

May/June
2010



SPMA MASTERS SWIMMING



Welcome from the SPMA Chair by Nancy Kirkpatrick-Reno

Thank you for giving me the opportunity to lead SPMA into the next era of Masters swimming. 2009 was an exceptional year for SPMA with several national awards and USMS Board positions*, and phenomenal membership and club growth. By year's end, our membership had risen to an all-time high of 4,607 members and 81 clubs.

As Chair of SPMA, I'm very excited to be involved with our organization as USMS is growing and its leadership is focused on improving its membership benefits for all of us.

We will align our efforts with that of the USMS national office and I will be focused on promoting service among our members. For many years SPMA has been led by a dedicated yet small group of individuals who have given countless volunteer hours to our organization. My goal is to reach out to our membership and encourage more members to get involved in our committees and bring fresh ideas and innovation to our organization.

We started 2010 with new members on our Board and new members on our committees. We have a schedule with more swim meets than we have ever offered. Thank you to our clubs for

hosting these meets. SPMA will offer three Zone Championships awarded to our region: short course yards at Mission Viejo, long course meters at Fullerton, and our first ever Open Water Zone Championship this summer at Corona del Mar. We are one of the few Local Masters Swimming Committees (LMSCs) broadcasting our swim meets live to our membership! Our Marketing committee has reformed and is looking for members. The Coaches committee continues to look for ways to serve all our members from com-

petitive swimmers, triathletes, open water swimmers, and fitness swimmers. Our open water events have seen a renewed interest and our committee has put together another summer of great open water events.

The SPMA Board and committees are energized to bring our members more swim meets, more open water events, more fitness events/clinics, new sponsors, new awards, new opportunities to join our committees and Board, updated website, more inter-LMSC opportunities within the Southwest zone, more live video swim meets, clinics and educational forums. If you would like to volunteer, please contact me or one of the Executive Committee members.

*2009 National Awards and USMS Elected Officers from SPMA:

USMS President: Jeff Moxie (SPMA)

USMS Vice President, Administration: Michael Heather (SPMA)

Dorothy Donnelly Service Award: Christine Ciraulo

USMS Coach of the Year: Nancy Kirkpatrick-Reno

USMS Club of the Year: Mission Viejo Nadadores

SPMA SCM Relay Record Breakers

The following SPMA members were on record-breaking relays during the 2009 Short Course Meters season in SPMA-sanctioned events (FR=Free Relay; MR=Medley Relay):

M100-119 400 FR: NOVA Graass, Merlo, Giraldo, Yang
M100-119 400 FR: MVN Trowbridge, Bracamonte, Sethna, Sandvig
M120-159 400 MR: SCAQ Hochstein, Schlesinger, Tolmachoff, Corne
M120-159 800 FR: LVM Whitehead, Lanterman, Dietrich, Grawlich
M120-159 800 FR: NOVA Takahashi, West, R Delgado, F Delgado
M120-159 800 FR: SCAQ Schlesinger, Wegner, Tolmachoff, Hochstein
M200-239 400 MR and 800 FR: VCM McConica, Cooper, Shaffer, Blatt
M200-239 400 FR: SCAQ Hochstein, Quinn, Leonard, McCloskey
M240-279 800 FR: MVN Neiswonger, Russell, Colonnese, Stewart
M240-279 400 MR: MVN Stewart, Colonnese, Gibson, Stewart
M240-279 400 MR: SCAQ Quinn, Baird, Kerns, Carter
W100-119 400 FR: NOVA Perez, Mannix, Clark, Meloney
W100-119 400 FR: NOVA H Kraus, Merlo, L Kraus, Wang
W120-159 400 MR: SCAQ Bronson, Flynn, Pielot, Tiernan
W120-159 400 MR and 400 FR: MVN Osborn, Lewis, Olsen, Frith
W120-159 800 FR: MVN Talbot, Lewis, Frith, Olsen
W160-199 400 MR: LVM James, Eddins-Jackson, Adams, Battin
W200-239 400 MR: MVN Augerson, Doxzon, O'Rourke, Uthus
W200-239 400 FR: MVN O'Rourke, Dobbs, Uthus, Mitchell
W240-279 800 FR: MVN Montrella, Dougherty, Little, Spivey
W280-319 400 MR: MVN Kornfeld, Graef, Montrella, Durdy
X100-119 400 MR: MVN Gliniak, Sethna, Bracamonte, Vagi
X120-159 800 FR: OCC C Egan, Amr, K Egan, Ryan
X200-239 400 MR: SCAQ Kajiwara, Leonard, Godges, Cook
X200-239 400 FR: SOBA Moore, Gore, McCormack, Risley
X200-239 400 FR: SCAQ Quinn, Godges, Cook, McCloskey
X240-279 400 MR: NOVA Selna, Dauser, Greenberg, Spencer

In this issue:

- [Open water entry information](#)
- [Long Course entry information](#)
- [Profile on Rob Dumouchel](#)

SWIM FOR LIFE!

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ATASCADERO: Team K-man
BAKERSFIELD: Gold Wave Masters
BAKERSFIELD Swim Club
LOMPOC: Lompoc's Other Swim Team
PASO ROBLES: North County Aquatics
SAN LUIS OBISPO Masters
SAN LUIS OBISPO: Kennedy Club Masters
SANTA MARIA: Santa Maria Swim Club

Jennifer Glenesk, jglenesk@charter.net, www.teamkman.org
Rafael Guijarro (661) 205-9763, rago2000@sbcglobal.net
John Kraetsch, (661) 303-4382, bsc@bakersfieldswimclub.org, www.bakersfieldswimclub.org
Jeff Storie (805) 875-2703, j_storie@ci.lompoc.ca.us
Nancy Szejkowski (805) 238-5591, betco@yahoo.com, www.northcountyaquatics.org
Philip Yoshida (805) 543-9515, office@sloswimclub.org, www.sloswimclub.org
Linda Stimson (805) 781-3488 x 17, sloaquatics@kennedyclubs.com, www.kennedyclubs.com
Mike Ashmore (805) 928-9655, santamariaswim@verizon.com, www.santamariaswim.net

SANTA BARBARA (South) and VENTURA

CAMARILLO: Camarillo YMCA
CARPINTERIA: Channel Island
OJAI: Ojai Masters
OXNARD: Rio Mesa Masters
SANTA BARBARA Masters
THOUSAND OAKS: Conejo Simi Aquatics
THOUSAND OAKS: Conejo Valley Multisport Masters
THOUSAND OAKS: South Coast Aquatics
VENTURA COUNTY Masters

Nick Wichowski (805) 484-0432, nick.wichowski@ciymca.org, www.ciymca.org
Vic Anderson (805) 403-5425, delphis13@msn.com, channelislandmasters.blogspot.com
Rick Goeden (805) 646-7213, theswimguy@sbcglobal.net
Toby Petty (805) 642-6674, tonthego00@sbcglobal.net
SB Swim Office (805) 966-9757, swimoffice@sbswim.org
Gardner Howland (865) 567-8989, ghowland@csaswim.com, lhancock@csaswim.com, www.csaswim.com
Nancy Kirkpatrick-Reno (818) 469-9972, nancy@conejovalleymultisportmasters.com
Matt Warshaw (805) 660-2082, matt@southcoastaquatics.com, www.southcoastaquatics.com
Jason York (805) 650-0400, jason.e.york@gmail.com, www.buenaventuraswimclub.org

LOS ANGELES (North)

CLAREMONT: The Claremont Club
LANCASTER: Oasis Masters
PALMDALE: Canyons Aquatic Masters
PASADENA: Caltech Masters
PASADENA: Rose Bowl Masters
SAN FERNANDO: Matador Triathlete Club
SANTA CLARITA Masters
WALNUT: FASTER Masters Swim Team

John Ries (909) 625-6791, tccswim@hotmail.com
Tom Otto (661) 946-7537, ottolfixit@hotmail.com
Jeff Conwell (661) 993-2868, jeffc@canyons.org, www.canyons.org
Suzanne Dodd (626) 449-7536, sdodd@ipac.caltech.edu, www.its.caltech.edu/~swimclub/swim.html
Chad Durieux (626) 564-0330, cdurieux@rosebowlaquatics.org, www.rosebowlaquatics.org
Emily Rogers (425) 220-5417, emilynicolerothers@yahoo.com
Lance O'Keefe, lokeefe@santa-clarita.com, pool: (661) 250-3767
Louis Boehle (909) 657-7758, louisboehle@mac.com

LOS ANGELES (Westside)

L.A. WEST: UCLA Bruin Masters
WEST HOLLYWOOD Aquatics
WOODLAND HILLS: Southwest Aq Masters

Steve Najera (310) 206-1787, snajera@recreation.ucla.edu
Susan Shore (310) 288-6555 (team hotline), info@wh2o.org, www.wh2o.org
Fred Shaw (818) 347-1637, swamfred@aol.com, www.swam.us

LOS ANGELES (Central and South)

CATALINA Channel Swimming Federation
L.A.: Swimming Los Angeles
L.A. (various locations): SCAQ
L.A. MID-WILSHIRE: Meridian Swim Club
L.A. DOWNTOWN: Los Angeles Athletic Club Masters
L.A.: Pool Open Water
SOUTH GATE Masters Swim Team

Carol Sing (619) 588-2677, swim@swimcatalina.org, www.swimcatalina.org
Matt Harrigan, matt@swimmingla.com or Andy Copley, andy@swimmingla.com
SCAQ Office (310) 390-5700, www.swim.net/scaq
Vanessa Mesia (310) 729-2971, vanessamesia@sbcglobal.net, www.meridiansportsclub.com
Vanessa Mesia (310) 729-2971, vanessamesia@sbcglobal.net, www.laac.com
Gerry Rodrigues (310) 432-3683, coachgerry@yahoo.com
Patricia Mitchell (323) 563-5753, pmitchell@sogate.org

LOS ANGELES (South Bay and East County)

CARSON/LOS ALAMITOS: Long Beach Grunions
HAWTHORNE: South Bay Swim Team
LA MIRADA: La Mirada Armada
LONG BEACH: Alpert JCC
LONG BEACH: Long Beach Masters Swim
LONG BEACH: Shore Aquatic Masters
MANHATTAN BEACH: Magnum Masters
RANCHO PALOS VERDES: Zenith Aquatics
TORRANCE: LA Peninsula Swimmers

Mike Miranda, (714) 808-9158, info@lbgrunions.com, www.lbgrunions.com
Kathy Gore (310) 643-6523, southbayswimteam@socal.rr.com, www.southbayswimteam.org
Beverly Garman (949) 552-1710, ihaccoach@aol.com, www.swimarmada.com
Sascha Bryon-Zwick (562) 426-7601 x1035, sbryanzwick@alpertjcc.org, www.alpertjcc.org
Teresa Pascuzzo (562) 438-7539, teresapascuzzo@verizon.net, www.longbeachswimclub.com
Kristin Barth-Kredell (562) 331-1344, lbshoreswim@yahoo.com, www.shoreaquatics.com
Chuck Milam (310) 546-3601, cdmilam@hotmail.com, www.manhattancc.com
Shari Twidwell (310) 947-1323, shari@zapswimming.com, www.zapswimming.com
Brian K Johnson (310) 486-4603, info@lapsmasters.org, www.lapsmasters.org

INLAND EMPIRE

BEAUMONT Masters
CORONA: Corona Crocodiles
RIVERSIDE: Riverside Aquatics Assn.
RIVERSIDE, TEMECULA: Riverside Co. YMCA Masters
TEMECULA: City of Temecula Masters
TEMECULA Swim Club
YUCAIPA: Masters of Yucaipa

Christy Arwood (951) 769-2087, christy@nds-ca.net
John Salvino (866) 403-3219, coachsalvino@hotmail.com
Carrie Ridgway (951) 205-2268, info@raa-swim.org, www.raa-swim.org
Dorothy Thomas (909) 633-8304, waterdancer2@yahoo.com
Gwen Willcox (951) 694-6410, gwen.willcox@cityoftemecula.org
Bryan Davis (951) 285-2718, headcoach@temeculaswimclub.com, www.temeculaswimclub.com
Jason Bradbury (951) 505-3973, yystcoach.jason@verizon.net, www.yucaipaswim.org

ORANGE COUNTY

ALISO VIEJO: Renaissance Club Sport
COSTA MESA: Orange Coast Masters Swimming
COTO DE CAZA: Coyotes
FULLERTON: FAST Masters Team
HUNTINGTON BEACH: Golden West Swim Club
IRVINE Novaquatics
IRVINE: UCI Masters
LADERA RANCH Masters
LOS ALAMITOS Masters
MISSION VIEJO Masters
NEWPORT BEACH: Pacific Coast Aquatics
NEWPORT BEACH Lifeguard Association
SAN JUAN CAPISTRANO: Capo Masters
SAN JUAN CAPISTRANO: Multisports Orange County
TUSTIN: SOCAL Aquatics
YORBA LINDA: East Lake Eagle Rays

Alex Isaly (949) 643-6700, alex.isaly@clubsports.com, www.renaissanceclubsport.com/aliso-viejo
Anthony Iacopetti (714) 369-9555, aiacopetti@occ.cccd.edu, www.coastmastersswimming.com
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Bill Jewell, (949) 466-6523, swimbill@sbcglobal.net, www.fastswim.org
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Mark Moore (949) 233-6521, coachmark@mastersmvnswim.org, www.mastersmvnswim.org
Mark Desmond (949) 306-3599, markdesmond@highhopes.ws, www.pacificcoastaquatics.org
Jim Turner (949) 644-3046, jturner@nbfd.net, www.newportlifeguard.org
Coach Bee (949) 636-1655, info@capomasters.com, www.capomasters.com
Mike Collins (949) 338-6682, info@multisportsoc.com, www.multisportsoc.com
Steve Pickell (714) 356-7390, coachsteve@socalaquatics.com, www.socalaquatics.com
Mike Pawloski (714) 372-6273, bonuspak@earthlink.net

LAS VEGAS

HENDERSON Southern Nevada Masters
LAS VEGAS: Las Vegas Masters
LAS VEGAS: Swim Las Vegas
LAS VEGAS: Viva Las Vegas Masters

Frank Lowery (702) 400-2790, flowery719@cox.net, www.lowerymultisport.com
Victor Hecker (702) 247-7788, heckerrealestate@hotmail.com
Kara Robertson (702) 498-2316, swimlasvegas@gmail.com, www.swimlv.com
Melissa Gutierrez (702) 480-4321, marie@summerlinmasters.com, www.summerlinmasters.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 for short course yards, and age as of December 31st of the year of competition determines age for long course and short course meters meets. You must be 18 years of age to register with SPMA and compete in meets.

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); use of any pacing device in competition; and 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

Maximum FIVE Individual Events/Day

Include a copy of USMS card

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

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

Non-SPMA swimmers please include your address:

Street: _____

City, State, Zip: _____

Santa Clarita Masters LCM Meet Sunday, May 16th, 2010

Sanction number: 330-010

Facility: Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy.

Directions: *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 Golden Valley Rd. Turn left onto Golden Valley Rd. Turn right on Centre Point Pkwy. Make a right into the driveway for the Aquatic Center. Parking is available in both upper and lower parking lots.

Entries: The pre-entry postmark deadline is Saturday, May 8th. Deck entries for the 1500 m Freestyle will close at 8:45 a.m.; all other deck entries close at 11:00 a.m. Age on December 31, 2010 determines age group for the meet. You must be at least 18 years of age 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 1500 m Freestyle and the 400 m Freestyle.

Relays: All relays will be deck entered. Relay fees are \$4.00 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 for online entries, \$25.00 for mail-in entries. Deck entries allowed for a total of \$30.00.

Checks payable to: City of Santa Clarita.

Mail consolidated entry card, a copy of your 2010 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, Chris Lundie, (661) 286-4088, clundie@santa-clarita.com; Lance O'Keefe, (661) 250-3767, lokeefe@santa-clarita.com.

Sunday, May 16, 2010

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

1500 starts at 9:00 a.m.

1. 1500 m Freestyle (check-in required)
20 minute warm-up after 1500
2. 400 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. 400 m Mixed Medley Relay

Mission Viejo Nadadores LCM Swim Meet Sunday, June 6th, 2010

Sanction number: 330-016

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.

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. There will be no parking in the upper parking lot. No tennis parking on Marguerite allowed.

Entries: The pre-entry postmark deadline is Saturday, May 29th. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 1500 m Freestyle and at 10:30 a.m. for all other events. Age on December 31, 2010 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 400 and 1500 m Freestyle and the 400 m Individual Medley.

Relays: All relays will be deck entered on SPMA 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: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

Entry Fees: \$20.00 per swimmer flat fee. Deck entries or online entries after May 29th allowed for a total of \$30.00.

Checks payable to: Mission Viejo Nadadores (MVN)

Mail consolidated entry card, a copy of your 2010 USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 25108-B Marguerite Parkway #391, Mission Viejo, CA 92692.

Questions: Meet Director, Mark Moore (949) 489-1847; coachmark@mastersmvnswim.org.

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

Sunday, June 6, 2010

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

1500 starts at 8:30 a.m.

1. 1500 m Freestyle (check-in required)
Additional warm-up after 1500
Event #2 will start no earlier than 11:00 a.m.
2. 400 m Individual Medley (check-in required)
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. 200 m Fun Fin Relay
19. 400 m Freestyle (check-in required)

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

Las Vegas Masters LCM Swim Meet Saturday, June 19th, 2010

Sanction number: 330-017

Facility: Desert Breeze Park, 8275 W. Spring Mountain Road, indoor 50-meter by 25-yard pool. Lanes will be available for warm-up.

Directions: From the I-15 Fwy., take the Spring Mountain Rd West exit. Turn west on Spring Mountain Road and go 4 1/2 miles to the pool.

Entries: Pre-entry postmark deadline: Saturday, June 12th. On deck registration permitted. Deck entries will close at 12:30 p.m. for the first 6 events. Deck entries will close at 1:00 p.m. for the remaining events. Age on December 31, 2010 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 400 meter freestyle.

Relays: All relays will be deck entered, on SPMA relay forms available at the meet. Relays are *free*. 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: \$25.00 per swimmer flat fee. Deck entries or online entries after June 12th allowed for a total of \$35.00.

Checks payable to: Las Vegas Masters

Mail consolidated entry card, copy of 2010 USMS card, and check to: Las Vegas LCM Meet, P. O. Box 204, Lake Forest, CA 92609-0204.

Questions: Meet Director, Victor Hecker (702) 247-7788. Meet Entries: Robert Mitchell, mitchellrobert@cox.net.

Saturday, June 19, 2010

Warm-up at noon

Meet starts at 1:00 p.m.

1. 400 m Freestyle (check-in required)
2. 50 m Butterfly
3. 100 m Freestyle
4. 100 m Backstroke
5. 200 m Freestyle
6. 50 m Breaststroke
7. 100 m Butterfly
8. 50 m Freestyle
9. 50 m Backstroke
10. 200 m Individual Medley
11. 100 m Breaststroke
12. 200 m Medley Relay
13. 200 m Freestyle Relay

Newport Beach Lifeguards Balboa-Newport Pier-to-Pier Saturday, July 10th, 2010

Sanction number: 330-018

Distance: 2 miles

Location: Start from the beach next to the Balboa Pier.

Swim to a buoy offshore, turn right shoulder to buoy, and then up the coast to a buoy just off the Newport Pier. Round right shoulder to buoy at the Newport Pier and finish on shore in front of Lifeguard Headquarters. It is always recommended that swimmers wear a bright cap and be accompanied by a paddler.

Check-in: Registration is at 9:00 a.m. at Lifeguard Tower "M," next to the Balboa Pier. The swim starts at 10:00 a.m.

Entries: Pre-registration is \$25.00 (includes a T-shirt) and is due by Tuesday, June 29th. Beach entries available for \$30.00. Register for both this swim and the August 28th Don Burns Corona del Mar swim for \$45.00.

To enter, send a copy of your 2010 USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: N.B.O.L.A. Mail to: Nadine Turner, One Giverny, Newport Coast, CA 92657.

Application and Additional Information: www.newportlifeguard.org, Nadine Turner, (949) 640-5350; nadineturner3@cox.net

Semana Nautica Sports Festival Santa Barbara 6-mile Swim Sunday, July 11th, 2010

Sanction number: 330-022

Distance: 6 miles

Location: Goleta Beach to Arroyo Burro Beach, Santa Barbara. Start on the west side of Goleta pier. There is no charge for parking at either beach, carpooling from finishing beach will be arranged the morning of the swim. Water temperature varies from 58-65°F in June and July. This swim is for experienced swimmers *only*! Participants must bring board/kayak and paddler to accompany them in the ocean swim. No wetsuits.

Check-in: Registration begins at 7:30 a.m. The swim starts at 9:00 a.m.

Entries: Pre-registration is \$40.00 and entries must be received by Friday, July 2nd. No beach entries. T-shirts are \$15.00.

To enter, print and complete the entry form at www.semananautica.com or send a copy of your 2010 USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: Jane Cairns, 5094 Cathedral Oaks Rd, Santa Barbara, CA 93111. Include a list of recent ocean swims completed.

Additional Information: Jane Cairns, (805) 886-8123, janeswims@juno.com

Seal Beach Swim Club, 37th Seal Beach Rough Water Swim, Sunday, July 11th, 2010

Sanction number: 330-019

Distance: 1-mile and 5-kilometer events.

Location and directions: Take the 405 Fwy to Seal Beach Blvd. South, turn right on Pacific Coast Hwy, and then left on Main St. Make a right turn on Ocean Ave. Parking is available in the lot on the left side for a fee. Note that parking on Ocean Ave. and side streets is limited to one hour.

Check-in: Check-in times vary with event. Check-in starts at 6:30 a.m. for the 5K swim, you must check in by 7:15 a.m., and the start is

at 8:00 a.m. The 1-mile check-in is at 8:00 a.m. with an approximate 9:30 a.m. start time.

Entries: Pre-registration is \$25.00 and must be postmarked by Friday, June 25th. Race day registration is \$30.00.

To enter, send a copy of your 2010 USMS card and a completed SPMA consolidated card with your check payable to: Seal Beach Swim Club. Mail to: S.B.R.W.S., P. O. Box 605, Seal Beach, CA 90740.

Additional Information: Maria Fattal, (562) 430-1092; sbvbcmaria@yahoo.com; www.sealbeachswimclub.org

**Mission Viejo Nadadores
Patrick Moore Memorial LCM Relay Meet
Saturday, July 3rd, 2010**

Sanction number: 330-015

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.

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. There will be no parking in the upper parking lot. No tennis parking on Marguerite allowed.

Entries: This will be a deck entered meet. Entry cards for events 1 to 4 are due by 8:45 a.m., events 5 to 8 by 10:00 a.m., events 9 to 12 by 10:30 a.m., and events 13 to 15 by 11:00 a.m. Age on December 31, 2010 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.

Relays: All relays will be deck entered on SPMA relay forms available at the meet. Relay fees are \$10.00 per relay due upon entry.

Awards: SPMA ribbons for first through third place.

Entry Fees: \$15.00 per swimmer surcharge. Swimmers must complete a consolidated entry card and provide a photocopy of their 2010 USMS card.

Questions: Meet Director, Mark Moore, (949) 489-1847; coachmark@mastersmvnswim.org.

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

Saturday, July 3, 2010

Warm-up at 8:30 a.m.

Meet starts at 10:00 a.m.

1. Women's 400 m Medley Relay
2. Men's 400 m Medley Relay
3. Mixed 200 m Freestyle Relay
4. Women's 200 m Medley Relay
5. Men's 200 m Medley Relay
6. Mixed 800 m Freestyle Relay

10 minute break

7. Women's 400 m Freestyle Relay
8. Men's 400 m Freestyle Relay
9. Mixed 200 m Medley Relay
10. Women's 200 m Freestyle Relay
11. Men's 200 m Freestyle Relay

10 minute break

12. Women's 800 m Freestyle Relay
13. Men's 800 m Freestyle Relay

15 minute break

14. Mixed 400 m Medley Relay
15. Mixed 400 m Freestyle Relay

A portion of the proceeds from this meet will go towards the Patrick Moore Memorial College Scholarship Fund.

Expand your horizons!

Take a trip to a swim meet in a neighboring LMSC. For up-to-date information check out these websites:

San Diego-Imperial: www.simasterswim.org

New Mexico: www.zianet.com/pdjang/nmms/index.htm

Arizona: www.azlmsc.org

**Santa Barbara Masters
Reg Richardson Memorial LCM Meet
Saturday, July 10th, 2010**

Sanction number: 330-020

The Reg Richardson Memorial Meet is part of Semana Nautica, Santa Barbara's annual summer sports festival, now in its 73rd year! Learn more at www.semananautica.com.

Facility: Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara.

Directions: From the 101 Freeway going north, exit at Cabrillo Blvd. (off-ramp is in the fast lane). Turn towards the ocean and drive west along the beach. Cabrillo Blvd. becomes Shoreline Drive at Castillo St., which dead-ends at the pool. From the 101 Freeway going south, exit at Castillo St. Turn right and the pool is at the end of Castillo. Parking is available on Castillo St. and in the lot behind the pool. The parking lot entrance is west of the pool at Harbor Way and Shoreline Drive. There is a parking fee at the lot.

Entries: Pre-entry postmarked deadline: Thursday, July 1st. On deck registration permitted. Online registration will be available. Deck entries will close at 8:45 a.m. for the 1500 m Freestyle and 10:30 a.m. for all other events. Age on December 31, 2010 determines age group for the meet.

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.

Relays: The 200 m Freestyle relay will be deck-entered. Relay fees are \$5.00 per relay due upon entry. All relays must be submitted on SPMA relay forms that will be available at the meet. For each relay swimmer who is not entered in individual events, 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: There is a \$25.00 flat fee per swimmer. For relay-only swimmers, the fee is \$5.00. Deck entries or online entries after July 1st allowed for \$35.00.

Checks payable to: Santa Barbara Swim Club

Mail consolidated entry card, a copy of your 2010 USMS card, and check to: Santa Barbara Swim Club, P. O. Box 204, Lake Forest, CA 92609-0204.

Questions: Santa Barbara Swim Club Office (805) 966-9757, sbsc@sbswim.org. Meet Processing, Robert Mitchell, mitchellrobert@cox.net.

Saturday, July 10, 2010

Warm-up at 8:00 a.m.

1500 m Freestyle starts at 9:00 a.m.

1. 1500 m Freestyle
Additional warm-up after 1500 m Freestyle
Event #2 starts at 11:00 a.m.
2. 100 m Freestyle
3. 100 m Breaststroke
4. 200 m Individual Medley
5. 50 m Freestyle
6. 200 m Butterfly
7. 50 m Breaststroke
8. 100 m Backstroke
9. 200 m Freestyle
10. 100 m Butterfly
11. 50 m Backstroke
12. 200 m Breaststroke
13. 50 m Butterfly
14. 200 m Backstroke
15. 400 m Relay (Medley or Freestyle; men, women, or mixed; deck enter)

For a complete list of open water events in the Southern California area, including those not sanctioned by SPMA, visit:

www.spma.net

Click on Open Water & Long Distance

FAST Masters LCM Regional and Zone Championships
Janet Evans Swim Complex, Fullerton
Friday to Sunday, July 23rd to 25th, 2010

Sanction number: 330-023

Facility: Janet Evans Swim Complex, 801 W Valencia Ave, Fullerton, outdoor 8 lane, 50-meter competition pool, with separate warm-up area available.

Directions: From the 91 Fwy take the Euclid Ave exit. Go north on Euclid to Valencia and turn right on Valencia. The swim complex is located on the left.

Fees: Flat fee of \$45.00 if entered online or postmarked on or before Tuesday, July 13th. Entries entered online, postmarked or submitted after midnight on July 13th will be subject to a \$5.00 late fee. *All paper entries not received by 8:00 p.m. on Saturday, July 17th will be rejected. Online entries will close at midnight on Sunday, July 18th. No individual deck entries will be allowed.*

Check www.spma.net for online entry link. Relay-only swimmers: Swimmers who plan to swim only in relays may do so, for a \$10.00 fee. Relay-only swimmers must also sign a consolidated entry card and may deck enter the meet. Swimmers are limited to entering and swimming a total of 7 individual events for the entire meet (but no more than 5 per day), plus relays.

Seeding: Men and women will be seeded together for the 400, 800 and 1500 m Freestyle and 400 m Individual Medley, based on entry time. The 1500 and 800 m Freestyle will be limited to the first 50 entries for each event. The 1500 m Freestyle will be swum fastest to slowest, all other events will be swum slowest to fastest. Men and women will swim separately for all other individual events. Scoring will be separate, by gender and age group. All individual events will be seeded and swum slowest to fastest.

Check-in: Check-in is required for the 400, 800 and 1500 m Freestyle events and the 400 IM. Check-in will close at 2:30 p.m. Friday for the 1500, 8:00 a.m. Saturday for the 400 m Freestyle, 8:00 a.m. Sunday for the 800 m Freestyle, and 9:00 a.m. Sunday for the 400 IM.

Awards: SPMA medals for individual places 1st to 3rd, SPMA ribbons for places 4th to 6th for each age group and gender. SPMA medals for 1st place relay teams, SPMA ribbons for 2nd and 3rd places. Special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to top 8 clubs, based on combined scoring for men and women, individual events plus relays, including mixed relays. Scoring will be to ten places.

Checks payable to: FAST Swimming

Mail consolidated entry card, a copy of your 2010 USMS card, and check to: FAST Masters Meet, P. O. Box 204, Lake Forest, CA 92609-0204.

Snack Bar: A snack bar will be available on site.

Questions: Meet Director, Terry Merlihan, (714) 693-3991, themerlihan5@att.net. Meet Processing: Robert Mitchell, mitchellrobert@cox.net.

Online entries are available for many of our meets. In some cases a discount is available for entering online, because it saves the meet host a lot of data entry! Please check www.spma.net for links to online entries.

Friday, July 23, 2010

Warm-up at 2:00 p.m.

Meet starts at 3:00 p.m.

Check-in for the 1500 m Freestyle will close at 2:30 p.m.

1. 1500 m Freestyle (Women, Men; seeded fast to slow)

Saturday, July 24, 2010

Warm-up at 7:30 a.m.

Meet starts at 9:00 a.m.

Check-in for the 400 m Freestyle will close at 8:00 a.m.

2. 400 m Freestyle (Women, Men)
3. Women's 50 m Butterfly
4. Men's 50 m Butterfly
5. 400 m Freestyle Relay (Women, Men, Mixed)
6. Women's 100 m Breaststroke
7. Men's 100 m Breaststroke
8. Women's 200 m Butterfly
9. Men's 200 m Butterfly
10. Women's 100 m Freestyle
11. Men's 100 m Freestyle
12. Women's 100 m Backstroke
13. Men's 100 m Backstroke
14. Women's 200 m Individual Medley
15. Men's 200 m Individual Medley
16. Women's 50 m Breaststroke
17. Men's 50 m Breaststroke
18. 400 m Medley Relay (Women, Men, Mixed)
19. 800 m Freestyle Relay (Women, Men, Mixed)

Sunday, July 25, 2010

Warm-up at 7:30 a.m.

Meet starts at 9:00 a.m.

Check-in for the 800 m Freestyle will close at 8:00 a.m.

20. 800 m Freestyle (Women, Men)
21. Women's 200 m Backstroke
22. Men's 200 m Backstroke
23. Women's 50 m Freestyle
24. Men's 50 m Freestyle
25. 400 m Individual Medley (Women, Men)
26. Women's 100 m Butterfly
27. Men's 100 m Butterfly
28. Women's 50 m Backstroke
29. Men's 50 m Backstroke
30. Women's 200 m Freestyle
31. Men's 200 m Freestyle
32. Women's 200 m Breaststroke
33. Men's 200 m Breaststroke
34. 200 m Medley Relay (Women, Men)
35. 200 m Freestyle Relay (Women, Men)
36. Mixed 200 m Medley Relay
37. Mixed 200 m Freestyle Relay

Relays: A swimmer may swim only one relay in each of events 5, 18, and 19 (e.g., Women, Men or Mixed). For entry information, please see the additional information online at www.spma.net.

Southern Pacific Masters Association Schedule

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May	7-9	Southwest Zone and SPMA SCY Regional and Southwest Zone Championships, Mission Viejo
	16	Santa Clarita LCM Swim Meet
June	6	Mission Viejo LCM Swim Meet
	19	Las Vegas LCM Swim Meet
July	2-3	San Luis Obispo LCM Swim Meet
	3	Mission Viejo LCM Relay Meet
	10	Santa Barbara LCM Swim Meet
	10	Balboa to Newport Pier-to-Pier 2 Mile Open Water Swim
	11	Seal Beach 1 Mile and 3 Mile Open Water Swims
	11	Santa Barbara Semana Nautica 6 Mile Open Water Swim
	23-25	SPMA LCM Regional and Southwest Zone Championships, location to be determined
August	28	Don Burns Corona del Mar 1 Mile Open Water Swim

For a complete and updated list of events, go to www.spma.net or call the SPMA office

Rob Dumouchel: Member At Large! By Helene Hirsch

Rob is going on a nationwide tour to swim in meets, meet lots of folks, and bring back what he learns to us here at SPMA! We are very lucky to have Rob Dumouchel representing us as our new Member-at-Large, though, since he has lost about four pant sizes since beginning his Masters journey, some think his position should be changed to Member-at-Medium. "Joining and being active in Masters is really one of the best life decisions I've made as an adult. I've lost a lot of weight, I'm in the best shape I've been in in a long time, and I've made a lot of really good friends out on the beaches and pool decks around California."

From a kid who was scared to death of the water to his newly elected position as Member-at-Large of SPMA, Rob has indeed come a long way. Growing up in Wisconsin, he started swimming competitively around age 11 and then swam a couple of years in high school. "I was fascinated with sea life as a kid but I had a few less than good run-ins with the deep end that left me pretty scared of water for a long time. So the early experiences were all stressful! It took me a long time to figure out how to work with the water instead of against it."

His journey with SPMA began when he thought he would train for five months before competing in a local meet. Instead, an email from SPMA enticed him to attend an open water event. "My first Masters swim event was the Naples Island Swim hosted by the Long Beach Grunions. It was such a cool, fun, positive experience that I was just totally hooked on Masters by the time I got back to the beach from the race. From there I wanted to travel to every meet I could make my way to. I love the competition and the people. It's a little tough to travel to all the SPMA events from way up in San Luis Obispo County where I live, but it's worth the trip to me."

That first meet came after a ten-year break from swimming, not that he wanted to take that break, but "...it's just kind of how life worked out. I did a lot of traveling and working and I found myself getting progressively less healthy, gaining weight, and having blood pressure that was way too high for a guy my age! I decided a few times to join Masters, but always found an excuse not to. I guess I was worried I'd be too fat or too slow. I was intimidated by the idea of returning to a sport I loved, but wasn't necessarily good at anymore. Eventually I talked myself back into a pool and made myself stick to it. My first swim was an excruciating 200 yards. Luckily, I've gotten much better since then!"

He certainly has! He has also done more traveling to more meets within our region than anyone I've heard of; twenty six in the past year! He has written about all those meets (and a whole lot more) in his blog, and has recently decided to take his blog on the road. "On top of racing all over California, I'm planning on swimming in Wisconsin, SCY Nationals in Atlanta, all five USMS Open Water National Championship events, plus Big Shoulders in Chicago, and the Chesapeake Bay Swim in Maryland." When asked what keeps him going, he replied, "My blog and my waistline! If I don't swim I don't have anything to write about so it keeps me swimming, and honestly I just want to be less fat so I try to keep moving as much as possible."

Rob is a passionate advocate for membership in Masters swimming. He is regularly out at events, dropping in with teams, and talking to members in person and online about Masters swimming. His position as Member-at-Large is something he takes quite seriously, always looking for ways to make SPMA even better. "If you have feedback that you want to share about SPMA, I'm always willing to listen on the pool deck or you can get hold of me pretty easily via email. Being the Member-at-Large also makes me the Awards Chair and lands me on some other committees within SPMA. We have an excellent board in place and a lot of fantastic volunteers; I think 2010 is going to be a great year to swim in SPMA."

When asked for advice or words of wisdom for those who are just beginning to get their feet wet, Rob replied, "Just get in and swim! It's amazing what you can accomplish if you just show up... if you can get to the other side of the pool and back, there's no reason you can't come out to a swim meet. Beyond that, set lots of goals. Long term and short term ones so that you feel like you're going somewhere. You are always accomplishing something meaningful along the way."

Whether you have followed his terrific blog at Robaquatics.com, or met him in person at one of the many meets in our region, Rob Dumouchel is an encouraging, passionate advocate for the Masters program. He is also a fun guy with a great sense of humor and engaging personality. I can't wait to see what he brings back from his travels. We will all surely benefit.