

July/August

2016

SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



Swimming for Fitness...Swimming for Fun...Swimming for LIFE!

Bridging USA Swimming and US Masters Swimming

The mission of US Masters Swimming is *to promote health, wellness, fitness, and competition for adults through swimming*. We do this by encouraging and promoting improved physical fitness and health in adults. And we hope to offer adults the opportunity to participate in a life-long fitness and/or competitive swimming program. Something we might forget – **US Masters Swimming starts at 18 years of age.**

Many collegiate swimmers are still not aware that, with a USMS membership, they can swim with a Masters team when they go home for the holidays and summer breaks. And many post-grad swimmers and post-USA Club swimmers don't know that they can compete in local and national Masters swim meets alongside Olympians, National Teamers, and other peers from the time they turn 18 years of age.

Southern Pacific Masters Swimming (SPMS) and Southern California Swimming (SCS) have been working together to bridge US Masters Swimming and USA Swimming for many years. SPMS has either sanctioned or recognized several local and invitational USA-S meets since at least 2008. This has allowed Masters swimmers to enter these meets using their USMS number allowing their times to count for Masters Records and Top Ten times and SCS has granted **USA-S Observed Status** for several SPMS USMS meets. This has allowed USA-S swimmers who are also USMS members to swim in a Masters meet where their swims can officially qualify for Olympic Trials cuts and other time-based USA-S Invitational Meets.

In this Olympic year, SPMS agreed in advance to dual sanction the three USA-Swimming Senior Invitational Meets that are held annually in Southern California. These include the TYR Swim Meet of Champions in Mission Viejo, the Speedo Grand Challenge in Irvine, and the Los Angeles Invitational at USC. And in the spirit of helping swimmers who were trying to qualify to swim at the US Olympic Trials, Mission Viejo Masters and UCLA Masters requested "USA-S Observed Status" for their LCM meets. The Mission Viejo meet held on May 29th did have at least one swimmer who took advantage of this opportunity, swimming in the Speedo Grand Challenge meet on one day and the MVN LCM meet the next day. The UCLA LCM meet held on June 19th was *the last chance meet* for several Masters swimmers attempting US Olympic Trials qualifying swims before the cut-off date of June 20th.



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Swimming for Fitness...Swimming for Fun...Swimming for LIFE!

The San Luis Obispo Swim Club in conjunction with the San Luis Obispo Masters and Meet Director/Coach Phil Yoshida have been running dual sanctioned USA-S/USMS meets for many years. In the past, these meets were either *Interwoven* or *Parallel*, where USA-S and USMS swimmers were separated by heats or by lanes. When USA-S started to allow *Combined* dual-sanctioned meets several years ago, San Luis Obispo changed their format. Now, both USA-S and USMS swimmers of all ages are seeded together in the same heats by time. Parents and children can swim side by side with the winners having bragging rights until the next meet. And Masters swimmers can compete for *King and Queen of the Pool* Awards just like the age groupers do. Their next dual sanctioned event is the SLO Swim Club Firecracker Meet being held on Friday July 1st through Sunday July 3rd.



Mark Moore, Head Coach of the Mission Viejo Masters and Meet Director of the Patrick Moore Memorial Relay Meet held every summer, always includes *Fun Family Relays* on their meet form. Swimmers under 18 must be USA-S swimmers and the Family Relays need to include at least 2 swimmers under 18. Two “families” can swim on the same relay. Be sure to bring your family and friends to the next Patrick Moore Annual Relay Meet being held on Sunday July 17th at the Marguerite Aquatic Center in Mission Viejo.

Robin Smith, SPMS Secretary and Fitness Chair, and Kim Thornton, SPMS Top Ten Recorder and Newsletter Editor, attended the Speedo Grand Challenge meet on Saturday May 28th to talk about US Masters Swimming with swimmers, parents, coaches, and officials and they brought some USMS/SPMS swag to hand out. There were over 900 swimmers ranging in age from 7 years to 44 years entered in the meet including several National Team members gearing up for Olympic Trials and a few USMS swimmers hoping to achieve some best times.

They spoke with some of the collegiate swimmers about the benefits of joining USMS. They talked with some of the post-grad swimmers about starting to compete at USMS meets as their USA-S and Club swimming days come to an end. And parents dropped by to discuss fitness, adult swimming lessons, and “getting back into the water after a number of years”. Of course, the swim caps, luggage tags, and

Get Wet stickers were a big hit with everyone. This was a great opportunity to market the full range of USMS features and benefits and to continue to help bridge USA Swimming and US Masters Swimming.

Moving forward, SPMS should continue to support all dual-sanction meets in the LMSC. This summer remind your new graduates that Masters swimming programs are locally available when they are ready. Also, remember to remind swimmers of all ages that USMS Membership is a way to continue to stay fit in the pool and to *Swim for LIFE!*



...Submitted by Robin Smith SPMS Secretary and SPMS Fitness Chair

Santa Barbara LCM Swim Meet Saturday July 9, 2016

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 336-S018

Facility: Los Banos Del Mar, 401 North Shoreline Drive, Santa Barbara, CA 93109. From the 101 Freeway going North, exit at Cabrillo Blvd. The off ramp is on the left. Turn toward the ocean and drive west along the beach. Cabrillo Blvd becomes Shoreline Drive at Castillo Street. The pool is on the left. Just past the pool is the entrance to the Harbor parking lot. From the 101 Freeway going south, exit at Castillo Street. Turn right onto Castillo Street. Castillo Street ends at Shoreline Drive and the pool is straight ahead. Turn right on Shoreline and the Harbor parking lot will be on your left. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to meet referee. All events are timed final. Swimmers are limited to a total of not more than 5 individual events, not including relays. Age on December 31, 2016 determines age group for the meet. You must be at least 18 years of age to compete.

Entries: The pre-entry postmark deadline is Wednesday June 29, 2016. Online entries will close Wednesday, July 6, at 11:59 p.m. Deck registration is permitted. Deck entries will close at 8:30 a.m. for the 1500 m Freestyle and 10:30 a.m. for all other events.

Entry Fees: \$30.00 per swimmer flat fee. Deck entries allowed for a total of \$40.00.

Seeding: All events will be deck seeded slowest to fastest, by entered time. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 1500 m Freestyle.

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: Ribbons for places 1 to 3. Relay: Ribbons for first place.

Checks payable to: Santa Barbara Swim Club. Mail consolidated entry card, a copy of your 2016 USMS card, and check to: Erica Johnson, 321 Cuyler Harbor Drive, Camarillo CA 93012

Questions: Meet Administrator Erica Johnson: ericajohnson.swim@gmail.com

Office Manager Jennifer Butler: swimoffice@sbswim.net 805-966-9757.

Meet Director John Abrami: coachab@sbswim.net

Saturday July 9, 2016

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

1. 1500 m Freestyle

**Additional warm-up after 1500 m Freestyle
Event #2 starts no earlier than 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 Freestyle Relay (**men, women, mixed**)

MISSION VIEJO NADADORES
7th Annual PATRICK MOORE MEMORIAL
RELAY MEET & FAMILY RELAYS

SUNDAY, JULY 17, 2016

10:00 a.m.

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 336-S014

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, 25yd. by 50m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

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.

Eligibility: Open to any current 2016 USMS registered swimmers. Age on December 31, 2016 determines age group for USMS swimmers in the meet. **Swimmers under 18 must be USS members.**

Entry Deadline: Relay cards for events 1 to 4A are due by 9:30 a.m., events 5 to 8 a.m. by 10:30 a.m., and events 9 to 12 a.m. by 11:30 a.m. Age on December 31, 2016 determines age group for the meet.

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

Relays: All relays will be deck entered at the meet. Relay fees are \$12.00 per relay due upon entry.

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

Family Relays Rules: Must have at least one adult (18+) on the relay. At least two members must be from the same family. (2 families can swim together)

Entry Fees: USMS members: \$30.00 per swimmer surcharge. Swimmers must complete an entry card and provide a photocopy of their 2016 USMS card. \$10.00 (family only relay swimmer)

Family BBQ: – around 1:00 after the meet.

(BBQ pull pork, baked beans, and watermelon)
Cost: \$10.00 per person.

Online Entries: Sign-up early at
<http://www.spmastersswim.org/w/SPMS/>

Questions: Meet Director, Mark Moore,
(949) 233-6521; coachmark@mastersmvnswim.org



Order of Events

10:00AM Start

1. Open Women 400 m. Medley Relay
2. Open Men 400 m. Medley Relay
3. Open Women 200 m. Freestyle Relay
4. Open Men 200 m. Freestyle Relay

10 minute Break

4A - 4 x 50 Freestyle Family Relay

5. Mixed 200 m. Medley Relay
6. Open Women 400 m. Freestyle Relay
7. Open Men 400 m. Freestyle Relay
8. Mixed 200 m. Freestyle Relay

10 minute Break

8A - 4 x 50 Wet T-shirt Family Relay

9. Mixed 400 m. Freestyle Relay
10. Open Women 200 m. Medley Relay
11. Open Men 200 m. Medley Relay
12. Mixed 400 m. Medley Relay

15 minute Break

12A - 4 x 50 Watermelon Family Relay

2016 Los Angeles Invitational

Trojan Swim Club & Southern California Swimming

SANCTIONED BY: USA Swimming & Southern California Swimming

SANCTION NO: S16-141

SPONSORED BY: Trojan Swim Club/SCS

USMS #336-S015

DATE OF MEET: July 14-17, 2016

HEATS & FINALS

ENTRIES RECEIVED by: Wed, July 6, 2016

START TIME: THURS: 4 pm; PRELIMS: 8:30 am; FINALS: 5 pm

Warm-up: POOL WILL OPEN FOR WARM-UP AT 7:00 AM FRI, SAT & SUN (2 pm Thurs)

POOL: Uytengsu Aquatics Center on the USC Campus. Pool is located on NW corner of the campus bounded by Vermont and Jefferson. Entrance to parking structure is on Jefferson.

COURSE: Uytengsu Aquatics Center, the 1984 Los Angeles Games pool, is an outdoor, international depth, eight lane, 50 meter course with an adjacent eight lane 25 yard warm-up pool. The competition course has been certified in accordance with 104.2.2(C), filed with USA Swimming. Pool depth start end 4 meters; turn end 2M.

TICKETS: \$3 Prelims/\$8 Finals/Day Pass \$10 - **There is a parking fee.**

ENTRY INTO THE MEET

ELIGIBILITY & AFFILIATION: Open to athletes who hold a current 2016 USA Swimming or FINA membership. Registration application must be at SCS Office by July 6, 2016. There are substantial penalties for swimmer and club (2016 Swim Guide, Part One, III, B) if USA Swimming registration is completed at meet. Before the first day of the meet, a swimmer may change his/her affiliation by the standard procedure. At the meet, a swimmer may UNATTACH (not attach) by notifying the Admin Ref in writing and paying the appropriate fee.

QUALIFYING TIMES: SUBMIT LONG COURSE METER TIMES. If qualifying in yards, submit best yard time.

- Swimmers must have achieved the Long Course or Short Course Time Standard after Sept. 1, 2014. DO NOT SUBMIT NT (no time), ET (estimated time) or work out time trials. When entries are closed, non-conforming times will be converted by meet administration for seeding purposes only.
- Swimmers with National or Jr National qualifying times in yards may enter at the meter National or Jr standard.
- Swimmers may enter as many events as qualified but may only compete in three (3) individual events per day, including time trials. **Label bonus events "B"**

PROOF OF TIME: This is a PROOF OF TIME MEET. **Proof of time is required through SWIMS, the National Times database, or recognized FINA competitions. Times must be achieved at (a) a USA Swimming sanctioned competition, (b) a USA Swimming observed competition, (c) a USA Swimming approved competition, or (d) a FINA approved competition. Times in the database are not meet entry only proof of entered time.** Submit ACTUAL times achieved for each event. Special entry procedure: A swimmer qualified in one or two individual events may enter the event/s and up to three **total** events (except 400/800/1500 and 400 IM); over three must prove **all** events entered. **400 IM & Free and 800/1500 swimmers must meet entry standard** (swimmers qualified only in a 400 may use "make one, swim three"). **Label bonus events "B"**

AWARDS: Individual 1st-3rd, Relay 1st.

ENTRY FEES: \$12.00 per Individual Event must accompany entry card. \$14.00 surcharge per swimmer must accompany entry. **Relays:** \$22.00 per relay team entered must be paid with entry or upon deck entry.

Electronic team entry is encouraged. Team entry, which must include single team payment and all proofs of times, is encouraged. E-mail entry (entry.zip file) will be accepted **ONLY** when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time. (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) **ONLY. DO NOT RESEND AN ENTRY FILE:** A replacement file for the team will **NOT** be processed. Deletions will **NOT** be refunded.

**MAKE CHECKS PAYABLE TO:
and MAIL ENTRY TO:**

SOUTHERN CALIFORNIA SWIMMING
Alina de Armas e-mail: alina@dearmas.co
PO Box 63
Simi Valley, CA 93062-0063

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY 5:00 PM, Wednesday, July 6, 2016.

For Information Call Southern California Swimming 805-682-0135

RULES AND PROCEDURES

MEET REFEREE: The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person.

RULES: USA Swimming Rules will govern. Current SCS Meet procedures for Heats and Finals Meets will be enforced (See 2016 SCS Swim Guide); The National finals' scratch rule will be used. Scratch deadline for Friday events will be 7:30 AM Friday, for Saturday events 5:30 PM Friday and for Sunday events 5:30 PM Saturday. There will be three finals' heats (B, A and Championship). **IF** there are more than 500 entrants, an 18 & Under Final (18 & Under athletes NOT in the top 24) will be added before the B final (order of finals: C 18 & Under, B, A, Championship). The 800 and 1500 freestyle will have only a championship final. **IF** meet is "flighted" for Friday and Saturday, the "A" flight will swim slow to fast; the "B" will swim fast to slow. If not "flighted," all prelims will swim fast to slow.

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, are not permitted in locker rooms, changing areas or restrooms. **Recording devices are not permitted behind the starting blocks during the starting sequence though out the meet.** This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

DECK CHANGES: Deck changes are prohibited.

RACING START CERTIFICATION: Any swimmer entered in the meet unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

DISTANCE FREESTYLE: Prelims of Women's 800 and Men's 1500 will be Thursday, July 14. Women's 800 final will be Friday; Men's 1500 final will be Saturday. Sunday: W1500 & M800 will be swum fastest to slowest, alternating women and men's heats. Fastest heat of women's 1500 will be third event of Sunday finals; fastest heat of men's 800 will be sixth event. All other heats will be swum in the preliminaries. **THREE HEATS** each (women and men) will be swum as part of prelims; any other heats will swim during the break. **Note: W1500/M800 check-in to be seeded will close at 5:00 pm Saturday** (check-in to swim will close at 10:00 am Sunday).

RELAY EVENTS: Relays Friday-Sunday will be the last event of Finals each day, seeded in national format. On Sunday, July 17, teams may elect to swim relays at the end of the preliminary session. Thursday relays will be in event order.

WARM UP: All warm ups must be supervised by a USA Swimming member coach. 7:00-7:45 am: the competition pool will be open for general warm-up with Lanes 1 & 8 reserved for push-pace work - **NO DIVING**. 7:45-8:20 am: Lanes 1 & 8 will be designated for push-pace work: **Lanes 2 & 7 will be sprint lanes, one-way from the blocks under USA Swimming member coach supervision. Practice starts only in the sprint lanes.** No equipment will be allowed in the competition pool. The *diving pool* will be available for warm-up/cool down at all times - No diving at any time.

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

USC Housing Form Attached – email: wesfoltz919@gmail.com

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.



DECLARATION OF INTENT To swim a dual-sanctioned meet as a Masters swimmer

MEET INFORMATION

Name _____

Location _____

Dates _____

USMS Sanction Number _____

SWIMMER INFORMATION

Name _____

USMS Number _____

USMS Club _____

Events entered _____

<p>Instructions</p> <p>This form (BOTH sides) must be completed prior to competition.</p> <p>Complete two copies. Give one copy to the meet director prior to competition and one copy to the LMSC Top Ten Recorder.</p> <p>It is the responsibility of the swimmer to complete and submit this paperwork.</p>

I hereby declare my intent to swim this dual sanctioned meet as a Masters swimmer.

PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility



DECLARATION OF INTENT

To swim a dual-sanctioned meet as a Masters swimmer

issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.

3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.

4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.

5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name (print)	First Name (print)	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

Waiver revised 07/01/2014

2016 Los Angeles Invitational

DATE OF MEET: July 14-17, 2016

RECEIVED BY Entry Deadline: Wednesday, July 13, 2016

HEATS AND FINALS MEET

CHAMPIONSHIP SEEDING – “C” 18 & Under (if added), “B” CONSOL, “A” CONSOL, CHAMPIONSHIP FINAL

OPEN TO: 2016 USA SWIMMING AND 2016 FINA ATHLETE MEMBERS

WOMEN		EVENT		MEN	
YARDS	METERS	THURSDAY, JULY 14, 2016		METERS	YARDS
1	Pre or Deck Entry	200 Meter Freestyle Relay		Pre or Deck Entry	2
3**	10:49.19 9:40.79	800 W Free/1500 M Free Prelim		17:38.99 17:09.89	**4
5	Pre or Deck Entry	200 Meter Medley Relay		Pre or Deck Entry	6
FRIDAY, JULY 15, 2016					
3**		800 Meter Freestyle FINAL			
7	54.49 1:02.39	100 Meter Freestyle		57.39 49.39	8
9	2:13.79 2:29.49	200 Meter Butterfly		2:18.51 2:01.89	10
11	2:12.99 2:32.39	200 Meter Backstroke		2:20.89 2:02.79	12
13	4:45.97 5:22.00	W 400 IM – M 400 M Free		4:24.09 4:50.99	14
15	Pre or Deck Entry	400 Meter Freestyle Relay		Pre or Deck Entry	16
SATURDAY, JULY 16, 2016					
		1500 Meter Freestyle FINAL			**4
17	2:13.96 2:33.49	200 Meter Individual Medley			
		200 Meter Freestyle		2:04.09 1:47.79	18
19	2:30.91 2:51.99	200 Meter Breaststroke		2:37.89 2:18.99	20
21	25.49 29.09	50 Meter Freestyle		26.69 22.89	22
23	5:15.99 4:44.39	W 400 M Free – M 400 IM		4:58.49 4:20.99	24
25	Pre or Deck Entry	800 Meter Freestyle Relay		Pre or Deck Entry	26
SUNDAY, JULY 17, 2016					
27	1:00.49 1:08.29	100 Meter Butterfly		1:01.79 54.59	28
29	18:07.39 18:29.99	*1500 Meter Freestyle			
30	1:01.79 1:11.49	100 Meter Backstroke		1:04.99 56.59	31
		*800 Meter Freestyle		9:13.79 10:16.99	32
33	1:10.89 1:19.99	100 Meter Breaststroke		1:12.59 1:04.09	34
35	1:57.49 2:13.69	200 Freestyle			
		200 Individual Medley		2:21.49 2:00.79	36
37	Pre or Deck Entry	400 Meter Medley Relay		Pre or Deck Entry	38

*800/1500 free Sunday heats may be double-ended if necessary to meet Finals' start time.

If there are more than 600 entrants, Fri & Sat Preliminary Session may be divided into 'A' and 'B' flights with 7 heats (5 for the 400 meter events) in the 'A' flight. 'A' flight will swim slowest to fastest. 'B' session prelims will swim fastest to slowest with 400 Free & IM alternating women and men's heats. Prelim sessions that are not flighted will swim fastest to slowest; 400 Free & IM will alternate women and men's heats.

IF there are more than 500 entrants, an 18 & Under Final (18 & Under athletes NOT in the top 24) will be added before the B final (order of finals: C 18 & Under, B, A, Championship)

IF STANDARD IS ACHIEVED IN YARDS, enter yard time (converted by meet administration)
National Qualifiers may enter at appropriate National meter minimum.

ELECTRONIC ENTRY WITH SIGNED HARD COPY IS ENCOURAGED

THIS IS A "PROOF OF TIME" MEET – ALL TIMES WILL BE VERIFIED THROUGH SWIMS DATABASE
EVENT LIMIT: THREE INDIVIDUAL EVENTS PER DAY INCLUDING TIME TRIALS

TIME TRIALS: Time trials will be held during the break on July 15-16 and after finals on July 17. Time trials are separately sanctioned. The 800 and 1500 will be offered on Friday only. An athlete may swim an event only once as a time trial. Purchase (\$15) time trial cards at the Admin table. Sanction #S16-142.

USC Housing Form Attached - email: wesfoltz919@gmail.com



2016 Nadadores 1 and 2 Mile Rough Water Swim (Wetsuit and Non-Wetsuit Divisions)



Salt Creek Beach in Dana Point, CA
Sunday, September 18, 2016
8:00am

Online registration closes at midnight (Pacific time) on Friday, September 9th.

Hosted by *Mission Viejo Nadadores Masters*

Sanctioned by Southern Pacific Masters Swimming LMSC. for USMS, Inc. 336-W004

Date: Sunday, September 18, 2016

Start Time: 8:00 am and 9:00 am

Location: Salt Creek Beach, 33333 S Pacific Coast Hwy, Dana Point, CA 92629 (Parking is \$1.00 an hour)

Finish Time: 8:30 am and 10:00 am

Race Distances: 1 and 2 Mile

STARTS/FINISH

The event will start on the beach approximately 20 feet from the water's edge. The finish will be on the beach marked with flags.

RACE DAY TIMELINE

7:00am Check-in opens on beach

7:40am Mandatory Safety Meeting

8:00am 1 mile first wave start, then all proceeding wave start (fast to slow)

9:00am 2 mile first wave start, then all proceeding wave start (fast to slow)

Course:

1 and 2 mile course marked with colored buoys. Swimmers will swim in a clockwise direction. The event will start on the beach approximately 20 feet from the water's edge and finish on the beach marked with flags through the chute.

Eligibility: All swimmers must be registered with USMS for 2016 or foreign equivalents. You must submit a copy of your 2016 USMS card or foreign equivalent with mail in entries, and bring a copy of your current registration to day of registration with on-line entries. Wetsuits are allowed and will be scored separately and will not be eligible for awards.

Rules: USMS open water rules will govern. Current SPMS Open Water procedures will be enforced and take precedence over any errors or omissions on this entry form. **ALL ENTRANTS MUST BE 18 AND OVER AND MEMBERS OF UNITED STATES MASTERS SWIMMING.** One day USMS event registration **WILL NOT** be available.

Conditions: Since the safety of swimmers is of prime concern, the swimming event may be delayed or canceled due to bad weather. The Event Director and OC Lifeguards will make this decision. **There will be no refund.**

Entry Fee:

- **The early online entry fee is \$45.00 (paper entry \$50.00) if received before midnight (Pacific Time) on Friday, September 9th, 2016. \$60.00 for both races. (Includes event t-shirt for early registrations)**
- **\$55.00 (paper entry \$60.00) if received between September 10 and September 16th, 6:00pm.**
- **Day-of-Race fee \$75.00. One-Event (OEV) USMS registration membership is not available.**
- **Fee includes refreshments, cap, and awards, plus (t-shirts for early entries only)**
- **Incomplete entries will not be processed.**
- **ONLINE ENTRIES ARE PAID BY CREDIT CARD TO CLUBASSISTANT.COM EVENTS.**

Awards: Ribbons will be awarded to the top 3 men & women in each age group and division. (Wet Suit and Non-Wet Suit) Age groups are: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90. Awards will be presented within 30 minutes of the last swimmer finishing. Results will be posted at www.nadadoresroughwaterswim.org and USMS.org.

Safety – Our Primary Concern: For safety reasons, participants should be adequately trained for competition. Previous experience is required and should be able to swim a pool mile under 30 minutes. Swimmers not completing the race course in the required time of 2 hours will be removed from the course. [Safety Plan and General Safety](#) and [Thermal Plan for Cold Water Swims](#)

For more information please contact Mark Moore via email at coachmark@mastersmvnswim.org or via phone at 949-233-6521. Visit our Facebook Group at Nadadores Rough Water Swim. More event information and on-line registration available at www.nadadoresroughwaterswim.org



5th Annual Nadadores Rough Water Swim at Salt Creek

ENTRY FORM

Online entries are preferred, but if you must, mail in entries **MUST BE RECEIVED BY Friday, September 16th**
 Include a copy of your 2016 USMS membership card, signed liability release and make checks payable to:
 Mission Viejo Nadadores, 27474 Casta Del Sol, Unit #2, Mission Viejo, CA 92692

To register online: www.nadadoresroughwaterswim.org

Sunday, September 18, 2016

NAME:	DOB:	AGE:	GENDER:	M/F
ADDRESS:	CITY		STATE	
ZIP:	PHONE:			
EMERGENCY CONTACT:		PHONE:		
EMAIL ADDRESS:				
Please enter your membership number and team affiliation: USMS: _____			Team	Abb. _____
(a copy of your USMS membership card is required to enter)				
HEALTH CONCERNS: _____				
EVENT CHOICE:		1 Mile (No Wet Suit)	2 Mile (No Wet Suit)	
OPEN WATER EXPERIENCE: (list 2015 events/times)				

Early Paper Entry (\$60.00 Late)			\$50.00	
Day-of-Race Fee (One-Event (OEVT) USMS registration membership is not available)			\$75.00	
Both Races (1 and 2 mile)			\$60.00	
T-Shirt Size (S – M – L – XL-XXL)				
Must be received by September 9th				
			TOTAL COST:	



Where's the Fun: It is at the Rose Bowl Masters

Location:

A totally cool location for the pool is next to *THE Rose Bowl* (THE granddaddy of all the Bowls). It is worth a walk across the parking lot just to see the names in concrete at the entrance to THE Rose Bowl. I would strongly advise you to use the freeway exit off the 134 freeway which is only about 2 miles away from the pool. Other ways to the facility are through south Pasadena and should be avoided especially on weekends.

Score 4/5

Organization:

The success and stability, of a Masters program, typically stems from a strong USA Swimming program. In the case of the Rose Bowl complex, it's the entire city of Pasadena. The city has apparently committed significant resources to making the entire facility world class. Both times I visited, we swam long course. The lanes are well organized by ability, and practices are geared to accommodate a variety of age groups and skill levels. If you go to the Rose Bowl Aquatics website you can find out what's going on including outside events that will limit parking, access to facilities, etc. Added bonus: Of course in a city with JPL and Cal Tech, they have to have a web cam that monitors the pool for space availability. Check it out on the front page of their website <http://www.rosebowlaquatics.com/>

Score 5/5

Cost:

As the city of Pasadena runs the entire complex, there is a fee to get into the pool. It's \$5 the first time. The second time (if you're honest when they ask) is \$15. There was no drop in fee either time I went, and I will leave you with your own moral dilemma about whether you tell them you've been there before. As always, bring a copy of your current USMS card.

Score 3/5

Facilities:

First benefit is that you've got more parking than Disneyland. I know that this place can fill up for football games etc., but when I've gone on early Saturday mornings, it's been *Super EZ*. They offer great locker facilities that you can actually lock your stuff up, or you take it on the deck if you prefer. There are two 8 lane 50 meter pools side by side. Every kind of water activity you can imagine goes on there. The city's opportunities for all level and skills extends from children and adults with special needs, to fitness and triathlete swimmers and club team workouts. All going on simultaneously.

Score 5/5

So there it is, and when you get there, there you are. Almost a perfect score of 4.25 or thereabouts. That second time \$15 fee for swimming still bugs me (a little bit) and accidentally coming in through south Pasadena (big mistake on Friday night) was a bummer. Outside of that, I had not only a great time but a great experience. Coaches, staff and athletes were really welcoming, and the energy of that whole complex is very contagious. I thoroughly enjoyed both visits. So if you're in the Pasadena area and are in need of a nice swim practice, a rocket scientist at the Rose Bowl Aquatic Center, the Jet Propulsion Lab and Cal Tech are all right there.

Coach Jeff Taylor

YOUR GRANDMOTHER WAS RIGHT!

Sit up and stop slouching! Many swimmers tend to develop a posture that is both unhealthy and overall unnatural. We understand that in order to perform amazing feats of speed in the water sometime you must compromise your posture, but when you get out of the water what are you doing to maintain both good posture and your overall health?

Your head weighs on average 8 lbs.; well my wife would say mine is quite a bit larger, and regardless of what is said about yours, your head sits on a bone that is usually no more than 2 ounces. *It's like an orange on a toothpick.*



Really the ability for your nervous system to function properly is determined on the pressures put on the spine. **DID YOU KNOW THAT THE WEIGHT OF AN AMERICAN DIME CAN DECREASE NERVE FUNCTION BY UP TO 60%?**

Putting that in perspective, we could say that if we removed 40% of the nerves to your eye you may not see as well.

Your posture has and also is a direct result of nervous system. The American Journal of Pain Management claims that posture affects and moderates many physiological functions from breathing to even hormone production. The parts responsible for balance and posture are immediately affected when there is pressure being put on the nervous system by bad posture. The interesting thing is that if you remove pressure normal function is restored to the nerves and the muscles and tissues again restoring posture.

So here is the big punch... for every inch forward you either stick your chin out or lean forward you can add about 20 POUNDS of additional pressure on the spine, brain stem and spinal cord. ***THIS ADDS UP FAST ...***

Shoulders and hips and spinal bones are all affected by the ability for you to hold and maintain a good and proper posture your whole life regardless of the position that you must take when you are in the water. Many shoulder problems are directly related to the mis-use of posture during activity, but can be minimized by your ability to correct postural problems before they wear on you. If you are having issues, always make sure to consult with your health professional. There are even many gyms and spas now that are licensed and trained to help with posture via posture classes. It is never too late to start working on posture; it may take some time as well as effort which may not be pleasant. Improvements will occur, and you will see not only your swim life improve but your overall **health life** improve.

So when you are not trying to complete amazing feats of speed and drills and turns, stand a little taller and walk a little higher (sound like a song?). Here are even some good drills to use in the pool to stabilize good posture:

1. Lying on your side kicking (with board if needed), lift one elbow up while tightening the shoulder blade against the back. You can do a small elbow lift, an elbow lift to the ceiling or even follow through the whole recovery and switch sides.
2. Elementary back stroke with breast kick with the shoulder blades touching.
3. Backwards butterfly, try it, it's fun to do anyway.

So until next time, swim tall, and we will see you on deck standing tall!

Kyle Durieux, SPMS Sport Medicine Chair – sportsmedicine@spmasterswim.org

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SPMS Current Newsletter Calendar of Events

<u>Date</u>	<u>Event</u>
July 9	Pier-to-Pier, 2 mile ocean swim, Newport Beach Santa Barbara Masters LCM Swim Meet
July 14	Patrick Moore Memorial Relay Swim Meet, Mission Viejo
July 14-17	Los Angeles Invitation (dual sanction swim meet)
Aug 5-7	SPMS and SW Zone LCM Championships, Mission Viejo
Aug 20	Don Burns 1 mile ocean swim, Corona del Mar
Sept 18	Salt Creek Rough Water Swim

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

Message from the Chair, Mark Moore

Contractor Bid notice to members:

SPMS will be accepting bids for the following positions: Registrar, Newsletter Editor, and Top Ten Recorder. Bids will close on August 1, 2016. (30 days open for submissions).

Details of the duties and responsibilities required for these positions are posted on the SPMS website.

Contractors' services shall be for a period of two years, beginning on October 1, 2016. Anyone interested in bidding may bid on more than one contract, should submit a separate price for each contract. Bids should include assumptions (i.e., number of swimmers/club registrations, number of newsletter issues) and costing should be presented per unit of month and totaled per year.

Bids must be submitted by email to the SPMS Secretary Robin Smith (secretary@spmasterswim.org) no later than midnight Pacific Time on Monday, August 1, 2016.

Contractor services will be awarded following a formal bid procedure and will be announced no later than August 31, 2016.