

March/April

2015

SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



2015 CALTECH PENTATHLON ROUND-UP

by
Suzanne Dodd

Cloudy and cool weather didn't dampen the enthusiasm of the 225 swimmers at the 2015 Caltech Pentathlon on Sunday, March 1. While testing their ability to race a 50 of each stroke plus the 100 IM, competitors competed for the title of the fastest all-round sprinter. Then the total times were added together to determine the age group winners. The competitors ranged in age from 18 to 93 and came from the greater LA area, San Diego, San Francisco, and even Canada.

Meg Gill, 30, of The Olympic Club was crowned fastest female of the meet. Meg had the fastest times in 50 fly, 27.35, and 50 free, 25.34, in route to winning first place in the 30-34 age group. Her total time of 3:02.87 was just over a half second faster than the total time posted by Mackenzie Leake, 21, of The Claremont Club. Mackenzie had the fastest times in the 50 back, 30.17, and 100 IM, 1:04.79. Forty-two year old Sarah Condor-Fisher from Masters of Cerritos had the best time in the 50 breast, 31.51.

Taking the bobblehead trophy as the fastest male swimmer of the meet was Jeff Natalizio, 33, of Nova Masters. Jeff was in a league of his own by out swimming the overall second place finisher, Val Bagri, 40, of Royal Swim Team, by almost 10 seconds. Jeff recorded the fastest time in the 50 fly, 23.74, 50 back, 24.18, 50 free, 22.44 and 100 IM, 52.55. Val had the fastest time in the 50 breast, 26.61.

Once again, Maurine Kornfeld, 93, was the grand old dame of the meet. Maurine is a fixture at the Pentathlon, swimming and wining her age group every year. She completed in all five events with a total time of 8:39.99, beating her total time from last year by 7.7 seconds. The oldest male competitor was eighty-two year old Bob Best of San Diego Swim Masters. Bob took first in the 80-84 age group, topping fellow octogenarian Everett Smethurst of Nova Masters.



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2015 CALTECH PENTATHLON ROUND-UP

There were several close races highlighted by the men's 35-39 age group, with Wayne Hwang of Nova Masters topping Al Statkevicius of EOMAC by 1.2 seconds. Nick Boshoff of Las Vegas Masters was on the winning side of his races against Michael Boosin of Conejo Valley Multisport Masters, taking gold in the men's 45-49 age group by only 1.01 seconds.

Age Group Winners

18-24: Mackenzie Leake (TCC)	Zachary Lowe (SCAQ)
25-29: Anna Togias (NOVA)	Evan Anderson (SWHM)
30-34: Meg Gill (TOC)	Jeff Natalizio (NOVA)
35-39: Meghan Giffin (ROSE)	Wayne Hwang (NOVA)
40-44: Sarah Condor-Fisher (MACS)	Val Bagri (RYL)
45-49: Deena Esparza (SCA)	Nick Boshoff (LVM)
50-54: Becky Cleavenger (CVMM)	Bryant Lum (VCM)
55-59: Stacey Warmuth (VCM)	Doug Kajiwara (SCAQ)
60-64: Susan Korsedal (SWM)	Mark Buckley (CVMM)
65-69: Kathleen Komar (UCLA)	Hubie Kerns (VCM)
70-74: Ellen Shockro (UC33)	Mike Freshley (ROSE)
80-84: ---	Bob Best (SDSM)
90-94: Maurine Kornfeld (MVN)	---



**Thank you to everyone who helped make the Pentathlon a success.
We hope to see everyone back in Pasadena in 2016!**

**Yucaipa Masters
SCY Swim Meet
Sunday, March 8, 2015**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 335-S009**

Facility: This is an Olympic size pool which was originally used during the 2004 Olympic Trials at Long Beach. The pool is now located at Crafton Hills Community College which is in the beautiful foothills of Yucaipa off the I10 freeway. It's an outdoor 50 meter by 25 yard pool with 8 competition lanes and 9 warm up lanes. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: 11711 Sand Canyon Road, Yucaipa, CA. 92399. Exit Yucaipa Blvd off the 10 freeway, turn North (left) towards Yucaipa. Take Yucaipa Blvd to Sand Canyon Road, Turn left. College entrance is on the right hand side of the road. Enter the college and the aquatics center will be on your right side under the large solar panels. Overflow parking will be in lot "I"

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on March 8, 2015 determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark deadline is Saturday, February 28, 2015. Online entries are due by 11:59 p.m. on Wednesday, March 4, 2015. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 500 yd. Freestyle and 400 yd. Individual Medley, and at 10:30 a.m. for all other events.

Seeding: All events will be deck seeded slowest to fastest, by entered time. Check in is not required in order to be deck seeded, except swimmers must check in to swim the 1000 yd. Freestyle, 1000 and the 400 yd. Individual Medley.

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

Entry Fees: \$30.00 per swimmer flat fee. Deck entries allowed for a total of \$40.00.

Checks payable to: Yucaipa Aquatics and mail consolidated entry card, a copy of your 2015 USMS card, and check to: Julie Fredricks, PO Box 624 Yucaipa, CA. 92399

Questions: Denise Griffin, YSTAdmn@gmail.com, admin: Julie Fredricks, fedies6@hotmail.com

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

**Sunday, March 8, 2015
Warm-up at 7:30 a.m.
Meet starts at 8:30 a.m.**

1. 1000 yd. Freestyle

**Additional warm-up after 1000 Freestyle
Event #2 starts no earlier than 10:30 a.m.**

2. 100 yd. Individual Medley
3. 50 yd. Backstroke
4. 200 yd. Butterfly
5. 200 yd. Freestyle Relay (men, women or mixed)
6. 100 yd. Breaststroke
7. 50 Butterfly
8. 50 yd. Freestyle
9. 100 yd. Backstroke
10. 200 yd. Medley Relay (men, women or mixed)
11. 100 yd. Freestyle
12. 100 yd. Butterfly
13. 50 yd. Breaststroke
14. 200 yd. Freestyle
15. 400 yd. Individual Medley

**Mission Viejo Masters
SCY Swim Meet
Sunday, March 15, 2015**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 335-S003**

Facility: Mission Viejo Pool is an outdoor, 25-yd. by 50-m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: From the north or south, take the 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.

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on March 15, 2015 determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark deadline is Saturday, March 7, 2015. Online entries will close Wednesday, March 11, 2015 @11:59 p.m. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 500 yd. Freestyle and 400 yd. Individual Medley, and at 10:00 a.m. for all other events.

Seeding: All events will be deck seeded slowest to fastest, by entered time. Check in is not required in order to be deck seeded, except swimmers must check in to swim the 500 and 1000 yd. Freestyle and the 400 yd. Individual Medley.

Relays: All relays will be deck entered on SPMS relay forms available at the meet. Relay fees are \$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: MVN ribbons for places 1 to 3. Relay: MVN ribbons for first place.

Entry Fees: \$30.00 per swimmer flat fee. Deck entries allowed for a total of \$35.00.

Checks payable to: Mission Viejo Nadadores (MVN). Mail consolidated entry card, a copy of your 2015 USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 33055 Dolphin Ct., San Juan Capistrano, CA 92675

Questions: Meet Director, Mark Moore (949) 489-1847;

coachmark@mastersmvnswim.org Admin, Judi Divan, judi.divan@oracle.com

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

**Sunday, March 15, 2015
Warm-up at 7:30 a.m.
Meet starts at 8:30 a.m.**

1. 500 yd. Freestyle (check-in required)
2. 400 yd. Individual Medley (check-in required)

**Additional warm-up after 400 IM
Event #3 will start no earlier than 10:30 a.m.**

3. 200 yd. Freestyle
4. 50 yd. Butterfly
5. 100 yd. Backstroke
6. **25 yd. Freestyle***
7. 200 yd. Medley Relay (men, women or mixed)
8. 200 yd. Individual Medley
9. 50 yd. Breaststroke
10. 100 yd. Freestyle
11. **25 yd. Breaststroke***
12. 100 yd. Butterfly
13. 50 yd. Backstroke
14. 200 yd. Freestyle Relay (men, women or mixed)
15. **25 yd. Butterfly***
16. 100 yd. Breaststroke
17. 50 yd. Freestyle
18. **25 yd. Backstroke***
19. 100 yd. Individual Medley
20. 200 yd. Fun Fin Relay
21. 1000 yd. Freestyle (check-in required)

***25 yd. events are not recognized by USMS and will not be submitted for Top Ten considerations.**

**CVMM Matt Biondi
Masters SCY Classic
Sunday, March 22, 2015**

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction #335-S001

Facility: The beautiful Rancho Simi Community Park Pool is an outdoor, 25 yard by 50 meter competition pool situated at 1765 Royal Ave, Simi Valley, CA 93065.

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: Take the 118 Ronald Reagan Freeway to the Erringer Rd. Exit. Take Erringer Rd. south 1.5 miles. Turn right on Royal Ave., pool entrance and parking is on the right.

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Swimmers are limited to a total of 7 individual events, not including relays. Age on March 22, 2015 determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark deadline is Saturday March 14, 2015. Online entry deadline registration is 11:59 a.m. on Wednesday, March 18, 2015. Deck registration is permitted. Deck entries will close at 8:00 a.m. for all individual events.

Entry Fees: \$35.00 per swimmer facility fee plus \$3.00 per event splash fee. Deck entries allowed for a total of \$50.00 plus \$3.00 per event splash fee.

Seeding: All events will be deck seeded slowest to fastest by entered time. Check in is required for all events to ensure the meet runs efficiently.

Relays: All relays will be deck entered on SPMS relay forms available at the meet. Relay fees are \$7.00 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: Unique awards for places 1 to 3. Relays: Unique award for first place. Special Award for fastest Male and Female in the 50 Free will be awarded, in addition to the winner's names being added the Matt Biondi Perpetual Award.

Checks payable to: CVMM. Mail consolidated entry card, a copy of your 2015 USMS card, and check to: Alina de Armas, P.O. Box 63, Simi Valley, CA 93062. Alina@dearmas.co (805) 444-0317

Questions: Meet Director, Nancy Kirkpatrick Reno (818) 469-9972

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

Sunday, March 22, 2015

Warm-up at 7:30 a.m.

Meet starts at 8:30 a.m.

- | | |
|---|---|
| 1. 25 yd. Butterfly | 15. 400 yd. Individual Medley |
| 2. 25 yd. Backstroke | 16. 200 yd. Freestyle Relay (Men, Women, or Mixed) |
| 3. 25 yd. Breaststroke | 17. 100 yd. Breaststroke |
| 4. 25 yd. Freestyle | 18. 50 yd. Backstroke |
| 5. 100 yd. Individual Medley | 19. 200 yd. Fun Freestyle Kick Board Relay ** |
| 6. 100 yd. Medley Relay (Men, Women, Mixed) | 20. 400 yd. Freestyle Relay (Men or Women) |
| 7. 400 yd. Freestyle Mixed Relay | 21. 500 yd. Freestyle (check-in by start of event 14 required) |
| 8. 50 yd. Butterfly | |
| 9. 100 yd. Backstroke | ** Kickboard relay swimmers start in the water. Flutter kick without fins the entire length of the course is required. Swimmers must touch the wall with hand at each end of each length pool. |
| 10. 200 yd. Individual Medley | |
| 11. 50 yd. Breaststroke | |
| 12. 100 yd. Freestyle | |
| 13. 100 yd. Butterfly | |
| 14. 50 yd. Freestyle | |
| (Special Matt Biondi 50 yd. Freestyle Event) | |

Legends of Swimming: Matt Biondi Masters Classic

by
SPMS member

The second annual *Matt Biondi Masters SCY Classic* swim meet, honoring one of America's greatest swimmers, is fast approaching. As one of three Legends of Swimming meets, this event is unique in that it offers something for everyone: 25s of each stroke and a 100 medley relay in addition to longer events including the 400 IM, and lastly a fun kickboard relay. Each year the fastest male and female in the 50-yard freestyle will be honored with the Matt Biondi Perpetual Award.

Whether you're a drop-dead sprinter or a 400 IMer, new to swimming or a seasoned veteran, this meet is for you. If you missed it last year, join us this year!

The *Matt Biondi Masters SCY Classic*, hosted by Conejo Valley Multisport Masters, will be held on Sunday, March 22, 2015 at the beautiful Rancho Simi Pool. The perfect setting for a meet. The facility offers plenty of deck space and grass for swimmers and their families and friends to spread out and relax.

Some of the extras this year include: Hammer Nutrition; swag bags for all entered swimmers; special awards for 1st through 3rd in individual events and 1st in relays; gift basket raffle; on-site vendors (custom t-shirts and swim gear); a well-stocked snack bar; live streaming by TakeItLive.tv; and a huge electronic display board showing photos and video from the past and present.

Come set a meet record. Who will be the fastest male and female? Don't miss this Legends of Swimming meet honoring 11-time Olympic Medalist Matt Biondi!





SAN LUIS OBISPO SWIM CLUB

Masters Meet



DETAILED INFORMATION

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.

Sanction #: 335-S011

Location: San Luis Obispo Swim Center (Sinsheimer Pool), 900 Southwood Drive, San Luis Obispo, CA 93401. Outdoor 50 meter x 25 yard, six or seven lanes (depending on entries) will be used for the competition and at least one lane will be used for warm-up/warm down. Ample deck space is available for structures and seating. If you use a canopy/tent please bring tie-downs and weights to secure your structures. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: From North or South US 101, take Marsh St. off ramp. Turn right on Broad St. (3rd stoplight), turn left on Orcutt Rd. (4th stoplight). Cross railroad tracks, then take 1st left onto Laurel Lane and left onto Southwood Dr (1st stop sign). Swim Center is one block at end of road.

Seeding: This is a "combined" USA-S and USMS event. All events will be deck seeded FASTEST to SLOWEST by entered time, all combined. Check-in will be required for all events.

Awards: There will be no awards. Individual printed results are available upon request.

Entries: Fill out a SCS Consolidated entry card (can be found on page 6 of this meet sheet) AND the USMS waiver (found on page 7 of this meet sheet). Include a copy of your 2015 USMS registration. The ENTRY deadline is Wednesday, March 11th. There will be NO deck entries. Age on December 31, 2015 determines age group for the meet, you must be at least 18 years old to compete. You must be registered with USMS to compete.

Entry Limit: Masters Swimmers are eligible to enter the OPEN events (as long as they have achieved the qualifying time) and all 11 & UP events (no qualifying time needed). Masters Swimmers entered in OPEN events are limited to 3 individual events per day. Masters Swimmers entered in 11 & UP events are limited to 5 individual events per day. Masters Swimmers entered in BOTH Open and 11 & Up events are limited to 3 individual events per day.

Entry Fees: OPEN HEATS/FINALS EVENTS - \$4.75 for each INDIVIDUAL EVENT plus a \$10.00 surcharge PER SWIMMER AND 11&UP TIMED FINAL EVENTS - \$3.25 for each INDIVIDUAL EVENT plus a \$10.00 surcharge PER SWIMMER must accompany each individual entry to the address below (not the swim office). NO REFUNDS. Returned checks will incur a service fee per SCS policy.

Checks payable to: Southern California Swimming

Mail consolidated entry card, a copy of your 2015 USMS card, USMS waiver and check to:

San Luis Obispo Spring Splash, P. O. Box 142, San Luis Obispo, CA 93406.

Questions: Meet Director, Philip Yoshida, (805) 543-9515 or office@sloswimclub.org.



A complete meet event is available below. For complete information go to:

http://www.spmasterswim.org/c/8B6A80C/file/meets/2015/2015_SLO_Spring_Splash_Meet_Sheet

2015 SPRING SPLASH EVE

Friday - March 20

Warm Up: 3:30 PM, Meet Start: 5:00 PM

GIRLS	TIME	AGE	EVENT	TIME	BOYS
1	5:47.30L 6:24.60Y	OPEN	400 FREE	5:46.60L 6:29.80Y	2
3	3:07.90L 2:46.20Y	OPEN	200 IM	3:08.20L 2:46.50Y	4
5	34.90L 30.70Y	OPEN	50 FREE	34.40L 30.80Y	6
Short Break Between Prelim Session and BRW Session					
7	**3:02.70 L **2:42.00 Y	9-10, 11&UP	400 FREE - BRW **9-10 enter with 200 FREE time	**3:02.40 L **2:41.80 Y	8

****The 9-10 400 Free has a 7-10 200 FR Blue Std. Enter with a 200 FR time.**

*Finals for 400 FR, 200 IM, and 50 FR (Quarterfinal) will be held after event 7/8

Saturday - March 21

Prelims Session - Warm Up: 7:00 AM, Meet Start: 8:30 AM

GIRLS	TIME	AGE	EVENT	TIME	BOYS
9	6:31.20L 5:48.20Y	OPEN	400 IM	6:32.30L 5:48.90Y	10
11	1:29.40L 1:17.90Y	OPEN	100 BACK	1:30.70L 1:20.50Y	12
13	2:42.90L 2:24.10Y	OPEN	200 FREE	2:43.60L 2:24.60Y	14
15	1:40.00L 1:28.90Y	OPEN	100 BREAST	1:40.10L 1:29.00Y	16
17	1:27.30L 1:16.10Y	OPEN	100 FLY	1:28.10L 1:18.20Y	18

BRW Session - Warm Up: 12:00 PM, Meet Start: 1:00 PM

GIRLS	TIME	AGE	EVENT	TIME	BOYS
19	BRW	5-6, 7-8, 9-10, 11&UP	50 BREAST	BRW	20
21	BRW	5-6, 7-8, 9-10, 11&UP	50 FREE	BRW	22
23	BRW	9-10, 11&UP	100 FLY	BRW	24
25	BRW	5-6, 7-8, 9-10, 11&UP	50 BACK	BRW	26
27	BRW	9-10, 11&UP	200 FREE	BRW	28

ENTRIES IN THE BRW SESSION WILL BE LIMITED TO 3 HOURS

Sunday - March 22

Prelims Session - Warm Up: 7:00 AM, Meet Start: 8:30 AM

GIRLS	TIME	AGE	EVENT
31	3:09.20L 2:46.20Y	OPEN	200 BA
33	1:15.60L 1:06.70Y	OPEN	100 FR
35	3:31.00L 3:08.80Y	OPEN	200 BRE
37	3:05.70L 2:43.20Y	OPEN	200 F
15 Minute Break before timed Fastest 7 that checked in will swim in finals			
29	11:44.20L 12:58.60Y	OPEN	800 FR

BRW Session - Warm Up: 12:00 PM, Meet Start: 1:00 PM

GIRLS	TIME	AGE	EVENT
39	BRW	5-6, 7-8, 9-10, 11&UP	50 FL
41	BRW	9-10, 11&UP	100 BRE
43	BRW	5-6, 7-8, 9-10, 11&UP	100 FR
45	BRW	9-10, 11&UP	200 IM
47	BRW	9-10, 11&UP	100 BA

ENTRIES IN THE BRW SESSION WILL BE LIMITED TO 3 HOURS

Special Format for 50 Free

- 1) All 50 Free entrants will swim in Round Robin heats circle seeded.
- 2) The top 28 finishers will swim in the evening with all 4 heats circle seeded.
- 3) The top 14 finishers will swim in the morning of Saturday's Finals Session with the top 7 of 400 IM Finals will follow.
- 4) The top 7 finishers will swim in the morning of Sunday's Finals Session. The top 7 will follow.

**UCLA Bruin Masters
SCY Swim Meet
Sunday, March 29, 2015**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 335-S010**

Facility: UCLA's Spieker Aquatics Center, 114 Easton Drive, Los Angeles, CA 90095. It is an outdoor 52m x 8 lane, all deep water competition pool. Warm-up lanes are available behind the bulkhead. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

Directions & Parking: Take the 405 to Sunset Blvd – East. Take Sunset Blvd approximately ¼ mile to the intersection of Bellagio Drive (just after the intersection of Veteran Blvd, across from the West Bel-Air Gate). Turn right onto the UCLA campus. Go to the second stop sign and turn left on DeNeve Drive. Go straight until you reach the Sunset Village Lot on the right. Use the pay station to purchase a daily pass for \$8.00. No parking allowed beside the pool – it is for UCLA permits only. NOTE: Parking enforcement does ticket on weekends.

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Age on March 29, 2015 determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark deadline is March 21, 2015. Online entries will close @ 11:59 p.m. on Wednesday, March 25, 2015. On deck registration is permitted. Deck entries for the 1650 yd. Freestyle will close at 8:30 a.m. with a limit of 32 swimmers for the event. All others event entries will close at 10:00 a.m. Swimmers are limited to four individual events plus relays.

Entry Fees: \$30.00 per swimmer flat fee. Deck entries are allowed for \$40.00 flat fee. For swimmers in relays only, the fee is \$10.00.

Checks payable to: UC Regents. Mail consolidated entry card, a copy of your USMS 2015 card, and check to: Sunset Canyon Recreation Center, c/o Dana Dickerson, 111 Easton Drive, Los Angeles, CA 90095.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Swimmers in the 1650 yd. Freestyle must check in to be seeded.

Relays: For each relay swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

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

Questions: Admin official, Alina de Armas, alina@dearmas.co, (805) 444-0317.

**Sunday, March 29, 2015
1650 warm-up at 8:00 a.m.
1650 starts at 9:00 a.m.**

Event #2 will not begin before 10:30 a.m.

1. 1650 yd. Freestyle (**32 max entries**)
2. 200 yd. Butterfly
3. 200 yd. Individual Medley
4. 50 yd. Backstroke
5. 200 yd. Freestyle Relay (**men, women, mixed**)
6. 100 yd. Breaststroke
7. 200 yd. Freestyle
8. 50 yd. Butterfly
9. 100 yd. Individual Medley
10. 200 yd. Backstroke
11. 50 yd. Breaststroke
12. 50 yd. Freestyle
13. 100 yd. Butterfly
14. 200 yd. Medley Relay (**men, women, mixed**)
15. 400 yd. Individual Medley
16. 100 yd. Backstroke
17. 200 yd. Breaststroke
18. 100 yd. Freestyle

**Santa Barbara Masters Invitation
Come Join Us**



Santa Barbara Masters invites you to join us for a beautiful weekend on the South Coast Riviera. We are hosting the 2015 Short Course Yards Regional Championships at the spacious Elings Aquatics Center at Dos Pueblos High School, just north of Santa Barbara on April 11th and 12th. Only minutes from the beach in an idyllic vacation community, Santa Barbara is a perfect weekend location for a meet in the spring. Just a short drive to the UCSB campus and only a little farther to the Santa Ynez wine country, Santa Barbara has long been the playground of the rich and famous. Come join us for a weekend of fun in the sun, fast swims, and beautiful views. We hope to see you all there!





Santa Barbara Masters
2015 Southwest Zone Spring Championship Meet
Saturday, April 11 - Sunday, April 12, 2015

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction Number: 335-S007

Facility: Elings Aquatic Center, Dos Pueblos High School, 7266 Alameda Ave, Goleta, CA 93117. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: Take the 101 Freeway to the Glen Annie/ Storke Rd exit. Turn toward the mountains. Turn left on Cathedral Oaks Rd. The school is on the corner of Cathedral Oaks Rd and Alameda Ave. Parking is available in the corner lot above the gym. The pool is behind the gym.

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 April 12, 2015 determines age group for the meet. You must be at least 18 to compete.

Warm-up: USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools during the times except into the designated sprint lane(s). Warm-up in the competition pool will be available for one hour prior to the start of each session.

Entries: Flat fee of \$45.00 if postmarked on or before Monday, March 30, 2015. Add a \$10.00 late fee for all entries postmarked (or entered on-line) after Monday, March 30 and received by 6:00 p.m. on Monday, April 6th. Entries received after March 30th may not appear in the meet program. Age on April 12th determines age group for the meet. Swimmers are limited to entering a total of 7 individual events for the entire meet and no more than 5 individual events per day. There will be no refund of entry fees after April 7, 2015. Enter online https://www.clubassistant.com/club/meet_information.cfm?c=1757&smid=6260 or make a check payable to Santa Barbara Swim Club. Then mail your check with a consolidated entry card, a copy of your 2015 USMS registration to: Connie Gonzales, 2908 Gilbert Ave, Corona, CA 92881.

Relays: All relays will be deck entered. Relay only swimmers may enter for a \$10.00 fee and must sign a consolidated entry card. Relay entries are \$12.00 per relay, and there is no limit on the number of relays a swimmer may swim, but swimmers may swim only one relay (men, women, or mixed) per event.

Seeding: All events will be seeded and swum slowest to fastest, except the 1000, and 1650 yd. Freestyle which will be swum fastest to slowest. Men and women will be seeded together for the 500, 1000, and 1650 yd. Freestyle and also the 400 yd. Individual Medley, based on entry time. Men and women will swim separately for all other individual events with men swimming first. Scoring will be by gender and age group. The 1650 yd. Freestyle may be limited to the first 32 entries at the discretion of the meet director. Swimmers may enter both the 1000 and 1650 yd. Freestyle.

Check-in: Positive check-in is required for all events. Check-in closes at 8:00 a.m. on Saturday for the 1650 yd. Freestyle, 8:00 a.m. on Sunday for the 400 yd. I.M. Check-in for all other events will close one hour prior to the anticipated start of the event.

Awards: Individual: Custom Medals for places 1 to 3, and Custom Ribbons for places 4 to 6 for each age group and gender. Relays: Custom Medals for 1st place, Custom Ribbons for 2nd and 3rd places. High point male and female swimmer in each age group, based on points from individual events will receive a SPMS towel. Team Plaques for the top eight teams, based on combined scoring for men and women, individual events plus relays.

Questions Meet Director, John Abrami, 805-966-9757, coachab@sbswim.net.

Snack Bar: A complete hot and cold snack bar will be available.



Santa Barbara Masters
2015 Southwest Zone Spring Championship Meet
Saturday, April 11 - Sunday, April 12, 2015

Session 1

Saturday, April 11, 2015

Warm-up at 7:15 a.m.

Meet starts at 8:30 a.m.

Check-in for the 1650 yd. Freestyle closes at 8:00 a.m.

1 1650 yd. Freestyle

Session 2

Saturday, April 11, 2015

Warm-up at 1:00 p.m.

Meet starts at 2:00 p.m.

- 2/3 200 yd. Freestyle
- 4/5 50 yd. Backstroke
- 6 200 yd. Medley Relay (**Women, Men, Mixed**)
- 7/8 100 yd. Breaststroke
- 9/10 100 yd. Butterfly
- 11/12 100 yd. Individual Medley
- 13 400 yd. Freestyle Relay (**Women, Men, Mixed**)
- 14/15 200 yd. Backstroke
- 16/17 50 yd. Butterfly
- 18 500 yd. Freestyle

Session 3

Sunday, April 12, 2015

Warm-up at 7:15 a.m.

Meet starts at 8:30 a.m.

Check-in for the 400 yd. Individual Medley closes at 8:00 a.m.

- 19 400 yd. Individual Medley
- 20 400 yd. Medley Relay (**Women, Men, Mixed**)
- 21/22 100 yd. Freestyle
- 23/24 50 yd. Breaststroke
- 25 800 yd. Freestyle Relay (**Women, Men, Mixed**)
- 26/27 200 yd. Butterfly
- 28/29 100 yd. Backstroke
- 30 200 yd. Freestyle Relay (**Women, Men, Mixed**)
- 31/32 200 yd. Individual Medley
- 33/34 50 yd. Freestyle
- 35/36 200 yd. Breaststroke
- 37 1000 yd. Freestyle

Relays: A swimmer may swim only one relay in each of events 6, 13, 20, 25, and 30.

Santa Barbara is a vacation community, and most hotels are priced accordingly. The best deals are often found on Expedia or other travel websites. The following hotels are located within 5 miles of the pool.

Best Western Plus South Coast Inn

5620 Calle Real, Goleta 93117

(805) 967-3200

Ramada Santa Barbara

4770 Calle Real, Santa Barbara, CA 93110

(805) 964-3511

Courtyard Santa Barbara

401 Storke Rd

Goleta, CA 93117

(805) 968-0500

Hampton Inn Santa Barbara/Goleta

5665 Hollister Ave, Goleta, CA 93117

(805) 681-9800

Las Vegas SCY Meet and Coach Vic's 80th Birthday Celebration

by Karin Wegner

On January 17, 2015, Las Vegas Masters Swim Team hosted a swim meet like no other! Thanks to our dear Coach Vic's 80th birthday, we had reason to turn a Masters swim meet into a Vegas party!

A year ago, we started with the plan of:
Elvis + Showgirl + DJ = FUN Meet in Vegas.

...and as the meet date got closer, the Vegas theme turned our event into the greatest swim meet ever and a spectacular birthday celebration for our Coach Vic. We had not just Elvis, but Elvis on stilts! Our meet director was decked out as a sparkling Vegas showgirl. We had Alan & Baby Carlos from the Hangover movie, Wonder Woman x 2, a pirate, a bumblebee, a mermaid, and drag queens. Even our officials and timers dressed up and joined the fun!



Special guests included two of Coach Vic's swimmers, Martina Hannon, now living in North Carolina and Tryggvi Helgason, now living in Santa Clarita, plus The Olympic Club from San Francisco with their speedy squad of 31 swimmers.

Other visitors outside of Vegas included talented swim friends from Reno NV, Utah,

Arizona, Minnesota, New Mexico, and California clubs like MVN, CTSM, ROSE, SCAQ, OAS, SCMC, and TAM. Smiles were abound as all of our local and visiting athletes enjoyed the fun party atmosphere, fast pool, and beautiful sunshine.

Just a few of our highlight swims include:

Women

Florence Aitken LVM 45-49 1st place 500 Free 5:47.85

Katy Phifer LVM 40-44 1st place 100 Back 1:04.43

Katie Kastes TOC 25-29 1st place 200 Free 1:55.09

Laura Val TAM 60-64 1st place 50 Back 30.16

Men

Glenn Counts LVM 35-39 1st place 100 IM 53.02

Tryggvi Helgason SCMC 50-54 1st place 50 Fly 26.30

Kevin Ferguson TOC 18-24 1st place 50 Free 21.16

Michael Brunella LVM 45-49 1st place 100 Free 56.20

Save The Date!

Join us for another festive winter meet in Las Vegas next year on Saturday, January 16, 2016.



Happy Birthday
Coach Vic!

2015 SCY Meets in a Snap Shot

by
SPMS Members



It was another big hat day at the Palm Springs Piranha SCY Swim Meet on January 24, 2015 where 90 swimmers competed. The majority of the swimmers were from Mission Viejo, Rose Bowl, and San Diego Masters, but other competitors came from Long Beach Grunions and out of state competitors from Nevada, Arizona, Washington, and even Montana.

The meet was held on a Saturday so that participants could celebrate on Sunday and enjoy a good weekend getaway. The weather was outstanding and really cooperated for the visitors. This was only the second year for this swim meet and the host team is just enjoying its second year of existence. It started with only 8 members and now has a membership of 60. They must be doing something right. It was a fun meet; a good time with good times was had by all. Go Piranhas!



The Rose Bowl Aquatic Center was alive and buzzing with multiple simultaneously occurring aquatic activities on Saturday, February 7. It was an experience to behold. About 170 Master Swimmers representing 29 Swim Clubs competed and enjoyed the warm Southern California weather. The events went smoothly and the Jacuzzi was a most popular refuge for warmth and gossip. The extra warm water in the dive pool was a popular pool to warm up and cool down and observe the divers. There were many happy faces of all ages all around the pools. Some fast times occurred in several heats and lots of laughs were shared during the tee shirt relay. Rose Bowl Rules!



YOUR GRANDMOTHER WAS RIGHT!

Sit up and stop slouching! A swimmer seems to develop a posture that is both unhealthy and overall unnatural. We understand that in order to perform amazing feats of speed in the water sometime you must compromise your posture, but when you get out of the water, what are you doing to maintain both good posture and your overall health?

Your head is on average 8 lbs. - well my wife would say that mine is quite a bit larger. Regardless of what is said about yours, your head sits on a bone that is usually no more than 2 ounces. "It's like a toothpick."



Really the ability for your nervous system to function properly is determined on the pressures put on the spine.

DID YOU KNOW THAT THE WEIGHT OF AN AMERICAN DIME CAN DECREASE NERVE FUNCTION BY UP TO 60%?

Putting that in perspective, we could say that by removing 40% of the nerves to you eye you may not see as well.

Your posture has and also is a direct result of nervous system compromise. The American Journal of Pain Management claims that posture affects and moderates every physiological function from breathing to hormonal production. The parts responsible for balance and posture are immediately affected when there is pressure being put on the nervous system by bad posture. The interesting thing is that if you remove pressure normal function, then it is restored to the nerves and the muscles and tissues again restoring posture.

So here is the big punch...for every inch forward you either stick your chin out or lean forward you can add about 20 POUNDS of additional pressure on the spine, brain stem and spinal cord!

Shoulders, hips and spinal bones are all effected by the ability for you to hold and maintain a good and proper posture your whole life regardless of the position that you must take when you are in the water. Many shoulder problems are directly related to the misuse of posture during activity, but can be minimized by your ability to correct postural problems before they wear on you, the individual. If you are having issues always make sure to consult with your professionals. There are even many gyms and spas that are licensed and trained to help with posture via posture classes. It is never too late to start working on posture; it may take time and effort and may not be pleasant but improvements will occur, and you will see not only your swim life improve but also your health life improve. So when you are not trying to complete amazing feats of speed and drills and turns, stand a little taller and walk a little higher (sound like a song?). Here are even some good drills to use in the pool to stabilize good posture:

1. Laying on your side kicking (with board if needed), lift one elbow up while tightening the shoulder blade against the back. You can do a small elbow lift, an elbow lift to the ceiling or even follow through the whole recovery and switch sides.
2. Elementary back stroke with breast kick with the shoulder blades touching.
3. Backwards butterfly, try it, it's fun to do anyway.
4. 20-40 BOBS with elbows tucked in, head tall with chin slightly tucked, and shoulder blades touching.

So until next time, swim tall ,and we will see you on deck standing tall!

Dr. Kyle Durieux, B.Sc.,D.C. "ExpectMiracles"

Cell: (435) 574-9993

Office: (435) 688-0444

Email: doctor@simplyhealthchiropractic.com

Web: simplyhealthchiropractic.com

SPMS Officers

Chair:

Mark Moore

chair@SPMasterSwim.org

(949) 233-6521

Vice-Chair:

vicechair@SPMasterSwim.org

Treasurer:

Bob Eberwine

treasurer@SPMasterSwim.org

(949) 933-7100

Secretary:

Robin Smith

secretary@SPMasterSwim.org

Member At-Large:

Jacque Cole

memberatlarge@SPMasterSwim.org

(562) 754-9856

Registrar and

Webmaster:

Dan Wegner

registrar@SPMasterSwim.org

3773 Price Ridge Ct

Las Vegas, NV 89147

(310) 564-6958

Newsletter Editor:

Kim Thornton

newsletter@SPMasterSwim.org

For archived newsletters,

Please go to:

<http://www.spmasterswim.org/g/w/SPMS/newsletter-archives/>



SPMS News, March/April, 2015

SPMS Current Newsletter Calendar of Events

<u>Date</u>	<u>Event</u>
March 8	Yucaipa SCY Swim Meet
March 15	MVN SCY Swim Meet
March 19	SPMS Committee Conference Call
March 20-22	SLO LCM Swim Meet
March 22	CVMM SCY Swim Meet
March 29	UCLA SCY Swim Meet
April 11-12	SPMS/SW Zone SCY Spring Championships
April 16	SPMS Committee Conference Call

For a complete and updated list of events go to www.spmasterswim.org

Important Information for SPMS Members

The new 2015 SPMS printed calendar is still available for purchase at the reduced price of \$10 on our SPMS website, under Calendar and then drop down "Calendar for Sale" at your earliest convenience. This calendar has all the important 2015 swim meet dates and open water swim dates that were available at the time of printing. There are many beautiful photos of swimmers and facilities from both pool swim meets and the great outdoor open water swims. Hurry to get your own personal copy in order for you to plan ahead for swimming events and share the excitement while viewing the photos with friends at work, at home and on your team.

Anita Cole

SPMS Marketing 24/7

