



## SPMS 2018 Open Water Series finishes at Lake Mission Viejo

The fourth and final event of the SPMS 2018 Open Water (OW) Series took place at Lake Mission Viejo in Mission Viejo, CA on Sunday September 23, 2018 under foggy skies and calm water conditions. The water temperature was a warm 80 degrees Fahrenheit, so no wetsuits or neoprene were allowed. After the requisite safety meeting, the 54 swimmers in the One Mile swim started first. After all the swimmers had completed the one mile, the Two Mile Event was ready to go with 46 swimmers. The fog finally cleared and the sun came out and all the participants had a great time.

SPMS would like to thank all of the lifeguards and race officials who helped to make our open water events safe and fun for all participants this summer. We would also like to thank the event hosts and volunteers at our four OW Series Events: Seal Beach, Newport Beach, Corona Del Mar, and Lake Mission Viejo for their great organization and leadership.





And a huge thank you to all of the participants who made this year's Series a great success!

The 2018 OW Series results will be posted on the SPMS Open Water Series Results web page when they are available (see link to web page below):  
<https://www.spmasterswim.org/open-water-series-results/>

Just a reminder that swimmers needed to be SPMS registered USMS members prior to the start of a swim and had to participate in at least three of the sanctioned event swims in order to score points in the Series. The complete rules are posted on the SPMS Open Water web page. Some key events to keep in mind for the 2019 OW season next year: Seal Beach will be hosting their 50th Annual Rough Water Swim and SPMS will be hosting the 2019 Southwest Zone Open Water Championship.



*Submitted by Robin Smith, SPMS Open Water Chair. Robin is a Level 3 USMS Certified Coach and Certified ALTS Instructor. She swims and coaches for Irvine Novaquatics Masters.*

## MISSION VIEJO OCTOBER 7

Ten Southern Pacific Records were broken at the Mission Viejo short course meter meet on October 7th. Bonnie Spivey (Women 60-64) of the Los Angeles Peninsula Swimmers broke the 200 Back (2:50.67), 200 IM (2:54.23) and the 400 IM (5:57.66). Christie Ciraulo (Women 65-69) of the UCLA Bruin Masters broke the 50 Free (33.33), the 400 Free (5:29.78) and the 50 Fly (35.24). Jurgen Schmidt (Men 95-99) of the Mission Viejo Masters established records in the 50 Free (1:09.64), 100 Free (2:34.73), 50 Back (1:17.47) and the 50 Breast (1:36.18).

### Records:

The Short Course Meter Individual Records have been reformatted and are now available on our website by both Age Group and Event. Swimmers and Coaches may request individual sorts by swimmer and team. Relay Records are being established and should be available in early November. Both the Individual and Relay Records will be updated for 2018 after the UCLA meet in time for the SPMS Championships.

### Top 10 Lists:

The SCM Individual All-time SPMS Top 10 list should also be available in early November. This list will be by Age Group only. The SCM Individual list will have over 5,000 times so have fun finding yourself and your teammates. Individual and team sorts will be available, but not until probably December. Relay Top 10 lists may be done by our Championships.

### Go The Distance

Go The Distance Top 10 lists have been posted on our website. These lists are by age group. Top 10 Clubs and Top 10 Individual most annual mileage are at the end of the 85-89 age group. In the future there will be additional recognition lists for our Go The Distance participants.



## SPMS STARS SHINE IN ANNUAL INTERNATIONAL SWIMMING AWARDS CEREMONY

Nine outstanding individuals were inducted at the International Masters Swimming Hall of Fame (IMSHOF) annual ceremony held Friday evening, September 28th, 2018 at the Hyatt Regency Jacksonville Riverfront in conjunction with the 2018 United States Aquatic Sports XXXVIX Convention.

The prestigious IMSHOF Class of 2018 included four swimmers, two divers, one synchronized swimmer, one water polo player and one contributor, representing five (5) countries: the USA, Austria, Germany, Brazil, and Japan.

In addition to honoring the IMSHOF Honorees, ISHOF recognized Swimming World Magazine's Top Masters Swimmers of 2017.

The honorees from SPMS were Maurine Kornfield (Rose Bowl Masters), Jurgen Schmidt (Mission Viejo Masters), both inducted into the IMSHOF, and Nicolas Granger (Rose Bowl Masters) and Maurine Kornfield, who were selected by Swimming World Magazine as two of the top 12 masters swimmers of 2017.

### **MAURINE KORNFIELD** (Rose Bowl Masters) – IMSHOF inductee and Swimming World Magazine's top 12 masters swimmers of 2017

Currently at 97 years old, Maurine has been competing for 31 years and has been in the Top Ten 27 times. She has set seven long course and 20 short course FINA Masters World records in the I.M., freestyle and backstroke.

### **JURGEN SCHMIDT** (Mission Viejo Masters) – IMSHOF inductee

Since 1973, Jurgen Schmidt has competed in nine age groups (50-54 through 90-94) and has set two FINA masters world records. Jurgen was a six-time All-Star in three different age-groups and has been ranked in the Top Ten for 43 years. He has competed in the 1988 and 2006 FINA Masters World Championships winning one gold, four silver and two bronze medals. In 1999 & 2008, he was named SPMA Swimmer of the Year. In 2004, he was named Santa Barbara Master Athlete of the Year and in 2015, he was inducted into the Huntsman World Senior Games Hall of Fame (St. George, Utah).



## NICOLAS GRANGER

(Rose Bowl Masters) - Swimming World Magazine's top 12 masters swimmers of 2017

Nicolas actually resides in France and is self-coached. However, when he competes in the US, he does so for Rose Bowl Masters. After an illustrious early career during which he missed qualifying for the Olympic team by just 12-hundredths of a second, Nicolas found masters swimming in 1993 and never looked back. In fact, with the exception of a 2-month hiatus during which he was treated for testicular cancer, Nicolas has swum continuously since age 6.

Nicolas set 17 world records in 15 events in the men's 50-54 age group in 2017. His short course yards world records include the 100 and 400 free, 100 and 200 back, 100 breast, 100 fly, and 100 and 400 IM. Can you say "versatile"? How about with a French accent? His 2017 long course world records include the 100, 200, and 400 free, 100 and 200 back, as well as the 200 and 400 IM (each of which he set and subsequently reset).

Nicolas said he never wants to get used to breaking world records, so that he can continue to feel the ecstasy. Yet his primary motivation is more simple and accessible to us mere mortals. "Swimming is really my pleasure, my breath of oxygen. Beating records is not necessarily the ultimate goal – what matters is to have fun and enjoy."



## ERIKA STEBBINS

(UCLA Bruins Masters) Awarded the Kerry O'Brien Coaching Award

Erika Stebbins, the 2017 SPMS Coach of the Year, was further honored at the national level by becoming a recipient of the Kerry O'Brien Coaching Award. Named after O'Brien, the long-time head of Walnut Creek Masters, the award recognizes coaches who embody "the passion, dedication, and heart" that they bring to the pool deck.

"I was completely shocked to learn the news," Erika says.

When Erika first took over the reins at UCLA in 2010, the storied program, founded in 1995 with just ten swimmers, was in a state of upheaval. Her two predecessors' departures had not only created a directorial void, but had also led to a disenchanting membership and an exodus of swimmers.

Erika, a two-time Olympian and multiple-time national champion, spearheaded a cultural change that brought instant stability, integrity, enthusiasm, and regrowth. Those bestowing the award paid particular tribute to her leadership skills, expertise, commitment, positive energy, and ingenuity.

"We all knew what type of swimming mind we were getting when she was first hired," team member Tito Morales says. "We had no idea, though, about the type of creative, inspiring, and compassionate individual who came along with it. Erika has become an invaluable mentor, friend and confidante to us all."

Among her many contributions to SPMS swimming, Erika, a former Coaches Chair, has expanded the number of workouts available to her team, instituted a popular workout punch card system which allows non-UCLA.

"Whether someone's goal is to go a certain time or to simply get through a workout, I consider it a privilege to be able to help him or her," Erika says. "Ever since I was an athlete, I have always enjoyed the process and the many challenges one faces physically, mentally and emotionally. I just love that journey. I truly enjoy coaching."



# U.S. Masters Swimming Recognition and Awards

## Swimmer gives back—and gets recognized!

Members of U.S. Masters Swimming don't confine their participation to the pool. There are many volunteer opportunities for their talent, expertise, and generosity. USMS recognizes the commitment of those who give back with the Dorothy Donnelly Service Award, named to honor one of USMS's outstanding volunteers. The award recognizes those whose contributions stand out in service to local, regional, and national programs. Up to 15 people are selected each year and nominations come from Local Masters Swimming Committees, clubs, and individuals.

This year, three individuals from Southern Pacific LMSC were selected.



## Brandon Franklin

Has been a dedicated supporter of USMS for more than two decades who, in 2010, was asked by the USMS executive director to take on the leadership of the Swimming Saves Lives Foundation (SSLF). Brandon went on to chair the SSLF board for seven years. SSLF is committed to raising public awareness about the problem of adult drowning and to serve as a resource – both financial and educational – for programs that provide adult learn-to-swim lessons.

Brandon used his finance background to help SSLF create a budget process and tracking process for grants and donations. With this foundation in place, SSLF was able to screen applicants and properly award grants. Under Brandon's leadership, SSLF has awarded more than \$400,000 in grants, and more than 2,500 adults have learned to swim through SSLF programs.

Brandon also spearheaded early fundraising efforts for SSLF, leading a group of individual donors to raise funds to ensure SSLF's continued growth and sustainability and contributing personally to the foundation efforts on an annual basis. Over the last five years, donations to SSLF have increased 17 percent annually.

Brandon also managed the administrative duties for SSFL, including running board meetings and preparing minutes, preparing financial reports, leading marketing efforts, and presenting reports at the annual USMS convention. And to show support for the learn-to-swim initiative, Brandon is a certified adult-learn-to-swim instructor.



## Alina de Armas

Has been selected as one of the award recipients. Alina is dedicated to ensuring USMS meets, both locally and regionally within the Southern Pacific LMSC and at national level, run as smoothly as possible from the initial planning to the compilation of results.

As chair of the Southern Pacific LMSC Officials Committee since 2013, Alina – alongside her committee – has developed educational training materials for meet officials to keep them up to date on USMS specific requirements. Thanks to her involvement with the USMS Officials Committee, Alina is always up to date on new requirements for officials, new rules, and other topics, and is able to proactively share this information across her LMSC. She also actively recruits officials while maintaining a master list of USMS-certified officials to guarantee that sanctioned events within her region have access to an adequate pool of officials.

Alina is also committed to getting swimmers perspectives, and has surveyed Southern Pacific LMSC members for feedback about their interactions with officials in order to ensure swim meets remain a positive experience for all.

Alina also extends her volunteering beyond the Southern Pacific LMSC, and has since 2013, served on the USMS Officials Committee. As part of that committee, she helped roll out the Officials Certification Program in 2016, and also coordinates with local officials to ensure an adequate number of officials for USMS national meets, including 2017 Spring Nationals in Riverside, California.

Contact: [name, email, phone of person submitting release]

About U.S. Masters Swimming  
U.S. Masters Swimming, founded in 1970, is a membership-operated national governing body that promotes health, wellness, fitness, and competition for adults through swimming. It does so by partnering with more than 1,500 adult swim programs across the country; promoting information via the bimonthly member magazine, SWIMMER, monthly e-newsletters, STREAMLINES, and website, usms.org; and by sanctioning and promoting pool, open water, and virtual events and competitions. More than 60,000 adults are registered members of U.S. Masters Swimming.



## Anita Cole

Has been selected as one of the award recipients. Anita has a clear passion for USMS, and she is devoted to encouraging adults to swim. She simply believes that “everyone will live longer, healthier, happier lives by participating in a ... sport like swimming.” Anita has been an active volunteer within the Southern Pacific LMSC since 2012 and has extended her volunteerism to the national organization in 2016.

Within the Southern Pacific LSMC, Anita seizes every opportunity to promote Masters Swimming, encourage the development of new clubs, and support the growth of existing clubs. She proactively attends monthly meetings of a regional pool operators association with an eye toward identifying opportunities for expanding Masters Swimming programs. She also attends relevant community events to discuss the health benefits of swimming (as she passes out USMS marketing materials and swim caps). Anita also serves as a liaison to USMS for local clubs, and helps both new and existing clubs expand their membership through sharing ideas and resources.

To help boost morale, encourage ongoing participation, and recognize accomplishments, Anita developed and implemented the Southern Pacific LSMC Swimmer of the Month Award in 2015. Coaches can give this award to swimmers for any achievement, from committing to swimming three days a week to setting a record. Anita promotes all awardees on the SP LMSC website and through its newsletter.

# Upcoming SPMS Events

## Nov 03 - Sat

USMS Clinic Course for Coaches  
USMS Levels 1&2 Coach Certification 8:00A-3:00P  
USMS Level 3 Coach Certification 8:30A-3:00P

## Nov 04 - Sun

USMS Clinic Course for Coaches  
USMS Stroke Development Clinic 8:00A-12:00P  
Adult Learn-to-Swim Instructor Certification Course 9:00A-4:30P

## Nov 11 - Sun

UCLA SCM Veterans Day Meet

## Nov 15 - Thu

USMS Fall Fitness Challenge 1-Mile Swim

## Nov 16 - Fri

USMS Fall Fitness Challenge 1-Mile Swim  
Gobbler Classic Short Course Yards Swim Meet

## Nov 17 - Sat

USMS Fall Fitness Challenge 1-Mile Swim  
Gobbler Classic Short Course Yards Swim Meet

## Nov 18 - Sun

USMS Fall Fitness Challenge 1-Mile Swim  
Gobbler Classic Short Course Yards Swim Meet

## Nov 19 - Mon

USMS Fall Fitness Challenge 1-Mile Swim

## Nov 20 - Tue

USMS Fall Fitness Challenge 1-Mile Swim

## Nov 21 - Wed

USMS Fall Fitness Challenge 1-Mile Swim

## Nov 22 - Thu

USMS Fall Fitness Challenge 1-Mile Swim

## Nov 23 - Fri

USMS Fall Fitness Challenge 1-Mile Swim

## Nov 24 - Sat

USMS Fall Fitness Challenge 1-Mile Swim

## Nov 25 - Sun

USMS Fall Fitness Challenge 1-Mile Swim

## Nov 26 - Mon

USMS Fall Fitness Challenge 1-Mile Swim

## Nov 27 - Tue

USMS Fall Fitness Challenge 1-Mile Swim

## Nov 28 - Wed

USMS Fall Fitness Challenge 1-Mile Swim

## Nov 29 - Thu

USMS Fall Fitness Challenge 1-Mile Swim

## Nov 30 - Fri

USMS Fall Fitness Challenge 1-Mile Swim  
2018 SPMS Short Course Meters Championships

## Dec 01 - Sat

2018 SPMS Short Course Meters Championships

## Dec 02 - Sun

2018 SPMS Short Course Meters Championships

**Long Beach Grunions**  
**2018 SPMS SCM Championships**  
**Nov 30<sup>th</sup>, Dec 1, Dec 2 Dec 1, Dec 2<sup>nd</sup> 2018**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.**

**Facility:** Brenda Villa Aquatic Center, 5600 Harbor St, Commerce, CA 90040. 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.

**Directions:** Go to [scmchamps.org](http://scmchamps.org) for directions

**Fees:** Flat fee of \$52.00 if entered online or postmarked by Monday, November 14<sup>th</sup>. Entry fee includes a meet T-shirt. Add a \$15.00 late fee for all entries *postmarked* (or entered online) after Monday, November 14<sup>th</sup>. All entries *must be received* by 11:59 p.m. on Saturday, November 24<sup>th</sup>. No individual deck entries are allowed.

**Rules/Entries:** 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 finals. Swimmers are limited to entering a total of 6 individual events for the entire meet and no more than 5 individual events per day. If the meet is deemed too large, all athletes' sixth events will be dropped. On the entry form, please indicate your sixth event with an asterisk. Age on December 31<sup>st</sup>, 2018 determines age group for the meet.

**Relays:** Relay entries are \$15.00 per relay. All relays will be deck entered. A USMS-registered swimmer who wishes to only swim relay events must enter the meet **before the start of event No. 1**, by paying the \$15.00 relay-only entry fee (which does not include a meet T-shirt) and must sign a consolidated entry card. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event. **You may not change age groups once posted.**

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

**Timing:** Electronic timing will be used and two timers per lane will be provided.

**Check-in:** *Positive check-in is required for all events.* Swimmers may check in at <http://www.swimphone.com> or in-person at the meet.

Check-in is available for the 1500 m Freestyle and will close at 7:30 a.m. on Friday.

Check-in for events 2 to 7 will close at Noon on Friday

Check-in for the 400m Freestyle will close at 7:30 a.m. on Saturday.

Check-in for the 800m Freestyle will close at 7:30 a.m. on Sunday.

Check-in will close one hour prior to the anticipated start of an event on Saturday and Sunday.

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

**Entries:** Register online at [scmchamps.org](http://scmchamps.org) click on "Register." Or mail an SPMS entry card, copy of 2018 USMS card, and check (payable to: Long Beach Grunions) to: LB Grunions, c/o Bart Parnes, 645 Terrylynn Place, Long Beach, CA 90807. Receipt of entry will not be verified by phone. Send a SASE or stamped postcard for return receipt. **Questions:** call 714-273-8793, or send an email to KennyBrisbin, [ken@supersource.com](mailto:ken@supersource.com). For hotels, information, and directions, go to [scmchamps.org](http://scmchamps.org)

Host Hotel Information [scmchamps.org](http://scmchamps.org)

**Friday, November 30th , 2018**

**Warm-up 7:00 a.m., Meet starts at 8:00 a.m.**

Check in for 1500 m Freestyle closes at 7:30 a.m.

1. 1500 m Freestyle (Women, Men)
2. Women's 200 m Individual Medley
3. Men's 200 m Individual Medley
4. Women's 100 m Freestyle
5. Men's 100 m Freestyle
6. Women's 200 m Breaststroke
7. Men's 200 m Breaststroke
8. Women's 800 m Freestyle Relay\*
9. Men's 800 m Freestyle Relay\*
10. Mixed 800 m Freestyle Relay\*

**Saturday, December 1, 2018**

**Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.**

Check in for the 400 m Freestyle closes at 7:30 a.m.

11. Women's 400 m Freestyle
12. Men's 400 m Freestyle
13. Women's 50 m Butterfly
14. Men's 50 m Butterfly
15. Women's 400 m Freestyle Relay
16. Men's 400 m Freestyle Relay
17. Mixed 400 m Freestyle Relay
18. Women's 100 m Backstroke
19. Men's 100 m Backstroke
20. Women's 100 m Breaststroke
21. Men's 100 m Breaststroke
22. Women's 200 m Butterfly
23. Men's 200 m Butterfly
24. Women's 200 m Medley Relay\*
25. Men's 200 m Medley Relay\*
26. Mixed 200 m Medley Relay\*
27. Women's 50 m Freestyle
28. Men's 50 m Freestyle
29. 400 m Individual Medley (Women, Men)

**Sunday, December 2, 2018**

**Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.**

Check in for the 800 m Freestyle closes at 7:30 a.m.

30. 800 m Freestyle (Women, Men)
31. Women's 100 m Butterfly
32. Men's 100 m Butterfly
33. Women's 50 m Backstroke
34. Men's 50 m Backstroke
35. Women's 400 m Medley Relay\*
36. Men's 400 m Medley Relay\*
37. Mixed 400 m Medley Relay\*
38. Women's 200 m Freestyle
39. Men's 200 m Freestyle
40. Women's 100 m Individual Medley
41. Men's 100 m Individual Medley
42. Women's 50 m Breaststroke
43. Men's 50 m Breaststroke
44. Women's 200 m Backstroke
45. Men's 200 m Backstroke
46. Women's 200 m Freestyle Relay\*
47. Men's 200 m Freestyle Relay\*
48. Mixed 200 m Freestyle Relay\*

\*Relays: swimmers may swim only one relay in each of these events



# UCLA Veteran Day Bruin Masters SCM Swim Meet Sunday, November 11, 2018

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.

**Note: This meet is free to any Active Military or Veterans**

**Facility:** UCLA's Spieker Aquatics Center – outdoor 52m x 8 lane, all deep water competition pool. Warm-up lanes are available behind the bulkhead. 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.

**Address:** 114 Easton Drive, Los Angeles, CA 90095 – UCLA

**Directions & Parking:** Take the 405 to Sunset Blvd – East. Take Sunset Blvd approximately 3/4 mile to the intersection of Bellagio Drive (just after the intersection of Veteran Blvd, across from the West Bel-Air Gate). Turn right onto the UCLA campus. Go to the second stop sign and turn left on DeNeve Drive. Go straight until you reach the Sunset Village Lot on the right. Use the pay station to purchase a daily pass for \$8.00. No parking allowed beside the pool – it is for UCLA permits only. NOTE: Parking enforcement does ticket on weekends.

**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. Age on December 31, 2018 determines age group for the meet. You must be at least 18 to compete.

**Entries:** Online entries will close @ 11:59 p.m. on Wednesday, November 7, 2018. On deck registration is permitted. Deck entries for the 1500 m Freestyle, if spots remain, will close at 8:30 a.m. All others event entries will close at 10:00 a.m. Swimmers are limited to four individual events plus relays. There will be a limit of 32 swimmers for the 1500 m Freestyle.

**Entry Fees:** \$30.00 per swimmer flat fee. Deck entries are allowed for \$40.00 flat fee. For swimmers in relays only, the fee is \$10.00. Payment can be made by check or credit card only. **Cash will not be accepted on the pool deck .**

**Checks payable to:** UC Regents. Mail consolidated entry card, a copy of your USMS 2018 card, and check to: Sunset Canyon Recreation Center, 111 Easton Drive, Los Angeles, CA 90095.

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

**Relays:** 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: UCLA ribbons for places 1 to 3. Relay: UCLA ribbon for first place.

**Head Official:** Cami Stein [camster1@flash.net](mailto:camster1@flash.net)

**Admin:** Judi Divan [divanj@cox.net](mailto:divanj@cox.net)

**Sunday, November 11, 2018  
800 m warm-up at 8:00 a.m.  
800 m starts at 9:00 a.m.**

1. 1500 m Freestyle

- **Event #2 will start no sooner than 10:30 a.m.**

2. 200 m Individual Medley

3. 200 m Freestyle Relay (Men, Women, Mixed; deck enter)

4. 50 m Backstroke

5. 100 m Butterfly

6. 200 m Freestyle

7. 100 m Backstroke

8. 50 m Freestyle

9. 200 m Medley Relay (Men, Women, Mixed; deck enter)

10. 100 m Breaststroke

11. 100 m Freestyle

12. 50 m Butterfly

13. 50 m Breaststroke

14. 100 m Individual Medley

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**For archived newsletters Please go to:**

<https://www.SPMasterSwim.org/newsletter-archives/>