

March/April

2016

SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



2016 Caltech Pentathlon

by
Suzanne Dodd

El Nino did not slow down the 2016 Caltech Pentathlon held on March 6, 2016. As the meet warm-up began, the rain and clouds parted, and 2016 Caltech Pentathlon was completed without a drop from the sky during the races. In fact, you really needed sunscreen to keep from getting a sunburn. There were 222 swimmers competing for the title of the fastest all-round sprinter in racing a 50 of each stroke plus the 100 IM. The total times were added together to determine the age group winners. The competitors ranged in age from 19 to 94 and came from teams in the greater Los Angeles area, San Diego, Las Vegas, Sierra Nevada and even Washington State. Rose Bowl Masters was the largest club with 46 swimmers, while Ventura County Masters brought 22 competitors. In all, 32 clubs had members competing in the meet.



Spindrift Beck (25) of Southern California Aquatics was crowned fastest female of the meet. Spindrift had the fastest times in the 50 fly (27.10), 50 breast (31.06), and 100 IM (1:01.47), in route to winning first place in the 25-29 age group. In fact, she won every event in her age group. Her total time of 2:54.53 was nearly 5 seconds faster than the total time posted by Taryn Albright (23) of Golden Road Aquatics. Margo Stanfa (24) of Golden Road Aquatics had the fastest time in the 50 back (28.76), and Katherine Tse (24) from Rose Bowl Masters had the fastest time in the 50 free (24.82).

Taking the bobble head trophy as the fastest male swimmer of the meet was Alexander Aceino (24) of Golden Road Aquatics. Alexander had the fastest time in the 50 fly (22.55). Alex Verdegem (26) of The Claremont Club had the best 50 back time (24.65) and 50 free (21.22). Mat Prasser (23), unattached, swam the quickest 50 breast of the day (26.56) and also the quickest 100 IM (53.69). Alexander, Mat, and Alex respectfully placed first, second, and third overall with times of 2:30.79, 2:31.92, and 2:32.94 - a very close competition!

Not to be out done by the youngsters, there were some close races in the more senior age groups. Bob Best of San Diego Swim Masters beat his teammate Tom Mitchell of San Diego Swim Masters for first place in the 80-84 age group. Brian Kelca of Los Angeles Peninsula Swimmers finished on top of the 55-59 age group, where 24 swimmers were competing and was the largest age group in the meet. On the women's side, Kathleen Komar, of UCLA Bruin Masters, topped Wendy Scherwat-Ducourneau of Triton Swimming and Triathlon in the 65-69 age group. The 40-44 age group had the most female swimmers, with Jennifer Weiderman of Conejo Valley Masters finishing on top of the 14 competitors.

**Thank you to everyone who helped to make the Pentathlon a success.
We hope to see everyone back in Pasadena in 2017.**

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Age Group Winners

Female

18-24: Taryn Albright (GRA)
 25-29: Spindrift Beck (SCAQ)
 30-34: Nancy Alexander (CTM)
 35-39: Rachel Pinto (SCAQ)
 40-44: Sarah Condor-Fisher (MACS)
 45-49: Jennifer Weiderman (CVMM)
 50-54: Cynthia Snyder (SOBA)
 55-59: Stacey Warmuth (VCM)
 60-64: Robin Smith (NOVA)
 65-69: Kathleen Komar (UCLA)
 70-74: Diane Smith (CVMM)
 75-79: ---
 80-84: ---

Male

Alexander Aceino (GRA)
 Alex Verdegem (TCC)
 Jon Mendoza (ROSE)
 Nathan Janos (SCAQ)
 Brian Kremers (LBG)
 David Sumner (MVN)
 Randy Eickhoff (SCA)
 Brian Kelca (LAPS)
 Donald Graham (PSM)
 Hubie Kerns (VCM)
 George Carey (UC33)
 Chuck Babcock (LBSU)
 Bob Best (SDSM)

**CVMM Matt Biondi
Masters SCY Classic Swim Meet
Sunday March 20, 2016**

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc. Sanction #336-S004

Facility: The beautiful Rancho Simi Recreation and Park District Pool is an outdoor, 25 yard by 50 meter competition pool situated in a beautiful park-like setting located at 1765 Royal Ave, Simi Valley, CA, 91365. 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.

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedent 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 20th determines age group for the meet. You must be at least 18 to compete.

Entries: On-line registration is preferred. The pre-entry postmark deadline is Saturday, March 13, 2016. The on-line entry deadline is 11:59 p.m. Pacific Time on March 13, 2016. Deck registration is permitted. Deck entries will close at 9:00 a.m. (7:30a.m.for Event 1) Online entry link: https://www.clubassistant.com/club/meet_information.cfm?c=2194&smid=7300

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 \$8.00 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: Medals for places 1 to 3 and ribbons for 4th through 6th. Relay: Medals for first place. A special award (the Matt Biondi Award) and award presentation ceremony for the fastest male and female in the 50 free; in addition the winners' names will be added to the Matt Biondi Perpetual Award.

Entry Fees: \$42.00 per swimmer flat fee if received before 11:59 p.m. Saturday March 13, 2016. **Online entries preferred.** Entries received after 11:59 p.m. March 13, 2016 (late) and deck entries allowed for \$50.00 flat fee.

Checks payable to: Conejo Valley Multisport Masters. Mail your consolidated entry card, a copy of your 2016 USMS card, and check to: Alina de Armas, P.O. Box 63, Simi Valley, CA .93062, (805) 444-0317 Alina@dearmas.co.

Questions: Meet Director Nancy Kirkpatrick Reno (818) 469-9972; nancy@conejovalleymultisportmasters.com.

Special events and awards: In honor of 11-time Olympic medalist and USMS masters swimmer Matt Biondi, a special award will be presented to the meet's fastest male and female swimmers in the 50 yd. freestyle; additionally, their names will be engraved on the Matt Biondi Perpetual Award.

Raffle tickets for sale: Crowd pleasers at our first two Matt Biondi meets were our fabulous raffle baskets which will be available again this year. Raffle tickets available for purchase at the meet. All meet entrants receive swag bags.

Sunday, March 20, 2016

Warm-up at 7:00 a.m.

Meet starts at 8:00 a.m.

- | | |
|--|---|
| 1. 1,650 yd. Freestyle * | 15. 400 yd. Individual Medley |
| 2. 25 yd. Butterfly | 16. 200 yd. Freestyle Relay (Men, Women, Mixed) |
| 3. 25 yd. Backstroke | 17. 100 yd. Breaststroke |
| 4. 25 yd. Breaststroke | 18. 50 yd. Backstroke |
| 5. 25 yd. Freestyle | 19. 400 yd. Freestyle Relay (Men or Women) |
| 6. 100 yd. Individual Medley | 20. 800 yd. Freestyle Relay (Men, Women, Mixed) |
| 7. 400 yd. Freestyle (Mixed Relay) | * Mile limited to four heats. Check-in required by 7:30 a.m. |
| 8. 50 yd. Butterfly | |
| 9. 100 yd. Backstroke | |
| 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) | |



SAN LUIS OBISPO SWIM CLUB

2016 SPRING SPLASH



DATE OF MEET: Friday, Saturday and Sunday, March 18th – 20th
SANCTIONED BY: USA Swimming, Southern CA Swimming & Southern Pacific Masters Swimming
SANCTION #: **S16-101 (SCS) and 336-S010 (SPMS)**
SPONSORED BY: San Luis Obispo Swim Club, Coastal Committee, and SPMS

DECK OPENS: Friday 3:30pm/Saturday 7:00am/Sunday 7:00am
WARM-UP START: Friday 3:30pm/Saturday Prelims 7:00am/Saturday Age Group 12:00pm/Sunday Prelims 7:00am/Sunday Age Group 12:00pm/Finals TBD
MEET START: Friday Prelims/TF and Age Group 5:00pm
Saturday Prelims 8:30pm / Saturday Age Group 1:00pm / Saturday Finals TBD
Sunday Prelims 8:30am / Sunday Age Group 1:00pm / Sunday Finals TBD

ENTRY DEADLINE: Entries must be received by the meet processor **NO LATER THAN 5 PM WEDNESDAY, MARCH 9, 2016**. If the meet fills prior to the deadline, entries will be rejected (last received, first rejected). Entries will be limited to comply with a 3 hour/session limit, distance entries may be limited to meet session limit.

POOL: San Luis Obispo Swim Center. 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. The pool is a 50-meter by 25 yard, 8 lane outdoor heated pool. 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. For the competition pool the Start End is 13 ft deep in lane 1 to 6 ft deep in lane 6, and the Turn End is 4 ft deep for all lanes. The competition course has been certified in accordance with 104.2.2C(4), on file with USA Swimming. Ample deck space is available for structures and seating. ****Bring tie-downs and weights to secure your structures. Finals will be swum in 7 lanes.**

WARM-UP PROCEDURES: Swimmers warming up or down before, during, and after the meet must be under the direct supervision of a current 2016 USA Swimming coach. Warm-up rules will be announced and enforced. Warm-up lanes will be posted for 10&under, Masters, and General warm-up, please obey the warm-up posting in the consideration of athlete safety. No diving into the pool except for the sprint lanes directed by the Meet Referee. Marshals will be designated to oversee the warm-up procedure and pool.

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 the appropriate session. Swimmers who check in and fail to swim an event will be scratched from their next individual event.

RULES: USA Swimming rules will govern this **combined** USA-S and USMS meet. Current SCS 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 referee. Swimmers must swim in their actual age group as determined by the age on the first day of the meet (March 18, 2016). Swimmers may swim in only one age group. To compete in OPEN events a swimmer must be at least 11 years old and must meet the minimum time standard.

Entry Limit: Swimmers in **OPEN** events are limited to **3 individual events per day**. Swimmers in **Age Group** events are limited to **5 individual events per day**. Swimmers in **BOTH** OPEN and 11 & Up events are limited to **3 individual events per day**. Entries will be limited to meet the "4 Hour" Rule.

Finals: Finals will be swum in 7 lanes. The National Finals scratch rule will be used. A swimmer must scratch or place an intent to scratch on an event within 30 minutes of announcement of preliminary results. Final: SCRATCH ONLY. Final "no show" (original top places only) except last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet. The 50 Free will have a Quarterfinal (Top 28 as the first event of Saturday's Final session)/Semi-Final (Top 14 as the first event of Sunday's Final session)/Final (Top 7 as the last event of Sunday's Final session). In order, the 100 Free will have a Bonus, Bonus Consolation, Consolation and Final. In order, the 100's of stroke, 200 Free and 200 IM will have a Bonus Consolation, Consolation and Final. In order, the 200's of stroke will have a Consolation and Final. The 400 Free will have a Final.

Recording Devices & Media Coverage: The uses of audio visual recording devices, including cell phones, are NOT permitted in locker rooms, changing areas or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

Swimwear: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swim suit specifications may be worn in any USA Swimming sanctioned or approved competition.

Deck Changes: Deck changes are prohibited.

Racing Start Certification: Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start, or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ELIGIBILITY & AFFILIATION: Open to Coastal Committee athletes who hold 2016 USA Swimming registration and USMS athletes who hold 2016 USMS registration. Out of LSC entries will be accepted space available, please submit a copy of registration with entry. Registration applications must be **received by the meet entry deadline (March 9th)** by the meet processor, administrative referee or SCS Office. Late applications will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III B. **Registration application may be submitted together with entry forms.** In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer Form and appropriate fee to the Swim Office. At the meet, a swimmer may only unattach (not attach or reattach) by notifying the Administration Referee in writing and paying the appropriate fee.

SUBMITTED & QUALIFYING TIMES: Times submitted must be the BEST RECORDED TIMES long course or short course from this or the preceding swim season (NO Workout Times). Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times could lead to disciplinary action. NOTE: For "W" Division, "NT" (no time) entries are acceptable.

SEEDING: All preliminary and timed final events will be seeded **FAST to SLOW**. The Prelim/Final 400 Free (events 37 and 38) will have the fastest 2 heats circle-seeded. All other prelim/final events will have the fastest 3 heats circle-seeded.

ENTRY PROCEDURES: Electronic Entry: Email entry (entry .zip file) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for a team entry must be postmarked within 48 hours of the email entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events for entered swimmers may be submitted by hard copy (this includes email) ONLY. New swimmers accepted by SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. Deletions will not be refunded.

Entry Card: Submit one SCS consolidated entry card (can be found at www.sloswimclub.org) per swimmer to enter this meet. Card must be filled out completely including entire USA Swimming or USMS registration number. To avoid concern regarding receipt of entry card, enclose a stamped, self-addressed envelope or postcard. **Receipt of entries will not be verified by phone or e-mail. DO NOT use certified, registered or special delivery mail services.**

All USMS athletes must sign and date the waiver form.

ENTRY FEE: OPEN HEATS/FINALS EVENTS - \$5.50 for each INDIVIDUAL EVENT plus a \$10.00 surcharge PER SWIMMER AND AGE GROUP TIMED FINAL EVENTS - \$4.00 for each INDIVIDUAL EVENT plus a \$10.00 surcharge PER SWIMMER must accompany each individual entry to the address below (not the SCS swim office). NO REFUNDS. Returned checks will incur a service fee per SCS policy.

AWARDS: Ribbons 1st thru 6th places in B, R & W divisions for the following age groups: 5/6, 7/8, 9/10, and 11/12. No awards for 13&up or OPEN division.

LANE TIMING: Clubs will be assigned lanes for timing based on the number of entrants.

DISTANCE EVENTS: Swimmers in the 800 Free are requested to provide their own timers and lap counters. The 400 Free, 400 IM and 800 Free will alternate girls and boys heats.

MEET REFEREE: The meet referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person.

MEET DIRECTOR: Philip Yoshida

FOR FURTHER INFO: Contact SLO Swim Club at (805) 543-9515 email: office@sloswimclub.org website: www.sloswimclub.org

Receipt of entries will not be verified by phone or e-mail. DO NOT use certified, registered or special delivery mail services.

Make checks payable to: Southern California Swimming

E-mail for Team Electronic Entries Only:
office@sloswimclub.org

Mail Entries to:
SLO Swim Club Spring Splash
PO Box 142
San Luis Obispo, CA 93406

USA Swimming Disclaimer: It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

****DETAILED MASTERS INFORMATION: See Page 5**



2016 SPRING SPLASH EVENTS

FRIDAY - MARCH 18

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

GIRLS	TIME	AGE	EVENT	TIME	BOYS
1	11:44.20L 12:58.60Y	OPEN	800 FREE	11:43.70L 13:09.80Y	2
3	34.90L 30.70Y	OPEN	50 FREE	34.40L 30.80Y	4
Short Break					
5	11&UP=BRW 9-10 = **3:02.70 L **2:42.00 Y	9-10, 11&UP	400 FREE **9-10 enter with 200 FREE time	11&UP=BRW 9-10 = **3:02.40 L **2:41.80 Y	6
7	6:31.20L 5:48.20Y	OPEN	400 IM	6:32.30L 5:48.90Y	8

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

*The OPEN 800 Free and 400 IM will be a timed final event.

SATURDAY - MARCH 19

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

GIRLS	TIME	AGE	EVENT	TIME	BOYS
9	3:07.90L 2:46.20Y	OPEN	200 IM	3:08.20L 2:46.50Y	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 20

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

GIRLS	TIME	AGE	EVENT	TIME	BOYS
29	3:09.20L 2:46.20Y	OPEN	200 BACK	3:11.80L 2:51.40Y	30
31	1:15.60L 1:06.70Y	OPEN	100 FREE	1:15.10L 1:06.20Y	32
33	3:31.00L 3:08.80Y	OPEN	200 BREAST	3:31.20L 3:09.00Y	34
35	3:05.70L 2:43.20Y	OPEN	200 FLY	3:07.20L 2:47.40Y	36
37	5:47.30L 6:24.60Y	OPEN	400 FREE	5:46.60L 6:29.80Y	38

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

GIRLS	TIME	AGE	EVENT	TIME	BOYS
39	BRW	5-6, 7-8, 9-10, 11&UP	50 FLY	BRW	40
41	BRW	9-10, 11&UP	100 BREAST	BRW	42
43	BRW	5-6, 7-8, 9-10, 11&UP	100 FREE	BRW	44
45	BRW	9-10, 11&UP	200 IM	BRW	46
47	BRW	9-10, 11&UP	100 BACK	BRW	48

ENTRIES IN THE BRW SESSION WILL BE LIMITED TO 3 HOURS

To compete in OPEN events swimmers must be at least 11 years old and must meet the minimum time standard.

Special Format for 50 Free Championship!

- 1) All 50 Free entrants will swim in Round 1 (Prelims) with fastest 6 heats circle seeded.
- 2) The top 28 finishers will swim in the Quarterfinal on Saturday as the first event of Saturday's final session with all 4 heats circle seeded, the 200 IM will follow.
- 3) The top 14 finishers will swim in the Semifinal as the first event of Sunday's Finals Session with both heats circle seeded, the 200 Back will follow.
- 4) The top 7 finishers will swim in the Final as the last event of Sunday's Finals Session.

EVENTS OFFERED

(BY AGE GROUP)

Friday, March 18, 2016

5-6	7-8	9-10	11 & UP	OPEN
		400 FREE *ENTER WITH 200 FREE TIME	400 FREE	800 FREE *timed final
				50 FREE *round 1 of 4
				400 IM *timed final

Saturday, March 19, 2016

5-6	7-8	9-10	11 & Up	OPEN (P/F)
50 BREAST	50 BREAST	50 BREAST	50 BREAST	200 IM
50 FREE	50 FREE	50 FREE	50 FREE	100 BACK
50 BACK	50 BACK	100 FLY	100 FLY	200 FREE
		50 BACK	50 BACK	100 BREAST
		200 FREE	200 FREE	100 FLY

Sunday, March 20, 2016

5-6	7-8	9-10	11 & Up	OPEN (P/F)
50 FLY	50 FLY	50 FLY	50 FLY	200 BACK
100 FREE	100 FREE	100 BREAST	100 BREAST	100 FREE
		100 FREE	100 FREE	200 BREAST
		200 IM	200 IM	200 FLY
		100 BACK	100 BACK	400 FREE



Entry Limit:

Swimmers in **OPEN** events are limited to **3 individual events per day.**

Swimmers in **AGE GROUP** events are limited to **5 individual events per day.**

Swimmers in **BOTH OPEN and 11 & Up** events are limited to 3 individual events per day.

*To compete in OPEN events swimmers must be at least 11 years old and must meet the minimum time standard.



SAN LUIS OBISPO SWIM CLUB

Masters Meet



DETAILED INFORMATION

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.

Sanction #: 336-S010

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 Consolidated entry card AND the USMS waiver (both can be found at: www.slowimclub.org). Include a copy of your 2016 USMS registration. The **ENTRY** deadline is **Wednesday, March 9th**. There will be NO deck entries. Age on December 31, 2016 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 - \$5.50 for each INDIVIDUAL EVENT plus a \$10.00 surcharge PER SWIMMER AND 11&UP TIMED FINAL EVENTS - \$4.00 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 list is available above.

Swimmers in the 800 Free are responsible for providing their own timers and lap counters.



**Riverside Aquatics Association
2016 SPMS and Southwest Zone
Spring Championship Meet
Saturday, April 16 - Sunday, April 17, 2016**

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction Number: 336-S008

Facility: Riverside Aquatics Complex – on the campus of Riverside City College. 4800 Magnolia Ave. Riverside. 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: Exit 14th St. from the 91 Freeway. Go West to Olivewood and turn left. Turn right on Saunders/City College Dr. and turn right onto Saunders (first street on right). Pool is at the end of Saunders. Parking is available at a cost of \$5 per day purchased at kiosks in the parking lot.

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 17, 2016 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 or entered online on or before 11:59 p.m. Monday, April 4, 2016. If postmarked or entered online after April 4 the fee will be \$55. All paper entries received after April 11 or entered online after 6:00 p.m., April 11 will be rejected. **No individual deck entries will be allowed.** Swimmers are limited to entering a total of 7 individual events for the entire meet and no more than 5 individual events per day. Enter online or make a check payable to: Riverside Aquatics Association; mail your check with a consolidated entry card, a copy of your 2016 USMS registration to: Omar de Armas, PO Box 63, Simi Valley, CA. 93062

Relays: All relays will be deck entered. Relay only swimmers may enter for a \$10.00 fee before the start of the meet on Saturday only for all relay events 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. 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 and the 1000 yd. Freestyle may be limited to the first 32 entries at the discretion of the meet director and meet referee. Swimmers may enter both the 1000 and 1650 yd. Freestyle.

Check-in: Positive check-in is required for all events. Check-in closes at 7:30 a.m. on Saturday for the 1650 yd. Freestyle, 7:30 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 five teams, based on combined scoring for men and women, individual events plus relays

Questions Meet Director: Kevin Timko. Kevintimkoraa@gmail.com Information: Alina de Armas alina@dearmas.co

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



**Riverside Aquatics Association
2016 Southern Pacific Masters Swimming and
Southwest Zone Spring Championship Meet
Saturday, April 16 - Sunday, April 17, 2016**

Saturday, April 16, 2016

Warm-up at 7:00 a.m.

Meet starts at 8:00 a.m.

Check-in for the 1650 yd. Freestyle closes at 7:30 a.m.

- 1 1650 yd. Freestyle
- 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

Sunday, April 17, 201

Warm-up at 7:00 a.m.

Meet starts at 8:00 a.m.

Check-in for the 400 yd. Individual Medley closes at 7:30 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

Riverside Aquatics is proud to host the 2016 SPMS and SW Zone SCY Championships! This is your chance to compete in the same pool that will be hosting the 2017 Spring Short Course Nationals – April 27-30, 2017.

Riverside has a vibrant downtown area with several hotels and casual restaurants that are only a few blocks from the pool.

RAA has secured favorable rates and terms with two hotels for this swim meet. If you are making reservations, please let them know that you are competing in our event.

Hyatt Place (9 blocks from the pool)

3500 Market Street
Riverside, CA 92501
(888) 492-8847

Comfort Inn (1.5 miles from the pool)

1590 University Ave
Riverside, CA 92507
(951) 683-6000



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

Mission Viejo Nadadores & Southern California Swimming
present the
2016 TYR Fran Crippen Memorial Swim Meet of Champions

SANCTIONED BY: Southern California Swimming/USA Swimming/Southern Pacific Masters Swimming

Sanction Numbers: #S16-072/TT#16-073(USA Swimming)/#336-S007(USMS)

SPONSORED BY: Mission Viejo Nadadores

USA Swimming and FINA Athletes, USMS Athletes: Heats & Finals

DATE OF MEET: April 28-May 1, 2016

ENTRIES MUST BE RECEIVED BY: 5 PM Wednesday, April 20, 2016

START TIME: PRELIMS 9 am; FINALS 5 pm

WARM-UP: Pool will open for warm-up at 3:00 pm, THURS; 7:00 am FRI, SAT, and SUN

ELECTRONIC (E-MAIL) ENTRY IS ENCOURAGED.

FULL PAYMENT MUST BE POSTMARKED WITHIN 48 HOURS OF ELECTRONIC SUBMISSION.

IF SUBMITTING ENTRY VIA THE INTERNET (EMAIL), THE EMAILED ENTRY MUST INCLUDE BOTH THE ELECTRONIC ENTRY FILE (HY3) AND A PDF OF THE TEXT ENTRY ELECTRONICALLY SIGNED BY THE COACH.

SINGLE TEAM CHECK AND SIGNED HARD COPY MUST BE SUBMITTED.

THIS IS A PROOF-OF-TIME-MEET. PROOF OF TIME MUST BE SUBMITTED IF TIMES ARE NOT IN SWIMS.

POOL: Marguerite Recreation Center, 27474 Casta Del Sol, Mission Viejo, CA 92692. Take I-5 to La Paz exit. Turn east on La Paz, left on Marguerite, right on Casta Del Sol. Turn right at first driveway. Swim parking lot is behind the tennis courts on right with the exit being at upper level. Do not park in tennis lot.

COURSE: Competition pool is an outdoor, eight-lane, 50 meter course with adjacent eight lane 25 yard warm-up pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Pool Depth Measurement at South End: Lanes 1-8=2M; and North End: Lanes 1&8=2M; Lanes 2&7=3M; Lanes 3,4,5,6=3.5M.

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.

TICKETS: Prelims – Free, Finals - \$7. An all-meet pass (all sessions) is \$20.

ENTRY INTO THE MEET

ELIGIBILITY & AFFILIATION: Open to athletes who hold current 2016 USA Swimming, FINA, or USMS membership. USA Swimming registration application must be received by SCS Office by April 28, 2016. There are substantial penalties for swimmer and club (2016 Swim Guide, Part One, III, B) if USA Swimming registration is completed at meet. Before the first day of the meet, a swimmer may change his/her affiliation by the standard procedure. At the meet, a swimmer may UNATTACH (but not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

QUALIFYING TIMES: Team entries may be submitted electronically (signed hard-copy and single team check must be submitted). Individual entries may be made on Southern California Swimming consolidated entry forms. Swimmers must have achieved the time standard after Sept. 1, 2014. Times submitted must be recorded times. DO NOT SUBMIT NT (no time), ET (estimated time), or work out times. Swimmers may enter all events for which they qualify **but** may only compete in three (3) individual events per day. **NOTE: Proof of time is required through SWIMS, the National Times database, or recognized FINA competitions. Times must be achieved at (a) a USA Swimming sanctioned competition, (b) a USA Swimming observed competition, (c) a USA Swimming approved competition, or (d) a FINA approved competition. Times in the database are not meet entry, only proof of entered time.**

NOTE: If Standard is achieved in YARDS, enter event with YARD time, indicated on entry by "Y".

If Standard is achieved in SHORT COURSE METERS, enter event with SHORT COURSE METER time, indicated on entry by "S".

If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L".

Enter BONUS events with swimmer's actual time: indicate "YB" on entry for BONUS time achieved in YARDS,

indicate "SB" on entry for BONUS time achieved in SHORT COURSE METERS,

indicate "LB" on entry for BONUS time achieved in LONG COURSE METERS.

National Qualifiers may enter at the National meter minimum; please indicate on entry.

THE HOST CLUB & REFEREE RESERVE THE RIGHT TO LIMIT THE MEET TO THE AVAILABLE TIME (FIRST COME, FIRST SERVED).

PROOF OF TIME: This is a PROOF OF TIME meet. Entries will be run through SWIMS Times Recon prior to the meet. See SCS Swim Guide for Proof of Time procedures and penalties. **NOTE: Swimmers entered in less than 5 events may swim 1, and only 1, bonus event; entered in 5+ must prove all events.**

EXCEPTIONS: (1) A swimmer may not enter the 800 M Freestyle as a BONUS event without providing proof of time in the 1500 M Freestyle. (2) A swimmer may not enter the 1500 M Freestyle as a BONUS event without providing proof of time in the 800 M Freestyle.

**MAKE CHECKS PAYABLE TO:
and MAIL ENTRIES TO:**

SOUTHERN CALIFORNIA SWIMMING

Judi Divan

33561 Calle Miramar

San Juan Capistrano, CA 92675

divanj@cox.net

Or E-MAIL ENTRIES TO:

For Information, Call the Mission Viejo Nadadores at (949) 380-2552
-or- Southern California Swimming at (800) 824-6206.

ENTRY FEES: \$12.00 per individual event plus \$14.00 per swimmer surcharge. E-mail entry (entry.zip file) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time. (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will NOT be processed. Scratches will NOT be refunded.

RELAY ENTRY FEES: \$25.00 per relay team; relays may be pre-entered (if pre-entered must be paid with team entry) or deck entered. \$14.00 surcharge for relay-only swimmers (must be prepaid). Deletions will NOT be refunded.

ENTRIES CLOSE: Emailed, postmarked and/or hand-carried entries RECEIVED after 5 PM on April 20, 2016 will be rejected.

RULES AND PROCEDURES

MEET REFEREE: The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person.

RULES: USA Swimming Rules will govern. Current SCS Meet procedures for Heats and Finals Meets will be enforced (See 2016 SCS Swim Guide); the National finals' scratch rule will be used. In order, there will be a Bonus Final, Consolation Final and Championship Final for all events except the 800 & 1500 Freestyle. A swimmer must scratch or place an intent on an event within 30 minutes of announcement of preliminary results. Final "no-show" (original top 8 places only) except last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet.

If warranted, the meet will be swum in 'A' and 'B' flights on Friday and Saturday only. Events on Thursday and Sunday will not be flighted. For flighted events, there will be 6 preliminary heats of each event in the 'A' flight followed by a brief 'practice start' break, followed by the 'B' flight for the remaining heats. All preliminary heats will be swum fastest to slowest. All heats of the 400 IM, 400 Freestyle, 800 Freestyle and 1500 Freestyle will be swum fastest to slowest, alternating womens and mens heats. Anticipate a flighted meet. Flight decision will be announced Monday, April 25, 2016.

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, is not permitted in locker rooms, changing areas or restrooms. **Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet.**

This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgment and consent to this fact.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Ony swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

DECK CHANGES: Deck changes are prohibited.

RACING START CERTIFICATION: Any swimmer entered in the meet unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

DISTANCE EVENTS: The 800 and 1500 yd freestyles are 'timed finals' with standard seeding procedures;

- * Thursday: Men's 1500 and Women's 800 Freestyles will be swum fastest to slowest, alternating women's and men's heats;
- * Sunday: Fastest 8 entrants checked in for the women's 1500 Free will swim after the Event 24 "A" Final; fastest 8 entrants checked in for the men's 800 Free will swim after the Event 26 "A" Final. All other heats will be swum at the end of prelims after morning relays, fastest to slowest, alternating women's and men's heats.

RELAYS: Relays will be contested at the end of Finals Friday thru Sunday. Relays will be swum in the National format: fastest two heats of women (slow to fast); fastest two heats of men (slow to fast); remaining heats alternating women and men, fast to slow. There will be an option to swim the Medley Relay on Sunday at the conclusion of prelims (after 'A' and 'B' flights), and before the 1500 Freestyle. Option must be declared by the scratch deadline (5:30 p.m.) on Saturday.

SCRATCH DEADLINES:

Thursday 4/28 4:30 p.m. positive checkin for Thursday events;

Scratches: Friday 4/29 8:00 a.m. for Friday events; Friday 4/29 5:30 pm for Saturday's events & Saturday 4/30 5:30 p.m. for Sunday's events.

A swimmer who fails to scratch and "no shows" a prelim may not swim the remaining individual & relay events for the day and MUST positive check in for all subsequent days individual entries by the scratch deadline for those events. A swimmer who fails to scratch and "no shows" a final will be removed from the meet.

Positive check-in for the 800 and 1500 Meter Freestyle is required by the day's scratch deadline.

WARMUP: From 7:00-8:15 am, the competition pool will be open for general warm-up with Lanes 1 & 8 reserved for push-pace work - NO DIVING. From 8:15-8:50 am, Lanes 1 & 8 will be designated for push-pace work: **Lanes 2 & 7 will be sprint lanes, one-way from the blocks under coaches' supervision. Practice starts only in the sprint lanes.** No paddles will be allowed in the competition pool. The diving pool will be available for warm-up/cool down at all times - No diving at any time.

AWARDS: Special awards presented to top three places in championship finals and the top three places in relays. There will be a high point award for the top female and the top male swimmer.

MASTERS DECLARATION OF INTENT FORM: To swim a dual-sanctioned meet as a Masters swimmer this form must be completed prior to competition. Give one copy to the Meet Admin Referee prior to competition.

Scoring: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1. Relays will score double.

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

DECK-ENTERED TIME TRIALS - Sanction No: # S16-073

DATES: April 29-May 1, 2016

TIME:

Following the Preliminary sessions if time permits.

ENTRY: Deck entry

ENTRY FEE:

\$15.00/event (check/cash buys card at Clerk of Course).
after seeding. No refunds.

EVENTS: Order of events will be determined by Time Trials' Administrative Referee and depends on which events are entered.

ELIGIBILITY: Open to USA-Swimming, USMS or FINA registered swimmers entered in individual and/or relay events at the meet .

Mission Viejo Nadadores & Southern California Swimming
Present The
2016 TYR Fran Crippen Memorial Swim Meet of Champions

Date of Meet: April 28-May 1, 2016

ENTRIES MUST BE RECEIVED BY: Wednesday, April, 20, 2016 5:00 PM

Heats and Finals Meet - Championship Seeding - Bonus, Consolation & Championship Final in that Order
Automatic Timing - Open to 2016 USA Swimming and FINA Athletes and USMS Athletes

WOMEN				MEN				
Event No.	Time LCM	Time SCM	Time SCY	Event Name	Time LCM	Time SCM	Time SCY	Event No.
04/28/16								
1	9:19.13	9:00.33	10:34.99 Enter 1000Y Free Time	800 Meter Freestyle				
				1500 Meter Freestyle	17:00.50	16:36.50	16:34.80 Enter 1650Y Free Time	2
04/29/16								
3	1:00.49	58.89	52.20	100 Meter Freestyle	55.44	53.84	48.50	4
5	2:25.80	2:23.00	2:09.00	200 Meter Butterfly	2:16.39	2:13.59	1:59.63	6
7	2:31.09	2:28.69	2:11.80	200 Meter Backstroke	2:18.99	2:16.59	2:03.00	8
9	4:32.60	4:26.20	4:59.00 Enter 500Y Free Time	400 Meter Freestyle	4:17.00	4:10.60	4:40.00 Enter 500Y Free Time	10
11	Deck Entry	Deck Entry	Deck Entry	400 Meter Freestyle Relay	Deck Entry	Deck Entry	Deck Entry	12
04/30/16								
13	2:07.50	02:04.30	01:50.50	200 Meter Freestyle	01:58.50	01:55.30	01:42.00	14
15	2:48.84	2:44.84	2:28.83	200 Meter Breaststroke	2:34.50	2:30.50	2:15.00	16
17	28.07	27.27	24.60	50 Meter Freestyle	25.59	24.79	21.40	18
19	5:15.70	5:09.30	4:39.00	400 Meter Individual Medley	4:51.84	4:45.44	4:14.00	20
21	Deck Entry	Deck Entry	Deck Entry	800 Meter Freestyle Relay	Deck Entry	Deck Entry	Deck Entry	22
05/01/16								
23	1:07.00	1:05.60	59.98	100 Meter Butterfly	1:00.80	59.40	52.00	24
25	1:10.00	1:08.80	1:00.10	100 Meter Backstroke	1:03.80	1:02.60	55.00	26
27	1:18.76	1:16.76	1:08.76	100 Meter Breaststroke	1:11.17	1:09.17	1:01.80	28
29	02:26.00	02:22.80	02:08.90	200 Meter Individual Medley	02:15.50	02:12.30	01:58.00	30
31	18:05.62	17:41.62	17:39.59 Enter 1650Y Free Time	1500 Meter Freestyle				
				800 Meter Freestyle	8:45.29	8:32.49	10:05.87 Enter 1000Y Free Time	32
33	Deck Entry	Deck Entry	Deck Entry	400 Meter Medley Relay	Deck Entry	Deck Entry	Deck Entry	34

Individual Entries must be made on Southern California Swimming Entry Cards.
Team entries may be submitted electronically (signed hard copy and single team check must be submitted).
This is a Proof of Time Meet. Entries will be run through SWIMS Times Recon prior to the meet.

If Standard is achieved in YARDS, enter event with YARD time, indicated on entry by 'Y'.
If Standard is achieved in SHORT COURSE METERS, enter event with SHORT COURSE METER time, indicated on entry by 'S'.
If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by 'L'.
Enter BONUS events with swimmer's ACTUAL time; indicate 'YB' for BONUS time achieved in YARDS,
'SB' for BONUS time achieved in SHORT COURSE METERS, and
'LB' for BONUS time achieved in LONG COURSE METERS.

Nationals Qualifiers may enter at the National meter minimum; please indicate on entry:

NOTE: Swimmers entered in less than 5 events may swim 1, and only 1, bonus event; entered in 5+ must prove all events.

EXCEPTIONS: (1) A swimmer may not enter the 800 Meter Freestyle as a BONUS event without providing proof of time in the 1500 Meter Freestyle;
(2) A swimmer may not enter the 1500 Meter Freestyle as a BONUS event without providing proof of time in the 800 Meter Freestyle.

DISTANCE EVENTS:

The 800 and 1500 yd freestyles are 'timed finals' with standard seeding procedures;

Thursday: Men's 1500 and Women's 800 Freestyles will be swum fastest to slowest, alternating women's and men's heats;

Sunday: Fastest 8 entrants checked in for the women's 1500 Free will swim after the Event 24 "A" Final; fastest 8 entrants checked in for the men's 800 Free will swim after the Event 26 "A" Final. All other heats will be swum at the end of prelims after morning relays, fastest to slowest, alternating women's and men's heats.

The host club and referee reserve the right to limit the meet to the available time (first come, first served).

**For information, call the Mission Viejo Nadadores at (949) 380-2552 or
Southern California Swimming at (800) 824-6206.**

Mind over Matters

We probably have all known someone who has even been affected by dementia, a devastating loss of identity and cognitive function in many cases. Memory loss in our country is rampant and debilitating for those experiencing it. It seems that more and more of our colleagues and friends are becoming susceptible to the out-reaching effects of memory loss.

Although there has been little research on how to cure even the simplest cases of dementia, there are some real things you can do to maintain your mental health naturally. Here are some things that you may consider when averting memory-loss and subsequent disease processes:

Keep your brain active. It was not too long ago that we *found out* that even the brain heals, grows new cells even in late stages of life. Keeping your brain active is easy to do; read a good book, learn a new talents or games; go out with friends and enjoy stimulating conversations; perform physical exercise. There are many ways to keep your brain engaged. One really fast way to decrease brain power is too much television. Video games, with lengthy plot lines and side quests, have been shown in studies to excite the mind, and for many of us, that is a new skill all together.

Eat well; you are an amazing being that heals. It is amazing that your body and brain power combined can cure amazing things. If needed you could make a new eyeball with a fried up potato, but it might work some better if there was dark leafy vegetables involved. Plus your greens will help alkalize your system and provide antioxidants to combat toxins in the system and keep your mind clear.

Take your vitamins. Our food source these days are ending up not so rich in nutrients. Nutrient deficient soils means nutrient deficient plants/crops, and that means nutrient deficient people, and for athletes that is really not good, since you sweat and use up those nutrients much faster than the average couch lonnger. Vitamin E and selenium alone have been found to be extra good at helping brain function and memory, but a complete supplement will also help in many ways. One last poke at supplements, make sure you have a good one; your typical pharmacy/health food store might not be enough. I personally have seen and tested some pretty nice rocks, but horrible vitamins. Some good nutrient rich vitamin brands that I have come across include: *USANA*, *Creating Wellness Alliance*, *Douglas Laboratories*, *Truestar Health*, and *Hardy Nutritionals*.

More Oxygen - hyperbaric chambers and oxygen therapy is really getting a lot of attention when dealing with brain injury and brain restoration. These work by not only oxygenating the blood cells but your blood serum as well. This allows oxygen to get carried to many nooks and crannies that red blood cells would normally not get into. More oxygen means more healing; and getting oxygen to areas that don't have a lot of oxygen get to heal even more than they usually would have.

Well, I reckon that you already know that a good exercise routine that is consistent, and compatible to your abilities, is some of the best overall advice for proper brain health. After all we are swimmers, and swimming is the best sport in the world! Until next time see you on deck!

Dr. Kyle Durieux



Meet your SPMS Committee Chairs



Nancy Kirkpatrick-Reno is the Awards Committee chair. She has been involved with Masters swimming at the local and national levels for over twenty years as a swimmer, coach and board representative. The Awards Committee is responsible for the SPMS Swimmer of the Year Awards, Jim Marcus Award, Steve Schofield Award and the Club Swimmer of the Month Award. The Swimmer of the Year, Jim Marcus and Steve Schofield awards are selected based on nominations from the SPMS membership and coaches, and then reviewed by the Awards Committee for final selection. The Club Swimmer of the Month Award is a new award. This is for local club coaches to award their swimmers. It is easy to create on the SPMS website and is a great tool for building team moral in your clubs.

MemberAtLarge@SPMasterSwim.org



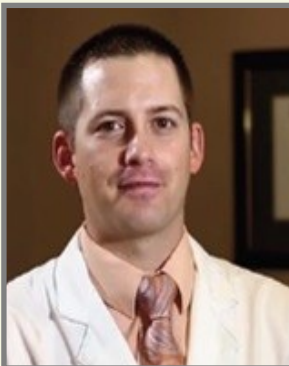
Christine Maki is the SPMS Coaches chair. She began competing in 1976 and became a USA swimming coach in 2007, and then also returned to her own swimming as a Masters swimmer. As Coaches chair, she helps with the local swim teams to nominate and vote for a SPMS Coach of the Year. The chair organizes the annual coaches clinic, where coaches get to enjoy networking and learning from one another. Coach of the Year nominations are currently being accepted. The winner will be selected by the SPMS Coaches Committee and the award presented to the SPMS Coach of the Year on Saturday, April 16, at our SPMS and Southwest Zone Championship meet, which will be held at Riverside City College.

Coaches@SPMasterSwim.org



Robin Smith is the SPMS Fitness chair. She is a Level 3 USMS Coach and a Certified Adult Learn to Swim instructor. Robin is currently serving on the USMS Fitness Committee. She has been swimming her entire life. She is not only a lap swimmer but also competes in the pool and open water. In addition, Robin has competed as a triathlete and as a runner. Serving as the SPMS Fitness chair matches her philosophy of exercise and fitness as a lifestyle. The Fitness Committee is a new committee and is responsible for supporting all fitness swimmers throughout SPMS whether you are unattached or you are a member of a club or team. At the local level, they are working with USMS to plan and develop fitness activities including clinics as well as virtual swims. The committee is in the process of putting together a plan specific for fitness swimmers. Watch for upcoming articles in the SPMS Newsletter.

Secretary@SPMasterSwim.org



Dr. Kyle Durieux is the SPMS Sports Medicine chair. He serves and assists everyone in their desire to be healthy and strong. Kyle is the owner of Simply Health Chiropractic Center and is very excited to continue working with SPMS and value the swimming world as a great way to stay in shape, stay healthy, and have a ton of fun doing it! Kyle swims on the Rose Bowl Masters Team, headed by his younger brother, Chad Durieux. They always had fun in the pool, swimming and competing for many years in their youth and now again as adults. He is currently living in St. George, Utah, but don't hold that against him, for that is the reason why we don't get to see him so much on deck. Where we do hear from Kyle is in the SPMS Newsletter. He writes articles on topics that are of interest to Masters swimmers. Please check out the current article on how to combat memory loss.

SportsMedicine@SPMasterSwim.org

Meet your SPMS Committee Chairs



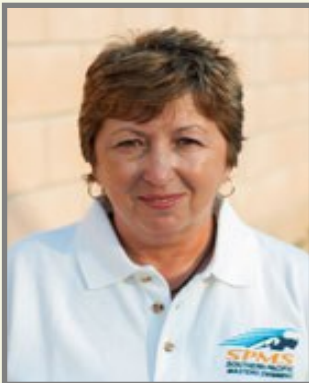
Anita Cole is the Marketing and Aquatic Program Developer chair. Her goal is to grow SPMS membership by recruiting new members, retaining current members and assisting in developing new Masters swim clubs within SPMS territory. She is a member of the Long Beach Grunions Swim Team and has been active in the Grunions' women's program development and Grunion membership development. Her interest in swimming began with her daughter's encouragement. She is currently the contact for the USMS Check-off Challenge hosted by the Long Beach Grunions. Also, Anita serves as a member of the USMS Fitness Committee. She is very interested in your ideas on how to better serve SPMS.

Marketing@SPMasterSwim.org



Kenny Brisbin is the Meet Operations chair. Kenny schedules all the pool events each year. Meet Operations Committee oversees all the pool events which include forming the policies and procedures on hosting a Masters meet, sanctioning the event, meet forms, meet results, and Top Ten times submission. Swimming has always been in his life, for he began swimming competitively at a very young age. When he moved to Southern California, he continued his age group swimming at the Torrance Plunge. Ten years ago, he found his way to the Long Beach Grunions team and has been coaching ever since. Currently, he is a Level 3 USMS Coach and also serves as the Vice Chair for the USMS Coaches Committee.

Sanctions@SPMasterSwim.org



Alina de Armas is the SPMS Officials chair. She feels honored and privileged to serve as the Officials chair for several years now. During this time, the committee has established a network of highly qualified Masters officials to serve at all the SPMS meets. As part of the Meet Operations Committee, Alina assisted in establishing policies for SPMS meets that give teams consistent methods for creating and running Masters meets. She has been a member of the USMS National Officials committee and was asked to work on several task forces to create criteria for National Officials certification and to review the rules on time adjustments. Alina is very happy to continue working with all the members of SPMS to make everyone's meet involvement the most fun and rewarding experience.

Officials@SPMasterSwim.org



Sherry Brooks is the SPMS Open Water chair. Her responsibilities include promoting, coordinating, publicizing, and scheduling all open water swims for SPMS. She also serves on the USMS Open Water committee. Sherry seeks to improve the safety of open water swimming. She was born and raised in Southern California, near the ocean, and began her love affair with ocean swimming, surfing and windsurfing. She didn't start pool swimming until 2007 when she joined a Masters club. The open water program with Masters swimming has allowed her to combine her love for natural bodies of water and the pool. Sherry is looking forward to introduce open water swimming to those of you who have not taken the plunge yet, and she always welcomes any questions you may have about our events.

OpenWater@SPMasterSwim.org

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Mark Moore

chair@SPMasterSwim.org

(949) 233-6521

Vice-Chair:

Ken Brisbin

vicechair@SPMasterSwim.org

Treasurer:

Bob Eberwine

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(949) 933-7100

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Robin Smith

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For archived newsletters,

Please go to:

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



SPMS Current Newsletter Calendar of Events

<u>Date</u>	<u>Event</u>
March 18-20	SLO LCM Swim Meet
March 20	CVMM SCY Swim Meet
March 24	SPMS Committee Conference Call
April 16-17	SPMS and SW Zone Spring Championship
April 21	SPMS Committee Conference Call
April 28-May 1	TYR Fran Crippen Memorial Swim Meet of Championship

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



On Saturday, February 20, 2016, SPMS Board members as well as SPMS swimmers attended the USMS Aquatic Program Developer seminar hosted by Bill Brenner and Mel Goldstein from the USMS Educational Services Department.

The seminar helped identify opportunities and impart knowledge on how best to implement an Aquatic Program Developer (APD) volunteer position in our LMSC. Along with the position details, we learned how to work directly with aquatic facilities to enhance their programs by helping them set up USMS Masters Teams, Adult Learn To Swim Programs and USMS clinics.

The information obtained from this seminar will benefit SPMS with a continued support of our membership which will result in an increase in the number and size of available programs including new teams, adult swimming lessons and clinics.