

July/Aug  
2013

# SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



## Swim Summer Nationals in Mission Viejo?... Sounds Like Fun!...Why Not?

by  
Mark Moore and T Sorenson

Over 1,000 competitors from around the country are expected to attend this year's USMS Summer Nationals. The meet begins with warm-ups on Tuesday, August 6<sup>th</sup>, 2013, and day one of the competition will be on Wednesday, August 7<sup>th</sup>. The meet will be held at the Mission Viejo's Marguerite Swim complex, an outdoor 8-lane 50-meter competition pool with spectator seating for over 2,500 people. Competition will continue through Sunday, August 11<sup>th</sup>. On Friday, August 9<sup>th</sup>, we will offer a social at the Mission Viejo Community Center. This special event gives you an opportunity to meet new friends and catch up with friends you have not seen for a while.

Almost all Masters swimmers are unsure about signing up for their first National level meet. When they do swim in a National meet, they find that their fears are largely unfounded. Here are some common concerns and questions swimmers typically have when thinking about swimming in their first National meet.

**Am I fast enough to swim a National meet?** Yes. Absolutely. Everyone can swim up to three events without making the qualifying time. Many people do this. I did this at my first National meet. I only had two qualifying times and swam three other events for a total of five events, and thoroughly enjoyed the experience. Even though I did not score any points, I did meet several swimmers and made new friends.



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**What if I don't think I'm fast enough to score any points in my events?** You may be surprised to find that you can score points just by finishing a race. Some races don't have many people signed up to swim them. Also, some people, who sign up for events in the afternoon of the last day of the meet, decide not to swim them. Even if you don't score a single point in your individual events, you can still score points by participating in relays. Relays score twice as many points as individual events, and, very often, swimmers in relays score points for their team just by finishing the race legally.

**Isn't a National meet just for serious competitors?** Some of the swimmers at National meets take the competition very seriously; some swimmers attend in order to achieve their own personal goals. However, many of the swimmers attend for the social aspects of the meet. It is a lot of fun meeting swimmers from different parts of the country and connecting with swimming friends you haven't seen for a while.

**If I don't have a qualifying time for the meet, what time do I use?** You can use your times from other meets or a time you've swum in practice to enter the National meet. Remember that three of the times don't need to meet the qualifying standard, so it's okay to enter a time that is slower than the qualifying standard. Just don't enter "no time" or NT. It's better to estimate what your time might be.

**If I don't have a qualifying time, won't all of the other people in my heat be much faster than me?** The National meets are mostly seeded by time within each age group. So, for example, most of the 35-39 year-old men swim together in heats arranged in order from slowest to fastest. However, there are heats of mixed age groups where people have similar times. This is great because no one gets left behind. I swam in heats like these for two events at my first National meet and didn't even notice the age group difference.

#### **Don't miss the Social Event**

The Mission Viejo Nadadores Masters are planning a fun-filled musical evening on Friday, August 9<sup>th</sup>. The social will include dinner, raffle prizes, and music by Woody and the Longboards playing the music of the Beach Boys, Jan & Dean, the Surfaris, the Ventures, the Chantays, Jimmy Buffet, and more. Limited tickets can be purchased online with the meet entry or at registration if available. It will be a fun evening for catching up with your friends. Cost is \$30.

Hope to see you in Mission Viejo!

**Meet Information:** <http://www.usms.org/comp/lenats13/>  
**Questions about the meet?** Mark Moore (949) 233-6521



**[Entry Deadline is July 3, 2013](#)**

# 2013 MARRIOTT USMS SUMMER NATIONAL CHAMPIONSHIP OFFICIAL ENTRY FORM

Marguerite Aquatic Center, Mission Viejo, Calif., August 7-11, 2013 >>> Sanctioned by the Southern Pacific LMSC for USMS Inc.—Sanction Number 333-5001

Last name:\* \_\_\_\_\_ First: \_\_\_\_\_ MI: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ Country: \_\_\_\_\_

Email: \_\_\_\_\_ Day Phone: \_\_\_\_\_ Eve. Phone: \_\_\_\_\_

Age\*\* : \_\_\_\_\_ DOB: \_\_\_\_\_ Gender: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_  
(as of 12/31/13)\*\*

Club Name or Unattached: \_\_\_\_\_ USMS or International Reg. #: \_\_\_\_\_

\* Print name as it appears on USMS registration card. \*\*All swimmers must be at least 18 years old on 8/6/13.

Before completing, read meet information in SWIMMER or online at [usms.org/comp/lcnats2013](http://usms.org/comp/lcnats2013). Check-in for all deck-seeded events: Check-in for Wednesday starts THE DAY BEFORE and ends at 7:00 a.m. on Wednesday for the 1500 free. Check-in for all distance events Thursday through Sunday ends at 7 a.m. the day of the event. If 100- and/or 200-meter events are deck-seeded, check-in for those events will end at 7 a.m. the day of the event.

Event #	Entry Time Men	6th	Event	Event #	Entry Time Women	6th
<b>Wednesday, August 7</b>			Warm-up 6:30-7:50 a.m.	Start at 8:00 a.m.		
1			1500 mixed freestyle**	2		
<b>Thursday, August 8</b>			Warm-up 6:30-7:50 a.m.	Start at 8:00 a.m.		
3			100 breaststroke	4		
5			200 IM	6		
7			100 backstroke	8		
9			200 freestyle	10		
11	See relay form		200 medley relay	12	See relay form	
<b>Friday, August 9</b>			Warm-up 6:30-7:50 a.m.	Start at 8:00 a.m.		
13			50 breaststroke	14		
15			200 backstroke	16		
17			50 butterfly	18		
19	See relay form		200 mixed freestyle relay		See relay form	
21			800 mixed freestyle**	22		
<b>Saturday, August 10</b>			Warm-up 6:30-7:50 a.m.	Start at 8:00 a.m.		
23			400 IM	24		
25			100 butterfly	26		
27			50 freestyle	28		
29			200 breaststroke	30		
31	See relay form		200 freestyle relay	32	See relay form	
33	See relay form		200 mixed medley relay		See relay form	
<b>Sunday, August 11</b>			Warm-up 6:30-7:50 a.m.	Start at 8:00 a.m.		
35			200 butterfly	36		
37			100 freestyle	38		
39			50 backstroke	40		
41			400 mixed freestyle	42		

\*\*Swimmers may enter both the 800 and 1500 free; however, all swimmers entering the 800 free must meet the NQT.

»»» MAIL ENTRIES TO:  
 USMS Summer Nationals  
 P.O. Box 185  
 Londonderry, NH 03053-0185

»»» ENTRIES MUST BE  
 RECEIVED BY JUL 3, 2013.

- ENTRY CHECKLIST**
- Entry form filled out completely?
  - 6th event clearly marked? (Mark 6th only if entering six events.)
  - Seed times in proper columns?
  - No more than three individual events per day entered?
  - Liability release signed and dated?
  - Fees payable to "USMS" enclosed?
  - Copy of USMS card or international registration card (if applicable) attached?
  - SASE enclosed? (Indicate purpose on envelope.)

Questions? Call 949-233-6521 (before 9 p.m. PDT)

**MEET SURCHARGE (REQUIRED FOR ALL EVENTS)**

If postmarked by 6/5 or received by 6/12 \_\_\_\_\_ \$50

If postmarked after 6/5 and received 6/13-7/3 \_\_\_\_\_ x \$4

Number of individual events \_\_\_\_\_ x \$15

Mailed hard copy of final results \_\_\_\_\_ x \$85

Gold Medal Sponsor \_\_\_\_\_ x \$30

Social "Swimming in the OC Summer Evening" \_\_\_\_\_ x \$30

Shuttle pass \_\_\_\_\_ x \$30

TOTAL FEES ENCLOSED \$ \_\_\_\_\_

Internet entries will be accepted starting no later than May 18, 2013. Please see [usms.org](http://usms.org) for additional information. Liability Release: "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."

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



**MISSION VIEJO NADADORES  
PATRICK MOORE MEMORIAL LCM RELAY MEET  
& FAMILY RELAYS**

**Sunday, July 7, 2013  
11:00 a.m.**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 333-S013**

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

**Facility:** Mission Viejo Pool is an outdoor, 25-yd. by 50-m competition pool at the Marguerite Aquatic Center, 27474 Casta Del Sol, Mission Viejo, CA 92692

**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 Casta Del Sol, turn right onto Casta 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 is allowed.

**Eligibility:** Open to any current 2013 USMS/USA registered swimmer. Age on December 31, 2013 determines age group for the meet. Swimmers must be at least 18 years of age to compete.

**Entry Deadline:** Relay cards for events 1 to 4 are due by 10:45 a.m., events 5 to 7 by 11:30 a.m., and events 8 to 10 by 12:00 p.m.

**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 SPMS relay forms available at the meet. Relay fees are \$12.00 per SPMS relay due upon entry.

**Awards:** 1st place medals, ribbons 2nd-3rd place.

**Family Relays Rules:** Relays must have at least one adult (18+) on the relay and two swimmers under 18. At least two members must be from the same family. (2 families can swim together) Swimmers under 18 must be USA-S members.

**Entry Fees:** SPMS members: \$20.00 per swimmer surcharge. Swimmers must complete an entry card and provide a photocopy of their 2013 USMS card.

**Family BBQ:** After the meet. -- (Hamburgers/Hot dogs, chips, and watermelon)

**Online Entries:** Sign-up early at: [www.spma.net](http://www.spma.net)

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

**Order of Events**

1. Women 400 m Medley Relay\*
2. Men 400 m Medley Relay\*
3. Women 800 m Freestyle Relay\*
4. Men 800 m Freestyle Relay\*

\*\*\*\*\*

**10 minute Break**

**4 x 50 m Freestyle Family Relay**

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5. Women 400 m Freestyle Relay\*
6. Men 400 m Freestyle Relay\*
7. Mixed 800m Freestyle Relay\*

\*\*\*\*\*

**10 minute Break**

**4 x 50 m Wet T-shirt Family Relay**

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8. Mixed 400 m Freestyle Relay\*
9. Mixed 400 m Medley Relay\*
10. Mixed 200 m Kick Relay

\*\*\*\*\*

**15 minute Break**

**4 x 50 m Watermelon Family Relay**

\*\*\*\*\*

**\*400 relays and 800 relays are offered at this meet due to the Summer Nationals having only 200 distance relays and not having the SPMS LC Championships. This is the time to swim them and set records!**

**Santa Barbara Masters  
LCM Swim Meet  
Saturday, July 13, 2013**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc  
Sanction # 333-S014**

**Facility:** Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara, CA 93109

**Directions:** *From the 101 Freeway going North*, exit at Cabrillo Blvd. Turn toward the ocean and drive west along the beach. Cabrillo Blvd becomes Shoreline Dr. at Castillo St. The pool is on the left. Just past the pool is the entrance to the Harbor parking lot. (parking fee at the lot)

*From the 101 Freeway going South*, exit at Castillo St. Turn right onto Castillo St. Castillo St ends at Shoreline Dr and the pool is straight ahead. Turn right on Shoreline and Harbor parking will be on your left.

**Rules:** USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on December 31, 2013 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.

**Entries:** 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 3<sup>rd</sup> are allowed for \$35.00 flat fee. Pre-entry postmarked deadline is Wednesday July 3. On deck registration is 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.

**Warm-up:** USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools at any time except into the designated sprint lane(s). **Warm-up rules will be announced and posted.**

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

**Relays:** The 400 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 release must be submitted with the relay entry.

**Awards:** Individual: SPMS ribbons for places 1-3, Relay: SPMS ribbons for first place.

**Checks payable to:** Santa Barbara Swim Club  
Mail consolidated entry card, a copy of your 2013 USMS card, and check to Santa Barbara Swim Club, c/o Bev Pierson, 935 Calle Collado, Thousand Oaks, CA 91360

**Questions:** Santa Barbara Swim Club Office (806) 966-9757,  
[swimoffice@sbswim.net](mailto:swimoffice@sbswim.net)

**Saturday, July 13, 2013  
Warm-Up at 8:00 a.m.  
1500 m Freestyle starts at 9:00 a.m.**

1. 1500 m Freestyle (**check-in required**)  
**Additional warm-up after the 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)

**Gold Wave Masters Summer  
SCY Swim Meet  
Sunday, September 29, 2013**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc  
Sanction # 333-S020**

**Facility:** Garces Memorial High School pool, 2800 Loma Linda Drive, Bakersfield, CA 93305

**Directions:** *From the north or south*, take I-99 to Hwy 178 East. Travel through downtown, exit at Union Ave. Turn north. Proceed approximately two miles north. Turn right on Columbus St., left on Loma Linda, left on Monte Vista. Turn left into the Garces High School parking lot. The pool is straight ahead.

**Rules:** United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the meet referee. All events are timed finals. Age on September 29<sup>th</sup> determines age group for competition. You must be at least 18 years of age to compete.

**Entries:** The pre-entry postmark deadline is Saturday, September 21, 2013. Deck entries will close at 8:30 am for 500 yd Freestyle, and at 10:00 am for all other events.

**Entry fees:** There is a \$25.00 flat fee per swimmer. For swimmers in relays only, the fee is \$5.00. Deck entries or online entries after September 21<sup>st</sup> are allowed for \$30.00 flat fee.

**Seeding:** All events will be deck seeded slowest to fastest, by entered time, with ages and genders combined. Check-in is not required in order to be deck seeded, except swimmers *must* check in to swim the 500 yd Freestyle.

**Relays:** All relays will be deck entered. Relay fees are \$5.00 per relay, due upon entry. All relays must be submitted on SPMA relay forms, which will be available at the meet. For each relay swimmer not entered in individual events, a signed release must be submitted with the relay entry.

**Awards:** Individual: SPMS ribbons for places 1-3. Relay: SPMS ribbons for first place.

**Checks payable to:** The Gold Wave  
Mail consolidated entry card, a copy of your 2013 USMS card, and check to The Gold Wave, c/o Dorothy Brelih, 10601 Hinderhill Drive, Bakersfield, CA 93312.

**Questions:** Meet Director, Dorothy Brelih, [dotswims@gmail.com](mailto:dotswims@gmail.com)

**Sunday, September 29, 2013  
Warm-up at 8:00 a.m.  
500 yd. Freestyle starts at 9:00 a.m.**

1. 500 yd. Freestyle (**check-in required**)  
**Additional Warm-up after 500 yd. Freestyle  
Event #2 starts at 10:30 a.m.**
2. 200 yd. Individual Medley
3. 200 yd. Freestyle Relay (men, women, mixed)
4. 50 yd. Backstroke
5. 100 yd. Butterfly
6. 200 yd. Freestyle
7. 100 yd. Backstroke
8. 50 yd. Freestyle
9. 100 yd. Breaststroke
10. 100 yd. Freestyle
11. 50 yd. Butterfly
12. 50 yd. Breaststroke
13. 100 yd. Individual Medley
14. 200 Medley Relay (men, women, mixed)

# Newport Pier-2-Pier 2-Mile Ocean Swim

## Saturday, July 13, 2013

10:00 a.m. at the Balboa Pier, Newport Beach

**Check-In:** 9:00 a.m. at Lifeguard Tower "M", next to the Balboa Pier.

Call (949)640-5350 or e-mail: [nadineturner3@cox.net](mailto:nadineturner3@cox.net) for details.

**Course:** Starting on the sand next to the Balboa Pier, swim to a buoy offshore and round right shoulder up coast to a buoy next to the Newport Pier. Round the buoy right shoulder at the Newport Pier and swim to the finish onshore. This swim is approximately 2 miles long.

**Entry Fee:**

Entry with T-shirt (Checks made to NBOLA)	\$40.00	\$65.00 Combined entry for both swims
Additional Souvenir T-shirt	\$10.00	1 <sup>st</sup> , 2 <sup>nd</sup> , and 3 <sup>rd</sup> Place Awards presented
Parking at the Balboa Pier or the Newport Pier	\$ 1.50/hour	(Sorry, no free parking this year!)

**Paddlers:** It is ALWAYS recommended that swimmers wear a bright cap and be accompanied by a safety paddler!

**Directions:** Take the 55 Freeway south to Costa Mesa where it turns into Newport Blvd. Follow Newport Blvd to Newport Beach, through all of the numbered streets. Turn right at the Palm St light. Park in the municipal parking lot and meet at Lifeguard Tower M, just to the right of the Balboa Pier.

# Corona Del Mar-Don Burns 1-Mile Ocean Swim

## Saturday August 24, 2013

10:00 a.m. at Big Corona Beach in Corona del Mar

**Check-In:** 9:00 a.m. at Lifeguard Tower #3 – closest lifeguard tower to the jetty.

Call (949)640-5350 or e-mail [nadineturner3@cox.net](mailto:nadineturner3@cox.net) for details.

**Course:** Starting from the sand next to the Corona del Mar jetty. Swim to buoy 300 yards offshore and then down coast, past spectacular cliff side homes and beautiful rocky coastline, to the secluded cove of Little Corona. Round buoys on your left shoulder, return up coast along the swim lines to the first buoy, and swim to a finish onshore where you began, at Lifeguard Tower #3.

**Entry Fee:**

Entry with T-shirt (Checks made to NBOLA)	\$40.00	\$65.00 Combined entry for both swims
Additional Souvenir T-shirt	\$10.00	1 <sup>st</sup> , 2 <sup>nd</sup> , and 3 <sup>rd</sup> Place Awards presented
Parking charge at Big Corona beach lot	\$15.00	Parking on top of the hill – <b>FREE!</b>

**Paddlers:** It is always recommended that swimmers wear a bright cap and be accompanied by a safety paddler!

**Directions:** Take the San Joaquin (73) Tollway or 405 Freeway to MacArthur Blvd towards the ocean. Turn left (south) onto Pacific Coast Highway and follow the alphabetically ordered streets to Marguerite Ave. (Coffee shops are on your right at Goldenrod.) Turn right onto Marguerite and right onto Ocean Blvd. Take the large driveway on the left down to the city parking lot (\$15.00) on the beach.

# **2013 Newport Pier-2-Pier and CDM-Don Burns 1-Mile Swim**

Send Entry: *N.B.O.L.A. c/o Nadine Turner, 1 Giverny, Newport Coast, CA 92657-1007*

I am registering for: **Both Ocean Swims** \_\_\_\_\_ **Newport Pier Swim** \_\_\_\_\_ **Don Burns Swim** \_\_\_\_\_  
(\$65 Combined for both swims) OR (\$40 Individual Entry for each swim)

\_\_\_\_\_ Male or \_\_\_\_\_ Female Name \_\_\_\_\_

\_\_\_\_\_ Seniors 19 - 24 years \_\_\_\_\_ Masters 40 – 44 years \_\_\_\_\_ Veteran 60 – 64 years

\_\_\_\_\_ Seniors 25 – 29 years \_\_\_\_\_ Masters 45 – 49 years \_\_\_\_\_ Veteran 65 – 69 years

\_\_\_\_\_ Masters 30 – 34 years \_\_\_\_\_ Masters 50 – 54 years \_\_\_\_\_ Super Veteran 70 – 74 years

\_\_\_\_\_ Masters 35 – 39 years \_\_\_\_\_ Masters 55 – 59 years \_\_\_\_\_ Super Veteran 75 years plus

\_\_\_\_\_ All Men's Wetsuit Division \_\_\_\_\_ All Women's Wetsuit Division \_\_\_\_\_ All Newport Lifeguard Division

Email address (print clearly) \_\_\_\_\_

Cell Phone # (\_\_\_\_) \_\_\_\_\_ Age \_\_\_\_\_ Birth date \_\_\_\_\_

Circle T-Shirt Size: S M L XL XXL USMS Registration # \_\_\_\_\_ Team Affiliation \_\_\_\_\_

## **\*Wetsuits/Neoprene Caps must enter in a Wetsuit Division\***

It is recommended that swimmers wear bright caps and be accompanied by a safety paddler.

## **\*2013 U.S. MASTERS SWIM REGISTRATION MANDATORY TO PARTICIPATE\***

Rules: U.S. MASTERS SWIMMING RULES GOVERN THIS EVENT

Sanctioned: By Southern Pacific Masters for USMS, Inc. Sanction #330-W005 P2P & Sanction #330-W006 DBurns

### **LIABILITY WAIVER FOR THE NEWPORT PIER-2-PIER & DON BURNS 1-MILE SWIM**

"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 CITY OF NEWPORT BEACH AND THE NEWPORT BEACH OCEAN LIFESAVING ASSOCIATION, 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks. (rule book article 203.1)

Signed (Applicant) \_\_\_\_\_ Date \_\_\_\_\_

## SPMS Officers

### Chair:

**Errol Graham**

chair@spma.net

(213) 683-5821

### Vice-Chair:

**Mark Moore**

vicechair@spma.net

(949) 233-6521

### Treasurer:

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treasurer@spma.net

(949) 933-7100

### Secretary:

**Robin Smith**

secretary@spma.net

### Member At-Large:

**Jacque Cole**

memberatlarge@spma.net

(562) 754-9856

### Registrar and Webmaster:

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registrar@spma.net

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(310) 564-6958

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**Trisha Commons**

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### Newsletter Editor:

**Kim Thornton**

newsletter@spma.net

For archived newsletters,

Please go to:

[http://www.spmasterswim.org/  
w/SPMS/newsletter-archives/](http://www.spmasterswim.org/w/SPMS/newsletter-archives/)

## Southern Pacific Masters Swimming Schedule for 2013

### Date

July 5-7

July 7

July 13

July 13

July 14

July 18

Aug 4

Aug 7-11

Aug 15

Aug 24

Sept 10-14

Sept 29

### Event

Firecracker Invitational LCM Swim Meet, San Luis Obispo

MVN LCM Relay Swim Meet, Mission Viejo

Santa Barbara LCM Swim Meet, Santa Barbara

Newport Pier-2-Pier 2-mile Ocean Swim, Newport Beach

Santa Barbara 6-Mile Ocean Swim, Santa Barbara

SPMS Committee Conference Call

USMS 2.4-Mile Open Water National Championship, Dana Point

USMS Summer LCM National Championship, Mission Viejo

SPMS Committee Conference Call

Don Burns 1-Mile Ocean Swim, Corona Del Mar

USMS Annual Convention, Anaheim

Gold Wave SCY Swim Meet, Bakersfield

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



Nicknamed "The Glowworms" because of their bright green suits, the quartet of Jenny Cook, breaststroke (55); Christie Ciraulo, butterfly (59); Roni Hibben, freestyle (56); and Karen Einsidler, backstroke (57), swimming for UCLA Bruin Masters Swim Club, went five for five setting new **National Records** in the W55+ relays at SPMS Regionals in Santa Clarita this past April.