



# 2018 SPMS

## Open Water Series Results

Thank you to all of the swimmers who participated in our 2018 Open Water Series this season. Here are the results of the Series. Congratulations!

### 30-34 Female

<b>1st</b>	Laura Spears ATCM	<b>72 points*</b>
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### 40-44 Female

<b>1st</b>	Carly Miller SCAQ	<b>66 points</b>
<b>2nd</b>	Tiffany Scanlon UC33	<b>50 points</b>
<b>3rd</b>	Jessica Kirk CTM	<b>42 points</b>
<b>4th</b>	Liz Carlin LBG	<b>36 points</b>

### 50-54 Female

<b>1st</b>	Susan Rinehart CTM	<b>70 points</b>
<b>2nd</b>	Nikki Takarabe CTM	<b>56 points</b>

### 55-59 Female

<b>1st</b>	Janice Clark CTM	<b>58 points</b>
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### 35-39 Male

<b>1st</b>	Luke Hollingsworth ATCM	<b>82 points*</b>
<b>2nd</b>	Scott Bolcoa NOVA	<b>74 points</b>

### 50-54 Male

<b>1st</b>	Craig Whiteneck UC33	<b>76 points</b>
<b>2nd</b>	David Neilan SOBA	<b>56 points</b>

### 55-59 Male

<b>1st</b>	Charlie Christensen ROSE	<b>48 points</b>
<b>2nd</b>	Joe Irwin GWSC	<b>38 points</b>

### 60-64 Male

<b>1st</b>	Steve Sponagle NOVA	<b>74 points</b>
<b>2nd</b>	Greg Mortimer UC33	<b>60 points</b>
<b>3rd</b>	Duff Murphy CTM	<b>26 points</b>

### 60-64 Female

1st	Delrie Hobbs UC33	64 points
2nd	Patricia Powers LBG	62 points
3rd	Janice Atkins ATCM	52 points

### 70-74 Female

1st	Katherine Watson OJAI	66 points
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#### \* Female High Point

Contact Robin Smith SPMS Open Water Chair  
(openwater@sprmasterswim.org) for any questions.

### 65-69 Male

1st	Thomas Heydorff ATCM	68 points
2nd	Craig Rothenburger UC33	36 points

### 70-74 Male

1st	Tom Ettinger ROSE	66 points
2nd	John Nisbet VCM	58 points

### 75-79 Male

1st	Ron Durkee ATCM	80 points
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#### \* Male High Point



Nancy Reno is the coach of the Conejo Valley Multisport Masters. The club trains primarily out of Cal Lutheran University in Thousand Oaks. In 2018, Nancy's club had multiple SPMS Champions, 2 Pan Am Champions, 14 top ten relays, the SPMS LCM Regionals World Record Mixed 800 Free Relay, the open water national champion, 5 All Americans, hosted the Annual Matt Biondi Classic Swim Meet in March, and 22 FINA Top Ten Relays and Individuals. This looks like a decade of work packed into one year, and this was done without the support of an age group team.

Over the years, Nancy has contributed multitudes to her team, SPMS and Masters swimming as a whole. Some of the amazing things include: YouTube technique videos with over 71,000 views; successfully started two USMS masters teams over the past 10 years; served as USMS National Championship on Deck Coach 2011, 2012, 2013, 2014, 2015, 2016; presented at SPMS Coaches Conventions 2010, 2011, 2012 and USMS National Convention in 2009 and 2010; served as masters mentor coach to new young coaches; created a pre-masters swim program in 2013; authored LA Times, Swimming World, and Weight Watchers articles; and won 2009 Speedo U.S. Masters Swimming Coach of the Year Award.

The extent of Nancy's body of work is extremely lengthy and I haven't even included all the significant data that came in from her team. PLUS she still competes in some age groups above 25 – 29. So congratulations to Nancy Reno as Coach of the Year 2018!

## NANCY RENO 2018 Coach of the Year



I'm starting this article with a big shout out to two groups. First, thanks to the Coaches Committee for their work in coming to this conclusion. Second, thanks to the groups from all the teams that nominated their coach for this honor. Without further ado, let's get on with it.

## SPMS Swimmers of The Year



The purpose of the SPMS Swimmer of The Year award is to recognize SPMS swimmers each year who have displayed exemplary commitment to Masters swimming, achieved personal success at SPMS swim meets and/or open water events, and have been an inspiration to others.



## SPMS 2018 Male Swimmer of the Year **JONATHAN PIERCE**

Jonny swims with Los Angeles Peninsula Masters, and is also an aspiring 2020 Paralympian. Despite the fact that Jonny has had a lifelong love of the water, his parents, themselves coaches and masters swimmers, only learned that people with autism are eligible for Paralympic competition while watching the Rio Olympic Games.

Jonny has since been on a fast and furious path to qualify for Tokyo 2020. Already he has set multiple US Paralympian records ranging in distance from the 50 to the 1500 free, as well as in butterfly, breaststroke, and individual medley events. Some of these records have been set at Masters meets.

Jonny has been an inspiration for many Masters swimmers who have competed against him or just had the privilege of talking with him or watching him swim. We look forward to watching him as he reaches his goal of swimming at the 2020 Paralympic Games.



## SPMS 2018 Female Swimmer of the Year **KAREN YOUNKINGS**

Karen swims for SilverPeak Performance Masters. She is relatively new to Masters swimming, just getting started in 2017 after completing law school and embarking on a career in law. She quickly found not only passion but success, with Top 10 finishes in all her events at SCY nationals in Indianapolis, and a win in the 200 backstroke. She also finished in the Top 10 in all her events at the Pan Am Games in Orlando and has been unbeatable in local meets.

Not only is Karen a terrific swimmer, she is an unwavering voice of encouragement and kindness to every member of her team, advocating for teammates and being an embodiment of everything SilverPeak Performance stands for. Karen recently took devotion to her team to another level, spending a day with Bill Brenner and Mel Goldstein from USMS along with her coaches to discuss club development and growing membership.

## 2018 Jim Marcus Appreciation Award **MARY HULL**

Mary Hull is an active official and has also been an SPMS and USMS volunteer for many years. Currently serving as our Southwest Zone Chair and actively participating as a member of the SPMS Swimming Committee and the USMS Development Committee, Mary also actively contributed as a member of the USMS Legislation Committee from 2012 to 2015. The Jim Marcus Appreciation Award is intended to express special thanks to Mary for her significant contributions to SPMS and her many years of service, valuable contributions, and continual efforts toward the conduct, leadership, and support of SPMS.

## 2018 Steve Schofield Distinguished Service Award

### CHRISTINE MAKI

Christine, a Masters coach at Competitive Tri-Swim Masters, is an active member of the USMS Coaches Committee and is former chair of the SPMS Coaches Committee. This award is intended to recognize Christine for her outstanding long term (10 years or longer) service to SPMS. She has consistently demonstrated outstanding service to Masters swimming, such as the support and leadership for the Coaches Committee, recruitment of members, program development, and her continual promotion of Masters swimming at all levels.

## 2018 Contributor of the Year Award

### ARLETTE GODGES

Arlette has been very active serving as the SPMS Sports Medicine Chair and as a member of the USMS Sports Medicine and Science Committee. In her role, she has authored several articles on topics intended to help the adult swimmer be healthy and function at the highest possible level. She was also a staff member at the UCSB Masters Swim Camp held in 2018 and 2019. This award was given to Arlette to recognize her outstanding contributions to Masters swimming, including support and leadership, and promotion of the sport during this year.

## 2018 SPMS SCM Regional Championships.

On November 30, over 460 swimmers from all over North America descended on the Brenda Villa Aquatic Center in Commerce California for a three day meet.

While the weather was a bit chilly outside, it was nice and warm inside with lots of great races and personal bests achieved.

54 Teams entered the meet. Swimmers jostled for team points and medals, making it an amazing regional championship meet with sixteen potential national and world records set.

The Long Beach Grunions would like to say Thank You for attending and we hope to see you next year.

### Final Team Standings:

1st Place	Rose Bowl Masters
2nd Place	Gold Road Aquatics
3rd Place	West Hollywood Aquatics
4th Place	Las Vegas Masters
5th Place	San Diego Swim Master



# Southern Pacific Championships

at Commerce

Nov 30 - Dec 2, 2018

## Southern Pacific Masters

### Short Course Meter Records

**35-39 Women** Megan Melgaard (GRA)

50 Back (31.37)

**50-54 Women** Jill Gellatly (CVMM)

800 Free (9:47.13)

**55-59 Women** Kim O'Grady (ROSE)

200 Free (2:22.54) and 1500 Free (19:32.76)

**60-64 Women** Bonnie Spivey (LAPS)

800 Free (10:40.84), 200 Back (2:45.16),  
200 IM (2:51.87), 400 IM (5:51.11)

**Karen Melick (SCAQ)**

50 Breast (40.81), 200 Breast (3:18.69)

**65-69 Women** Beverly Meteyer (LVM)

100 Free (1:18.22) and 50 Breast (47.62)

**70-74 Women** Beverly Montrella (MVN)

50 Free (37.18), 50 Back (45.49) and 100 IM (1:41.05)

**95-99 Women** Maurine Kornfeld (ROSE)

50 Back 1:20.79

**25-29 Men** Tony Cox (GRA) 50 Back (24.63)

**Ralph Porrazzo (ROSE):** 200 Back (2:04.33)

**30-34 Men** Mike Alexandrov (GRA)

200 Breast (2:15.47)

**35-39 Men** Christopher Gibson (WH20)

50 Back (26.88)

**45-49 Men** Steve West (NOVA)

200 Breast (2:15.45)

**50-54 Men** Chris Duplanty (NOVA)

200 Breast (2:32.80)

**55-59 Men** Chuck Ponthier (LAPS) 50 Fly (27.80)

Tito Morales (UCLA) 100 Fly (1:05.52)

**60-64 Men** Dan Stephenson (ROSE)

100 Free (split of 57.90), 100 IM (1:08.39),  
200 IM (2:29.30), 400 IM (5:22.27)

**Andrew Bray (UNAT)** 800 Free (9:14.50),  
1500 Free (17:53.29)

**Doug Kajiwara (SCAQ)** 50 Back (32.49)

**70-74 Men** Mike Selna (RIPT)

50 Back (36.17), 100 Back (1:19.68), 200 Back  
(2:53.56) and 200 Breast (3:14.80)

**72-99 Men** West Hollywood Aquatics

400 Free Relay (3:44.45) and

400 Medley Relay (4:04.16)

**160-199 Men** West Hollywood Aquatics

400 Medley Relay (4:09.68)

**280-319 Men** West Hollywood Aquatics

400 Free Relay (5:33.55)

**Rose Bowl Masters** 800 Free Relay (13:10.37)

**120-159 Mixed** Golden Road Aquatics

400 Free Relay (3:48.17) and

200 Medley Relay (1:50.88)

**240-279 Mixed** Conejo Valley Masters

200 Free Relay (2:11.27), 400 Free Relay (4:24.25)  
and 400 Medley Relay (5:23.61)

## National Short Course Meter Records

Sixteen National Records were submitted and have been approved. **Southern Pacific Swimmers** with new National Records are: **Mike Alexandrov**, **Andrew Bray (2)**, **Maurine Kornfeld** and **Steve West**.

Golden Road Aquatics (**Megan Melgaard**, **Megan Jex**, **Luke Pechmann** and **Tony Cox**) broke the Mixed 120-159 400 Free Relay at 3:48.17. Pending World Records have been submitted for Andrew Bray (2) and Steve West.

# Southern Pacific Championships

at Commerce

Nov 30 - Dec 2, 2018

## High Point Award Winners

<b>18-24</b>	Kasey Marks (LVM) Nikita Bondarenko (WH2O)
<b>25-29</b>	Michelle Duraj (ROSE) Tony Cox (GRA)
<b>30-34</b>	E. Parker (SDSM) S. Hernandez (DAM) Jacob Cook (GRA)
<b>35-39</b>	M. Giovanni (LVM) E. Vucinich (WH2O) Tait Ecklund (ROSE)
<b>40-44</b>	Susan Hitch (LVM) David Galluzzi (ROSE)
<b>45-49</b>	Sarah Condor-Fisher (MACS) Nathan Ascher (SDSM)
<b>50-54</b>	Jennifer Weideman (CVMM) Kurt Dickson (GRA)
<b>55-59</b>	Becky Cleavenger (CVMM) Tito Morales (UCLA)
<b>60-64</b>	B. Spivey (LAPS) C. Ganze (SDSM) Dan Stephenson (ROSE)
<b>65-69</b>	Laura Val (TAM) Robert Wilson (GRA)
<b>70-74</b>	Beverly Montrella (MVN) Mike Selna (RIPT)

**75-79**

Nancy Ridout (TAM)  
Richard Burns (TAM)

**80-84**

Sylvia Glenn (OJAI)  
William Fleming (ROSE)

**85-89**

No Women and Walter Butler (LVM)

**95-99**

Maurine Kornfeld (ROSE)



## Upcoming SPMS Events



**January 01 - Tue**

USMS 1-Hour ePostal National Championship  
Ends Thu, 02/28/2019



**January 04 - Fri**

UCSB Masters Freestyle Camp  
Ends Sun, 01/06/2019



**January 13 - Sun**

Mission Viejo Short Course Yards Swim Meet



**January 17 - Thu**

SPMS Committee Conference Call 7:30PM



**January 19 - Sat**

Fabulous Las Vegas Masters SCY Swim Meet at UNLV



**February 09 - Sat**

Rose Bowl Short Course Yards Swim Meet  
Ends Sun, 02/10/2019



**February 15 - Fri**

USMS Winter Fitness Challenge 30 Minute Swim  
Ends Thu, 02/28/2019

# Mission Viejo Nadadores

## SCY Swim Meet

Sunday, January 13, 2019

Sanction by Southern Pacific Masters Swimming for USMS, Inc

**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 1-5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking. There will be no parking in reserved tennis spaces.

**Entries:** The pre-entry postmark deadline is Wednesday, January 9th, 2019. Deck registration is permitted. Deck entries will close at 7:45 a.m. for the 500 yd. Freestyle and 400 yd. Individual Medley, and at 10:00 a.m. for all other events. Age on January 13th 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.**

**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 500 and 1000 yd. Freestyle and the 400 yd. Individual Medley.

**Relays:** All relays will be deck entered on SPMS relay forms available at the meet. Relay fees are \$5.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$15.00 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:** On line entries are preferred on Club Assistant. \$35.00 per swimmer flat fee. Deck entries allowed for a total of \$40.00.

**Checks payable to:** Mission Viejo Nadadores (MVN) Mail consolidated entry card, a copy of your 2019 USMS card, and check to: Mission Viejo Nadadores -Mark Moore, 27474 Casa Del Sol, Unit 2, Mission Viejo, CA 92692

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

**Snack Bar:** Hot and cold drinks and snack will be available.

### Order of Events

400 IM and 500 warm-up at 7:00 a.m.

500 starts at 8:00 a.m.

1. 500 yd. Freestyle (check-in required)
2. 400 yd. Individual Medley ( check-in required)  
Additional warm-up after 400 IM

Event #3 will start no earlier than 10:00 a.m.

3. 200 yd. Freestyle
4. 50 yd. Butterfly
5. 100 yd. Backstroke
6. 25 yd. Freestyle\*
7. 200 yd. Medley Relay (men, women, or mixed)

8. 200 yd. Individual Medley
9. 50 yd. Breaststroke
10. 100 yd. Freestyle
11. 25 yd. Breaststroke\*
12. 100 yd. Butterfly
13. 50 yd. Backstroke
14. 200 yd. Free Relay (men, women, or mixed)
15. 25 yd. Butterfly\*
16. 100 yd. Breaststroke
17. 50 yd. Freestyle
18. 25 yd. Backstroke
19. 100 yd. Individual Medley
20. 200 yd. Fun Fin Relay
21. 1000 yd. Freestyle (check-in required)

(\*25 yd. events are not recognized by USMS and will not be submitted for TOP TEN)

# Fabulous Las Vegas Masters

## Short Course Yards Swim Meet

### Saturday Afternoon, January 19, 2019

Sanction by Southern Pacific Masters Swimming for USMS, Inc.

**Facility:** UNLV Buchanan Natatorium, Jim Reitz Pool. Indoor 50-meter by 25-yard pool. There is no postal address; do not use the university's generic Maryland Pkwy address. Location is on E. Harmon Ave, 1000 feet east of the intersection of Harmon Ave and Swenson St, Las Vegas, NV. Map coordinates: 36.112081,-115.147381. Very close to McCarran airport, Hard Rock Hotel & Casino, and Hyatt Place. 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:** From 15 North, take 215 East toward McCarran Airport. Continue onto McCarran Airport Connector. Continue onto Swenson St. Turn right onto E. Harmon Ave. Continue 1000 feet to Parking Lot L on your left. Parking Lot L is available for free to non-students on weekends. Walk north on asphalt path toward Buchanan Natatorium entrance on right (tennis courts on your left).

**Rules:** Swimmers must be USMS members registered for 2019. 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 5 individual events. Age on January 19, 2019 determines age group for the meet. You must be at least 18 to compete.

**Entries:** The pre-entry postmark deadline is Jan 16, 2019. Online entries will close Wednesday, January 16, 2019 at 11:59pm. Deck entry is permitted until 3:30pm for events 1-6 and 4pm for events 7-18. We encourage deck entry processing "paperless and cashless" on a computer at the pool. Bring your credit card, cash, or check. Entry Limits: the 500 Free will close at 32 entries (4 heats). The 400 IM and 200s of Back, Breast, and Fly will accept deck entries only, not pre-entry. Request entry into these events at the admin desk by 4pm on meet day.

**Entry Fees:** \$35 per swimmer flat fee.

**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 500 Free and encouraged for all events. Check-in will be available on SwimPhone.com beginning at 8pm on January 18. Positive Check-In for the 500 Free closes at 3:30pm.

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

**Awards:** Poker cards with your results stickers may be collected for competition with other swimmers to see who has the best poker hand. The best two poker hands win BIG prizes!

**Checks payable to:** Coach Victor Hecker. Mail consolidated entry card, a copy of your 2019 USMS card, and check for \$35 to 9961 Spider Creek Ct, Las Vegas, NV 89149 by January 16, 2019.

**Questions:** Meet Director: Karin Wegner LVMswimming@gmail.com; Meet Admin: Robert Mitchell

**Food & Beverage:** Las Vegas Masters will provide free water bottles and small snacks (ie granola bars, fruit, cheese). If the weather is nice, we will have a BBQ on the patio!

**Saturday, January 19, 2019**

**Warm-up at 2:30pm**

**Meet starts at 3:30pm**

1. 500 yard Freestyle (limit 32 entries)
2. 100 yard Individual Medley
3. 50 yard Butterfly
4. 100 yard Backstroke
5. 200 yard Freestyle
6. 50 yard Breaststroke
7. 200 yard Individual Medley
8. 100 yard Butterfly
9. 50 yard Freestyle
10. 50 yard Backstroke
11. 100 yard Breaststroke
12. 100 yard Freestyle
13. 400 yard Individual Medley (deck entry)
14. 200 yard Butterfly (deck entry)
15. 200 yard Backstroke (deck entry)
16. 200 yard Breaststroke (deck entry)



The logo for SPMS OFFICERS features a solid orange square on the left, followed by the text "SPMS OFFICERS" in a bold, blue, sans-serif font.

**Chair:**

**Mark Moore**

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(949) 233-6521

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**Vice-Chair:**

**Ken Brisbin**

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