly Montrella, MVN	Robert Strand, TOC
65-69	Pat Fruin, MMM	Mike Freshley, SDSM
70-74	Helen Geoffrion, UCLA	Jeff Farrell, SBM
75-79	-	Bob Best, SDSM
80-84	-	Frank Piemme, LOST
85-89	Maurine Kornfeld, MVN	Jurgen Schmidt, LOST

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

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Mike Ashmore (805) 928-9655, santamariaswim@verizon.com, santamariaswim.net

SANTA BARBARA (South) and VENTURA

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

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LOS ANGELES (North)

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

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Lance O'Keefe, lokeefe@santa-clarita.com, pool: (661) 250-3767
Louis Boehle (909) 657-7758, louisboehle@mac.com

LOS ANGELES (Westside)

CALABASAS: 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 Aq Masters

Raine Kishimoto (818) 222-2782 x 110, lkishimoto@cityofcalabasas.com
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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
Gregg Gorgezelec (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
SOUTH GATE Masters Swim Team

Carol Sing (619) 588-2677, swim@swimcatalina.org, 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, meridiansportsclub.com
Vanessa Mesia (310) 729-2971, vanessamesia@sbcglobal.net, www.laac.com
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, ihacoach@aol.com, swimarmada.com
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Cindy Summers (562) 416-6755, summerscm@hotmail.com
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Debi Blair (310) 813-9656, info@lapsmasters.org, www.lapsmasters.org

INLAND EMPIRE

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

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John Salvino (866) SWM-CRNa, coachsalvino@hotmail.com
William Segovia (951) 894-5588, administrator@mesaaquatics.com, www.mesaaquatics.com
Carrie Ridgway (951) 205-2268, info@raa-swim.org, www.raa-swim.org
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Jason Bradbury (951) 845-7458, ystcoach.jason@verizon.net, yucaipaswim.org

ORANGE COUNTY

ALISO VIEJO: Renaissance Club Sport
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

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Mark Desmond (949) 306-3599, markdesmond@highhopes.ws, pacificcoastaquatics.org
Jim Turner (949) 644-3046, jturner@nbfed.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
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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 _____								
	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, 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.

Santa Clarita Masters LCM Swim Meet Sunday, May 17th, 2009

Sanction number: 339-010

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, May 9th. Deck entries for the 1500 m Freestyle will close at 8:45 a.m.; all other deck entries close at 11:00 a.m. Age on December 31, 2009 determines age group for the meet. You must be at least 18 years of age 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 1500 m Freestyle and the 400 m 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. Deck entries allowed for a total of \$30.00.

Checks payable to: City of Santa Clarita.

Mail consolidated entry card, a copy of your 2009 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) 250-3771, clundie@santa-clarita.com; Lance O'Keefe, (661) 250-3767, lokeefe@santa-clarita.com; Mike Coash, (661) 250-3760, mcoash@santa-clarita.com.

Sunday, May 17, 2009

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. 200 m Mixed Freestyle Relay
3. 100 m Butterfly
4. 200 m Freestyle
5. 100 m Breaststroke
6. 50 m Freestyle
7. 200 m Individual Medley
8. 400 m Freestyle (check-in required)
9. 100 m Backstroke
10. 50 m Butterfly
11. 400 m Individual Medley
12. 200 m Breaststroke
13. 100 m Freestyle
14. 50 m Backstroke
15. 200 m Butterfly
16. 50 m Breaststroke
17. 200 m Backstroke
18. 200 m Mixed Medley Relay

Mission Viejo Nadadores LCM Swim Meet Sunday, June 7th, 2009

Sanction number: 339-011

Mission Viejo Pool is an outdoor, 25-yd. by 50-m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo.

Directions: From the north or south, take the I-5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking. There will be no parking in the upper parking lot. No tennis parking on Marguerite allowed.

Entries: The pre-entry postmark deadline is Saturday, May 30th. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 1500 m Freestyle and at 10:30 a.m. for all other events. Age on December 31, 2009 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 400 and 1500 m Freestyle and the 400 m Individual Medley.

Relays: All relays will be deck entered on SPMA relay forms available at the meet. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$10.00 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. Deck entries allowed for a total of \$30.00.

Checks payable to: Mission Viejo Nadadores (MVN)

Mail consolidated entry card, a copy of your 2009 USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 25108-B Marguerite Parkway #391, Mission Viejo, CA 92692.

Questions: Meet Director, Mark Moore (949) 489-1847; coachmark@mastersmvnswim.org.

Snack Bar: Hot and cold drinks, snacks, and food will be available for purchase.

Sunday, June 7, 2009

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

1500 starts at 8:30 a.m.

1. 1500 m Freestyle (check-in required)
Additional warm-up after 1500
Event #2 will start no earlier than 11:00 a.m.
2. 400 m Individual Medley (check-in required)
3. 200 m Freestyle
4. 50 m Butterfly
5. 100 m Backstroke
6. 200 m Breaststroke
7. 200 m Medley Relay (men, women, or mixed)
8. 200 m Individual Medley
9. 200 m Butterfly
10. 50 m Breaststroke
11. 200 m Backstroke
12. 100 m Freestyle
13. 100 m Butterfly
14. 50 m Backstroke
15. 200 m Freestyle Relay (men, women, or mixed)
16. 100 m Breaststroke
17. 50 m Freestyle
18. 200 m Fun Fin Relay

Las Vegas Masters LCM Swim Meet Saturday, June 20th, 2009

Sanction number: 339-012

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

Directions: From the I-15 Fwy., take the Spring Mountain Rd West exit. Turn west on Spring Mountain Road and go 4 1/2 miles to the pool.

Entries: Pre-entry postmark deadline: Saturday, June 13th. On deck registration permitted. Deck entries will close at 12:30 p.m. for the first 6 events. Deck entries will close at 1:00 p.m. for the remaining events. Age on December 31, 2009 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 400 meter freestyle.

Relays: All relays will be deck entered, on SPMA relay forms available at the meet. Relays are *free*. 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: \$3.00 per each individual event entered and a \$10.00 surcharge per swimmer. Note that deck entrants will pay an additional \$10.00 entry charge.

Checks payable to: Las Vegas Masters

Mail consolidated entry card, copy of 2009 USMS card, and check to: Las Vegas LCM Meet, P. O. Box 204, Lake Forest, CA 92609-0204.

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

Saturday, June 20, 2009

Warm-up at noon

Meet starts at 1:00 p.m.

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

Newport Beach Lifeguards Balboa-Newport Pier-to-Pier Saturday, July 11th, 2009

Sanction number: 339-014

Distance: 2 miles

Location: Start from the beach next to the Balboa Pier.

Swim to a buoy offshore, turn right shoulder to buoy, and then up the coast to a buoy just off the Newport Pier. Round right shoulder to buoy at the Newport Pier and finish on shore in front of Lifeguard Headquarters. It is always recommended that swimmers wear a bright cap and be accompanied by a paddler.

Check-in: Registration is at 9:00 a.m. at Lifeguard Tower "M," next to the Balboa Pier. The swim starts at 10:00 a.m.

Entries: Pre-registration is \$25.00 (includes a T-shirt) and is due by Tuesday, June 30th. Register for both this swim and the August 25th Don Burns Corona del Mar swim for \$45.00.

To enter, send a copy of your 2009 USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: N.B.O.L.A. Mail to: Nadine Turner, One Giverny, Newport Coast, CA 92657.

Application and Additional Information: www.newportlifeguard.org, Nadine Turner, (949) 640-5350; nadineturner3@cox.net

Semana Nautica Sports Festival Santa Barbara 6-mile Swim Sunday, July 12th, 2009

Sanction number: 339-025

Distance: 6 miles

Location: Goleta Beach to Arroyo Burro Beach, Santa Barbara. Start on the west side of Goleta pier. There is no charge for parking at either beach, carpooling from finishing beach will be arranged the morning of the swim. Water temperature varies from 58-65°F in June and July. This swim is for experienced swimmers *only!* Participants must bring board/kayak and paddler to accompany them in the ocean swim. No wetsuits.

Check-in: Registration begins at 7:30 a.m. The swim starts at 9:00 a.m.

Entries: Pre-registration is \$40.00 and entries must be received by Friday, July 3rd. No beach entries. T-shirts are \$15.00.

To enter, print and complete the entry form at www.semananautica.com or send a copy of your 2009 USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: Jane Cairns, 5094 Cathedral Oaks Rd, Santa Barbara, CA 93111. Include a list of recent ocean swims completed.

Additional Information: Jane Cairns, (805) 886-8123, janeswims@juno.com

Seal Beach Swim Club, 37th Seal Beach Rough Water Swim, Sunday, July 12th, 2009

Sanction number: 339-015

Distance: 1-mile and 5-kilometer events.

Location and directions: Take the 405 Fwy to Seal Beach Blvd. South, turn right on Pacific Coast Hwy, and then left on Main St. Make a right turn on Ocean Ave. Parking is available in the lot on the left side for a fee. Note that parking on Ocean Ave. and side streets is limited to one hour.

Check-in: Check-in times vary with event. Check-in starts at 6:30 a.m. for the 5K swim, you must check in by 7:15 a.m., and the start is

at 8:00 a.m. The 1-mile check-in is at 8:00 a.m. with an approximate 9:30 a.m. start time.

Entries: Pre-registration is \$25.00 and must be postmarked by Friday, June 26th. Race day registration is \$30.00.

To enter, send a copy of your 2009 USMS card, and a completed SPMA consolidated card with your check payable to: Seal Beach Swim Club. Mail to: S.B.R.W.S., P. O. Box 605, Seal Beach, CA 90740.

Additional Information: Maria Fattal, (562) 430-1092; sbvbcmaria@yahoo.com; www.sealbeachswimclub.org

Mission Viejo Nadadores LCM Relay Meet Sunday, July 5th, 2009

Sanction number: 339-013

Mission Viejo Pool is an outdoor, 25-yd. by 50-m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo.

Directions: From the north or south, take the I-5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking. There will be no parking in the upper parking lot. No tennis parking on Marguerite allowed.

Entries: This will be a deck entered meet. Entry cards for events 1 to 4 are due by 8:45 a.m., events 5 to 8 by 10:00 a.m., events 9 to 12 by 10:30 a.m., and events 13 to 15 by 11:00 a.m. Age on December 31, 2009 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.

Relays: All relays will be deck entered on SPMA relay forms available at the meet. Relay fees are \$10.00 per relay due upon entry.

Awards: SPMA ribbons for first through third place.

Entry Fees: \$15.00 per swimmer surcharge. Swimmers must complete a consolidated entry card and provide a photocopy of their 2009 USMS card.

Questions: Meet Director, Mark Moore, (949) 489-1847; coachmark@mastersmvnswim.org.

Snack Bar: Hot and cold drinks, snacks, and food will be available for purchase.

Sunday, July 5, 2009

Warm-up at 8:30 a.m.

Meet starts at 10:00 a.m.

1. Women's 400 m Medley Relay
2. Men's 400 m Medley Relay
3. Women's 200 m Freestyle Relay
4. Men's 200 m Freestyle Relay
5. Women's 400 m Freestyle Relay
6. Men's 400 m Freestyle Relay
7. Women's 200 m Medley Relay
8. Men's 200 m Medley Relay

10 minute break

9. Women's 800 m Freestyle Relay
10. Men's 800 m Freestyle Relay

15 minute break

11. Mixed 400 m Medley Relay
12. Mixed 200 m Freestyle Relay
13. Mixed 400 m Freestyle Relay
14. Mixed 200 m Medley Relay

10 minute break

15. Mixed 800 m Freestyle Relay

Santa Barbara Masters Reg Richardson Memorial LCM Meet Saturday, July 11th, 2009

Sanction number: 339-016

The Reg Richardson Memorial Meet is part of Semana Nautica, Santa Barbara's annual summer sports festival, now in its 71th year! Learn more at www.semananautica.com. Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara.

Directions: From the 101 Freeway going north, exit at Cabrillo Blvd. (off-ramp is in the fast lane). Turn towards the ocean and drive west along the beach. Cabrillo Blvd. becomes Shoreline Drive at Castillo St., which dead-ends at the pool. From the 101 Freeway going south, exit at Castillo St. Turn right and the pool is at the end of Castillo. Parking is available on Castillo St. and in the lot behind the pool. The parking lot entrance is west of the pool at Harbor Way and Shoreline Drive. There is a parking fee at the lot.

Entries: Pre-entry postmarked deadline: Thursday, July 2nd. On deck registration permitted. Deck entries will close at 8:45 a.m. for the 1500 m Freestyle and 10:30 a.m. for all other events. Age on December 31, 2009 determines age group for the meet.

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.

Relays: The 200 m Freestyle relay will be deck-entered. Relay fees are \$5.00 per relay due upon entry. All relays must be submitted on SPMA relay forms that will be available at the meet. For each relay swimmer who is not entered in individual events, 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: There is a \$25.00 flat fee per swimmer. For relay-only swimmers, the fee is \$5.00. Deck entries allowed for an additional \$10.00 charge.

Checks payable to: Santa Barbara Swim Club

Mail consolidated entry card, a copy of your 2009 USMS card, and check to: Santa Barbara Swim Club, P. O. Box 204, Lake Forest, CA 92609-0204.

Questions: Santa Barbara Swim Club Office (805) 966-9757, sbsc@sbswim.org. Meet Processing, Robert Mitchell, (949) 689-7946, mitchellrobert@cox.net.

Saturday, July 11, 2009

Warm-up at 8:00 a.m.

1500 m Freestyle starts at 9:00 a.m.

1. 1500 m Freestyle
Additional warm-up after 1500 m Freestyle
Event #2 starts at 11:00 a.m.
2. 100 m Freestyle
3. 100 m Breaststroke
4. 200 m Individual Medley
5. 50 m Freestyle
6. 200 m Butterfly
7. 50 m Breaststroke
8. 100 m Backstroke
9. 200 m Freestyle
10. 100 m Butterfly
11. 50 m Backstroke
12. 200 m Breaststroke
13. 50 m Butterfly
14. 200 m Backstroke
15. 200 m Freestyle Relay (men, women, or mixed; deck enter)

For a complete list of open water events in the Southern California area, including those not sanctioned by SPMA, visit:

www.spma.net

Click on Open Water & Long Distance

Conejo Simi Aquatics LCM Regional and Zone Championships

Cal Lutheran University, Samuelson Aquatics Center

Friday to Sunday, July 24th to 26th, 2009

Sanction number: 339-017

The Samuelson Aquatics Center at Cal Lutheran University is an outdoor, 25 yard x 50-meter pool with 8 swimming lanes and an electronic score board with Daktronics timing system. Seven lanes will be used for competition, and one for warm-up and warm-down during the meet.

Directions: Cal Lutheran University is located off the 23 North Freeway from the 101 at Thousand Oaks. Exit 23 North at Olsen, turn left (west) and the University pool is approx 3 miles on the right.

Fees: Flat fee of \$40.00 if postmarked on or before Tuesday, July 14th. Entries postmarked or submitted after midnight on July 14th will be subject to a \$10.00 late fee. *All entries not received by 8:00 p.m. on Saturday, July 18th will be rejected. No individual deck entries will be allowed.* Check www.spma.net for availability of online entries. Relay-only swimmers: Swimmers who plan to swim only in relays may do so, for a \$10.00 fee. Relay-only swimmers must also sign a consolidated entry card and may deck enter the meet. Swimmers are limited to entering and swimming a total of 7 individual events for the entire meet (but no more than 5 per day), plus relays.

Seeding: Men and women will be seeded together for the 400, 800 and 1500 m Freestyle and 400 m Individual Medley, based on entry time. The 1500 and 800 m Freestyle will be limited to the first 50 entries for each event. Men and women will swim separately for all other individual events. Scoring will be separate, by gender and age group. All individual events will be seeded and swum slowest to fastest.

Check-in: Check-in is required for the 400, 800 and 1500 m Freestyle events and the 400 IM. Check-in will close at 2:30 p.m. Friday for the 1500, 8:00 a.m. Saturday for the 400 m Freestyle, 8:00 a.m. Sunday for the 800 m Freestyle, and 9:00 a.m. Sunday for the 400 IM.

Awards: Custom medals for individual places 1st to 3rd, SPMA ribbons for places 4th to 6th for each age group and gender. Custom medals for 1st place relay teams, 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 8 clubs, based on combined scoring for men and women, individual events plus relays, including mixed relays.

Entries: Mail entry card, copy of 2009 USMS card, and check (payable to Conejo Simi Aquatics) to: Conejo Simi Aquatics, Meet Administrator Bev Pierson, c/o 935 Calle Collado, Thousand Oaks, CA 91360. Receipt of entry will *NOT* be verified by phone. Send a SASE or stamped postcard for return receipt.

Questions: Meet director: Bev Pierson (805) 376-3042, beverly.pierson@gmail.com.

Friday, July 24, 2009

Warm-up at 2:00 p.m.

Meet starts at 3:00 p.m.

Check-in for the 1500 m Freestyle will close at 2:30 p.m.

1. 1500 m Freestyle (Women, Men)

Saturday, July 25, 2009

Warm-up at 7:30 a.m.

Meet starts at 9:00 a.m.

Check-in for the 400 m Freestyle will close at 8:00 a.m.

2. 400 m Freestyle (Women, Men)
3. Women's 50 m Butterfly
4. Men's 50 m Butterfly
5. 400 m Freestyle Relay (Women, Men, Mixed)
6. Women's 100 m Breaststroke
7. Men's 100 m Breaststroke
8. Women's 200 m Butterfly
9. Men's 200 m Butterfly
10. Women's 100 m Freestyle
11. Men's 100 m Freestyle
12. Women's 100 m Backstroke
13. Men's 100 m Backstroke
14. Women's 200 m Individual Medley
15. Men's 200 m Individual Medley
16. Women's 50 m Breaststroke
17. Men's 50 m Breaststroke
18. 400 m Medley Relay (Women, Men, Mixed)
19. 800 m Freestyle Relay (Women, Men, Mixed)

Sunday, July 26, 2009

Warm-up at 7:30 a.m.

Meet starts at 9:00 a.m.

Check-in for the 800 m Freestyle will close at 8:00 a.m.

20. 800 m Freestyle (Women, Men)
21. Women's 200 m Backstroke
22. Men's 200 m Backstroke
23. Women's 50 m Freestyle
24. Men's 50 m Freestyle
25. 400 m Individual Medley (Women, Men)
26. Women's 100 m Butterfly
27. Men's 100 m Butterfly
28. Women's 50 m Backstroke
29. Men's 50 m Backstroke
30. Women's 200 m Freestyle
31. Men's 200 m Freestyle
32. Women's 200 m Breaststroke
33. Men's 200 m Breaststroke
34. 200 m Medley Relay (Women, Men)
35. 200 m Freestyle Relay (Women, Men)
36. Mixed 200 m Medley Relay
37. Mixed 200 m Freestyle Relay

Relays: A swimmer may swim only one relay in each of events 5, 18, and 19 (e.g., Women, Men or Mixed). For entry information, please see the additional information online at www.spma.net.

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

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Southern Pacific Masters Association Schedule

May	14	SPMA Committee Conference Call
	7-10	USMS SCY National Championships, Clovis, California
	17	Santa Clarita LCM Swim Meet
June	7	Mission Viejo LCM Swim Meet
	20	Las Vegas LCM Swim Meet (date changed from last newsletter!)
July	5	Mission Viejo LCM Relay Meet
	9	SPMA Committee Conference Call
	11	Balboa to Newport Pier-to-Pier 2-mile Open Water
	11	Santa Barbara LCM Swim Meet
	12	Santa Barbara Semana Nautica 6-mile Open Water
	12	Seal Beach 1- and 3-mile Open Water
	24-26	SPMA LCM Regional Championships, Thousand Oaks
August	6-10	USMS LCM Nationals, Indianapolis
	16	Naples Island 1- and 3-mile swims, Long Beach
	20	SPMA Committee Conference Call
	29	Don Burns Corona del Mar 1-mile Open Water
September	19	Oceanducks Santa Barbara Pier-to-Pier 10-mile
October	4	Mission Viejo SCM Swim Meet
	24	UCLA SCM Swim Meet (tentative)
November	7	Santa Clarita SCM Swim Meet
	19	SPMA Annual Meeting
	22	Turkey Shoot SCM Swim Meet, Woodland Hills
December	4-6	SPMA SCM Regional Championships, Long Beach

For a complete and updated list of events, check 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 alternatives 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.

For a complete list of available titles, check the SPMA website (www.spma.net), a previous newsletter, or contact the SPMA office.

DVD Review by Michael Heather

“Total Immersion” - Better Fly for Everyone

I will admit to two things before starting my review of this DVD: (1) I am already a butterfly, and (2) I have never seen a Total Immersion (TI) DVD or been to a TI clinic before.

This DVD seems to be something that one may encounter in a resort setting, learning to swim a new stroke with a soundtrack. The steps are extremely small and the point is nearly lost unless one perseveres to the end of the lesson. I watched this DVD from beginning to end and thought it could double as a breaststroke lesson, except for the over-water arm recovery that is eventually added. I guess that if you do not know how to swim this stroke already, or would like to learn how to swim butterfly in long distances, this DVD could be of some help. There is no effort or instruction given at all to the dolphin kick, other than to admit that it exists, so if you want to race butterfly, you will need to learn some other way. It does contain an epilogue that shows how to do the whip (breaststroke) kick with the arm stroke. For experienced butterflyers, this will give a few tips and reminders for hand and body position and timing. However, Stephan, one of the demonstration swimmers, has an odd hand recovery. There is a great deal of effort made to relax and ease the viewer, since the DVD starts off with the description of the stroke's bad press and many swimmers' struggle to master it. This includes the repeated use of the phrase “easy, relaxed, and gentle.”

“Total Immersion” - Freestyle Made Easy

This DVD is meant primarily for people who are determined to swim long distances, either in a pool or in open water. The drills are geared to take you, in very small steps, to a relaxed, controlled style of swimming. If you are a proponent of TI swimming, you will be in hog heaven. If you want to learn how to swim with relative ease for long distances, it may help, but you have to buy into the incessant drills to “imprint” the feeling of balance, control, or whatever else is being imprinted. The only kicking drills are of the vertical type. I had a tough time staying focused on the lessons and remembering what all of the names were (what is a double under switch zipper skate?) for the different routines and body positions.