



## SPMS

# SWIM MEETS ARE BACK!

Submitted by Becky Cleavenger and Diana Dolan LaMar

After what feels like a very long year and a half, SPMS had its first open meets in July and August. Hosted by the Mission Viejo Nadadores, both meets drew capacity registration as swimmers hungry to test their speed, reconnect with old friends and make new ones came from throughout the region and beyond. Some were pleasantly surprised by their performance, while others were not so excited, but all were thrilled just to be there and renew their connection with the swim community in the California summer sunshine.

Some shared how they took for granted the frequency with which SPMS held Masters meets in the past, but now have a new appreciation for the ability to commune with fellow swimmers. Others expressed nerves at the prospect of racing after such a long hiatus. But everyone was happy to be returning to some sense of normalcy through USMS swimming.

Among those with reason to be thrilled with their performances at the SPMS Regional Championships meet, held July 30 – August 1, were those who set new records, including:

Mission Viejo Nadadores set a new USMS record in the Women's 280-319 age group in the 800m Freestyle relay (Beverly Montrella, Jan Levinrad, Gwen Uthus, and Diana Dolan LaMar), and Beverly

Montrella, continued her record winning streak with USMS records in the 400 and 1500m Free (75-79).

After setting multiple USMS and World records at the MVN meet in July, our amazing Maurine Kornfeld (100-104) from Rose Bowl Masters, continued setting World and USMS records with her swims in the 100 and 200m Freestyle and the 50m Backstroke.

With few LCM meets offered around the country, participants from Northern California, Utah, Arizona, Florida, and Washington State entered the meet and two set new records:

Laura Val, Tamalpais Aquatics (65-69) in the 50, 100, 200, and 400m Free, 100m Fly, 200m Back, 200m I.M. (all USMS and World records), and Charlotte Davis, Puget Sound (65-69) in the 100m Breast (USMS) and 800m Free (USMS and World).











# BACK IN BUSINESS

Rose Bowl Aquatics and Mission Viejo Nadadores swam for the team title during the first two days of competition to claim the Zone Championship. On day three, MVN was leading by only a few points; however, MVN rallied its swimmers to enter relays and was able to capture the championship title with a score of 2662 to Rose Bowl's 2207.

### Age group high point team winners were:

### Women's high point:

-  Age Group: 18 - 24  
**Jacquelin Chen**  
SwimNation Aquatics
-  Age Group: 25 - 29  
**Michelle Duraj**  
Rose Bowl Masters
-  Age Group: 30 - 34  
**Stephanie Capizzi**  
Rose Bowl Masters
-  Age Group: 35 - 39  
**Katherine Fine**  
San Diego Swim Masters
-  Age Group: 40 - 44  
**Kendra Wilson**  
Rose Bowl Masters
-  Age Group: 45 - 49  
**Stephanie Kramer**  
Novaquatics Masters
-  Age Group: 50 - 54  
**Cheryl Simmons**  
Rose Bowl Masters
-  Age Group: 55 - 59  
**Deena Esparza**  
Cal Lutheran Masters

-  Age Group: 60 - 64  
**Diana Dolan LaMar**  
Mission Viejo Masters
  -  Age Group: 65 - 69  
**Veronica Hibben**  
Novaquatics Masters
  -  Age Group: 70 - 74  
**Laura Val**  
Tamalpais Aquatic Masters
  -  Age Group: 75 - 79  
**Beverly Montrella**  
Mission Viejo Masters
  -  Age Group: 80 - 84  
**Jeanne Little**  
Mission Viejo Masters
  -  Age Group: 100 - 104  
**Maurine Kornfeld**  
Rose Bowl Masters
- ### Men's high point:
-  Age Group: 18 - 24  
**Daniel Brown**  
Las Vegas Masters
  -  Age Group: 25 - 29  
**Cory Nguyen**  
Costa Mesa Aquatics
  -  Age Group: 30 - 34  
**Ryan TerBush**  
Mission Viejo Masters
  -  Age Group: 35 - 39  
**Jeffrey Morris**  
Swim Long Beach





Age Group: 40 - 44

**Chad Durieux**

Rose Bowl Masters



Age Group: 45 - 49

**Ryan Cox**

Mission Viejo Masters



Age Group: 50 - 54

**David Sumner**

Mission Viejo Masters



Age Group: 55 - 59

**Michael Collins**

Novaquatics Masters



Age Group: 60 - 64

**Thomas Taylor**

Rose Bowl Masters



Age Group: 65 - 69

**Bob Anderson**

Peninsula Community Cntr



Age Group: 70 - 74

**Hubie Kerns**

Swim Fort Lauderdale



Age Group: 75 - 79

**Richard Burns**

Tamalpais Aquatic Masters



Age Group: 80 - 84

**John Day**

Unattached



Age Group: 85 - 89

**Bob Best**

San Diego Swim Masters



Maurine Kornfeld - 100 with former MVN coach Mark Moore



280 plus relay sets a USMS record



The next SPMS competition on the calendar is an open water swim, the Mission Viejo Mile, scheduled for September 12 at Lake Mission Viejo.

Hope to see you all there.





## Safety Notes:

Participants should be able to swim a pool mile under 45 minutes. **Heat-retaining swimwear (e.g., wetsuits, neoprene suits), and neoprene swim caps will not be permitted if the water temperature of the lake is above 78°F**

**All COVID-19 safety precautions** and local, city, county, and state mandates at the time of the races will be strictly followed. This includes mandates on masks and gathering sizes for outdoor events. If necessary, the race schedule will be altered to adhere to these mandates.

For more information:

<https://www.spmasterswim.org/open-water-schedule/>

If you are training for the Lake Mission Viejo Open Water Swim, here is a logistics practice for you to try in the pool:

### Lake Mission Viejo 1-Mile Swim Logistics Practice Set

- Warm-up choice (10 minutes)
- 2x50 kick (5-10 sec RI) simulates running into the water
- 4x50 swim (10-15 sec RI) practice sighting
- 4x100 swim (15-20 sec RI)
- 2x300 pull (15-20 sec RI) practice sighting
- 4x100 swim (15-20 sec RI)
- 4x50 swim (10-15 sec RI) practice sighting
- 2x50 kick (5-10 sec RI) simulates running to finish line
- Cool-down choice (10 minutes)



# THE MISSION MILE OPEN WATER EVENT IS BACK!!!

Submitted by Robin Smith | Open Water Chair and member of the USMS Long Distance Committee | [OpenWater@SPMasterSwim.org](mailto:OpenWater@SPMasterSwim.org)

Are you ready for the 2021 Mission Mile Open Water Swim? This year's event is dual sanctioned with USMS and USA Swimming and is scheduled for Sunday September 12, 2021 at Lake Mission Viejo (North Beach) 22555 Olympiad Rd, Mission Viejo, CA 92692. The Lake Entrance Fee is \$10 per car.

Race distances include 1-Mile (USMS), 1-Mile (15&O), 800m (11/12 & 13/14), and 400m (10&U). All participants must be current members of USMS or USA Swimming or FINA equivalents. No One-Day Event (OEVT) / single meet membership registration will be offered. No day of race entries will be allowed. Check-in starts at 8:00AM with the 1-Mile Races starting at 9:00AM.

# 2021 MISSION MILE SWIM

## LAKE MISSION VIEJO

SUNDAY, SEPTEMBER 12, 2021

HOSTED BY MISSION VIEJO NADADORES

**This is a Dual-Sanctioned Open Water Event:** Sanctioned by Southern Pacific Masters Swimming LMSC for USMS, Inc. – USMS Sanction Number 331-W001. Sanctioned by Southern California Swimming for USA Swimming – USA-S Sanction Number OW21-XXX

**DATE: Sunday, September 12, 2021 START TIME: 9:00 AM**

**LOCATION:** Lake Mission Viejo (North Beach) 22555 Olympiad Rd, Mission Viejo, CA 92692. From Interstate 5 Freeway EXIT at Alicia Pkwy. EAST on Alicia Pkwy to Marguerite Pkwy. LEFT on Marguerite Pkwy to Olympiad Rd. RIGHT on Olympiad Rd. North Beach Parking Lot Entrance will be on RIGHT.

**Lake Entrance Fee:** \$10.00 per car

**RACE DISTANCES:** 1 Mile, 800m, 400m

**RACE DAY TIMELINE:** (Race Start Times are subject to change)

8:00 AM – Check-in opens on North Beach

8:00 AM – Warmup begins in designated area

8:45 AM – Mandatory Safety Meeting for 1 Mile Event

9:00 AM – 1 mile first wave start (USA), then remaining waves start (USMS) (fast to slow)

9:45 AM – Mandatory Safety Meeting for 800m Event

10:00AM – 800m (11-14)

10:15AM – Mandatory Safety Meeting for 400m Event

10:30AM – 400m (10 and Under)

**COURSE MAP:** The 1-mile, 800m, and 400m courses will be marked with colored buoys. Swimmers will swim in a clockwise direction on the out-and-back course keeping the center line of buoys on their right.

**STARTS/FINISH:** The event will start on the beach approximately 20 feet from the water's edge. The finish will be on the beach marked with flags through the chute.

**RULES:** The current USMS and USA Swimming open water rules will govern the Event as outlined in Part 3 of the USMS 2021 Rule Book and Part Seven of the USA Swimming Rules and Regulations Handbook. USA Swimming Rules 202.3.2

## SPMS MEET UPDATES

Submitted by Ken Brisbin | Vice Chair | [ViceChair@SPMasterSwim.org](mailto:ViceChair@SPMasterSwim.org)

USMS has moved into Phase 3 of how to conduct meets safely. Those established guidelines are here:

<https://www.usms.org/events/covid-19-event-resources>

The Meet Operations committee is working with some pools in Southern California to host a few more meets this year, more information coming soon.

If you have any questions about running a meet, please email us at [sanctions@spmasterswim.org](mailto:sanctions@spmasterswim.org) and the committee will help guide you in conducting a safe and successful meet.





At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

**ELIGIBILITY:** All swimmers must be registered with USMS for 2021 or USA Swimming for 2021 or foreign equivalents.

**You must submit a copy of your 2021 USMS card or USA Swimming card or foreign equivalent at check-in.** Age for USMS participants is age as of December 31st, 2021, except for 18-year-olds, who must be 18 on the day that they swim. Age for USA Swimming participants is age as of September 12th, 2021.

**Note: One Day USMS Event (OEV) registration membership and Single Meet USA Swimming membership will NOT be available.**

#### Time Standards USA-S Participants:

Distance	Age	Boys	Girls
1 mile	15yrs & Over	18:59.09 (1500m A min.)	20:20.49 (1500m, A min.)
800yd	13 to 14yrs	10:22.19 (800m A min.)	10:47.00 (800m A min.)
800yd	11-12yrs	11:18.59 (800m A min.)	11:29.29 (800m A min.)
400yd	10yrs & Under	5:59.49 (400m A min.)	6:05.39 (400m A min.)

**SAFETY/TIME LIMITS:** For safety reasons, participants should be adequately trained for competition. Previous experience is required, and participants should be able to swim a pool mile under 45 minutes. **Swimmers not completing the one mile race course in the required time of 45 minutes will be removed from the course.** Swimmers not completing the 800m or 400m courses in the required time of 30 minutes will be removed from the course.

A Safety Plan and General Safety and Thermal Plan for Warm/Cold Water Swims is on file. **Heat-retaining swimwear (e.g., wetsuits, neoprene suits) and neoprene swim caps will not be permitted if the water temperature of the lake is above 78°F**

**CONDITIONS:** Since the safety of swimmers is of prime concern, the swimming event may be delayed or canceled due to bad weather. The Event Director and Lake Lifeguards will make this decision. **There will be no refunds.**

**SWIMWEAR:** No fins, buoys, or other devices will be allowed. Swimwear shall be made from textile materials and not contain clasps or zippers. For both men and women, the swimsuit shall not cover the neck and shall not extend past the shoulder nor below the ankles. Wetsuits are permitted in the USMS Wetsuit Division, if water temperature allows, and will be scored separately. For USA-S participants, only swimsuits complying with FINA Open Water swimsuit specifications may be worn in any USA Swimming sanctioned or approved open water competition

#### ENTRY FEES:

- One Mile \$50.00 for if received before midnight (Pacific Time) on Sunday, September 5, 2021
- 800yd/400yd \$25.00 if received before midnight (Pacific Time) on Sunday, September 5, 2021
- Fee includes refreshments, cap, and awards
- One-Event (OEV) USMS registration membership will NOT be available. Single Meet USA Swimming membership will NOT be available.
- No Day-of-Race entries will be allowed.
- Mail-In Entries – You must submit a copy of your 2021 USMS card, 2021 USA-Swimming card or foreign equivalent
- Incomplete entries will not be processed.
- **ONLINE ENTRIES ARE PAID BY CREDIT CARD TO [CLUBASSISTANT.COM](http://CLUBASSISTANT.COM) EVENTS.**

#### AWARDS:

USMS Division – Ribbons will be awarded to the top 6 Men and Women in each age group: 18-24, 25-29, 30-34, 35-39, 40, 44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, (additional 5-year age groups as needed), and to the top 3 Men and Women in the Wetsuit Division.

**USA-S Division** – Ribbons will be awarded to the top 6 Boys and Girls in each age group division. Awards will be presented as soon as possible after the last swimmer has finished.

**RESULTS:** Results will be posted at

<https://www.spmastersswim.org/open-water-results/> and [USMS.org](http://USMS.org)

**RECORDING DEVICES:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

**DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (beach, lake, athlete/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and / or spectators are present.

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.

For more information, please contact Mark Moore via email at [mvnswimcoach@gmail.com](mailto:mvnswimcoach@gmail.com) or via phone at 949-233-6521. More event information and on-line registration available at <https://www.spmastersswim.org/open-water-schedule/>

## COVID-19 SAFETY PRECAUTIONS:

### Local Protocols & Requirements

All local, city, county, and state mandates at the time of the races will be strictly followed. This includes mandates on masks and gathering sizes for outdoor events. If necessary, we will adjust the race schedule to adhere to these mandates.

### Race Protocols

Athlete areas to be marked off for bag storage. Race meetings will be held in designated area with appropriate room to social distance. Athletes are encouraged to arrive at the Lake wearing their racing suits.

### Event Specific Protocols

Meetings, check-in times, and other in-person gatherings will be staggered to avoid overcrowding. Athletes will be numbered using markers. The event personnel doing the marking will wear a mask and face shield. Markers, hands and other exposed items will be sanitized between athletes. Athletes must wear a mask for the numbering process.

Spectators must maintain social distancing. **Spectators are asked to only be on site for their athlete(s) races.**

### Event Conduct Statement

In applying for this sanctioned event, the Host, Mission Viejo Nadadores, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming and Southern California Swimming, Lake Mission Viejo and their partners, the State of California, and the City of Mission Viejo.

### Assumption of Risk

All athletes, coaches, parents, volunteers, and officials will sign the Waiver of Liability Relating to Coronavirus/COVID-19. The waiver is included in this Meet Form.

### USA Swimming Acknowledgement of Risk

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially

vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, SOUTHERN, CALIFORNIA SWIMMING, LAKE MISSION VIEJO, AND THEIR PARTNERS, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

# STANDING AS ONE, SWIMMING TOGETHER

If you, your team, or LMSC have done something noteworthy for diversity and inclusion, we want to hear from you!

[Diversity@USMastersSwimming.org](mailto:Diversity@USMastersSwimming.org)





# 2021 MISSION VIEJO NADADORES MASTERS SHORT COURSE METERS MEET

**SUNDAY, OCTOBER 3, 2021**

SANCTIONED BY SOUTHERN PACIFIC MASTERS SWIMMING FOR USMS, INC.

**Facility:** Mission Viejo Pool is an outdoor, 25-meter competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo. The length of the competition course without a bulkhead complies and on file with USMS in accordance with articles 105.1.7 and 107.2.1 There will be warm-up lanes available throughout the meet.

**Directions & Parking:** 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.

**Timing System:** The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

**Rules:** USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on December 31, 2021, determines age group for the meet. You must be at least 18 to compete.

**Entries:** \$35.00 per swimmer flat fee. Online entries close at midnight pacific time on Wednesday, September 29, 2021. Late entries will be allowed for a total of \$40.00. through Friday, October 1 at midnight. Swimmers are limited to entering a total of 5 individual events. The fifth event may be dropped depending on timeline. The meet will end at 3:30pm. Please make sure to indicate your fifth event. All swimmers must complete the USMS liability Waiver prior to competition.

**Seeding:** All events will be seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required to be 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 on SPMS relay forms available at the meet. Relays are free.

For each relay swimmer who is not entered in individual events, a fee of \$20.00 and a signed liability release must be submitted with the relay entry. Relay names, ages, and order of swimming must be declared to the head lane timer prior to start of the heat.

**Awards:** Individual: MVN ribbons for places 1 to 3. Relay: MVN ribbons for first place.

**Snack Bar:** No snacks, and or food will be available for purchase.

**Meet Questions:** Meet Director, Mark Moore (949) 233-6521; [mvnswimcoacg@gmail.com](mailto:mvnswimcoacg@gmail.com)

**Admin:** Judi Divan [divanj@cox.net](mailto:divanj@cox.net)

**Meet Referee:** Paul Szuskiewicz, [pszs@hotmail.com](mailto:pszs@hotmail.com)

**Warm-ups start at 7:00 AM**

**Meet starts at 8:00 AM**

**Meet will end no later than 3:30 PM**

1. Mixed 400 M Freestyle	10. Mixed 200 M Medley Relay (Men, Women, Mixed)
2. Mixed 50 M Butterfly	11. Mixed 50 M Breaststroke
3. Mixed 100 M Backstroke	12. Mixed 100 M Ind. Medley
4. Mixed 200 M Breaststroke	13. Mixed 200 M Freestyle
5. Mixed 50 M Freestyle	14. Mixed 50 M Backstroke
6. Mixed 100 M Butterfly	15. Mixed 100 M Breaststroke
7. Mixed 200 M Backstroke	16. Mixed 200 M Butterfly
8. Mixed 200 M Freestyle Relay (Men, Women, Mixed)	17. Mixed 100 M Freestyle
9. Mixed 200 M Ind. Medley	18. Mixed 400 M Ind. Medley





Email us if you just want to share ideas during this stressful time of COVID-19 or if we can help you in any way.

[Marketing@SPMasterSwim.org](mailto:Marketing@SPMasterSwim.org)

## UPCOMING SPMS EVENTS



SEP 12 - Sunday  
2021 Mission Mile at Lake Mission Viejo



Sep 16 - Thursday  
SPMS Committee Conference Call 7:30P



OCT 3 - Sunday  
SCM Meet at Mission Viejo



OCT 21 - Thursday  
SPMS Committee Conference Call 7:30P

## WE WANT TO HELP COACHES & CLUBS

Submitted by Anita Cole | [Marketing@SPMasterSwim.org](mailto:Marketing@SPMasterSwim.org)

The SPMS Marketing and Club Development Committee is comprised of Anita Cole, Kenny Brisbin, Megan Johnston and Karin Perissinotto. We are available to help coaches; we want to help clubs grow their membership.

Please reach out to us if your Masters Club needs assistance in setting up club social media platforms or if your club could use marketing materials. We have free brochures, stickers, decals, caps, and keychains. These items make excellent goodie bags for new members. Brochures should be left at the pool offices to promote Masters Swimming.

# SPMS OFFICERS

## **Executive Committee:**



**Chair: Mark Moore**  
[chair@SPMasterSwim.org](mailto:chair@SPMasterSwim.org)

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**Vice-Chair: Ken Brisbin**  
[vicechair@SPMasterSwim.org](mailto:vicechair@SPMasterSwim.org)

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**Treasurer: Kris McPeak**  
[Treasurer@SPMasterSwim.org](mailto:Treasurer@SPMasterSwim.org)

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**Secretary: Diana LaMar**  
[secretary@SPMasterSwim.org](mailto:secretary@SPMasterSwim.org)

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**Member At-Large: Becky Cleavenger**  
[memberatlarge@SPMasterSwim.org](mailto:memberatlarge@SPMasterSwim.org)

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**Membership Coordinator: Judi Divan**  
[Membership@SPMasterSwim.org](mailto:Membership@SPMasterSwim.org)

## **Contractors:**



**Top Ten Recorder: Judi Divan**  
[TopTen@SPMasterSwim.org](mailto:TopTen@SPMasterSwim.org)

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**Newsletter Editor: Jorge Ferrero**  
[newsletter@SPMasterSwim.org](mailto:newsletter@SPMasterSwim.org)

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## **Committee Chairs:**



**Awards Committee: Becky Cleavenger**  
[memberatlarge@SPMasterSwim.org](mailto:memberatlarge@SPMasterSwim.org)

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**Coaches Chair: Mike Lucero**  
[mike@goldenroadaquatics.org](mailto:mike@goldenroadaquatics.org)

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**Fitness Chair: Mary Jurey**  
[Fitness@SPMasterSwim.org](mailto:Fitness@SPMasterSwim.org)

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**History and Archives Chair: Robert Mitchell**  
[HistoryArchives@SPMasterSwim.org](mailto:HistoryArchives@SPMasterSwim.org)



**Marketing Committee Chair: Anita Cole**  
[Marketing@SPMasterSwim.org](mailto:Marketing@SPMasterSwim.org)

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**Meet Operations Chair: Ken Brisbin**  
[Sanctions@SPMasterSwim.org](mailto:Sanctions@SPMasterSwim.org)

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**Officials Chair: Alina DeArmas**  
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**Open Water Chair: Robin Smith**  
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**Sports Medicine Chair: Arlette Godges**  
[SportsMedicine@SPMasterSwim.org](mailto:SportsMedicine@SPMasterSwim.org)

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**Diversity and Inclusion Chair: Virgil Chancy**  
[DiversityInclusion@SPMasterSwim.org](mailto:DiversityInclusion@SPMasterSwim.org)

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**Finance: Kris McPeak**  
[Treasurer@SPMasterSwim.org](mailto:Treasurer@SPMasterSwim.org)

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**Webmaster: Robert Mitchell**  
[Webmaster@SPMasterSwim.org](mailto:Webmaster@SPMasterSwim.org)

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For archived newsletters, please go  
<https://www.spmasterswim.org/newsletter-archives/>