

Nov/Dec

2015

SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



Wrapping up 2015's SPMS Open Water Race Series

by
Sherry Brooks

Thank you all for making 2015 a successful open water season!

Good News... the results are in, and SPMS would like to congratulate our top female, Christie Ciraulo of UCLA, and our top male, Noah Garrett of Rose Bowl, as the overall winners. Results are posted on the second page of this Newsletter and go to:

<http://www.spmasterswim.org/w/SPMS/open-water-series-results/>

To recap 2015, our first swim of the season, at Salt Creek, had to be canceled due to bad water conditions because of a ferocious rain and runoff into the ocean. However, soon thereafter, swimmers headed up north to Castaic Lake to swim in the SoCal Cup Swim Challenge 1 mile and 2-mile swims. The Seal Beach rough water 1 mile and 3 mile races attracted 115 swimmers this year. The **Big Wave** ocean swim race in Santa Barbara was an inaugural event held at Leadbetter Beach. Newport Beach Lifeguard Captain, Gary Conwell, hosted the Balboa-to-Newport Pier-to-Pier and Don Burns Corona del Mar Open Water swims this year, with 235 and 299 swimmers, respectively.

Again, SPMS wants to thank all the athletes, meet hosts and volunteers for contributing to make the 2015 open water season not only successful but also a safe and fun summer. Overall it was a fantastic season with lots of warm water. With El Nino predictions of increased sea surface temperatures for 2016, it should be a great year! We look forward to you joining us again for the 2016 open water season. Please bring your swimming friends and we will see you in the water next year!



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2015 SPMS Open Water Series Results

Thank you to everyone who participated in making 2015 a safe and fun open water season! Overall top three results per age group for the 2015 Open Water Series are outlined below. Female and male high-point winners are Christie Ciraulo of UCLA and Noah Garrett of Rose Bowl. Congratulations!

2015 Results

25-29 Male

1st Place Jeffrey Bryant TCC 54 points

30-34 Female

1st Place Laura Spears LALM 50 points

30-34 Male

1st Place Loren Wright SWLB 34 points

35-39 Female

1st Place Alicia Bartley SCAQ 60 points

35-39 Male

1st Place Noah Garrett ROSE 110 points
2nd Place David Martindale LBSU 46 points
3rd Place George Durzi TSTT 38 points

40-44 Female

1st Place Suzi Fitzpatrick MVN 62 points
2nd Place Tiffany McQueen FISS 44 points

40-44 Male

1st Place Craig Gutjahr UC33 24 points

45-49 Female

1st Place Kara Clifford ROSE 66 points
2nd Place Wendy Theders MVN 58 points
3rd Place Paige Kobayashi UC33 46 points

45-49 Male

1st Place Dan Borton ROSE 44 points
2nd Place David Neilan SOBA 38 points
3rd Place Jack Alden UC33 12 points

50-54 Male

1st Place Michael Lucas SWAM 46 points
2nd Place Christopher Cosner SOBA 32 points
2nd Place Joe Irwin UC33 32 points

55-59 Female

1st Place Veronica Hibben UCLA 88 points
2nd Place Cindy Cook TSTT 56 points
3rd Place Janice Clark CTM 42 points

55-59 Male

1st Place Bill Ireland SCAQ 60 points
2nd Place Chris Georges TSTT 48 points

60-64 Female

1st Place Christie Ciraulo UCLA 132 points

60-64 Male

1st Place Greg Mortimer UC33 58 points

65-69 Female

1st Place Katherine Watson OJAI 60 points

70-74 Male

1st Place Conrad Von Blankenburg UC33 48 points

75-79 Male

1st Place Ronald Durkee LAF 88 points

Refer to <http://www.spmasterswim.org/w/SPMS/open-water-series/> for the open water series rules. There may be typos on **all** results submitted to Open Water Chair. If you feel there is an error, go to the race results links on the SPMS website. Double-check your results and email us the details. We will do our best to correct any errors.

Thank you again for making 2015 a successful open water season and we look forward to you joining us for the 2016 open water season. Race details for 2016 will be posted on the SPMS website soon.

Sherry Brooks
LMSC Open Water Chair/Coordinator
OpenWater@SPMasterSwim.org

2015 USMS Annual Convention, Kansas City, MO

My name is Ken Brisbin, and this year I attended my first USMS Convention which was held in Kansas City, Missouri, September 27 through October 4, 2015. I am originally from Kansas City, so I decided to arrive early and reconnect with my relatives, friends as well find some of the best BBQ in the country. I traveled north from Kansas City to St. Joseph, farm country, to see my cousins. As a welcoming gift from my family, I received a bottle of Moonshine.

Being this was my first convention, I wanted to soak in as much of the convention as possible. Since I am from Kansas City, I volunteered to work the information table where I was able to direct convention attendees to great dining, jazz and other attractions in the area. This was my first of many opportunities to meet and greet other delegates, and in a lot of cases, put faces to names I have emailed or spoken with over the phone.

The first day of convention had me up and running, with 7 meetings the first day. Over the entire convention, I attended 6 House of Delegates Meetings, USMS Officials Meeting, LMSC Development Meeting, USMS Coaches Meeting, Zone Meeting, Championship Meeting, several LMSC Workshops and the Aquatics Award Banquet. House of Delegates is the full contingent of USMS attendees where we vote on policy, procedures and elect new positions for the USMS Office. It was interesting to be part of the debate, and I was excited to help steer the future of USMS. Attending the other meetings was just as interesting, for I took a bit of knowledge from each meeting and discovered areas of interest that I will pursue further. Currently, I serve on the USMS Coaches Committee; therefore, being on the panel and answering the delegate's questions instead of asking the questions was a great first time experience for me.

Being the 2nd largest LMSC, we had 20 delegates attending from SPMS. All of us wore our SPMS shirts. This provided me the opportunity for help during convention by allowing me to share thoughts on the daily events because it was a welcoming site to be able to spot my friends from SPMS. Overall, with all the meetings, workshops and new friends, this was a total success for me and an amazing first convention. I look forward to attending more conventions. and if you have never been, I highly recommend attending.



My name is Anita Cole, and I attended the USMS Convention. Upon boarding my flight to Kansas City, Missouri on September 30, I recognized the friendly face of Nancy Reno. Upon arrival in Kansas City, we shared a taxi to the Marriott Downtown Hotel, which hosted my first USMS Convention. The welcome cocktail party included buffet barbecue on Wednesday evening. It was not only a relaxing way to visit the various vendors and SPMS friends, but also gave us the opportunity to meet some of the USMS officers and directors. Thursday morning was a welcoming session and the first Board of Delegates session.

It was there that I realized just how much I did not know. Issues discussed and voted on during these sessions of the House of Delegates were about rules, budget, introduction of officer candidates, election of officers, and so on. It was wonderful to be surrounded by so many swimmers with a common goal of encouraging other adults to swim. We shared thoughts on how to make Master Swimming better, even if we did not all agree on how to accomplish our common goals.

I attended sessions and workshops. There was a buffet barbecue which gave us an opportunity to learn and socialize with other delegates. My favorite sessions were on topics of fitness, sports medicine and science, marketing, and communications. I spoke with Kyle Deery, USMS Marketing Chair, on various topics. A pizza lunch, for first time delegates to meet and mingle with USMS board members and directors, was held at a nearby Italian restaurant. There I ran into an old friend, who used to teach and coach my children swimming, and a nephew of one of my best golfing friends, who is also a Masters swimmer. Attending this convention provided me more insight and greater depth to my love and understanding of Masters swimming. It also allowed me the opportunity to better know other SPMS Committee members. I enjoyed my night with dinner and jazz music with the girls, Mary Hull, Nancy Reno, Lucy Johnson. Lastly, I appreciated my ride to the airport provided by Christine Maki in her rental car. **USMS/SPMS friends are the best!**



2015 USMS Convention Photos



**Turkey Shoot at Pierce College
SCM Masters Swim Meet
Sunday, November 15, 2015**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 335-S026**

Facility: Pierce College Pool is an outdoor pool. The address is 6201 Winnetka Ave., Woodland Hills. 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 Winnetka. Exit at Winnetka and go north one mile to the college. Winnetka is located 6 miles west of the San Diego Freeway (405) and Ventura Freeway (101) interchange.

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 final. Swimmers are limited to a total of 5 individual events, not including relays. Age on December 31, 2015 determines the age group of the swimmer for the meet. You must be at least 18 years old to compete.

Entries: The pre-entry postmark deadline is Saturday, November 7. On-line entry deadline is Wednesday, November 11 at 11:59 p.m. Entries for the 400 m Freestyle will close at 8:45 a.m. and at the conclusion of the 400 for all other events.

Entry Fees: \$25.00 per swimmer flat fee for online and mail-in entries. Deck entries and online entries after Saturday, November 7 is allowed for a total of \$35.00.

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 m Freestyle and the 400 m Individual Medley.

Relays: All relays will be deck entered. 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. Event 9 is a rare 800 m Freestyle relay and a chance for a record. Event 17 is men's, women's, mixed, freestyle or medley relays.

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

Checks payable to: Southwest Aquatic Masters Mail consolidated entry card, a copy of your 2015 USMS card, and check to: Southwest Masters Turkey Shoot, P. O. Box 204, Lake Forest, CA 92609-0204.

Questions: Deborah Hefter, hefterdj@piercollege.edu, (818) 710-4234, Admin Referee: Alina de Armas

Sunday, November 15, 2015

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

1. 400 m Freestyle
**Additional warm-up after 400 m Freestyle
Event #2 will start no sooner than 11:00 a.m.**
2. 200 m Individual Medley
3. 50 m Freestyle
4. 100 m Butterfly
5. 200 m Breaststroke
6. 50 m Backstroke
7. 200 m Butterfly
8. 50 m Breaststroke
9. 800 m Freestyle Relay (Men, Women, Mixed)
10. 100 m Individual Medley
11. 200 m Freestyle
12. 50 m Butterfly
13. 100 m Backstroke
14. 100 m Breaststroke
15. 100 m Freestyle
16. 200 m Backstroke
17. 200 m Relay (Men, Women, Mixed; medley or freestyle)
18. 400 m Individual Medley

**Las Vegas Masters
SCY Swim Meet
Saturday, January 16, 2016**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 336-S001**

Facility: Las Vegas Municipal Pool, 431 E Bonanza Rd, Las Vegas, NV 89101. Near Fremont Street casinos. Indoor 50-meter by 25-yard pool. 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: I-15 Fwy Northbound (from CA), take exit 43 for D Street. Keep right at the fork toward D Street. Turn right on D Street. Turn left onto W. Bonanza Rd. The pool will be on the right.

Rules: Swimmers must be USMS members registered for 2016 or must pay a One-Event Membership fee of \$18.00. Per rule 201.1.3.B, one-event registrants (non-members of USMS) must be considered unattached and agree to be governed by the rules and regulations of USMS, except that their times shall not be considered for Top 10 tabulation and national or world records, All-American status, or any other USMS special awards. One-event registrants shall be identified as such in the meet results. United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to meet referee. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on January 16, 2016 determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark deadline is Jan 8, 2016. Online entries will close Wednesday, January 13, 2016 at 11:59 p.m. Deck entry is permitted until 10:00 a.m. for events 1-6 and 11:30 a.m. for events 7-18.

Entry Fees \$50.00 per swimmer flat fee (scholarships and needs-based fees available – see online entry for more info). For swimmers in relays only, the fee is \$10.00. Non-members of USMS must purchase a One-Event Membership for \$18.

Seeding: Swimmers will be seeded in heats according to entry time, regardless of age and gender. Heats will be ordered slowest to fastest. Positive check-in is required for the 500 Free and encouraged for all events. Check-in will be available on SwimPhone.com beginning at 8:00 p.m. on January 15. Positive check-in for the 500 Free closes at 10:00 a.m.

Relays: All relays will be deck entered on SPMS relay forms available at the meet. Relay team entries are free. 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: Heat winner prizes. Individual: ribbons for places 1 to 3. Relay: SPMS ribbons for first place.

Checks payable to: Coach Victor Hecker. Mail consolidated entry card, a copy of your 2016 USMS card, and check for \$50.00 to 9961 Spider Creek Ct, Las Vegas, NV 89149 by January 8, 2016.

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

Food & Beverage: Las Vegas Masters will provide free water bottles and small snacks (i.e. granola bars). Other items are available from vending machines on site.

Saturday, January 16, 2016

Warm-up at 9:30 a.m.

Meet starts at 10:30 a.m.

- | | |
|-------------------------------|-------------------------------|
| 1. 500 yd. Freestyle | 10. 50 yd. Freestyle |
| 2. 200 yd. Mixed Medley Relay | 11. 50 yd. Backstroke |
| 3. 100 yd. Individual Medley | 12. 400 yd. Individual Medley |
| 4. 50 yd. Butterfly | 13. 100 yd. Breaststroke |
| 5. 100 yd. Backstroke | 14. 200 yd. Mixed Free Relay |
| 6. 200 yd. Freestyle | 15. 100 yd. Freestyle |
| 7. 50 yd. Breaststroke | 16. 200 yd. Butterfly |
| 8. 200 yd. Individual Medley | 17. 200 yd. Backstroke |
| 9. 100 yd. Butterfly | 18. 200 yd. Breaststroke |



2015 GOBBLER MASTERS MEET INFORMATION

(In SANTA MARIA at the Paul Nelson Aquatic Center)



Date Of Meet: Fri. Nov 20, Sat. Nov 21, & Sun. Nov 22, 2015

Sanction #: S15-312 (USS -SCS) and 335-S028 Sanctioned for Southern Pacific Masters for USMS, Inc.

Location & Directions: Paul Nelson Aquatic Center – 516 S. McClelland St. Santa Maria, CA 93454. 101 North or South, take Main Street exit. Go West on Main St. Left on Miller. Right on Cook. Left on McClelland. Parking located in the youth center lot or on street or in parking garage. Do not park at the DMV. *Bring tie-downs/weights to secure your canopies/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.

Deck Opens: Fri: 3:30 PM, Sat/Sun: 7:30 AM

Warm-Up Start: Fri: 4:00 PM, Sat (Novice) 8:00 AM, Sat (Regular Session) 9:30 AM to 30 minutes after the completion of the Novice Session, Sun: 8:00 AM

Meet Start:
 Fri: 5:00 PM
 Sat (Novice Session): 9:00 AM
 Sat (2nd Session): 30 min after the conclusion of the Novice Session, NO SOONER THAN 12:00 PM
 Sun: 9:00 AM

Entry Deadline: The entry deadline is Wednesday, November 11, 2015. Masters deck entries will be taken space available. Deck entries for Friday's events will close at 4:15PM. Deck entries for Saturday's events will close 45 minutes prior to the start of the session. Deck entries for Sunday's events will close at 8:15AM.

Rules: USA Swimming rules will govern this combined USA-S and USMS meet

Entries: Fill out an SPMA Consolidated Entry Card AND the USMS Waiver (entry cards/waivers can be found online at www.sloswimclub.org). Include a copy of your 2015 or 2016 USMS Registration. Age on November 22nd determines age group for the meet. You must be registered with USMS and be at least 18 years old to compete. **This is a Short Course YARDS Meet! Adjust entry times accordingly.** ****Masters swimmers may enter any 13&UP and OPEN event.**

Entry Limit: Swimmers are limited to 5 individual events per day.

Entry Fees: \$30.00 per swimmer flat fee if you enter by the registration deadline of **Wednesday, Nov. 11th**. Deck entries are allowed for a total of \$40.00. Late entries (received after Nov. 11) and entries received without payment will be treated as deck entries and charged the deck entry fee.

Relays: Relays can be deck entered. Relays are \$10.00 per SPMS relay due upon entry. *For each relay only 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.

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

Check-In: Swimmers must check-in with the Clerk of Course for each event entered. After an event has been officially closed, swimmers may not check-in or scratch. Swimmers must check-in at least 30 minutes prior to the start of each session. Swimmers who check-in and fail to swim an event will be scratched from their next individual event.

Check-In Deadlines: Check-In for Friday's events will close at 4:30pm. Check-in for Saturday's novice events will close at 8:30AM. Check-in for Saturday's regular session will close 45 minutes prior to the start of the regular session. Check-in for Sunday's events will close at 8:30 AM.

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

Checks payable to: SLO Swim Club (SLOSC)

Mail consolidated entry card, signed USMS wavier, a copy of your USMS card, and entry check to:
 SLO Gobbler, P.O. Box 142, San Luis Obispo, CA 93406.

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

FRIDAY, Nov. 20 – Start: 5:00PM.

GIRLS	LC MIN	SC MIN	AGE	EVENT	SC MIN	LC MIN	BOYS
1			7-8, 9-10, 11-12	200 FREE			2
3	22:11.60	21:32.10	OPEN	1650 FREE	21:51.50	22:10.90	4

SATURDAY, Nov. 21 – Start: No Sooner Than 12:00PM.

GIRLS	LC MIN	SC MIN	AGE	EVENT	SC MIN	LC MIN	BOYS
25			13 & UP	200 FREE			26
27			7-8, 9-10, 11-12, 13&UP	100 FLY			28
29			7-8, 9-10, 11-12, 13&Up	50 BREAST			30
31	3:31.00	3:08.80	OPEN	200 BREAST	3:09.00	3:31.20	32
33			7-8, 9-10, 11-12, 13&UP	100 FREE			34
35			7-8, 9-10, 11-12, 13&UP	50 BACK			36
37	3:09.20	2:46.20	OPEN	200 BACK	2:51.40	3:11.80	38
39			7-8, 9-10, 11-12	200 IM			40
41			5 & UP	200 FREE Relay			42
43	6:31.20	5:48.20	OPEN	400 IM	5:48.90	6:32.30	44

SUNDAY, Nov. 22 – Start: 9:00 AM

GIRLS	LC MIN	SC MIN	AGE	EVENT	SC MIN	LC MIN	BOYS
45			7-8, 9-10, 11-12, 13&UP	100 BACK			46
47			7-8, 9-10, 11-12, 13&UP	100 IM			48
49			13 & UP	200 IM			50
51			7-8, 9-10, 11-12, 13&UP	50 FLY			52
53	3:05.70	2:43.20	OPEN	200 FLY	2:47.40	3:07.20	54
55			7-8, 9-10, 11-12, 13&UP	100 BREAST			56
57			7-8, 9-10, 11-12, 13&UP	50 FREE			58
59			5 & UP	200 MEDLEY Relay			60
61			9-10, 11-12	500 FREE			62
63			13 & UP	500 FREE			64

2015 SW Zone and SPMS SCM Championships
Hosted by Long Beach Grunions
December 4 – 6, 2015

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 335-S024

Facility: La Mirada Regional Aquatics Center. 13806 La Mirada Blvd, La Mirada, CA 90638. 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: Traveling North on the 5, Take Firestone exit N, right on Trojan Way, right on Alondra Blvd, Left on Escalona Road, right on Excelsor Dr, left on La Mirada, pool on right. Traveling South on the 5, Take Imperial Hwy exit E, right on La Mirada Blvd, pool on left.

Entries: Swimmers are limited to entering a total of 6 individual events for the entire meet and no more than 5 individual events per day. If the meet is deemed too large, all athletes' sixth events will be dropped. On the entry form, please indicate your sixth event with an asterisk. Age on December 31, 2015 determines age group for the meet.

Fees: Flat fee of \$49.00 if entered online by 11:59 pm or postmarked by Monday, November 16, 2015. Entry fee includes a meet souvenir. Add a \$15.00 late fee for all entries *postmarked* (or entered online) after Monday, November 16, 2015. All entries *must be received* by 6:00 p.m. on Wednesday, November 25, 2015. No individual deck entries are allowed.

Relays: Relay entries are \$10.00 per relay. All relays will be deck entered. A USMS registered swimmer who wishes to only swim relay events must enter the meet, *before the start of event No. 1*, by paying the \$10.00 relay-only entry fee, *which does not include a meet T-shirt*, and must sign a consolidated entry card. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event.

Seeding: All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 800 and 1500 m Freestyle and also the 400 m Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be by gender and age group. The 1500 m Freestyle may be limited to the first 80 entries at the discretion of the meet manager. Swimmers may enter both the 800 m and 1500 m Freestyle.

Timing: Electronic timing will be used and two timers per lane will be provided.

Check-in: *Positive check-in is required for all events.* Swimmers may check in at <http://www.swimphone.com> or in-person at the meet.

Check-in is available for the 1500 m Freestyle will close at 7:30 a.m. on Friday.

Check-in for events 2 to 7 will close at 12:00 noon on Friday.

Check-in for the 400 m Freestyle will close at 7:30 a.m. on Saturday.

Check-in for the 800 m Freestyle will close at 7:30 a.m. on Sunday.

Check-in will close one hour prior to the anticipated start of an event on Saturday and Sunday.

Awards: Individual: Medals for places 1 to 3 and ribbons for places 4 to 6 for each age group and gender. Relays: Medals for 1st place, ribbons for 2nd and 3rd places. There will be special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to the top five teams, based on combined scoring for men and women, individual events plus relays.

Entries: Register online at <http://scmc.lbgrunions.org>, click on *Register*, or mail a SPMS entry card, copy of your 2015 USMS card, and a check payable to *Long Beach Grunions*, to: LB Grunions, c/o Bart Parnes, 645 Terrylynn Place, Long Beach, CA 90807. Receipt of entry will not be verified by phone. Send a SASE or stamped postcard for return receipt.

Questions: Meet Director Kenny Brisbin (714) 273-8793, ken@supersource.com. Meet Administrator Steve Ingram, (714) 707-4800, steve@supersource.com. Hotels, information, and directions, <http://scmc.lbgrunions.org>. and see below.

Host Hotel:

Holiday Inn La Mirada \$101.00 per night, free parking and walk to restaurants.

Free shuttle available to and from the pool.

Directions:

Traveling 5 N, take exit 118 toward Valley View Ave/La Mirada Destination will be on the right.

Traveling 5 S, take Valley View exit, turn right on Firestone, destination will be on the left.

2015 SW Zone and SPMS SCM Championships
Hosted by Long Beach Grunions
December 4 – 6, 2015

Friday, December 4, 2015

Warm-up 7:00 a.m., Meet starts at 8:00 a.m.
Check in for 1500 m Freestyle closes at 7:30 a.m.

1. 1500 m Freestyle (Women, Men)
2. Women's 200 m Individual Medley
3. Men's 200 m Individual Medley
4. Women's 100 m Freestyle
5. Men's 100 m Freestyle
6. Women's 200 m Backstroke
7. Men's 200 m Backstroke
8. *800 m Freestyle Relay (Women, Men, Mixed)

Saturday, December 5, 2015

Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.
Check in for the 400 m Freestyle closes at 7:30 a.m.

9. Women's 400 m Freestyle
10. Men's 400 m Freestyle
11. Women's 50 m Butterfly
12. Men's 50 m Butterfly
13. *400 m Freestyle Relay (Women, Men, Mixed)
14. Women's 100 m Backstroke
15. Men's 100 m Backstroke
16. Women's 100 m Breaststroke
17. Men's 100 Breaststroke
18. Women's 200 m Butterfly
19. Men's 200 m Butterfly
20. *200 m Medley Relay (Women, Men, Mixed)
21. Women's 50 m Freestyle
22. Men's 50 m Freestyle
23. 400 m Individual Medley (Women, Men)

Sunday, December 6, 2015

Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.
Check in for the 800 m Freestyle closes at 7:30 a.m.

24. 800 m Freestyle (Women, Men)
25. Women's 100 m Butterfly
26. Men's 100 m Butterfly
27. Women's 50 m Breaststroke
28. Men's 50 m Breaststroke
29. *400 m Medley Relay (Women, Men, Mixed)
30. Women's 200 m Freestyle
31. Men's 200 m Freestyle
32. Women's 100 m Individual Medley
33. Men's 100 m Individual Medley
34. Women's 50 m Backstroke
35. Men's 50 m Backstroke
36. Women's 200 m Breaststroke
37. Men's 200 m Breaststroke
38. *200 m Freestyle Relay (Women, Men, Mixed)

***Relays: A swimmer may swim only one relay in each of events 8, 13, 20, 29, and 38.**

Complete the Pool Check-off Challenge in One Practice!

Perhaps you had a goal at the beginning of the year to swim all 18 pool events on your own or in a meet; and now it is already November and you haven't even started. It's not too late to complete the pool ***Check-off Challenge***. If you have 90 minutes to 2 hours plus of uninterrupted pool time to swim the total distance of 5250 yards or 4800 meters, you can do it. This is also a fun team event to do during a weekend or holiday practice.

The 18 pool events include: 50 of each stroke, 100 of each stroke, 200 of each stroke, 100, 200, and 400 IM, and 500 yd/400 m free, 1000 yd/800 m free, and 1650 yd/1500 m free.

One strategy might be to start with the longest events and end with the shortest events; or maybe start and end with a distance event and complete all the strokes from worst to best and longest to shortest, or maybe you might just randomly mix the events up to ***check them all off*** – where the next event is pulled out of a *hat* or *swim cap*. Remember that part of the goal is to swim all of the events legally.

If you are doing this for fun, as a team practice or on your own, feel free to break out the pull buoys, paddles, kickboards, and fins if you want; and of course, take as little or as much rest as you need or want in between events.

Here are some other suggestions for the ***order of events*** that swimmers have used in the past:

Random Favorites	An Orderly Progression	Pentathlon	Hardest to Easiest
1000 yd/800 m free	500 yd/400 m free	1650 yd/1500 m free	1650 yd/1500 m free
200 fly	400 IM	200 fly	400 IM
50 free	200 IM	200 back	200 fly
200 free	100 IM	200 breast	100 fly
400 IM	1000 yd/800m free	200 free	50 fly
100 back	200 fly	400 IM	200 IM
100 breast	200 back	500 yd/400 m free	200 breast
100 free	200 breast	100 fly	100 breast
100 fly	200 free	100 back	50 breast
500 yd/400 m free	100 fly	100 breast	1000 yd/800 m free
200 IM	100 back	100 free	200 back
50 back	100 breast	200 IM	100 back
50 breast	100 free	50 fly	50 back
200 back	50 fly	50 back	100 IM
50 fly	50 back	50 breast	200 free
200 breast	50 breast	50 free	100 free
100 IM	50 free	100 IM	50 free
1650 yd/1500 m free	1650 yd/1500 m free	1000 yd/800 m free	500 yd/400 m free

Happy Swimming!

Robin Smith
SPMS Fitness Chair

WTF (Where's The Fun?) with Coach Jeff

So I'm thinking the other day. *My monthly dues are \$72, so I need to come to 15 practices a month to get it under \$5 a practice.* How fun is that? Well, if you factor in facilities, practice schedule, location, quality of instruction, etc. it is FUN! So to condense it down, I'm willing to pay money to have fun. **WTF** people are always on the lookout for local, regional, national and sometimes international activities to express their *fun-ness*. Afterward the eternal question lurks in the deep recesses of their mind, "How Fun Was That?" So I'm going to look at some places and report back live, up close and personal with that question, to some extent, answered. Here is the criteria:

Location: Is the location convenient? Two extremes, it's right next to the airport or I'm trying to park in Newport Beach on a Saturday morning in July. You get the point.

Organization: Just how organized is it? *BTW* a little disorganization is sometimes not such a bad thing. So two extremes, it's a gang of guys hopping the fence, so they can jump off the 10 meter (could be a lot of fun!) or 2 coaches, 2 lifeguards, a printed out organized practice, sign in with the office, fill out the waiver etc. , you get the idea - I've actually participated in both.

Cost: Obvious. I paid a lot more for a MacBook Pro, but it was worth it and much more fun. At the same time, the pier swim and jumping off the 10 meter can be both free and fun.

Facilities: If it is pool swimming, is it 9 p.m. doing a deck change at a high school or is it air conditioned locker rooms, two pools, one is a 50 meter 8 lane, nice visible synchronized pace clocks etc.? I'm kicking off the **WTF** question with a look at an aquatics program with a storied history and one I'm actively in with both as athlete and coach. The Mission Viejo Nadadores Masters has the trademark characteristics of all the **Nad** programs; consistency, continuity, quality program and a continuing rich tradition.

Location: 20 miles from the closest airport and less than 3 miles from the 5 freeway - it can be considered freeway close, and the streets to the pool are 4 lane divided road. It's pretty quick even at traffic hour. Give it a 4/5.

Organization: This place is a well oiled machine whether coming in for practice or a meet. Practices are printed out with a range of intervals and distances to accommodate a variety of skill levels. Practices are always coached, led by Mark Moore, a 20 year veteran of the program that has coached individual and team champions and has himself been a National Coach of the Year. There are a whopping 27 practice times available throughout the week ranging from 5 a.m. to 7 p.m., and all geared toward 2500 to 3500 yards/meters in an hour. Score 5/5

Cost: Drop in fee is \$5 and have your USMS card and sign the waiver. Score 4/5

Facilities: Iconic! Sorry to be such a homer, but the pure aesthetics of this facility are tough to beat. The views (if you care) of Saddleback Mountain, especially sunrise, and the local landscaping are both great. Three pools, 8 lane 50 meter, 8 lane 25 yard/meter dive well, 6 lane shallow teaching pool. In addition, a great hot tub behind the dive towers that works great both pre and post workout. Locker rooms are mediocre. Too small when you consider the potential for being overrun by age groupers and not so great for big meets either. Parking is pretty good except for age group times and big meets. The parking was recently upgraded as will the rest of the pool in September of 2016. Score 5/5. So there it is. Overall the **Nads** score 4.5/5 on the fun rating scale. I look forward to reporting back with more on SPMS programs.



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



SPMS Current Newsletter Calendar of Events

<u>Date</u>	<u>Event</u>
Nov 15	Pierce College SCM Swim Meet
Nov 19	SPMS Annual Meeting
Nov 20-22	SLO Gobbler SCY Swim Meet
Dec 4-6	SPMS Championship SCM Swim Meet
Jan 26	Las Vegas SCM Swim Meet

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

Congratulations Robin Smith

Robin Smith is our recipient of the 2015 Dorothy Donnelly Service Award, which honors USMS's outstanding volunteers. The award recognizes those who contribute in service to local, regional, and national programs. Up to 15 people are selected each year, with nominations coming from Local Masters Swimming Committees, clubs, and individuals.



*The current Secretary of Southern Pacific LMSC,
Attends every regional swim meet—voluntarily!
For some reason she loves bylaws and meet operations as well.
Now Robin Smith has captured a Dottie, and that's just swell.*

Hill Carrow