

May/June
2013

SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



2012 SPMS Coach of the Year

by

Christine D. Maki

Wow! What a great response, from our local swimmers, in the form of nominations for the 2012 Southern Pacific Masters Swimming Coach of the Year. The SPMS Coaches Committee received nominations for 15 of our section coaches for this year's award. The quantity of nominations has increased over 200% since I have been volunteering with SPMS. Many nominated coaches were celebrated by their nominees in quality of coaching by motivation and teaching technique for their swimmers, and some coaches were nominated in name only.

As the nominations were reviewed by the members of the selection committee, a few nominees continued to rise to the top in scoring, as coaching and participation attributes met many of the SPMS Coach of the Year award criteria, but one SPMS coach fulfills all of the criteria. This solidified the decision as to whom the 2012 SPMS Coach of the Year title should be awarded to.



A quote from one of the nomination letters summed up all of the Coach of the Year recipient's coaching characteristics, "Coach Chad has been instrumental in bringing exceptional growth, in both numbers of swimmers and number of competitors, to a club that had been stagnant for several years. In addition, he has become a leader in his contributions to the wider swimming community." With Chad Durieux's current accomplishments set upon the foundation of his previous years of coaching and leading the Rose Bowl Aquatics Masters Swimming Team, he exemplifies what it takes to become SPMS Coach of the Year.

Southern Pacific Masters Swimming presented the 2012 Coach of the Year award to Chad Durieux on Saturday, April 27, 2013, at the SPMS SCY Championships.

Congratulations Chad!

Note: To all of the SPMS coaches, please be aware that your swimmers are watching you, enjoying your practices, and looking to build a lasting camaraderie with you and the teams they swim with.

We had a terrific response from many of the SPMS swimmers, whom positively and overwhelmingly nominated many of our section coaches. It was a pleasure to see our section swimmers come to life giving accolades to our section coaches. Please continue to keep up the dedication and great work that you are doing with your Masters swimmers.

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Swim Las Vegas - a Beacon for Open Water Swimming

by

Kara Robertson

It is no secret that Swim Las Vegas (SLV) founding coaches Kara Miller and Paul Fritz have a love of open water and a passion for coaching. Due to their tireless dedication and long hours in and aside the water, they have grown the program from a handful of swimmers in 2006 into a team of more than 100 swimmers.

SLV created and has hosted the unique “**Slam the Dam**” (www.SlamTheDam.com) open water swims which have been taking place on the first Saturday in October since 2010. For those who don't know about it, swimmers have the option of choosing a gorgeous point-to-point 8K-swim, a 2.4- or 1.2-mile race, but since this is Vegas, swimmers can "double down" and swim two of those events back to back!



This year, Coaches and Race Directors Kara and Paul have added another event earlier in the year and are going a little longer with the **LV10K**. They have added this event in order to host the USMS 10K Open Water National Championship on Saturday, May 18th, 2013.

"We've been planning this event for two years and are thrilled to be able to bring a National Championship Open Water race to our back yard" says Coach Kara. "We have had National and World Championship races here in southern Nevada, but never for an open water swim" says Coach Paul. The 10K is open to all swimmers who can meet the four (4) hour cut-off time. The 5K and one-mile swims will leave five and ten minutes behind the 10K and swimmers will have to finish before the noon cut-off time as well (with a little over three and a half hours to complete the swim.) Participants from several states have already registered and the competition is heating up! Who will be the 2013 USMS 10K National Champion?

Our generous sponsors from Massage Envy will be offering free post-race massage for athletes and Caked Las Vegas will be providing cupcakes! All participants will receive a goody bag from our other sponsors and all finishers will receive a finisher's medal and age group awards.

Ocean swimmers will enjoy the relatively warmer (74°) temperature with no sea life to distract them from the task at hand. And with day temperatures in the 80s, the LV10K is the perfect excuse for a weekend trip to Las Vegas. Plus you will have all of Saturday night to celebrate.

Please visit our website www.lv10k.com and our www.facebook.com/lv10k pages for updates and travel deals.

We hope to see you there!



**UC-Irvine Masters
LCM Swim Meet
Sunday, May 19, 2013**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 333-S016**

Facility: UCI Pool is located on the UCI campus, an outdoor, 8-lane competition pool with a warm-up area and fully automatic timing with 8 lane scoreboard.

Directions: *From the north*, take the Jamboree Rd. exit from I-405. Turn right on Jamboree Rd, left on Campus Dr., and right on West Peltason. The pool is ahead on the right. *From the south*, take the University Dr. exit from I-405. Turn left on University, left on Campus Dr., right on West Peltason. The pool is ahead on the right. Park in the Mesa Parking Structure at Mesa Rd and West Peltason (\$8.00 per day).

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on December 31, 2013 determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 5 individual events.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries are allowed for \$30.00 flat fee. For swimmers in relays only, the fee is \$5.00. The pre-entry postmark deadline is Saturday, May 11, 2013. Deck entries will close at 8:30 a.m. for 800 m. Freestyle, and at 10:00 a.m. for all other events. Online entries close at 6:00 p.m. Pacific time on Saturday, May 18, 2013.

Warm-up: USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools at any time except into the designated sprint lane(s). **Warm-up rules will be announced and posted.**

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. and 400 m. Freestyle.

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

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

Checks payable to: UC Regents

Mail consolidated entry card, a copy of your 2013 USMS card, and check to: Charlie Schober, Intercollegiate Athletic Building Irvine, CA 92697-4500.

Questions: Meet Director, Charlie Schober, ctschober@uci.edu.

**Sunday, May 19, 2013
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 800 Freestyle

Event #2 starts at noon

2. 200 m Freestyle
3. 50 m Butterfly
4. 100 m Backstroke
5. 200 m Medley Relay (men, women, or mixed)
6. 200 m Individual Medley
7. 50 m Breaststroke
8. 100 m Butterfly
9. 100 m Freestyle
10. 50 m Backstroke
11. 200 m Freestyle Relay (men, women, or mixed)
12. 100 m Breaststroke
13. 50 m Freestyle
14. 400 m Individual Medley (check-in required)
15. 400 m Freestyle (check-in required)

**Mission Viejo Masters
LCM Swim Meet
Sunday, June 2, 2013**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 333-S012**

Facility: 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.

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on December 31, 2013 determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 5 individual events.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries or online entries after Monday, May 27th will be allowed for a total of \$35.00. Online entries close at 6:00 p.m. Pacific time on Saturday, June 1, 2013.

Warm-up: USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools at any time except into the designated sprint lane(s). **Warm-up rules will be announced and posted.**

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 SPMS 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: SPMS ribbons for places 1 to 3. Relay: SPMS ribbons for first place.

Checks payable to: Mission Viejo Nadadores (MVN)

Mail consolidated entry card, a copy of your 2013 USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 27474 Casta Del Sol, Unit#2, Mission Viejo, CA 92692.

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

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

**Sunday, June 2, 2013
1500 Freestyle warm-up at 8:00 a.m.
1500 Freestyle starts at 8:30 a.m.**

1. 1500 m Freestyle (check-in required)

2. 400 m Individual Medley (check-in required)

Additional warm-up after 400 IM

Event #3 will start no earlier than 11:00 a.m.

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. 100 KICK (kick board will be provided)



**MISSION VIEJO NADADORES
PATRICK MOORE MEMORIAL RELAY MEET
& FAMILY RELAYS
SUNDAY, JULY 7, 2013
11:00 a.m.**

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 333-S013

A portion of the proceeds from this meet will go towards the Patrick Moore Memorial College Scholarship Fund

Facility: Mission Viejo Pool is an outdoor, 25-yd. by 50-m competition pool at the Marguerite Aquatic Center, 27474 Casta Del Sol, Mission Viejo, CA 92692

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 Casta Del Sol, turn right onto Casta 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 is allowed.

Eligibility: Open to any current 2013 USMS/USA registered swimmer. Age on December 31, 2013 determines age group for the meet. Swimmers must be at least 18 years of age to compete.

Entry Deadline: Relay cards for events 1 to 4 are due by 10:45 a.m., events 5 to 7 by 11:30 a.m., and events 8 to 10 by 12:00 p.m.

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 SPMS relay forms available at the meet. Relay fees are \$12.00 per SPMS relay due upon entry.

Awards: 1st place medals, ribbons 2nd-3rd place.

Family Relays Rules: Relays must have at least one adult (18+) on the relay and two swimmers under 18. At least two members must be from the same family. (2 families can swim together) Swimmers under 18 must be USA-S members.

Entry Fees: SPMS members: \$20.00 per swimmer surcharge. Swimmers must complete an entry card and provide a photocopy of their 2013 USMS card.

Family BBQ: After the meet. -- (Hamburgers/Hot dogs, chips, and watermelon)

Online Entries: Sign-up early at: www.spma.net

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

Order of Events

1. Women 400 Medley Relay*
2. Men 400 Medley Relay*
3. Women 800 Freestyle Relay*
4. Men 800 Freestyle Relay*

**10 minute Break
4 x 50 Freestyle Family Relay**

5. Women 400 Freestyle Relay*
6. Men 400 Freestyle Relay*
7. Mixed 800 Freestyle Relay*

**10 minute Break
4 x 50 Wet T-shirt Family Relay**

8. Mixed 400 Freestyle Relay*
9. Mixed 400 Medley Relay*
10. Mixed 200 Kick Relay

**15 minute Break
4 x 50 Watermelon Family Relay**

***400 relays and 800 relays are offered at this meet due to the Summer Nationals having only 200 distance relays and not having the SPMS LC Championships. This is the time to swim them and set records!**

Las Vegas
LCM Swim Meet
Saturday June 15, 2013

Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 333-S015

Facility: 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 ½ miles to the pool.

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on December 31, 2013 determines age group for the meet. You must be at least 18 years of age to compete.

Entries: \$35.00 per swimmer flat fee. Pre-entry postmark deadline: Saturday, June 8, 2013. Deck entries or online entries after June 8th are allowed for a total of \$45.00. 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

Warm-up: USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools at any time except into the designated sprint lane(s). **Warm-up rules will be announced and posted.**

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 m Freestyle.

Relays: All relays will be deck entered, on SPMS 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: SPMS ribbons for places 1 to 3. Relay: SPMS ribbons for first place.

Checks payable to: Las Vegas Masters

Mail consolidated entry card, a copy of 2013 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, mitchellrobert@cox.net.

Saturday, June 15, 2013
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 (men, women, or mixed)
13. 200 m Freestyle Relay (men, women, or mixed)

Santa Barbara Masters
LCM Swim Meet
Saturday, July 13, 2013

Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 333-S014

Facility: Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara, CA 93109

Directions: *From the 101 Freeway going North*, exit at Cabrillo Blvd. Turn toward the ocean and drive west along the beach. Cabrillo Blvd becomes Shoreline Dr. at Castillo St. The pool is on the left. Just past the pool is the entrance to the Harbor parking lot. (parking fee at the lot)

From the 101 Freeway going South, exit at Castillo St. Turn right onto Castillo St. Castillo St ends at Shoreline Dr and the pool is straight ahead. Turn right on Shoreline and Harbor parking will be on your left.

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on December 31, 2013 determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 5 individual events.

Entries: There is a \$25.00 flat fee per swimmer. For relay-only swimmers the fee is \$5.00 Deck entries or online entries after July 3rd are allowed for \$35.00 flat fee. Pre-entry postmarked deadline is Wednesday July 3. On deck registration is permitted. Online registration will be available. Deck entries will close at 8:45 a.m. for the 1500 m Freestyle and 10:30 a.m. for all other events.

Warm-up: USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools at any time except into the designated sprint lane(s). **Warm-up rules will be announced and posted.**

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 400 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 release must be submitted with the relay entry.

Awards: Individual: SPMS ribbons for places 1-3, Relay: SPMS ribbons for first place.

Checks payable to: Santa Barbara Swim Club

Mail consolidated entry card, a copy of your 2013 USMS card, and check to Santa Barbara Swim Club, c/o Bev Pierson, 935 Calle Collado, Thousand Oaks, CA 91360

Questions: Santa Barbara Swim Club Office (806) 966-9757, swimoffice@sbswim.net

Saturday, July 13, 2013
Warm-Up at 8:00 a.m.
1500 m Freestyle starts at 9:00 a.m.

1. 1500 m Freestyle (**check-in required**)
Additional warm-up after the 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. 400 m Relay
(Medley or Freestyle)
(men, women, or mixed)

Train low. Race fast!

by
Ben Lovelace

Stomach growling, a couple hours to your 5pm swim after work, a morning workout that exhausted you to the point where you are questioning if your legs and arms could take another workout for the day, and you've got yourself a recipe for cellular growth and development! Traditionally, groups like American Dietetics Association and American College of Sports Medicine have suggested that athletes and non-athletes eat something prior to their workout to increase time to fatigue, performance and reduce the possibility of burning out and injuring oneself.

However, recent work from a group of scientists from Birmingham, United Kingdom recognized that certain changes occur when individuals participate in exercise in a fasted state in comparison to when they exercise in a fed state. Specifically, the researchers found marked increases (32% to 40%) in fat utilization in individuals that exercised in the fasted state while their well fed counterparts experienced no fat utilization increases from their similar exercise bout¹.

Similar work by a group of scientists from Australia confirmed these findings when they observed higher rates of whole body fat utilization during a 60-minute moderate bicycle ride where individuals burned significantly more fat in a fasted state when compared to those who were well fed². In addition, the researchers observed that individuals in a fasted state experienced changes at the muscle level that allowed them to break down fat energy more efficiently than individuals who trained in a well fed state.

Interestingly, we have two separate groups of scientists observing similar changes at the muscle and how our bodies break down fat when we exercise with little muscle energy. To this end, it is clear that exercising in a state where one has not eaten for some time may yield some beneficial muscle level changes that allow us to rely more on fat breakdown while we exercise. So next time you are planning your day to exercise, consider the potential benefits that may occur while exercising in a semi-fasted state and realize the fat burning potential that you may tap into to secure that summer swimsuit physique.

References:

1. Hulston CJ, Venables MC, Mann CH, Martin C, Philp A, Baar K, Jeukendrup AE. Training with low muscle glycogen enhances fat metabolism in well-trained cyclists. *Med. Sci. Sports Exerc.*, Vol.42 no. 11, pp 2046-2055, 2010.
2. Yeo WK, Paton CD, Garnham AP, Burke IM, Carey AL, Hawley JA. Skeletal muscle adaptation and performance responses to once a day versus twice every second a day endurance training regimens. *J Appl Physio* 105: 1462-1470, 2008.

Ben Lovelace is a certified Health and Fitness Specialist through the American College of Sports Medicine and a local triathlon coach in the San Gabriel Valley. His undergraduate degree and masters degree are both in exercise physiology and human performance with a concentration in human bioenergetics. Ben enjoys coaching athletes of all levels and working with people to live a happier healthier lifestyle. You may contact him at: lovelace.ben@gmail.com

2013 Caltech Pentathlon is a Hit

by
Suzanne Dodd

Two hundred and fifty-five swimmers were treated to a fun Sunday of competition and camaraderie in Pasadena at the annual Caltech Pentathlon held on March 3rd. The competitors tested their sprinting ability by racing a 50 of each stroke plus the 100 IM, with the total times added together to determine the age group winners.

Cynthia Lewis (37) of Novaquatics three-peated as champion for the women, again taking home the fastest female award. Cynthia had the fastest times in four events [Fly 27.50, Breast 30.65, Free 25.46, IM 1:01.73], cruising to first place in the 35-39 age group. The fastest 50 Backstroke time belonged to Jacqueline Masehi-Lano (19) of Caltech Masters with a time of 29.34.

Simon Burnett (29), swimming unattached, sprinted away easily with top honors as the fastest male swimmer of the meet. Competing in the 25-29 age group, Simon had the fastest times in four events [Fly 22.09, Back 22.77, Free 20.22, IM 50.07]. Steve West (40) of Novaquatics had the fastest swim in the 50 Breast of 26.00. Simon's last meet before the pentathlon was the 2012 London Olympics, where he was a member of Great Britain's 4x100 Freestyle relay team.

Not to be outdone by the young whippersnappers, senior swimmers Maurine Kornfeld, 91, and Jurgen Schmidt, 90, completed all five events, winning their respective 90-94 age group. Close races were found in the men's 50-54 age group, with Donald Stafford beating David Brookwell by 0.18 seconds; in the women's 50-54 age group where Kayley Vernallis slipped by Traci Granger by 0.21 seconds; and in the men's 60-64 age group, where Hubie Kerns nudged Glenn Gruber by 0.29 seconds.

Thirty-six different swim clubs were represented with the Rose Bowl Masters sending the most swimmers to the meet with 59 competitors. Thank you to everyone who helped make the Pentathlon a success. See you back in Pasadena in 2014!



SWIM FOR LIFE

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ATASCADERO: Team KMAN
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

SANTA BARBARA (South) and VENTURA

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

LOS ANGELES (North)

CLAREMONT: The Claremont Club
COVINA: Covina Tri-Swim Masters Swimming
L.A. Van Nuys: SCAQ
LANCASTER: Oasis Masters
PALMDALE: Canyons Aquatic Masters
PASADENA: Caltech Masters
PASADENA: Rose Bowl Masters
SAN FERNANDO: Triton Swimming and Triathlon Team
SANTA CLARITA Masters
WALNUT: Faster Masters Swim Team

LOS ANGELES (Westside)

CALABASAS: City of Calabasas Masters
EL SEGUNDO MASTERS
HOLLYWOOD: Hollywood Wilshire YMCA
L.A. Santa Monica, Culver, Westwood, LMU
L.A. WEST: UCLA Bruin Masters
MALIBU Community Pool Swims Masters
Pacific Palisades and Santa Monica Tower 26
WEST HOLLYWOOD Aquatics
WOODLAND HILLS: Southwest Aquatics Masters

LOS ANGELES (Central and South)

CATALINA Channel Swimming Federation
L.A.: Swimming Los Angeles
L.A. Echo Park and USC: SCAQ
L.A. MID-WILSHIRE: Meridian Swim Club
L.A.: Los Angeles Athletic Club Masters
SOUTH GATE Masters Swim Team

LOS ANGELES (South Bay and East County)

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

INLAND EMPIRE

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

ORANGE COUNTY

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

LAS VEGAS

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

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For archived newsletters,

Please go to:

<http://www.spmasterswim.org/w/SPMS/newsletter-archives/>

Southern Pacific Masters Swimming Schedule for 2013

Date

May 16

May 18

May 19

June 2

June 15

June 20

July 5-7

July 7

July 13

July 18

Aug 4

Aug 7-11

Event

SPMS Committee Conference Call

USMS 10K Open Water National Championship, Las Vegas

UCI LCM Swim Meet, Irvine

MVN LCM Swim Meet, Mission Viejo

LV LCM Swim Meet, Las Vegas

SPMS Committee Conference Call

Firecracker Invitation, San Luis Obispo

MVN LCM Relay Swim Meet, Mission Viejo

SB LCM Swim Meet, Santa Barbara

SPMS Committee Conference Call

2013 USMS 2.4 Open Water National Championship, Dana Point

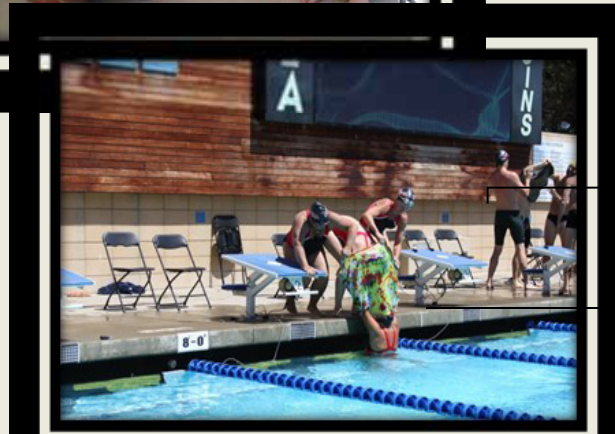
USMS Summer LCM National Championship, Mission Viejo

For a complete and updated list of events go to www.spmasterswim.org

Old School vs. New School



Dubbed “the fastest T-shirt relay exchange” by the announcer at the UCLA SCY swim meet held on April 21, 2013, the Covina Tri-Swim Masters schooled SPMS competitors on how to quickly exchange the T-shirt during the ever so fun T-shirt relays.



Old
School

New
School