



**2015 Coach of the Year Award**

The 2015 Coach of The Year award was presented to Coach Chad Durieux of Rose Bowl Aquatics Masters. Chad has a long history of coaching and club development, and each year his contributions stand out in the Masters swimming world. His swimmers have achieved over 210 Top Ten ranked swims; 76 Top Ten Relays, 5 All American swimmers, 15 All American relays, and FINA Top Ten swimmers. In 2015 both at the regional and national levels, Rose Bowl Masters finished 1<sup>st</sup> place at SCM, SCY, and LCM Regional Championships and finished 9<sup>th</sup> place overall at SCY and 6<sup>th</sup> place overall at LCM National Championships.

What sets Coach Chad apart from his peers are his contributions Masters Swimming by submitting coaching articles to USMS Streamlines for Coaches and USMS Swimmer magazine. Additionally, he hosted swim technique clinics and presented at ASCA. Chad was a guest mentor and an instructional coach for the USMS Coach Certification courses for levels 1-3.

Coach Chad continues to participate in monthly SPMS meetings, local swim meets, and SPMS activities. Our Coach of The Year always has a smile for a fellow Masters swimmer and a word of encouragement for every swimmer.

**Congratulations Coach Chad Durieux! Keep up the great work.**



**IN THIS ISSUE:**

- Riverside in Snapshots*
- Meet Forms*
- Fitness Article*
- Open Water Season*

## 2016 SPMS Regional and SW Zone Championships

by  
Kevin Timko

### We had a great weekend!

This was the first Masters Swim Meet that Riverside Aquatics Association has hosted in its 51 years of existence and it was fun, educational, and fast! There was a positive vibe throughout the entire meet and my Age Group parents were inspired by the passion, enthusiasm, and great swimming that they witnessed over the weekend.

We had 340 swimmers competed over the weekend with some traveling from Oregon, Washington, Northern California, Arizona, and Utah. Six swimmers from RAA Masters swam in their very first swimming competition. Five national records were set during weekend! Some of the young guns really got after it and turned in amazing times. Conversely, I was reminded that I need to train more if I'm going to look respectable at the next meet - the water never lies...

We learned a great deal about the subtle differences between the Age Group meets that we normally host and a Masters meet that will help us next year. Additional, I want to let the entire Masters community know that we already have plans to augment the facility to account for the 2,000+ competitors and spectators that we expect next for the Spring Nationals. We will bring in additional showers and bathrooms in trailers (similar to Santa Clara in 2014). We will have parking at the convention center (1 mile away) and run shuttles all day. The two additional warm up pools and all the deck space surrounding them will be open.

Finally, thank you to everyone who attended the meet and thank you for the kind words, constructive criticism, and words of encouragement. I love swimming and it is always great to hang out with people who love the sport as much as I do.





**Mission Viejo Master  
LCM Swim Meet  
Sunday, May 29, 2016**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.  
Sanction # 336-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. 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 Park-way. 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, 2016 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.

**Warm-up:** USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools during the times 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 (Limited to 40 swimmers) 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: MVN ribbons for places 1 to 3. Relay: MVN ribbons for first place.

**Entry Fees:** \$30.00 per swimmer flat fee. Deck entries or online entries after Wednesday, May 16 will be allowed for a total of \$35.00. Online entries close at midnight. Pacific Time on Wednesday, May 24, 2016

**Checks payable to:** Mission Viejo Nadadores (MVN)  
Mail consolidated entry card, a copy of your 2016 USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 27474 Casta Del Sol, Unit #2, Mission Viejo, CA 92675

**Questions:** Meet Director, Mark Moore (949) 233-6521;  
[coach-mark@mastersmvnswim.org](mailto:coach-mark@mastersmvnswim.org).

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

**Sunday, May 29, 2016**

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

1500 Freestyle starts at 8:30 a.m.

1. 1500 m Freestyle

**Additional warm-up after 1500**

**Event #2 will start no earlier than 10:00 a.m.**

2. 400 m Individual Medley

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. 400 m Freestyle

**Las Vegas Masters  
LCM Swim Meet  
Saturday, June 11, 2016**

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

**Facility:** Las Vegas Municipal Pool, 431 E. Bonanza Road, Las Vegas NV 89101. Indoor 50-meter by 25-yard pool. Lanes will be available for warm-up. 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 I-15 Fwy, take exit for I-515 S/ US-93 S/ US-95 S. Exit Las Vegas Boulevard and go North (left) under the Freeway. Take your first left onto E. Bonanza Road. The pool will be on your left.

**Schedule:** Warm-ups begin at 12 noon. First event begins at 1pm. Last event expected to conclude by 4pm.

**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 that person. All events are timed final. Swimmers are limited to a total of 5 individual events. Age on December 31, 2016 determines age group for the meet. You must be at least 18 years of age to compete.

**Entries:** Postal mailed entries must be received by Wed, June 8, 2016.

Online meet entry closes Wednesday, June 8, 2016 at 11:59 p.m. Deck entry is permitted until 12:30 p.m. for events 1-6 and 1:30 p.m. for events 7-13. We encourage deck entry processing *paperless and cashless* on a computer at the pool. Bring your credit card, cash, or check.

**Entry Fees:** Pre-entry fee \$35.00. On-deck/day-of-meet entry fee \$45.00. Meet entry fees are non-refundable and non-transferable. Your credit card statement will reflect a charge from **ClubAssistant.com Events**.

Online entry link:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1415&smid=7333](https://www.clubassistant.com/club/meet_information.cfm?c=1415&smid=7333)

**Seeding:** Swimmers will be seeded in heats according to entry time, regardless of age and gender. Heats will be ordered slowest to fastest. Positive check-in is required for the 400 m Freestyle and encouraged for all events. Check-in will be available on [SwimPhone.com](http://SwimPhone.com) beginning at 8pm on Fri, June 10. Positive Check-In for the 400 m Free closes on meet day at 12:30 p.m.

**Relays:** There are no relays in this meet.

**Awards:** Special Vegas-themed prizes will be given to heat winners and age group winners.

**Checks payable to:** Coach Victor Hecker. Mail consolidated entry card, a copy of your 2016 USMS card, and check for \$35 to be received by June 8, 2016 to: 9961 Spider Creek Ct, Las Vegas, NV 89149

**Questions:** Meet Director: Karin Wegner [LVMswimming@gmail.com](mailto:LVMswimming@gmail.com); Meet Admin: Robert Mitchell [swimworks@gmail.com](mailto:swimworks@gmail.com)

**Food & Beverage:** Las Vegas Masters will provide free water bottles and small snacks (i.e. bananas, granola bars). Other items are available from vending machines on site.

**Saturday, June 11, 2016**

**Warm-up at 12:00 p.m.**

**Meet starts at 1:00 p.m.**

1. 400 m Freestyle
2. 50 m Butterfly
3. 100 m Freestyle
4. 200 m Breaststroke
5. 100 m Backstroke
6. 200 m Freestyle
7. 50 m Breaststroke
8. 100 m Butterfly
9. 50 m Freestyle
10. 50 m Backstroke
11. 200 m Individual Medley
12. 100 m Breaststroke
13. 200 m Backstroke

Join us after the meet at The Living Room at Gold Spike Hotel & Casino for a "No Host" dinner, drinks, and gaming at 217 Las Vegas Blvd North, Las Vegas, NV 89101

<http://goldspike.com/play/>

# 2016 NOVAQUATICS – SPEEDO GRAND CHALLENGE

William Woollett Jr. Aquatics Center – Irvine California

May 27, 28 & 29, 2016

**Sanctioned By:** USA Swimming and SCS  
**Sanction Number:** S16-088(SCS) and 336-S009(USMS)  
**Sponsored By:** SPEEDO and Novaquatics Swimming Team  
**Open to:** USA Swimming & FINA ATHLETES

**Date of Meet:** May 27, 28 & 29, 2016  
**ENTRIES RECEIVED BY 5:00PM:** **May 18, 2016 (Wednesday)**  
**WARMUP Pool Open:** 7:00 am (Fri – Sun)

**START TIME:** Prelims: 8:30 am (Fri – Sun)  
Finals: 5:00pm (Fri & Sat), 4:00pm (Sun)

**POOL:** WILLIAM WOOLLETT JR. AQUATICS CENTER POOL, 4601 WALNUT, IRVINE, CA 92604. Site of the 2013 & 2014 US Open/ National Championships, Junior National Championships and the 2010 Pan Pacific International Championships.

**COURSE:** WILLIAM WOOLLETT JR. AQUATICS CENTER POOL is an outdoor eight Lane 50 meter competition pool with a separate eight lane 50 meter warm-up pool. This competition course has been certified in accordance with 104.2.2 ( C ) on file with USA Swimming. Pool Depth Measurements at Start and Turn End Lanes 1 – 8 = 7'. 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.

**ADMISSION:** Preliminaries – Free; Finals: \$5.00

**PARKING:** Ample parking available behind the pool, in the Irvine High School parking Lot. Parking is limited on Friday, (school is in session). Parking is also available in lots to the East off Yale and Culver and to the West down Escolar, throughout the weekend. **NO PARKING ON WALNUT AVENUE.**

**WARMUP:** USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during or after the swim meet must be under the direct supervision of an USA Swimming member coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s).

**ELIGIBILITY: and AFFILIATION:** Open to athletes who hold a current 2016 USA Swimming or FINA Membership. Registration application must be received by the meet processor, administrative referee or SCS Office by Wednesday, **May 18, 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 or Re-attach) by notifying the Admin Referee in writing and paying the appropriate fee.

**QUALIFYING TIMES:** **SUBMIT LONG COURSE METER TIMES.** If qualifying by short course yard times, enter your short course yards time. Swimmers with National qualifying times in yards may enter at the minimum National meter time. Swimmers must have achieved the Short Course or Long Course Time Standard after September 1, 2014. **DO NOT SUBMIT NT (no time), ET (estimated time) or work out time trials.** Swimmers may enter as many events as qualified, but may only compete in three (3) individual events per day. **All events are contested as Trials and Finals events, including the women's 800 freestyle and the men's 1500 freestyle.**

**SWIMMERS WITH "A" FLIGHT QUALIFYING STANDARDS MAY CHOOSE TO ENTER THE "B" FLIGHT SESSIONS BY ENTERING THE "B" FLIGHT EVENTS RATHER THAN THE "A" FLIGHT.**

**PROOF OF TIME:** This is a Proof of Time Meet. All entered times will be verified through the SWIMS database. See SCS Swim Guide for Proof of Time procedures and penalties. Special Entry Procedure: A swimmer qualified in one or two individual events may enter the qualifying events and up to a total of three events (except 400/800/1500 free and 400 IM); qualified to swim three or more – swimmer must prove all events entered. **Label Bonus Events with "B". Swimmers entered in the 400 IM, 400/800/1500 free must meet the qualifying standard for entry.**

**ELECTRONIC ENTRY PROCEDURE:** 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 10:00PM electronic). Full payment (single team check or certified funds) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS 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**. New swimmers accepted **SPACE AVAILABLE**. **DO NOT RESEND AN ENTRY FILE:** A replacement file for the team will **NOT** be processed. Deletions will **NOT** be refunded.

**ENTRY FEES:** **\$12.00 per individual event in addition to a \$14.00 per swimmer surcharge must accompany electronic or individual entry.**

**MAKE CHECKS PAYABLE TO:** **SOUTHERN CALIFORNIA SWIMMING**

**MAIL and HAND DELIVER ENTRIES TO:** Irvine Novaquatics  
c/o Bonnie Joseph 949-275-0331  
447 East 19<sup>th</sup> Street  
Costa Mesa, CA 92627  
Bonniejos5@aol.com

# 2016 NOVAQUATICS – SPEEDO GRAND CHALLENGE

William Woollett Jr. Aquatics Center – Irvine California

May 27, 28 & 29, 2016

## RULES AND PROCEDURES

**MEET REFEREE:** The Meet Referee shall 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 Trials and Finals Meets will be enforced (See 2016 SCS Swim Guide); The National Championship scratch rules will be used.

### **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 throughout 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 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

### **PRELIMINARY**

**HEATS:** All Preliminary heats will be divided into "A" and "B" sessions with 7 heats of the 200, 100 and 50 events, 5 heats of the 400 events. All 7-12 events will be swum in the "A" session. The "B" session will be run following the conclusion of the "A" session. ALL PRELIMINARY HEATS WILL BE SWUM FASTEST TO SLOWEST.

### **800/1500 METER**

#### **FREESTYLE**

**EVENTS:** The women's 800 and the men's 1500 freestyle events are being conducted as a trials and finals event. The Women's 800 freestyle preliminary A flight heats will swim at the conclusion of the "A" flight and the B flight heats at the conclusion of the "B" flights on Saturday, May 28. The Men's 1500 freestyle "A" preliminary heats will swim at the conclusion of the "A" flight and the "B" flight preliminaries at the conclusion of the "B" flight on Friday, May 27. Preliminary heats of the 800/1500 freestyle events will be swum FASTEST TO SLOWEST. The women's final of the 800 meter freestyle will be conducted as the first event of the finals session on Sunday, May 29, the men's final of the 1500 meter freestyle will be conducted following the finals of event 36 (men's 100 backstroke) Sunday, May 29.

**FINALS FORMAT:** The top four qualifiers in each Open event advance to the Championship Final; there will be an "A" and "B" consolation final for the next 16 qualifying competitors. The finals of the 800 free for women and the 1500 free for men will consist of a single Championship Final of the top 8 swimmers from the preliminary heats. The order of competition for the finals session will be "B" consolation, "A" Consolation and Championship Final. The top 8 finalists in the 7-12 year old events advance to the Championship finals.

**AWARDS:** Cash Awards will be presented to the 1<sup>st</sup> – 3<sup>rd</sup> places, to those athletes eligible to receive cash. Awards: **\$100.00 for 3<sup>rd</sup> Place, \$200.00 for 2<sup>nd</sup> Place with 1<sup>st</sup> Place** amount determined by the spin of the **Mystery Wheel** (\$300.00 - \$1,000.00). Other cash awards may be affected by the spin of the Mystery Wheel (ex: "Winner Takes All"). The Mystery wheel will be spun prior to the Championship final to determine 1<sup>st</sup> Place cash value. A \$100.00 cash award will be presented for a Meet record set in the Championship Final. In addition to cash awards, merchandise awards will be presented to the Championship Finalists (4) and the winner of the A Consolation. Swimmers with current or future collegiate (e.g. NCAA) or high school (e.g. CIF) eligibility may be prohibited from receiving cash awards but may accept merchandise awards. 7-12 events will be awarded medals 1<sup>st</sup> – 3<sup>rd</sup> place.

**AWARDS: 1500/800:** Cash awards for the Men's 1500 free and Women's 800 free will be based on the fastest split for each 50 throughout the championship final. In the Men's event the fastest split for each 50 is worth \$25 and for the Women's event the fastest split for each 50 is worth \$50. To claim the cash prize the swimmer MUST swim the final in a time faster than their preliminary qualifying 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.

Double Tree by Hilton  
90 Pacifica  
Irvine, CA 92618  
949-471-8888  
Starting at \$129/night + tax

Hilton Garden Inn, Irvine  
27082 Towne Center Drive  
Foothill Ranch, CA 92610  
949-859-4000  
Starting at \$139/night + tax

# 2016 IRVINE NOVAQUATICS SPEEDO GRAND CHALLENGE

Friday - May 27, 2016

A FLIGHT Prelims: 8:30 AM B FLIGHT Prelims: 30 minutes following conclusion of A FLIGHT FINALS: 5:00 PM

WOMEN				MEN					
Event No.	SC Time Standard	LC B Flight Time Standard	LC A Flight Time Standard	Event		LC A Flight Time Standard	LC B Flight Time Standard	SC Time Standard	Event No.
1			2:25.79	200 IM	200 FREE	1:57.19			2
101	2:07.69	2:31.39					2:01.59	1:44.09	102
3	57.49		1:05.49	7-12 100 FREE		1:05.49		57.79	4
5			1:15.99	100 BREAST	100 BREAST	1:08.09			6
105	1:06.19	1:20.89					1:14.09	1:00.29	106
7	34.79		39.09	7-12 50 BREAST		39.69		34.99	8
9			27.79	50 FREE	200 IM	2:12.49			10
109	24.19	28.59					2:19.99	1:57.29	110
11	1:05.89		1:15.89	7-12 100 BACK		1:16.79		1:06.59	12
13			4:27.19	400 FREE	1500 FR Prelim	16:44.19			14
113	5:03.99	4:35.19					17:33.19	16:26.99	114

Saturday - May 28, 2016

A FLIGHT Prelims: 8:30 AM B FLIGHT Prelims: 30 minutes following conclusion of A FLIGHT FINALS: 5:00 PM

WOMEN				MEN					
Event No.	SC Time Standard	LC B Flight Time Standard	LC A Flight Time Standard	Event		LC A Flight Time Standard	LC B Flight Time Standard	SC Time Standard	Event No.
16			2:07.39	200 FREE	50 FREE	25.59			15
116	1:52.09	2:10.49					26.19	22.19	115
18	1:14.52		1:26.69	7-12 100 BREAST		1:27.09		1:16.29	17
20			5:09.19	400 IM	400 IM	4:45.09			19
120	4:31.19	5:17.89					5:00.89	4:11.89	119
22	30.21		35.69	7-12 50 BACK		35.69		31.29	21
24			1:04.19	100 FLY	100 FLY	59.09			23
124	56.99	1:06.59					1:00.49	51.59	123
26	1:04.66		1:13.09	7-12 100 FLY		1:14.59		1:04.39	25
28			2:24.29	200 BACK	200 BACK	2:15.69			27
128	2:05.89	2:34.89					2:24.29	1:55.79	127
30			9:09.99	800 FR Prelim	400 FREE	4:11.79			29
130	10:26.39	9:36.89					4:20.69	4:43.79	129

Sunday - May 29, 2016

A FLIGHT Prelims: 8:30 AM B FLIGHT Prelims: 30 minutes following conclusion of A FLIGHT FINALS: 4:00 PM

WOMEN				MEN					
Event No.	SC Time Standard	LC B Flight Time Standard	LC A Flight Time Standard	Event		LC A Flight Standard	LC B Flight Time Standard	SC Time Standard	Event No.
30				800 FREE					
31			2:44.29	200 BREAST	200 BREAST	2:29.79			32
131	2:22.49	2:53.39					2:41.49	2:11.39	132
33	26.69		29.99	7-12 50 FREE		30.29		26.59	34
35			1:07.29	100 BACK	100 BACK	1:02.29			36
135	57.49	1:09.99					1:05.99	53.49	136
					1500 FREE				14
37	2:21.69		2:40.29	7-12 200 IM		2:41.49		2:22.09	38
39			2:23.29	200 FLY	200 FLY	2:11.19			40
139	2:06.39	2:32.89					2:18.89	1:56.69	140
41	29.09		32.49	7-12 50 FLY		33.29		29.59	42
43			58.99	100 FREE	100 FREE	54.09			44
143	51.49	59.79					55.79	47.79	144

All non conforming and Bonus times will swim in the B Flight

All 12 & Under events will be swum in the A Flight



# 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><b>Instructions</b></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>
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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*



# SAN LUIS OBISPO SWIM CLUB



## 2016 FIRECRACKER

**DATE OF MEET:** Friday, July 1<sup>st</sup> – Sunday, July 3<sup>rd</sup>  
**SANCTIONED BY:** USA Swimming, Southern CA Swimming & Southern Pacific Masters Swimming  
**SPONSORED BY:** San Luis Obispo Swim Club, Coastal Committee, and SPMS

**SANCTION #:** S16-109 (SCS) and 336-S011 (SPMS)  
**ENTRY DEADLINE:** Wed. June 22, 2016 by 5:00pm

**DECK OPENS:** Fri – 12:30pm, Sat/Sun – 8:00am  
**WARM-UP START:** Fri – 12:30pm, Sat/Sun – (1<sup>st</sup> session): 8:00am & (2<sup>nd</sup> session): Competition Pool will open for at least 45 mins, at the completion of the 1<sup>st</sup> session  
**MEET START:** Fri – 1:30pm, Sat/Sun – (1<sup>st</sup> session): 9:30 am & (2<sup>nd</sup> session): No sooner than 45 minutes after the completion of the last heat of the 1<sup>st</sup> session

**ENTRY DEADLINE:** Entries must be received by the meet processor **NO LATER THAN 5 PM WEDNESDAY, JUNE 22, 2016**. If the meet fills prior to the deadline, entries will be rejected (last received, first rejected).

**POOL:** San Luis Obispo Swim Center. From North or South US 101, take Marsh St. off ramp. Turn right on Broad St. (3rd stoplight), turn left on Orcutt Rd. (4th stoplight). Cross railroad tracks, then take 1st left onto Laurel Lane and left onto Southwood Dr (1st stop sign). Swim Center is one block at end of road. The pool is a 50-meter by 25 yard, 8 lane outdoor heated pool. Six or seven lanes (depending on entries) will be used for the competition and at least one lane will be used for warm-up/warm down. For the competition pool the Start End is 13 ft deep in lane 1 to 6 ft deep in lane 6, and the Turn End is 4 ft deep for all lanes. The competition course has been certified in accordance with 104.2.2C(4), on file with USA Swimming. Ample deck space available for structures and seating. **\*\*Bring tie-downs & weights to secure your structures.**

**WARM-UP PROCEDURES:** Swimmers warming up or down before, during, and after the meet must be under the direct supervision of a current 2016 USA Swimming coach. Warm-up rules will be announced and enforced. Warm-up lanes will be posted for 10&under, Masters, and General warm-up, please obey the warm-up posting in consideration of athlete safety. No diving into the pool except for the sprint lanes directed by the Meet Referee. Marshals will be designated to oversee the warm-up procedure and pool.

**CHECK-IN:** Swimmers must check in with the Clerk of Course for each event entered. After an event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers must check in at least 30 minutes prior to the start of each session. Swimmers who check in and fail to swim an event will be scratched from their next individual event.

**RULES:** USA Swimming rules will govern this combined USA-S and USMS meet. Current SCS 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 the referee. Swimmers must swim in their actual age group as determined by the age on the first day of the meet (July 1, 2016). Swimmers may swim in only one age group. To compete in OPEN events a swimmer must be at least 11 years old and must meet the minimum time standard.

**Entry Limit:** Swimmers are limited to **5 Individual events per day. Entries will be limited to meet the "4 Hour" Rule.**

**Recording Devices & Media Coverage:** The uses 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 throughout 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 swim suit 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.

**ELIGIBILITY & AFFILIATION:** Open to athletes who are 2016 USA Swimming registered or USMS athletes who hold a 2016 USMS registration. Registration applications must be **received by the meet entry deadline (June 22<sup>nd</sup>)** by meet processor, administrative referee or SCS Office. Late applications will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III B. **Registration application may be submitted together with entry forms.** In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer Form and appropriate fee to the Swim Office. At the meet, a swimmer may only unattach (not attach or reattach) by notifying the Administration Referee in writing and paying the appropriate fee.

**SUBMITTED & QUALIFYING TIMES:** Times submitted must be the BEST RECORDED TIMES short or long course from this or the preceding swim season (NO Workout Times). Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times could lead to disciplinary action. NOTE: For "W" Division, "NT" (no time) entries are acceptable.

**SEEDING:** All events will be seeded **FAST to SLOW**.

**ENTRY PROCEDURES: Electronic Entry:** Email 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 a team entry must be postmarked within 48 hours of the email 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 for entered swimmers may be submitted by hard copy (this includes email) ONLY. New swimmers accepted by SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. Deletions will not be refunded.

**Entry Card:** Submit one SCS consolidated entry card per swimmer to enter this meet. **Entry cards can be found online at [www.sloswimclub.org](http://www.sloswimclub.org).** Entry card must be filled out completely including entire USA Swimming registration number. To avoid concern regarding receipt of entry card, enclose a stamped, self-addressed envelope or postcard. **Receipt of entries will not be verified by phone or e-mail. DO NOT use certified, registered or special delivery mail services.**

**ENTRY FEE:** **\$4.00 for each INDIVIDUAL EVENT plus a \$10.00 surcharge PER SWIMMER** must accompany each individual entry to the address below (not the swim office). NO REFUNDS. Returned checks will incur a service fee per SCS policy.

**RELAYS:** Relays can be deck entered. Relays will be swum time permitting. Relay entry fee will be \$10.00 per relay team. **MIXED Relays must MIX genders (2 Girls/2Boys).** Relay only swimmers must be entered on the team entry form/file and pay the \$10.00 swimmer surcharge.

**AWARDS:** Individual Awards - Blue Division: Medals for 1<sup>st</sup>-3<sup>rd</sup>, Ribbons 4<sup>th</sup>- 6<sup>th</sup> (age 7/8, 9/10, 11/12). Red and White Divisions: Ribbons 1<sup>st</sup>-6<sup>th</sup> (age 7/8, 9/10, 11/12). Age 5/6: Single Division Ribbons 1<sup>st</sup>-6<sup>th</sup>. Age 13/Up & Open: Single Division Medals for 1<sup>st</sup> - 3<sup>rd</sup>. Relays - 1<sup>st</sup>-3<sup>rd</sup> place. Goodrich Memorial Award Trophy for the winners of the Open 800 Free. Queen and King of the Pool Trophies for 7, 8, 9, 10, 11, 12, 13, 14, 15-18 and Masters. Awards will be handed out on SUNDAY, JULY 3<sup>rd</sup>.

**LANE TIMING:** Clubs will be assigned lanes for timing based on the number of entrants.

**DISTANCE EVENTS:** Swimmers in the 800 Free and the 400 IM are requested to provide their own timers and lap counters. These events will alt. girls and boys heats.

**ADMIN REFEREE:** Alina de Armas      **MEET REFEREE:** Ernie Peterson      **MEET DIRECTOR:** Philip Yoshida

**FOR FURTHER INFO:** Contact SLO Swim Club at (805) 543-9515      email: office@sloswimclub.org      website: www.sloswimclub.org

Receipt of entries will not be verified by phone or e-mail. DO NOT use certified, registered or special delivery mail services.

**Make checks payable to: Southern California Swimming**

<b>E-mail for Team Electronic Entries Only:</b> office@sloswimclub.org	<b>Mail Entries to:</b> SLO Swim Club PO Box 142 San Luis Obispo, CA 93406
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**USA Swimming Disclaimer:** 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.

**\*\*ALL MASTERS MEET INFORMATION: See Page 5 for details**

## DAILY EVENTS OFFERED (BY AGE GROUP)

Friday, July 1, 2016				
5 - 6	7 - 8 / 9 - 10	11 - 12	13 & Up	Masters
100 FREE	100 BREAST	200 FLY *open event	200 FLY *open event	200 FLY
	100 FREE	100 BREAST	100 FREE	100 FREE
	100 BACK	100 FREE	800 FREE *open event	800 FREE
		100 BACK		
		800 FREE *open event		
Saturday, July 2, 2016				
5 - 6	7 - 8 / 9 - 10	11 - 12	13 & Up	Masters
50 FLY	50 FLY	50 FLY	100 FLY	100 FLY
50 BACK	50 BACK	50 BACK	50 FLY	50 FLY
50 BREAST	50 BREAST	50 BREAST	100 BACK	100 BACK
	200 FREE	200 FREE	50 BACK	50 BACK
		400 IM *open event	100 BREAST	100 BREAST
			50 BREAST	50 BREAST
			200 FREE	200 FREE
			400 IM *open event	400 IM
Sunday, July 3, 2016				
5 - 6	7 - 8 / 9 - 10	11 - 12	13 & Up	Masters
50 FREE	100 FLY	100 FLY	200 BREAST *open event	200 BREAST
	50 FREE	50 FREE	50 FREE	50 FREE
	200 IM	200 IM	200 IM	200 IM
	400 FREE **time std for 7-8	400 FREE	200 BACK *open event	200 BACK
		200 BREAST *open event	400 FREE	400 FREE
		200 BACK *open event		

# QUEEN AND KING OF THE POOL

A Pentathlon ....With the winner being the Queen or King of the Pool!! To qualify you must compete in ALL 5 of the listed events below for your age group. Trophies will be given to the Male (King) and Female (Queen) swimmer with the lowest combined time for ALL 5 events for the following age brackets: 7, 8, 9, 10, 11, 12, 13, 14, 15-18, and Masters. If needed, ties will be broken based on lowest average finish place, and a DQ in an event will result in a 30 second time penalty. Individual pentathlon event winners will also receive a special award!

- **12 & Under and Masters Pentathlon Events:**
  - 50 of each stroke (Fly, Back, Breast, Free) & 200 IM
- **13 & Over Pentathlon Events:**
  - 100 of each stroke (Fly, Back, Breast, Free) & 200 IM

# 2016 FIRECRACKER EVENT LIST

## FRIDAY – JULY 1

Start: 1:30 p.m.

GIRLS	TIME	AGE	EVENT	TIME	BOYS
1	3:05.70 L 2:43.20 Y	OPEN	200 FLY	3:07.20 L 2:47.40 Y	2
3	BRW	7-8/9-10/11-12	100 BREAST	BRW	4
5	BRW	5-6/7-8/9-10/ 11-12/13-UP	100 FREE	BRW	6
7	BRW	7-8/9-10/11-12	100 BACK	BRW	8
9	5 & UP Mixed 200 FREE RELAY (*2Boys/2Girls*)				9
11	11:44.20 L 12:58.60 Y	OPEN	800 FREE	11:43.70 L 13:09.80 Y	12

- ★ Swimmers are limited to 5 Individual Events PER Day.
- ★ OPEN Events: Must be 11 years old and meet the stated time standard.
- ★ 7-8 400 FREE: Swimmers age 7-8 who wish to enter the 400 Free must have achieved the 7-10 200 Free Blue Time Standard to enter. 7-8 swimmers MUST enter the 400 Free with a qualifying 200 Free time.
- ★ Swimmers in the 800 Free and 400 IM are requested to provide their own timer/counter, and will be alternating girls & boys heats.

## SATURDAY – JULY 2

1<sup>st</sup> Session Start: 9:30 a.m.

GIRLS	TIME	AGE	EVENT	TIME	BOYS
13	BRW	5-6/7-8/9-10	50 FLY	BRW	14
15	BRW	5-6/7-8/9-10	50 BACK	BRW	16
17	BRW	5-6/7-8/9-10	50 BREAST	BRW	18
19	BRW	7-8/9-10	200 FREE	BRW	20
21	5-10 200 FREE RELAY				22

2<sup>nd</sup> Session Start: No sooner than 45 mins after 1<sup>st</sup> sessions end

GIRLS	TIME	AGE	EVENT	TIME	BOYS
23	BRW	13&UP	100 FLY	BRW	24
25	BRW	11-12/13&UP	50 FLY	BRW	26
27	BRW	13&UP	100 BACK	BRW	28
29	BRW	11-12/13&UP	50 BACK	BRW	30
31	BRW	13&UP	100 BREAST	BRW	32
33	BRW	11-12/13&UP	50 BREAST	BRW	34
35	BRW	11-12/13&UP	200 FREE	BRW	36
37	13 & UP 200 FREE RELAY				38
39	11-12 200 FREE RELAY				40
41	11 & UP Mixed 200 FREE RELAY (*2Boys/2Girls*)				41
43	6:31.20 L 5:48.20 Y	OPEN	400 IM	6:32.30 L 5:48.90 Y	44

## SUNDAY – JULY 3

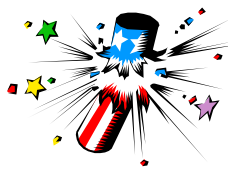
1<sup>st</sup> Session Start: 9:30 a.m.

GIRLS	TIME	AGE	EVENT	TIME	BOYS
45	BRW	7-8/9-10	100 FLY	BRW	46
47	BRW	5-6/7-8/9-10	50 FREE	BRW	48
49	BRW	7-8/9-10	200 IM	BRW	50
51	5-10 200 MEDLEY RELAY				52
53	BRW	9-10	400 FREE	BRW	54
53	**3:02.70 L **2:42.00 Y	7-8	400 FREE **enter with 200 FR Time	**3:02.40 L **2:41.80 Y	54

2<sup>nd</sup> Session Start: No sooner than 45 mins after 1<sup>st</sup> sessions end

GIRLS	TIME	AGE	EVENT	TIME	BOYS
55	3:31.00 L 3:08.80 Y	OPEN	200 BREAST	3:31.20 L 3:09.00 Y	56
57	BRW	11-12	100 FLY	BRW	58
59	BRW	11-12/13&UP	50 FREE	BRW	60
61	BRW	11-12/13&UP	200 IM	BRW	62
63	3:09.20 L 2:46.20 Y	OPEN	200 BACK	3:11.80 L 2:51.40 Y	64
65	13 & UP 200 MEDLEY RELAY				66
67	11-12 200 MEDLEY RELAY				68
69	11 & UP Mixed 200 MEDLEY RELAY (*2Boys/2Girls*)				69
71	BRW	11-12/13&UP	400 FREE	BRW	72

★ In Celebration of the 4<sup>th</sup> of July, a patriotic gift will be given to everyone entered in the meet.



# SAN LUIS OBISPO SWIM CLUB

## 2016 FIRECRACKER

## MASTERS MEET



**Sanctioned by Southern Pacific Masters Swimming for USMS: 336-S011**

**Location:** Sinsheimer Pool, 900 Southwood Drive, San Luis Obispo, CA 93401. Outdoor 50 meter x 25 yard, Six or seven lanes (depending on entries) will be used for the competition and at least one lane will be used for warm-up/warm down. 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 1072.1. Ample deck space is available for structures and seating. If you use a canopy/tent please bring tie-downs and weights to secure your structures.

**Directions:** From North or South US 101, take Marsh St. off ramp. Turn right on Broad St. (3rd stoplight), turn left on Orcutt Rd. (4th stoplight). Cross railroad tracks, then take 1st left onto Laurel Lane and left onto Southwood Dr (1st stop sign). Swim Center is one block at end of road.

**Warm-Up:** Fri: 12:30pm; Sat & Sun (2<sup>nd</sup> session): no less than 45 minutes after the completion of the 1<sup>st</sup> session

**Meet Start:** Fri: 1:30pm; Sat & Sun (2<sup>nd</sup> session): no sooner than 45 minutes after the completion of the 1<sup>st</sup> session

**Entry Deadline:** The entry deadline is Wednesday, June 22, 2016. Masters deck entries will be taken space available. Deck entries for Friday's events will close at 1:00pm. Deck entries for Saturday & Sunday's events will close 30 minutes prior to the start of the 2<sup>nd</sup> session.

**Entries:** Fill out a SPMA Consolidated Entry Card *AND the USMS Waiver (Entry cards/waivers can be found online at [www.sloswimclub.org](http://www.sloswimclub.org)).* Include a copy of your 2016 USMS registration. Age on December 31, 2016 determines age group for the meet. You must be registered with USMS and be at least 18 years old to compete. **\*\*Masters swimmers may enter any 13&Up event.**

**Entry Limit:** Swimmers are limited to 5 individual events per day.

**Entry Fees:** \$30.00 per swimmer flat fee if you enter by the postmark deadline of Wednesday, **June 22<sup>nd</sup>**. Deck entries allowed for a total of \$40.00. Late entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

**Checks Payable to:** Please make Master's entry checks payable to **SLO Swim Club.**

**Relays:** Relays can be deck entered. Relay fees are \$10.00 per SPMS relay due upon entry. \*For each relay only 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.

**Check-In:** Swimmers must check in with the Clerk of Course for each event entered. After an event has been officially closed, **SWIMMERS MAY NOT CHECK IN OR SCRATCH.** Swimmers must check in at least 30 minutes prior to the start of each session. Swimmers who check in and fail to swim an event will be scratched from their next individual event

**Seeding:** This is a "combined" USA-S and USMS event. All events will be deck seeded FASTEST to SLOWEST by entered time, all ages combined. Check-in will be required for all events.

**Awards:** There will be no individual event awards. Individual printed results are available upon request.

**Queen & King of the Pool** (Masters Division)-Trophies for the lowest combined time in the 50 of each stroke and 200 IM.

**Checks payable to: SLO Swim Club (SLOSC)**

Mail consolidated entry card, a copy of your 2015 USMS card, USMS waiver and check to:  
San Luis Obispo Firecracker, P. O. Box 142, San Luis Obispo, CA 93406.

**Questions:** Meet Director, Philip Yoshida, (805) 543-9515 or [office@sloswimclub.org](mailto:office@sloswimclub.org)

MISSION VIEJO NADADORES  
7<sup>th</sup> Annual PATRICK MOORE MEMORIAL  
RELAY MEET & FAMILY RELAYS

SUNDAY, JULY 17th, 2016

10:00AM

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # pending

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 8A by 10:30 a.m., and events 9 to 12A 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](mailto: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**

\*\*\*\*\*



### SWIM for FITNESS...SWIM for FUN!!!

We all seem to be *time-crunched* these days. Between work, family, and other obligations, many of us end up running out of time to exercise, and getting to the pool to swim sometimes becomes difficult or non-existent.


Here are some tips to help you schedule your time in the pool:

-Calculate how much time you have to spend actually swimming. Be sure to subtract any travel and parking time, changing time, and *getting ready to swim time* from your overall timeframe. A planned one hour for swimming may turn into 30 minutes of actual pool time.

-Break your actual swimming time into 3 periods – warm-up, high-intensity interval set, and cool-down. It is easiest to start by dividing your time into 3 equal periods. Then, based on how you are feeling, you can increase or decrease the warm-up and cool-down periods.

-Consider incorporating dryland exercises into your swimming practice to increase your intensity. Yes, that means you climb out of the pool during the rest interval between swim repeats. You will get a total body workout in a short period of time. Dryland also adds weight-bearing activities to your water workouts.

Here are two sample practices for you to try the next time you head to the pool:

Swimming PLUS Dryland Combination Practice	Don Burns Corona Del Mar Open Water Swim Pool Logistics Practice (1 mile swim)
<p><u>Warmup (300 yds):</u> 200 swim 4 x 25 kick</p> <p><u>Combination Set (500 to 1000 yds swimming):</u> 25 swim Lunges (back, side, &amp; front) or squats – 10 reps 50 swim Pushups (choice) – 10 reps 75 swim Plank or abs/core (choice) – 10 breaths 100 recovery swim, pull, or kick ---(Repeat – 2-4 sets total depending on time)---</p> <p><u>Cooldown (300 yds):</u> 100 pull 100 kick 100 easy swim</p>	<p>Warm-up choice (10 minutes) ----- 2 x 50 kick (simulates running into the water) ----- 2 x 100 swim 3 x 200 swim 4 x 100 swim 2 x 200 pull 2 x 100 swim ----- 2 x 50 kick (simulates running out to the finish) ----- Cool-down choice (10 minutes)</p> 

## It's 2016 Open Water Season!

*by Sherry Brooks*

Open Water season is fast approaching. Conditions have been outstanding and water temperatures are above average. In May, our Southern Pacific LMSC kicks off the first race of the SPMS Open Water Series, the SoCal Cup Open Water event. On Saturday, May 21, an all-star cast will be conducting the SoCal Cup Open Water clinic featuring Olympic Silver medalist and 2016 U.S. Olympian Haley Anderson, teammate Jordan Wilimovsky, U.S. Olympic Open Water Coaches Catherine Vogt and Dave Kelsheimer, along with 2008 Olympian Mark Warkentin. Sunday, May 22, the USMS 1- and 2-mile open water races will take place in fresh water in beautiful Lake Castaic. Online registration is now open for both days on the SPMS website.

In early July, Santa Barbara Swim Club presents the Big Wave Ocean Swim race at Leadbetter Beach, followed by the 47<sup>th</sup> Annual Seal Beach Rough Water 1- and 3-mile swims. Midsummer, NBOLA hosts the Balboa Pier to Newport Pier 2-mile ocean swim and Corona del Mar Don Burns 1-mile swim. We finish the season in September with the Salt Creek 1- and 2-mile ocean swims. Cumulatively, this totals nine swims this year. To qualify for the SPMS Open Water Series, a swimmer must participate in only three swims. Come join the fun and take part in our Open Water series. The rules are listed below.

All SPMS listed races are part of the SPMS Open Water Series. To be eligible to score points for the series, a swimmer must be registered with SPMS prior to the start of the swim to score any points for that swim. To qualify for an award, a swimmer must swim at least three sanctioned races. The top five races of each swimmer will be tallied. The top three point winners in each age group (if they have participated in no less than three swims) will receive an award.

A high point award will be given to the top male swimmer and the top female swimmer overall. The top five races of each swimmer will be tallied to reach high point. In case of a tie, additional races will be added until the tie is broken. If both swimmers have won every race in their respective age groups (they have swum every race offered), a tie will be declared.

For more detailed information regarding the SPMS Open Water Series, go to our website at: <http://www.spmasterswim.org/w/SPMS/open-water-series> and/or contact me, the Open Water Chair, Sherry Brooks, at [OpenWater@SPMasterSwim.org](mailto:OpenWater@SPMasterSwim.org).



**Join your Teammates and be a Part of the SPMS Open Water Series**



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



## *SPMS Current Newsletter Calendar of Events*

<u>Date</u>	<u>Event</u>
May 19	SPMS Committee Conference Call
May 29	Mission Viejo Nadadores Masters LCM Swim Meet
May 27-29	Nova Grand Challenge Swim Meet
June 5	California Senior Games, Rose Bowl
June 11	Las Vegas Masters LCM Swim Meet
June 16	SPMS Committee Conference Call
July 1-3	SLO Firecracker LCM Swim Meet
July 17	Patrick Moore Memorial Relay Meet, Mission Viejo

For a complete and updated list of all events go to [www.spmasterswim.org](http://www.spmasterswim.org)

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