

November/December
2004



SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News



SPMA MASTERS SWIMMING

2004 USMS Convention: Changes Ahead

The 2004 USMS Convention in Orlando, Florida was held in mid-September, between hurricanes.

Several important decisions came out of the convention, including:

- The USMS Executive Committee has been reorganized to include four Vice-Presidents. There will no longer be a zone chair. The USMS Board of Directors will now have eight directors, one from each zone. This is effective with next years elections.
 - USMS will be publishing its own magazine starting in March of 2005, and will no longer be sending SWIM Magazine to all members.
 - The 2006 USMS Short Course Yards National Championships were awarded to Coral Springs, Florida, May 4 - 7, 2006. (There will be no 2006 Long Course Nationals due to FINA Masters World Championships at Stanford University).
 - 18-year olds may now compete in all courses effective 1/1/05. However, 18-year olds may not register until their 18th birthday (because they cannot legally sign the registration form until then).
 - Swim paddles are not allowed during meet warm-ups (SPMA has had this as a local policy, it is now a USMS rule).
 - A rule was passed allowing a meet referee to remove any swimmer from a race who causes a delay in the meet by swimming significantly slower than his or her entered time.
 - The USMS Registration
- The Fitness Committee awarded the Check-Off Challenge and Virtual Swim Series to bidders.
 - The Ransom Arthur Award is given annually to the person who has done the most to fulfill the objectives of Masters swimming. This years award was presented to Leo Letendre at the convention banquet.
 - The Long Distance Committee awarded 2006 Postal and Open Water Championships, no bids were received from California.
 - Look for a new design in the near future for the USMS website.

Committee is continuing to work on procedures for providing on-line registration. The logistics of handling nationwide registration on-line will be addressed during the coming year.

In this issue:

- *Short Course Meters meet information*
- *Short Course Yards meet schedule*
- *2005 Registration Form*



Mary Hull, Jeff Moxie, Trish Commons and Mark Moore were awarded the Dorothy Donnelly USMS Service Award for service on the local and national level, at the USMS Convention in Orlando.

SWIM FOR LIFE!

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ARROYO GRANDE: South County Aq Waves Alan Freeman (805) 458-0989; alanfreeman@digitalputty.com
ATASCADERO: Team Kman Kass Flaig, (805)462-1691; kass@teamkman.org; www.teamkman.org
BAKERSFIELD: Golden Wave Masters Evelina Steele (661) 663-9884
BAKERSFIELD SWIM CLUB Val Kalmikous (661) 637-1403; www.bakersfieldswimclub.org
PASO ROBLES: North County Aquatics Matt Brown (805) 239-3013, swimnca@aol.com; www.northcountyaquatics.com
SAN LUIS OBISPO: TRISLO Roadrunners Roger Warnes (805) 544-2385; coachwtrislo@aol.com; www.trislo.com
SAN LUIS OBISPO MASTERS Richard O'Neil (805) 543-9515; sloswimclub@sbcglobal.net; www.sloseahawks.org

SANTA BARBARA (South) and VENTURA

CARPINTERIA, S. BARBARA: Channel Island Vic Anderson (805) 403-5425, vic.anderson@dakocytomation.com
OJAI: Ojai Masters Malchia Olshan (805) 646-1091, gjaidar@aol.com
SANTA BARBARA: UCSB Masters Jeremy Kipp (805) 637-0732; kipp11@juno.com
SANTA BARBARA MASTERS William Robert (805) 966-9757
THOUSAND OAKS: Daland Masters Peter Daland (805) 523-3207, 495-5210; peter@dalandswim.com
VENTURA AQUATIC CLUB Bob Anderson (805) 654-6400 ext.1345; banderson@vcccd.net
VENTURA COUNTY MASTERS Ken Grey (805) 644-1735; gobuena@aol.com

LOS ANGELES (North)

LANCASTER: Oasis Masters Tom Otto (661) 948-0057; ottolfixit@hotmail.com
PASADENA: Caltech Masters Suzanne Dodd (626) 449-7536; sdodd@ipac.caltech.edu
PASADENA: Rose Bowl Masters Gary Anderson (626) 397-4999; gmandersonla@msn.com; www.rosebowlaquatics.com
SANTA CLARITA MASTERS Doug Botton (661) 250-3766; dbotton@santa-clarita.com; pool: (661) 284-1470

LOS ANGELES (Westside)

CULVER CITY: SCAQ SCAQ Office (310) 390-5700; www.swim.net/scaq
EL SEGUNDO MASTERS Diane Graner-Gallas (310) 379-9109; diane.gallas@verizon.net
EL SEGUNDO: Play Hard Swim Hard Marcel Rinzler
LA WEST: UCLA Bruin Masters Gerry Rodrigues (310) 702-9327; swimpro@pacbell.net
SANTA MONICA: SCAQ SCAQ Office (310) 390-5700; www.swim.net/scaq
VENICE & WESTCHESTER: SCAQ SCAQ Office (310) 390-5700; www.swim.net/scaq
WEST HOLLYWOOD AQUATICS Casey Schick (310) 288-6555 (team hotline); info@wh2o.org; www.wh2o.org
WOODLAND HILLS: Southwest Aq Masters Fred Shaw (818) 347-1637; swamfred@aol.com; www.swam.us

LOS ANGELES (Central and South)

HOLLYWOOD: Hollywood Wilshire YMCA Ricardo Espinoza (213) 639-7543; ricardoespinoza@ywcala.org
LA: City of Los Angeles Masters Ricardo Vera (323) 906-7953; rvera@rap.lacity.org
LA DOWNTOWN & WEST: SCAQ SCAQ Office (310) 390-5700; www.swim.net/scaq
LA MID WILSHIRE: Meridian Swim Club Timothy Sharpe (323) 710-5248; aquanatureboy@hotmail.com

LOS ANGELES (South Bay)

HAWTHORNE: South Bay Swim Team Kathy Davids (310) 643-6523, www.southbayswimteam.org
LONG BEACH: Shore Aquatics SCAQ Office (310) 390-5700; www.swim.net/scaq
LONG BEACH Swim Club Tom Trapp
LONG BEACH: Beach Swim Club Masters Beach Swim Club hotline (562) 597-9744; www.beachswimclub.com
LONG BEACH: Grunions Sergio Rodriguez (562) 252-0220, info@lbgrunions.com; www.lbgrunions.com
RANCHO PALOS VERDES: Zenith Aquatics Shari Twidwell (310)937-3535; shari@zapswimming.com
TORRANCE : LA Peninsula Swimmers Michael Hamm (310) 993-4977; swimdude41@aol.com

INLAND EMPIRE

INDIO: Top Fin Aquatics Veronica Duran (760) 564-5000; laquintamike@aol.com
MURRIETA: TEAM MASTERS Debbie Mone (909) 461-6603; coachdebbie@nctimes.net
YUCAIPA: Masters of Yucaipa Laurie Odlum (909) 790-9126; bobodlum@aol.com

ORANGE COUNTY

COAST MASTERS Lou Giberson (949) 837-3091; lgiberson4@aol.com; Maurine Kornfeld (213) 469-8518
FOUNTAIN VALLEY: Typical Tropical Swim Cl. Robert Sands (714) 969-1056; cwoof@msn.com
FULLERTON: FAST Masters Team Kevin Perry (714) 871-9616; kperryswim@earthlink.net
FULLERTON: Fullerton Comp. Aquatics Pete Snyder (714) 992-7128; plschneid@yahoo.com
HUNTINGTON BEACH: Golden West Swim Cl. Rick Graves (714) 892-7711 x55129; (714) 425-5657
HUNTINGTON BEACH SWIM CLUB Buddy Belshe (949) 362-4727
IRVINE NOVAQUATICS Mike Collins (949) 338-6682, mcollins@multisports.com; www.novaquatics.com
IRVINE: Sports Club Matt Smith (949) 975-8400, mattsmith@thesportsclub.com
IRVINE: UCI Masters Lucy Johnson (949) 824-5830, lucyj@uci.edu; www.mastersswim.uci.edu
MISSION VIEJO MASTERS Mark Moore (949) 380-2552; m.w.moore@cox.net; mastersmvnswim.org
NEWPORT BEACH MASTERS Ronald Clark (949) 673-5278; vimclark@hotmail.com
NEWPORT BEACH: Lifeguard Association Jim Turner (949) 640-5350; nadineturner3@cox.net
NEWPORT BEACH: Pacific Coast Aquatics Mark Desmond (949) 733-0044; markdesmond@highhopes.ws
TUSTIN: SOCIAL Debra Cruze-Meyer (714) 241-8590; decruzmyer@hotmail.com
VILLA PARK: Orange Regional Comp. Aquatics Mark Tierney (714) 639-7531; mtierney@msn.com
YORBA LINDA: East Lake Eagle Rays Bill Peery (714) 701-9440; wpeery@elvca.com

LAS VEGAS

HENDERSON Southern Nevada Masters Frank Lowery (702) 400-2790; Dan Geary (702) 617-8130; flowery719@cox.net
CITY OF LAS VEGAS MASTERS Victor Hecker (702) 247-7788; heckerrealestate@hotmail.com

SPMA Competition Information and Instructions

Rules: Current USMS and SPMA rules will govern. All events are timed finals. Swimmers must check in with the Clerk of Course for deck seeded events that they wish to swim. After an event has been officially closed, swimmers may not check in. Age as of the last day of the meet determines age group for the meet. You must be 19 years of age to compete in short course yard meets. If your 19th birthday is before December 31st, 2004 you may swim long course meters and short course meters meets during 2004.

Eligibility: Events are open to any **current** USMS registered swimmer or a foreign swimmer with a valid travel permit. SPMA swimmers are encouraged to submit their registration application with the submitted entry card, if NOT currently registered.

Affiliation: A swimmer's affiliation as stated on the consolidated entry card, if valid as of the first day of the meet, will apply throughout the meet, except that swimmers may unattach at any time.

Submitted Times: Please enter your best time, a reasonable estimate or a workout time. All times must be submitted on a SPMA consolidated entry card or a copy of a SPMA consolidated entry card

(below). Do not mail in the meet entry form.

Entry Confirmation: To avoid any concern regarding receipt of entry card, enclose a self-addressed stamped envelope or postcard or mail card "Return Reply Request". No certified, registered or special delivery mail will be accepted. Receipt of entry will not be verified by phone.

Strictly Forbidden: Entering more than 5 individual events per day; using hand paddles in warm-up areas; diving in warm-ups unless in designated sprint lanes (entering the warm-up pool must be done with feet first with one hand in contact with the pool deck); smoking in any area where swimmers may be present.

Open Water: Swimmers using non-porous neoprene swim suits, wetsuits, or other non-porous attire will be ineligible for awards or place points.

*Check out our website
www.spma.net
for up-to-date information*

SOUTHERN PACIFIC MASTERS ASSOCIATION • CONSOLIDATED ENTRY CARD

Name _____ Male Female USMS # _____ - _____

Birthdate ____/____/____ Age _____ Club _____ Phone (____) _____ - _____

Event No.	FREESTYLE (Submitted Time)	Event No.	BACKSTROKE (Submitted Time)	Event No.	BREASTSTROKE (Submitted Time)	Event No.	BUTTERFLY (Submitted Time)	Event No.	INDIV. MEDLEY (Submitted Time)
	50 • •		50 • •		50 • •		50 • •		100 • •
	100 • •		100 • •		100 • •		100 • •		200 • •
	200 • •		200 • •		200 • •		200 • •		400 • •
	400/500 • •	Meet _____						FOR OFFICE USE ONLY	
	800/1000 • •	No. of events _____ x \$ _____ = \$ _____						Amt Rec'd _____	
	1500/1650 • •	Surcharge \$ _____						Date _____	
	• •	Total \$ _____							

Include a copy of USMS card

Signature on back is REQUIRED!

Include a copy of USMS card

fold..... fold

Late or incomplete entries (no fee, incomplete entry card, incomplete entry data) or entries postmarked after due date MAY BE REJECTED!

ALL MASTERS swimmers are required to send a photo-copy of their USMS card with their entry card. ALL Masters swimmers may be asked to show their USMS card if requested at the meet.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.

In addition, I agree to abide by and be governed by the rules of USMS."

PLEASE SIGN: _____ **DATE** _____

Is this your first Masters Meet? Yes
No

Non-SPMA swimmers please include your address:

Street: _____

City, State, Zip: _____

Read the meet information sheet carefully. Make your check payable as shown on the meet information sheet and mail it to the address shown.

Santa Clarita Short Course Meters Swim Meet Saturday, November 6th, 2004

Sanction number: 334-033

Location and Directions: Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy. *From the north:* take I-5 to the Valencia Blvd exit in Valencia. Go east several miles (Valencia Blvd turns into Soledad Canyon Rd) to Ruether Ave. Turn right and cross over railroad tracks. Turn right at Centre Pointe Pkwy. Turn left into driveway for Aquatic Center. *From the south:* take I-5 to Hwy. 14 north. Exit at Placerita Canyon Rd. Turn left under the bridge. Turn right on Sierra Hwy. Turn left on Golden Valley Rd. Turn right on Centre Point Pkwy. Make a right into the driveway for the Aquatic Center. Parking available in both upper and lower parking lots.

Entries: The pre-entry postmark deadline is Saturday, October 30th. Deck entries for the 1500 m Freestyle will close at 8:45 a.m.; all other deck entries close at the conclusion of the 1500. Age on December 31st, 2004 determines age for the meet. You may swim at age 18 if your 19th birthday is before December 31st, 2004.

Seeding: All events will be deck-seeded slowest to fastest by entered time, ages and sexes combined. Check-in is not required in order to be deck-seeded, except swimmers must check in to swim the 1500 m Freestyle and the 400 m Freestyle.

Relays: All relays will be deck entered. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

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

Entry Fees: \$20.00 per swimmer flat fee. Deck entries are allowed for a total of \$30.00.

Checks payable to: City of Santa Clarita

Mail consolidated entry card, a copy of your USMS card, and check to: Santa Clarita Aquatic Center, c/o Santa Clarita Masters Club, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91355.

Questions: Meet Directors, Doug Botton, (661) 250-3771, dbotton@santaclarita.com; Jon Terwilliger, (661) 250-3760, jterwilliger@santaclarita.com.

Saturday, November 6, 2004

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

1500 starts at 9:00 a.m.

1. 1500 m Freestyle (check-in required)
Additional warm-up after 1500
Event #2 starts at noon
2. 200 m Mixed Freestyle Relay
3. 100 m Butterfly
4. 200 m Freestyle
5. 100 m Breaststroke
6. 50 m Freestyle
7. 200 m Individual Medley
8. 400 m Freestyle (check-in required)
9. 100 m Backstroke
10. 50 m Butterfly
11. 400 m Individual Medley
12. 200 m Breaststroke
13. 100 m Freestyle
14. 50 m Backstroke
15. 200 m Butterfly
16. 50 m Breaststroke
17. 200 m Backstroke
18. 200 m Mixed Medley Relay

IMPORTANT NOTE:

The difference between pre-entering a meet and entering on the day of the meet is now \$10, so as to encourage you to send in your entry and to get our meets started on time!

Southwest Masters Turkey Shoot at Pierce College Sunday, November 21st, 2004

Sanction number: 334-034

Location and Directions: Pierce College Pool, an outdoor, 7-lane competition pool with two 25-meter warm-up lanes. 6201 Winnetka Ave., Woodland Hills. Take the 101 Freeway to Winnetka. Exit at Winnetka and go north one mile to the college. Winnetka is located 6 miles west of the San Diego Freeway (405) and Ventura Freeway (101) interchange.

Entries: The pre-entry postmark deadline is Saturday, November 13th. Entries for the 800 m Freestyle will close at 8:45 a.m. and at the conclusion of the 800 for all other events. Age on December 31st, 2004 determines age group for the meet. You may swim at age 18 if your 19th birthday is on or before December 31st, 2004.

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 800 m Freestyle and the 400 m Individual Medley.

Relays: All relays will be deck entered. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry. Event #8 is a rare 800 m Freestyle relay, a chance for a record. In event #16, men's, women's, mixed, freestyle or medley relays may be swum.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place. Special awards for the swimmers who swim closest to their entered time in each event.

Entry Fees: \$3.00 per each individual event entered and a \$10.00 surcharge per swimmer. For swimmers in relays only, the fee is \$5.00. NOTE: deck entrants will pay an additional \$10.00 entry charge.

Checks payable to: Southwest Masters

Mail consolidated entry card, a copy of your USMS card, and check to: Southwest Masters, 7914 Sadring, West Hills, CA 91304.

Questions: Meet Director, Steve Schofield (818) 992-1820; Meet Processing, Robert Mitchell, mitchellrobert@cox.net.

Sunday, November 21, 2004

800 warm-up at 8:00 a.m.

800 starts at 9:00 a.m.

1. 800 m Freestyle (check in required)
Additional warm-up after 800
Event #2 starts at 11:00 a.m.
2. 50 m Butterfly
3. 100 m Backstroke
4. 200 m Breaststroke
5. 50 m Freestyle
6. 100 m Butterfly
7. 200 m Backstroke
8. 800 m Freestyle Relay (men, women, mixed; deck enter)
9. 50 m Breaststroke
10. 100 m Freestyle
11. 200 m Butterfly
12. 50 m Backstroke
13. 100 m Breaststroke
14. 200 m Freestyle
15. 400 m Individual Medley
16. 200 m Relay (men, women, mixed; medley or freestyle; deck enter)

Please read the general information on entering swim meets on the third page of this newsletter!

Long Beach Grunions

2004 SPMA Regional and Southwest Zone SCM Championships

Saturday to Monday, December 4th - 6th, 2004

Sanction number: 334-035

Directions: The Belmont Plaza Olympic Pool, 4000 E. Olympic Plaza Dr., Long Beach CA 90803. Take the 405 Fwy. to the 7th Street exit. Go west on 7th Street to Redondo. Left on Redondo to Ocean Blvd. Left on Ocean to Termino. Right on Termino, Termino dead ends into pool parking. You can park on either side of the pool. All day parking passes will be available at the meet.

Fees: Flat fee of \$40.00 if postmarked before Friday, November 19th, 2004. Entry fee includes a meet T-shirt. Add a \$10.00 late fee for all entries POSTMARKED (or entered on-line) after Friday, November 19th. All entries MUST be RECEIVED by 6:00 p.m. Wednesday, November 24th. **No individual deck entries are allowed.** All relays will be deck entered. **Relay only swimmers** may do so for a \$10.00 fee (which does not include a meet T-shirt) and must sign a consolidated entry card. Swimmers are limited to entering a total of 8 individual events for the entire meet and no more than 5 individual events per day. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event. Age on December 31st, 2004 determines age group for the meet.

Seeding: All individual events plus the 400 and 800 meter relays will be seeded and swum slowest to fastest. The 200 meter relays will be seeded by age group. Men and women will be seeded together for the 800 and 1500 m Freestyle and 400 m 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.

Timing: Electronic timing will be used and two timers per lane will be provided. Clubs are requested to assist with timing where possible.

Check-in: Check-in is required for the 400, 800 and 1500 m Freestyles and the 400 IM. Telephone check-in is available for the 1500 from 9:00 a.m. until noon, and for the 400 IM and 800 Free from 9:00 a.m. until 2:00 p.m. on Monday, December 6th by calling (562) 856-1116 during those hours.

Awards: Individual: SPMA medals for places 1 to 3 and SPMA ribbons for places 4 to 6 for each age group and gender. Relays: SPMA medals for 1st place, SPMA ribbons for 2nd and 3rd 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 8 teams, based on combined scoring for men and women, individual events plus relays.

Entries: Mail consolidated entry card, copy of USMS card, and check (payable to: Long Beach Grunions) to LB Grunions, c/o Tom Boyd, 920 Orizaba Ave., Long Beach, CA 90804. Receipt of entry will NOT be verified by phone. Send a SASE or stamped postcard for return receipt. On-line entries will be available at www.lbgrunions.com after October 10th.

Social event: The Grunions will host a social at the beautiful LaPalapa (adjacent to pool) on Saturday evening from approximately 5 to 7 p.m. The social is limited to the first 85 people to sign up. Cost is \$15.00 per person. Sign up will be at the meet. The menu is Chicken Enchiladas with white garlic cream sauce, Cuban rice, refried beans and chayote slaw, along with Pasta Primavera and bread. Soda, coffee, and tea are included. A full bar will be available after 7:00 p.m. and a jazz band bill play from 8:30 p.m.

Questions: Call (562) 856-1116 or send an email to Tom Boyd at tboyd90807@aol.com. For hotels, information, and directions, go to www.lbgrunions.com and click on 2004 SCM Regionals.

Saturday, December 4th

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

1. Women's 400 m Freestyle
2. Men's 400 m Freestyle
3. Women's 50 m Butterfly
4. Men's 50 m Butterfly
5. Women's 200 m Freestyle Relay
6. Men's 200 m Freestyle Relay
7. Women's 100 m Backstroke
8. Men's 100 m Backstroke
9. Women's 200 m Freestyle
10. Men's 200 m Freestyle
11. Women's 100 m Individual Medley
12. Men's 100 m Individual Medley
13. Mixed 200 m Medley Relay
14. Women's 200 m Butterfly
15. Men's 200 m Butterfly
16. *400 m Medley Relay (Men's, Women's, and Mixed)
17. Women's 50 m Freestyle
18. Men's 50 m Freestyle
19. Women's 100 m Breaststroke
20. Men's 100 m Breaststroke
21. *400 m Freestyle Relay (Men's, Women's, and Mixed)

Sunday, December 5th

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

22. Women's 100 m Butterfly
23. Men's 100 m Butterfly
24. Women's 50 m Breaststroke
25. Men's 50 m Breaststroke
26. Women's 200 m Backstroke
27. Men's 200 m Backstroke
28. Women's 200 m Medley Relay
29. Men's 200 m Medley Relay
30. Women's 100 m Freestyle
31. Men's 100 m Freestyle
32. Women's 200 m Breaststroke
33. Men's 200 m Breaststroke
34. Mixed 200 m Freestyle Relay
35. Women's 50 m Backstroke
36. Men's 50 m Backstroke
37. Women's 200 m Individual Medley
38. Men's 200 m Individual Medley
39. *800 m Freestyle Relay (Men's, Women's and Mixed)

***Relays:** A swimmer may swim only one relay in each of event 16, 21, and 39 (e.g., Women, Men or Mixed).

Monday, December 6th

Warm-up at noon

Meet starts at 1:00 p.m.

- Check in for 1500 m Freestyle closes at 12:30 p.m.
40. 1500 m Freestyle (Women and Men)
- Check in for the 400 m Individual Medley closes at 2:00 p.m.
41. Women's 400 m Individual Medley
 42. Men's 400 m Individual Medley
- Check in for the 800 m Freestyle closes at 4:00 p.m.
43. 800 m Freestyle (Women and Men)

Out of the Woodwork and into the Pool

As of the end of September, the number of registered swimmers in SPMA for 2004 is over 2900, an increase of almost 400 swimmers from the total for 2003. We have nine swimmers who have reappeared after a nine-year absence, and ten swimmers who have reappeared after a ten-year absence.

Las Vegas Masters SCY Meet Saturday, January 15th, 2005

Sanction number: 335-002

Location and Directions: Desert Breeze Park, 8275 W. Spring Mountain Road, indoor 50-meter by 25-yard pool. Six lanes will be available for warm-up. From the I-15 Fwy., take the Flamingo Road exit (#38). Take the Flamingo Road west 3.54 miles. Turn right onto South Rainbow Blvd. and go 0.78 miles. Turn left onto Spring Mountain Road and go 1.70 miles.

Entries: The pre-entry postmark deadline is Monday, January 10th, 2005. Deck entries will close at 12:30 p.m. for the first six events. Age on January 15th determines age group for the meet. You must be at least 18 to compete.

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 yd. Freestyle and the 400 yd. Individual Medley.

Relays: All relays will be deck entered. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

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

Entry Fees: \$2.00 for each individual event entered and a \$10.00 surcharge per swimmer. For swimmers in relays only, the fee is \$5.00. NOTE: deck entrants will pay an additional \$10.00 entry charge.

Checks payable to: Southwest Masters

Mail consolidated entry card, a copy of your USMS card, and check to: Las Vegas SCY Meet, 7914 Sadring Ave., West Hills, CA 91304.

Questions: Meet Director, Victor Hecker, (702) 247-7788; Meet Entries, Steve Schofield (818) 992-1820.

Saturday, January 15, 2005

Warm-up at noon

Events start at 1:00 p.m.

- A. 200 yd. Mixed Medley Relay
- 1. 500 yd. Freestyle
- 2. 100 yd. Individual Medley
- 3. 50 yd. Butterfly
- 4. 100 yd. Backstroke
- 5. 200 yd. Freestyle
- 6. 50 yd. Breaststroke
- B. 200 yd. Mixed Freestyle Relay
- 7. 100 yd. Butterfly
- 8. 50 yd. Freestyle
- 9. 50 yd. Backstroke
- 10. 400 yd. Individual Medley
- 11. 100 yd. Breaststroke
- 12. 100 yd. Freestyle

New Additions to the Video/DVD Library

- ◆ American Red Cross Swimming and Diving Skills, the new 2004 video covers all strokes and diving.
- ◆ Swim Fast: Butterfly (DVD), featuring Michael Phelps
- ◆ Swim Fast: Breaststroke (DVD), featuring Ed Moses
- ◆ Swim Fast: Freestyle (DVD), featuring Lindsay Benko

See the last page of the newsletter for information on the SPMA lending library.

El Segundo Masters 11th Gary Grandi Memorial Swim Saturday, January 29th, 2005

Sanction number: 335-003

Location and Directions: Indoor pool at Urho Saari Swim Stadium has 8 lanes, of which 7 lanes will be used for competition, and one for warm-up. El Segundo is located south of L. A. Airport. From north or south on the 405, 110, 710, or 605 Fwy. take the 105 Fwy. west, until it turns into Imperial Hwy. Turn left when you reach Main Street, and drive five blocks (south) to Mariposa. Turn right on Mariposa and the pool is two short blocks west of Main Street. Parking can be found in the lot on the corner of Mariposa and Main as well as on the streets surrounding the facility. Go to www.spma.net/infoelsm.htm for a map to the pool.

Entries: The pre-entry postmark deadline is Wednesday, January 19th, 2005. Deck entries will close at 9:30 a.m. Age on January 29th determines age group for the meet. You must be at least 18 to compete.

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

Awards: Individual: SPMA ribbons for places 1 to 3. All swimmers will automatically be entered in a drawing for free prizes.

Entry Fees: \$15 entry fee for up to 5 events. NOTE: Deck entrants will pay an additional \$10.00 entry charge.

Checks payable to: City of El Segundo

Mail consolidated entry card, a copy of your USMS card, and check to: Wayne McCauley, 12841 Hawthorne Blvd. #302, Hawthorne, CA 90250.

Questions: Meet Director, Wayne McCauley, (310) 702-6393, breastraker@usa.net.

Saturday, January 29, 2005

Warm-up at 9:00 a.m.

Meet starts at 10:00 a.m.

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

More problems with SPMA-NEWS emails

We are continuing to have a variety of problems with the SPMA-NEWS emails.

AOL seems to be delivering some emails up to two months after they are sent. I have no control over the emails once they leave my Outbox, so please complain to AOL about the delays (you're paying them good money for service, so request that they provide it!).

Hotmail and Yahoo are both rejecting some emails from SPMA with the error "too many recipients." I have tried to work with these ISPs to allow our emails through, but have had no success.

One option that may help is to put registrar@spma.net in your address book, contact list, or safe list.

Julie Heather
SPMA Registrar

Southern Pacific Masters Association

2005 Membership Form

United States Masters Swimming, Inc. & Southern Pacific Masters Association 2005 Membership Application <input type="checkbox"/> Renewal Previous number if known: _____ <input type="checkbox"/> New Registration	PLEASE PRINT CLEARLY		
Your name on this form and on meet entry forms must be identical.			
Last Name	First Name	Middle Initial	
Mailing Address			Home Phone No. ()
City	State	Zip	Daytime Phone No. ()
Date of Birth Month/Day/Year	Age	Sex	Email Address (print in ALL CAPS)
CLUB (If left blank, you will remain with your 2004 club, or "unattached" if new)			Today's Date
Emergency Contact (optional)			Phone No. of emergency contact
<input type="checkbox"/> Opt out of SPMA-NEWS email list (check this box if you would only like SPMA to use your email address to contact you about questions or problems with your membership)			
<input type="checkbox"/> I am a coach		<input type="checkbox"/> I am a certified official	
<input type="checkbox"/> I would like to volunteer for SPMA			
Annual Fee: \$35 \$ _____ Optional Donations: \$1.00 (or \$____) to SPMA \$ _____ \$1.00 (or \$____) to USMS Endowment Fund \$ _____ \$1.00 (or \$____) to the International Swimming Hall of Fame \$ _____ TOTAL ENCLOSED \$ _____	<p>"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."</p> <p>Signature _____</p>		
Make check payable to SPMA, Mail to: <div style="text-align: center;"> SPMA c/o Julie Heather 957 N. El Molino Ave. Pasadena, CA 91104 </div>			

Benefits of 2005 SPMA Membership

- The opportunity to meet and train with some of the most experienced coaches and swimmers in the area.
- The benefit of coaching and training with our member clubs throughout the country requiring USMS membership.
- A subscription to the USMS national magazine, a bi-monthly swimming publication which runs concurrently with your membership.
- Liability insurance for your club and meet sponsors.
- Secondary accident insurance.
- Borrowing privileges from the SPMA videotape and book library.
- SPMA Swimming News, featuring up-to-date information on events occurring in our area and helpful articles on health and swimming.
- The privilege of participating in any SPMA or USMS sanctioned postal, pool, and open water events or clinics.
- Information and advice from the SPMA office to answer your swimming related questions or concerns.

Help SPMA keep costs down by sending in your registration form now. We won't have to invoice you, and you will have uninterrupted delivery of the USMS magazine and the SPMA newsletter.

2005 USMS Registration is valid through December 31, 2005

SPMA Swimming News, November/December 2004

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Southern Pacific Masters Association Schedule

November	6	Santa Clarita SCM Swim Meet
	18	SPMA Annual Meeting
	21	Pierce College Turkey Shoot SCM Swim Meet
December	4-6	SCM & Zone Championships, Long Beach
January	15	Las Vegas SCY Swim Meet
	29	El Segundo SCY Swim Meet
February	12	Santa Clarita SCY Swim Meet
March	6	Caltech Pentathlon SCY Swim Meet
	20	Mission Viejo SCY Swim Meet
April	2	UCLA SCY Swim Meet (tentative)
	17	SCAQ Loyola SCY Swim Meet (tentative)
May	19-22	USMS SCY Nationals, Ft. Lauderdale, FL

For a complete, updated list of events, check www.spma.net or call the SPMA Office

SPMA Video Library

SPMA has a video library available for use by our members. There is a \$6 charge for one tape or DVD, \$8 for two, or \$10 for three. This covers the cost of the envelopes and mailing both ways. We also need a separate check for \$50 per tape that will be held as a deposit until the tape(s) are returned. This check will not be cashed unless you don't return the tapes. The rental period is one month. Give the SPMA office a call, and we'll discuss which videos would best fit your needs. Titles available for rental include:

- Swim Smarter/Swim Faster (Richard Quick and Skip Kenny)
- Starts, Turns, and Finishes (Richard Quick and Skip Kenny)
- Swimming Techniques (Don Gambriel's Classic Series)
- Coaches' Drills (Don Gambriel's Classic Series)
- Women's Swimming (Don Gambriel's Classic Series)
- Men's Swimming (Don Gambriel's Classic Series)
- Freestyle from the Bottom Up (David Bottom)
- Freestyle and Backstroke: The Total Immersion Way (Terry Laughlin)
- Butterfly and Breaststroke: The Total Immersion Way (Terry Laughlin)
- Getting Better: Championship Swimming with John Naber
- Sprint Freestyle (Aleksandre Popov)
- Flyaway: The Butterfly Stroke in Swimming (Univ. of Calgary)
- Breaststroke (Don Gambriel's Gold Medal Series)
- Backstroke (Don Gambriel's Gold Medal Series)
- Butterfly (Don Gambriel's Gold Medal Series)
- Freestyle (Don Gambriel's Gold Medal Series)
- Breaststroke: Stroke Problems and Drill Solutions (Roque Santos)
- Ultimate Breaststroke (Adrian Moorhouse and Nick Gillingham)
- The Wave Breaststroke (Mike Barrowman and Jozsef Nagy)
- Body Segment Awareness (Bill Boomer)
- Assembling Aquatic Body Lines (Bill Boomer)
- Quick-Championship Winning Freestyle
- Quick-Championship Winning Backstroke
- Quick-Championship Winning Butterfly
- Quick-Championship Winning Breaststroke
- Quick-Championship Winning Starts
- Quick-Swimalates: Pilates for Swimmers
- Quick-Championship Winning Walls: Turns for All Strokes
- Quick-Swimmers' Shoulder: Prehab and Rehab
- Quick-Posture, Line, and Balance: The Foundation of Championship Winning Swimming
- Quick-Championship Winning Walls: Underwater Swimming, The Fifth Competitive Stroke
- Open Water Swimming, Skills, Techniques & Racing Tips (Mike Collins, Gerry Rodrigues) DVD
- American Red Cross Swimming and Diving Skills
- Swim Fast: Butterfly (Michael Phelps) DVD
- Swim Fast: Breaststroke (Ed Moses) DVD
- Swim Fast: Freestyle (Lindsay Benko) DVD