



SPMA MASTERS SWIMMING

USMS Convention News



The United States Masters Swimming Convention was held Sept. 11-15 at the Dallas-Ft. Worth Airport Hyatt. SPMA sent over a dozen members to represent your interests. The minutes of all of the meetings can be found in the convention section of www.usms.org.

The unfortunate news is that we will be having a dues increase of \$5 on the national level (the first in 12 years). SPMA must pass along this increase in the form of a \$5/yr dues increase to our members. Therefore, the 2003 dues will be \$35.

Highlights of the meeting included:

- 2004 National Championship Meet selection. Short course yards: Indianapolis, IN, April 22-25. Long course meters: Savannah, GA, August 12-15.
- New schedules of events were selected for national championships.
- Creation of a permanent swimmer ID. Every swimmer will have a unique 5 character ID.
- All pools (including short course yard facilities) must meet the minimum length in order for times to be submitted for Top Ten and Records. Previously this was required for world records only.
- USMS is continuing to adjust its financial policies and work to balance the budget in light of the substantial increase in insurance costs.
- Long Distance Championship bids for 2004 were awarded to:
3/6000 yd postal: Central Oregon
3-6 Mile: Fernindina Beach
2 Mile Cable: Indy Swim Fit
One Hour Postal: Tamalpais
5K/10K Postal: St. Louis Area

- 1 Mile: Hopkins/Maryland Masters
- 6+ Mile: Metropolitan Swimming
- 1-3 Mile: Rogue Valley Masters

- Although we are working towards online registration, we have been informed that we **cannot** accept faxed or emailed registration forms at this time.
- Lynn Hazelwood has been reelected as Zone Committee Chairman.
- The fitness committee is setting up "virtual swims" such as Crater Lake, Swim around Manhattan, Lighthouses on the Great Lakes, etc.



SPMA Delegates, left to right: Jeff Moxie, Mike Collins, Lucy Johnson, Michael Heather, Julie Heather, Jessica Seaton, Steve Schofield, Shannon Sullivan, Wayne McCauley, Robert Mitchell, Errol Graham, Trisha Commons. Not pictured: Mary Hull.

- The Safety Education committee is encouraging every member to take CPR training.
- Frank Piemme was nominated by USMS to the International Swimming Hall of Fame.
- Errol Graham, Michael Heather, Wayne McCauley, Bob Merrick, Steve Schofield, and Jessica Seaton were presented with the Dorothy Donnelly USMS Service Award for giving their time, talent, and expertise to help all phases of USMS programs at the local and national levels.

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Special points of interest:

- Visit www.spma.net for up-to-date entry forms, event results, top ten, and places to swim
- Contact the SPMA office if you move! We will notify SWIM so you don't miss any issues
- Send in your SPMA renewal before the end of the year; we won't have to invoice you and we'll keep dues down.

Club? What's a Club? By Julie Heather, SPMA Registrar

SPMA has over 50 member clubs. They range in size from one person to over 200 (we have four clubs with over 200 members!).

Why belong to a club? If you are a member of a club and you compete in swim meets, you will be able to swim on relays with your teammates, and the points you earn by placing will be credited to your club.

To become a member of a club, simply put the club name or abbreviation on your membership form when you join. If you leave the club name blank, you will be automatically registered with your previous club, or you will be "unattached" if you are a new member.

To change to a different club during the year, you must not have competed for your previous club for 60 days. If you haven't competed at all in the past 60 days, fill out the Club Transfer Form (www.spma.net/transfer.pdf) and mail it in with your check for \$3.

If you want to compete during the 60-day waiting period, you must transfer to Unattached to compete in any events. You'll need to fill out the transfer form once to change to Unattached, then once more after the 60 days has elapsed to change to your new club.

To change to a different club when you register, just put the name of the new club on your form. You don't have to wait for 60 days when you renew your membership.



Joe Vargas, Rooney Daschbach, and John Narz (all UNAT) at the Corona del Mar one mile swim. Photo by Mimi Belt.

American Mile benefits Twin Towers Orphan Fund by Bert Bergen

The Inaugural American Mile 1-mile ocean race was held on Saturday, September 14 at Salt Creek Beach in Dana Point. Seventy entered swimmers from Orange, Los Angeles, Riverside, Ventura, and San Diego counties as well as Oregon and Washington competed in still 66-degree water that offered tremendous visibility of the many kelp beds along the course.

Pulling away from the pack early were perennial favorites, Randy Eickhoff and Gerry Rodrigues of UCLA. Coming around the final buoy with 200 yards to the shore, Randy had a two-body length lead when Gerry caught a wave and made up the distance in seconds. Randy, however, caught the same wave as Gerry reached him, and the two bodysurfed in and the 30-yard dash up to the finish was on. Randy got there a mere two seconds before Gerry, and the first champion of the American Mile was crowned.

A full two minutes later, El Segundo Coach, Diane Gallas was in a stroke for stroke battle with UCI Masters' Victor (Tory) Dober. Diane also caught a wave, edged ahead of Tory as they stood up, and beat him to the finish for third place overall and the top female finisher. Only 15 seconds back came a pack of swimmers that included fast charging Rick Phillips, San Clemente's Rob Rojas, and the ever-tough Heidi Christensen.

Local businesses donated gift certificates (varying from \$5 to \$50) and merchandise for the various age group winners and many volunteers. They included: Renaissance Café, Hennessey's Tavern, Starbucks, Diedrich Coffee, Hobie Sports, Luciana's Ristorante, Beach House Restaurant, Tudor & Spunky's Deli, Taco Surf, Trader Joe's, Killer Dana, Pick Up Stix, Stuft Pizza, and El Torito.

Special thanks to my Trans Tahoe teammates Scott Zornig, Jim Fitzpatrick, Craig Taylor, Kevin Broerman for registration/results, Tom Trapp and Takako Fujimoto for setting up our VERY professional finish area, our experienced race paddlers, and especially my brother, Jim, who in addition to finishing 11th in the race, was there at 6 am to help set up the course. My wife, Trish, and I founded this event to benefit the Twin Towers Orphan Fund for young victims of the September 11 tragedy. **We are proud to announce that a check in the amount of \$1,500 will be sent to that fund.** With increased publicity and word of mouth, we expect to exceed 100 competitors, and subsequently increase the amount of money we will be able to send to the Twin Towers Orphan Fund. Complete results can be found at www.spma.net. Information about the fund can be found at TTOF.org.

Top Five Finishers included:

Men	Team	Time
1. Randy Eickhoff, 37, (Los Angeles)	UCLA Masters	18:30
2. Gerry Rodrigues, 39, (Los Angeles)	UCLA Masters	18:32
3. Tory Dober, 28 (Monarch Beach)	UC Irvine Masters	20:32
4. Rick Phillips, 48 (San Marino)	SCAQ	20:42
5. Rob Rojas, 29, (San Clemente)	Unattached	20:43
Women		
1. Diane Gallas, 38, (Man. Beach)	El Segundo Masters	20:30
2. Heidi Christensen, 43 (Newbury Park)	Daland Masters	20:46
3. Fiona Peterson, 28 (Laguna Niguel)	Irvine NOVA	21:04
4. Valerie Nellen, 32 (Huntington Beach)	UC Irvine Masters	21:38
5. Mary Donlevy, 32 (Hermosa Beach)	El Segundo Masters	21:56



SPMA swimmers at the Waikiki Swim: Christie Ciraulo (UCLA), Ray Kilz (UNAT), Ellen Shockro (UCI), Sherry Kittrell (PCA), and Jeanne Little (San Diego). Photo by Debbie Bradbury

Carter, Dozer, Hochstein, Pipes-Neilsen, Hill, Watson, and Belardi Set Masters World Marks at Southwest Zone Championships by Mel Dyck

Swimmers representing 36 teams turned out for the Southwest Zone Long Course Championship meet held August 9-11 in Irvine.

For some of us mortal swimmers, the Anteater pool at U.C. Irvine seemed about 5 meters too long!

But not everyone had that opinion. A ton of records were wiped off the books at Lucy Johnson's meet over that weekend. Record-breaking swims were turned in by Jim Belardi, Paul Carter, Greg Dozer, Karlyn Pipes-Neilsen, George Watson, and Jane Swaggerty-Hill.

In the men's 45-49 age group, Paul Carter's record-shattering performances in the fly, swum at earlier USA Swimming meets, have already been reported in Lane 9 on August 5. Although those USA Swimming times count as records for USMS, FINA only recognizes masters records established at sanctioned masters meets. That's not a problem anymore.

On Saturday, Carter swam the 200 fly in a time of 2:10.97, almost 2 seconds faster than his time of 2:12.94 at the Janet Evans Invitational and almost 7 seconds faster than the previous USMS and world record held by James Densmore. To make the event complete, Carter's teammate in the 45-49 age group, Jim Belardi, clocked 2:14.96, also under the record. Belardi still holds the 200 record of 2:06.88 in the 25-29 age group, set back in 1982.

Later in the day, Carter turned in a 26.12 in the 50 fly, 0.85 seconds under the old USMS and world record held by Rick Abbott, to complete a Saturday sweep of the butterfly events.

But his day wasn't over: In the 200 IM, Carter swam a 2:19.69, eclipsing the old USMS and world record of 2:22.06 posted in 1996 by Tim Broderick. Greg Dozer was just a bit slower than the record, his second attempt in a few weeks, touching in 2:22.90. More on Greg's swims below.

Carter finished off Saturday's record-pummeling performance with a 56.85 in the 100 fly on Sunday. This is a shade slower than the 56.42 he turned in August 4 in the USA Swimming Southern California Summer Sectional meet, but well under the 1:00.42 USMS and world record held by Brad Horner. So, his USMS record will be faster than his new world record.

Greg Dozer got his chance in the 400 IM. Going out really hard on the fly leg, Dozer closed the last 200 strong to turn in a 5:06.78, well under the old USMS and World men's 45-49 record of 5:08.18 set in 2001 by Jamie Hemmerle. Having the family holding up a sign with 'Go Greg' painted on it must have helped.

One of the great names in swimming was stricken from the record book when Erik Hochstein, swimming in the 30-34 division, clocked a stunning 4:05.61 in the 400 free. Rowdy Gaines, a triple Olympic gold medalist in 1984, had set the old mark more than a decade ago at 4:07.04.

A week earlier at a USA Swimming meet in Clovis, Hochstein, an Olympic bronze medalist at Seoul in 1988, and a standout for the USC Trojans in 1989-92, came within two-hundredths of the 200 meter mark when he clocked 1:54.06.

On the women's side, everything Karlyn Pipes-Neilsen entered seemed to turn to gold as she grabbed four USMS and five world records in the women's 40-44 age group. If these numbers don't make sense, read on.

The first of three records on Saturday was Pipes-Neilsen's 2:26.47 in the 200 fly, more than three seconds faster than the previous USMS and world record of 2:29.81 established in 2001 by Beth Baker.

Next came the 200 free, where she clocked 2:09.47, about four-and-one-half seconds faster than the 2:13.10 records held by Jill Hernandez since 2000.

Pipes-Neilsen's final record of the day was her 2:28.19 in the 200 IM., 1.61 seconds under Caroline Krattli's old USMS and World record of 2:29.80, set in March of this year.

On the final day of the meet, Karlyn destroyed Jill Hernandez' 400 IM. USMS and world record of 5:21.32, turning in a nifty 5:15.73. Karlyn also set a world mark in the 100 back on the lead off leg of the 400 medley relay, in a time of 1:09.38.

In the 100 fly, things are more complicated: Pipes-Neilsen swam a nice 1:06.01 at the Zone meet. The previous world record was 1:06:27, so it's a new world record! But, Beth Baker owns the USMS record of 1:05.61 set at a USA Swimming meet. Complexities of swimming records anyone?

Olympic medalist Jane Swaggerty-Hill also snagged a record to go into her growing bag of records for the year in the women's 50-54 age group. In the 50 back, she touched out in 33.12, about 7/10 of a second below the old USMS and World record of 33.81 set in 2001 by Laura Val. This time improves on Swaggerty-Hill's own pending time of 33.52, already under the old record, and ground out in the Phoenix heat in July at the Arizona Long Course Championships.

Her time of 1:14.83 in the 100 back is just 0.2 seconds over Val's record but nearly a two-second improvement over her Arizona Champs time of 1:16.35.

George Watson set new world records in the 200 free (2:13.76), 400 free (4:41.12), and 800 free (9:49.03) having just moved into the 55-59 age group.

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Women's 50 meter backstroke start at UCI Long Course Meters Southwest Zone Championships. Photo by Dylan, son of Cathryn Leff (NOVA).

SWIM FOR LIFE!

Get the most out of your water time by working out with other swimmers at organized coached practices. SPMA currently over 50 registered clubs listed below offering swimming opportunities throughout Southern California and Southern Nevada.

SANTA BARBARA, VENTURA, KERN, SAN LUIS OBISPO

ARROYO GRANDE: South County Aq Waves
ATASCADERO: Kennedy Aquatics
BAKERSFIELD: Golden Wave Masters
BAKERSFIELD SWIM CLUB
CAMARILLO – Pleasant Valley Swim Club
OJAI MASTERS
PASO ROBLES: North County Aquatics
SAN LUIS OBISPO: TRISLO Roadrunners
SAN LUIS OBISPO MASTERS
SANTA BARBARA: UCSB Masters
SANTA BARBARA MASTERS
SANTA CLARITA
SANTA MARIA SWIM CLUB
SANTA PAULA: Heritage Valley Masters
THOUSAND OAKS: Daland Masters
VENTURA AQUATIC CLUB
VENTURA COUNTY MASTERS

Mark Bennett (805) 478-0202; marben009@yahoo.com
Jennifer Brown (805) 466-6775; jennicraig@tcsn.net
Evelina Steele (661) 663-9884
James Richey (661) 342-8887; www.bakersfieldswimclub.org
Bruce Brown (805) 383-6927
Rick Goeden (805) 646-3377 (Ojai) Malchia Olshan (805) 646-1091, gjaidar@aol.com
Stephen Thompson (805) 239-3013; sbtv@yahoo.com
Roger Warnes (805) 544-2385; coachwtrislo@aol.com
Lynne Anderson (805) 541-2585; iswimslo@yahoo.com
Brandi McDowell (805) 893-7616; brmcdowel@aol.com
William Robert (805) 966-9757
(661) 284-1470 or 284-1741 (pool); dbotton@santa-clarita.com
Michael Ashmore (805) 349-8980, (805) 928-9655; santamariaswim@aol.com
Cindy Blatt (805) 524-5157; cmswm@aol.com
Peter Daland (805) 523-3207, 495-5210; dalswim@west.net
Bob Anderson (805) 654-6400 ext.1345; banderson@vcccd.net
Ken Grey (805)-650-0400; gobuena@aol.com

NORTH LOS ANGELES COUNTY

GRANADA HILLS: CSUN Masters
PASADENA: Caltech-Pasadena Athletic Club
PASADENA: Rose Bowl Masters
SANTA CLARITA MASTERS
WOODLAND HILLS: Southwest Aq Masters

Edward Lapporte (818) 667-6389, (818) 363-3858; elapporte@aol.com
Suzanne Dodd (626) 449-7536; sdodd@ipac.caltech.edu
Justin Davis (626) 397-4993; davisrbac@earthlink.net
Rob Harbo (661) 290-2204; pool: (661) 284-1470 or (661)284-1471
Fred Shaw (818) 347-1637; swamfred@aol.com

SOUTH LOS ANGELES COUNTY

CULVER CITY: SCAQ
EL SEGUNDO MASTERS
HAWTHORNE: South Bay Swim Team
LA DOWNTOWN: SCAQ
LA MID WILSHIRE: Meridian Swim Club
LA WEST: UCLA Bruin Masters
LA WEST & WESTWOOD: SCAQ
LONG BEACH: Shore Aquatics
LONG BEACH Swim Club
LONG BEACH: Beach Swim Club Masters
RANCHO PALOS VERDES: Zenith Aquatics
SANTA MONICA: SCAQ
SOUTHGATE MASTERS
TORRANCE : LA Peninsula Swimmers
VENICE: SCAQ
WEST HOLLYWOOD AQUATICS
WESTCHESTER: LMU MASTERS SWIM

SCAQ Office (310) 390-5700; www.swim.net/scaq
Diane Graner-Gallas (310) 379-9109; diane.gallas@verizon.net
Kathy Davids (310) 643-6523, www.southbayswimteam.org
SCAQ Office (310) 390-5700; www.swim.net/scaq
Timothy Sharpe (323) 954-1100
Gerry Rodrigues (310) 702-9327; www.spma.net/ucla
SCAQ Office (310) 390-5700; www.swim.net/scaq
Reiko Wesson (562) 594-6831; www.masterswimming.com
Tom Trapp
Beach Swim Club hotline (562) 597-9744
Steven Vannort (310)519-7742d (310) 377-8939e
SCAQ Office (310) 390-5700; www.swim.net/scaq
Patricia Mitchell (323) 563-5753; southgatepark@yahoo.com
Michael Hamm (310) 377-4848; swimdude41@aol.com
SCAQ Office (310) 390-5700; www.swim.net/scaq
Linda Kleine (310) 288-6555 (team hotline); www.wh2o.org
SCAQ Office (310) 390-5700; www.swim.net/scaq

ORANGE COUNTY

FOUNTAIN VALLEY: Typical Tropical Swim Cl.
HUNTINGTON BEACH: Golden West Swim Cl.
HUNTINGTON BEACH SWIM CLUB
IRVINE NOVAQUATICS
IRVINE: UCI Masters
MISSION VIEJO MASTERS
NEWPORT BEACH MASTERS
NEWPORT BEACH: Lifeguard Association
VILLA PARK: Orange Regional Comp. Aquatics
NEWPORT BEACH: Pacific Coast Aquatics
COAST MASTERS
YORBA LINDA: East Lake Eagle Rays

Robert Sands (714) 969-1056; cwoof@msn.com
Blair Roy (714) 894-6266, Rick Graves (714) 374-8705
Buddy Belshe (949) 362-4727
Mike Collins (949) 338-6682, Kim Hoesterey (714) 731-8067; www.novaquatics.com
Lucy Johnson (949) 824-5830; www.masterswim.uci.edu
Wendy McCalley (949) 380-2552
Ronald Clark (949) 673-5278; vimclark@hotmail.com
Jim Turner jturner@city.newport-beach.ca.us
Michael Giles (714) 777-9109; mdgilesaquatics@msn.com
Mark Desmond (949) 733-0044
Lou Giberson (949) 837-3091; lgiberson4@aol.com; Maurine Kornfeld (213) 469-8518
Sean Gribbon (714) 695-0640; sgribbon@pacbell.net

SAN GABRIEL VALLEY, KERN, RIVERSIDE, SAN BERNARDINO

CHINA LAKE AQUATICS MASTERS

INDIO: Top Fin Aquatics

LANCASTER: Oasis Masters

LOMA LINDA/RIALTO: Inland Masters

MURRIETA: TEAM Masters

YUCAIPA: MASTERS OF YUCAIPA

Anne Moorehead (760) 375-9390

Veronica Duran (760) 564-5000; laquintamike@aol.com

Tom Otto (661) 948-0057; ottolfixit@hotmail.com

Mike Murphy (909) 382-6546; mdmswim@mindspring.com

Debbie Mone (909) 461-6603; coachdebbie@nctimes.net

Don Harlan (909) 797-0824; ddharlan@eee.org

LAS VEGAS

HENDERSON Southern Nevada Masters

Frank Lowery (702) 260-8181 Dan Geary (702) 214-4210; flowery719@earthlink.net

Have you visited www.spma.net lately?

Thanks to the hard work of many fellow swimmers, our Southern Pacific Masters Swimming website at www.spma.net contains the most up-to-date information available.

You'll find the schedule of pool meets and open water events, and the results of those events shortly after their conclusion.

Top Ten tabulations, a listing of SPMA Clubs, articles on sports medicine, coaching, and links to other swimming web sites are one click away.

Bookmark it today:

www.spma.net

We've also included minutes of the SPMA meetings and a copy of the SPMA by-laws, just in case you're having trouble sleeping! Seriously, we'd like you to be informed members of our organization, and we value

your input into what we do and how we do it. You're always welcome at the committee meetings.



Culver City September 29th

Photos by Wayne McCauley

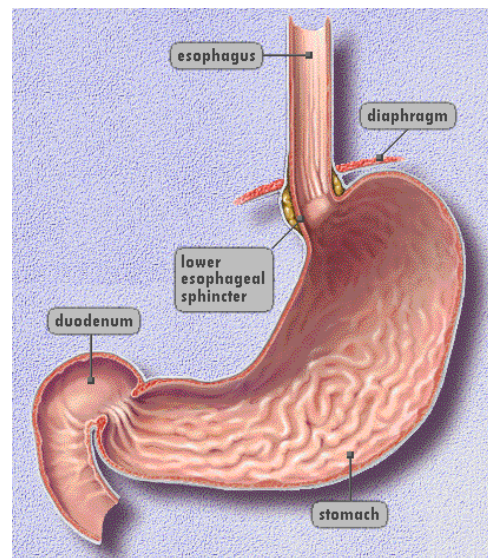


Send your photos, ideas, and letters to the editor to:
Julie Heather
957 N El Molino Ave
Pasadena, CA 91104

What Masters Swimmers need to know about GERD

Do you have one or more of the following on a continuous basis?

1. Heartburn
2. Indigestion
3. Food regurgitation
4. Difficulty swallowing, choking
5. Chronic sore throat, hoarseness
6. Hiccups
7. Nausea
8. Coughing attacks occurring over a period of several weeks
9. Excessive dental erosion
10. Asthma
11. Sleep apnea, restless sleep, morning headaches



You may have **Gastro Esophageal Reflux Disease (GERD)**. A large percentage of people over the age of 40 have one or more of these symptoms. GERD is a disease that occurs when reflux of stomach acid into the esophagus is severe enough to impact the patient's life and or damage the esophagus. The tissue of the esophagus doesn't handle the acid well, causing the symptoms listed above.

The end of the esophagus contains the lower esophageal sphincter (**LES**). This muscle opens and closes to keep the food and acids within the stomach. The **LES** can loose tone due to the wrong diet or medicines or it can be affected by a hiatus hernia, which is a tear in the diaphragm muscle. Pressure from over eating, clothing too tight, or excess weight around the middle can force acids past the weakened **LES** into the esophagus. Body position can cause acids to leak past the **LES**. Being horizontal after eating can cause heartburn by eating before sleeping or when swimming. Unfortunately for swimmers, our sport allows for symptoms to occur more easily than with most other sports because we swim horizontally.

If you have several of these symptoms, make an appointment with your doctor to get a diagnosis. You want an evaluation of the condition of the stomach, esophagus, and throat. Over time, **GERD** is not just some minor discomforting occurrence; it can lead to complications that are far more serious. But why suffer the annoying effects mentioned above? The following list should be used as a guideline for daily use, after seeing a doctor:

- ◆ Dietary Restrictions: No chocolate, as chocolate affects the **LES**, causing it to relax and allows for acid reflux. Caffeine, spearmint, peppermint, onions, garlic, acidic citrus and tomato products also have this relaxing effect. Spices, coffee (even decaf) and condiments all allow for excess acid to be produced. Carbonated drinks also allow for increased pressure in the abdomen that makes **GERD** worse. These items do not cause GERD but seem to make symptoms worse.

- ◆ No heavy meals or midnight snacks within 3 hours of bedtime.
- ◆ No lifting heavy weights or intense abdominal exercises (crunches, etc)
- ◆ Do not wear tight clothing, especially around the abdomen. Losing weight around the middle will help.
- ◆ Raise the head of your bed 6 inches higher than the foot end. Some doctors even rate the severity of symptoms by the number of pillows used.
- ◆ Try and sleep on your LEFT side, which can help prevent acid from backing up the esophagus.
- ◆ Eat several small meals throughout the day instead of large meals.
- ◆ If acid reflux happens and no antacids are around, simply chewing gum will help reduce the acid. The saliva produced is alkaline and helps neutralize the excess acid.
- ◆ Before swimming, take a product like Gaviscon, which foams with water to provide a protective barrier into the esophagus. Also, concentrated antacids like Mylanta Extra Strength can act to coat the linings and help neutralize the excess acid.
- ◆ NEVER allow this condition to go untreated over time; do not try and deal with the discomfort in a "macho" fashion. Putting up with discomfort or pain seems to come with athletic training, but this type of discomfort can lead to complications that are more serious if not diagnosed and treated properly.
- ◆ Tell your Doctor if you smoke, drink alcohol, take non-steroidal anti-inflammatory (NSAIDs) such as aspirin and ibuprofen, take decongestants, sedatives, or use asthma inhalers. All of these and many more can weaken the **LES** and lead to GERD symptoms.

Wayne McCauley
SPMA Chairman; ASCA Level 5Masters
Illustration reprinted with permission of AstraZeneca Pharmaceuticals LP. <http://www.gerd.com/home.htm>

2002 Mission Viejo SCM Swim Meet

Outdoors at Mission Viejo Pool,

Sunday, October 27th 2002

Entries Must be Postmarked No Later Than Saturday, October 18, 2002

Sanctioned by SPMA for USMS, Inc. Sanction number: 332-031

Sponsored by Mission Viejo Natadores Masters

-ORDER OF EVENTS -

Sunday October 27th, 2002

1500 Warm-up at 8:00 A.M.

1500 Starts at 9:00 A.M.

- | | | |
|-------|-------------------|---|
| 1. * | _____ | 1500 M. Freestyle |
| | | Addtl. warm-up after 1500; Event #2 starts @ 12:00 PM |
| 2. | _____ | 50 M. Butterfly |
| 3. | _____ | 100 M. Backstroke |
| 4. | _____ | 200 M. Breaststroke |
| 5. | _____ | 50 M. Freestyle |
| 6. | _____ | 100 M. Butterfly |
| 7. | _____ | 200 M. Backstroke |
| 8. | Deck Enter | 400 M. Free Relay |
| 9. | _____ | 50 M. Breaststroke |
| 10. | _____ | 100 M. Freestyle |
| 11. | _____ | 200 M. Butterfly |
| 12. | _____ | 50 M. Backstroke |
| 13. | _____ | 100 M. Breaststroke |
| 14. | _____ | 200 M. Freestyle |
| 15. | _____ | 400 M. Ind. Medley |
| 16. * | _____ | 400 M. Freestyle |

* DECK SEEDED MUST CHECK IN*

Electronic Timing will be used

Pool Mission Viejo Pool, is an outdoor, 8 lane competition diving pool with two 25 meter warm-up lanes.

Directions: Marguerite Recreation Center, 27341 Trabuco Circle, Mission Viejo. From the North or South, take 5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east away from ocean to Trabuco Road. Turn right on Trabuco to Maguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, turn into the driveway for pool parking. There will be no parking in the upper parking lot.

Rules: Current USMS and SPMA rules will govern. All events are timed finals. Swimmers are limited to a total of five individual events at this meet. Swimmers must check in with the Clerk of Course for deck seeded events that they wish to swim. After an event has been officially closed, swimmers may not check in. **Deck entries will close at 8:45 AM for the 1500 and at the conclusion of the 1500 for all other events.** Age on December 31st, 2002 determines age group for the meet.

Eligibility: Open to any **current** USMS registered swimmer or a foreign swimmer with a valid travel permit. SPMA swimmers are encouraged to submit their registration application with the submitted entry card, if NOT currently registered. There is on deck registration permitted.

Affiliation: A swimmer's affiliation as stated on the consolidated entry card, if valid as of the first day of the meet, will apply throughout the meet, except that swimmers may unattach at any time.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check in is not required in order to be deck seeded, **EXCEPT** swimmers **MUST** check in to swim the **1500 M. Freestyle and the 400 M. Freestyle**.

Submitted Times: Please enter your best time, a reasonable estimate or a workout time. All times must be submitted on a SPMA consolidated entry card or a copy of a SPMA consolidated entry card (both sides). Do not mail in this entry information sheet.

Relays: All relays will be deck entered. Relay fees are \$2.00 per relay due upon entry. All relays must be submitted on SPMA relay forms which will be available at the meet. Incorrect or illegible entries will be rejected. For each relay swimmer that is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

Awards: **INDIVIDUAL**, SPMA ribbons to places 1-3. **RELAY**, SPMA ribbons to first place.

Special Awards to the swimmer that swims closest to their entered time in each event.

Entry Fees: \$20.00 per swimmer flat fee. Deck entries allowed for total of \$25.00

NOTE that deck entrants will pay an additional \$5.00 entry charge.

MAKE CHECKS PAYABLE TO: **Mission Viejo Natadores**

MAIL CONSOLIDATED ENTRY CARD AND CHECK TO:

Mission Viejo Natadores—Paul Divan

20 Las Pisadas

Rancho Santa Margarita, CA 92688

To avoid any concern regarding receipt of entry card, enclose a self-addressed stamped envelope or postcard or mail card "Return Reply Request". NO certified, registered or special delivery mail will be accepted. Receipt of entry will not be verified by phone.

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

Meet Processing, Paul Divan email pauldivaniii@cox.net

1500 deck entries will close at 8:45 AM, all other deck entries at 11:30 AM!

UCLA Bruin Masters SCM Meet

Short, Long Pentathlon and Free-athlon

Outdoors at UCLA Men's Gym Pool

Saturday, November 9th 2002

Entries received by Saturday, **November 2nd**

Sanctioned by SPMA for USMS, Inc. No. 332-033



Saturday Nov 9, 2002

800 Warm-up at 8:00 A.M.

800 Starts at 9:00 A.M.

1. _____ **800 M. Freestyle**
Addtl. warm-up after 800; Event #2 starts @ 11:00 AM
2. _____ 200 M. Ind. Medley
3. _____ 50 M. Butterfly
4. _____ 100 M. Freestyle
5. _____ 50 M. Backstroke
6. _____ 100 M. Breaststroke
7. _____ 50 M. Breaststroke
8. _____ 100 M. Backstroke
9. _____ 50 M. Freestyle
10. _____ 100 M. Butterfly
11. _____ 100 M. Ind. Medley
12. _____ 200 M. Freestyle
13. **Deck Enter** 4 x 50 M. T-shirt Relay

Pool: UCLA Men's Gym Pool on the UCLA campus, is an outdoor, 8-lane competition pool with a warm-up area.

Directions & Parking: 405 Freeway to Sunset Blvd. East. Take Sunset approx. 1 mile to Westwood Plaza. Turn right into the campus to parking kiosk and pay \$6.00 parking fee. Ask for best lot to park in for Men's Gym. The pool is located across from the campus food court and bookstore. NOTE: Parking enforcement **DOES** ticket on weekends!

Rules: Current USMS and SPMA rules will govern. Swimmers are limited to a total of five individual events at this meet. Age on December 31st, 2002 determines age for the meet.

Eligibility: Open to any **current** USMS registered swimmer or a foreign swimmer. SPMA swimmers are encouraged to submit their registration application with the submitted entry card, if NOT currently registered. On site registration is permitted.

Electronic Timing will be used

Affiliation: A swimmer's affiliation as stated on the consolidated entry card, if valid as of the first day of the meet, will apply throughout the meet, except that swimmers may unattach at any time.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Swimmers in the 800 free-style **MUST** check in to be seeded.

Submitted Times: Please enter your best **Short Course Meter** time, a reasonable estimate or a workout time. Submit times on a SPMA consolidated entry card. Questions? Call the numbers below.

Snack Bar: Food will be available at the campus food court located across from the pool.

Relays: No Charge - Fun Event! 4 x 50 "T-shirt" relay. Each team member must swim with a T-shirt on. The shirt is exchanged from swimmer to swimmer between legs. Bring a t-shirt to use. This is quite a comical event and loads of fun. The winning team will receive 4 NEW UCLA T-shirts.

Awards: INDIVIDUAL, SPMA ribbons to places 1-3. **RELAY,** SPMA ribbons to first place.

Special Awards to the swimmer that swims closest to their entered time in each event. awarded to age group winners 1-3 in the short pentathlon (50's & 100 IM), long pentathlon (100's & 200 IM) and the free-athlon (50-100-200-800).

Entry Fees: \$15.00 if received by November 2nd. \$20 if received after November 2nd or at the meet. Note that you can register for SPMA Masters membership for Nov 2002 to Dec 2003 at this meet, fourteen months for \$35.00 (not available before 11/1/02).

MAKE CHECKS PAYABLE TO: **UC Regents**

MAIL CONSOLIDATED ENTRY CARD AND CHECK TO:

Bruin Masters Meet
P.O. Box 204
El Toro, CA 92630-0204

To avoid any concern regarding receipt of entry card, enclose a self-addressed stamped envelope or postcard. NO certified, registered or special delivery mail will be accepted. Receipt of entry will not be verified by phone, due to the number of entries.

Questions: Meet Directors, Gerry Rodrigues, swimpro@pacbell.net Meet Information, (310) 645-5937
Meet Processing, Robert Mitchell (949) 707-5670, mitchellrobert@home.com

2002 Turkey Shoot SCM Swim Meet

Outdoors at Pierce College Pool, Woodland Hills

Sunday, November 24th 2002

Entries Must be Postmarked No Later Than Saturday, **November 16th, 2002**

Sanctioned by SPMA for USMS, Inc. Sanction number: 332-032

Sponsored by Southwest Masters

- ORDER OF EVENTS -

Sunday November 24th, 2002

1500 Warm-up at 8:00 A.M.

1500 Starts at 9:00 A.M.

- | | | |
|-------|---|--------------------------|
| 1. * | _____ | 1500 M. Freestyle |
| | Addtl. warm-up after 1500; Event #2 starts @ 12:00 PM | |
| 2. | _____ | 50 M. Butterfly |
| 3. | _____ | 100 M. Backstroke |
| 4. | _____ | 200 M. Breaststroke |
| 5. | _____ | 50 M. Freestyle |
| 6. | _____ | 100 M. Butterfly |
| 7. | _____ | 200 M. Backstroke |
| 8. | Deck Enter | 400 M. Free Relay |
| 9. | _____ | 50 M. Breaststroke |
| 10. | _____ | 100 M. Freestyle |
| 11. | _____ | 200 M. Butterfly |
| 12. | _____ | 50 M. Backstroke |
| 13. | _____ | 100 M. Breaststroke |
| 14. | _____ | 200 M. Freestyle |
| 15. | _____ | 400 M. Ind. Medley |
| 16. * | _____ | 400 M. Freestyle |

Pool: Pierce College Pool, is an outdoor, 7 lane competition pool with two 25 meter warm-up lanes.

Directions: Pierce College Pool - 6201 Winnetka, Woodland Hills. Take the 101 Freeway to Winnetka. Exit at Winnetka and go north 1 mile to the college. Winnetka is located 6 miles west of the San Diego Freeway (405) and Ventura Freeway (101) interchange.

Rules: Current USMS and SPMA rules will govern. All events are timed finals. Swimmers are limited to a total of five individual events at this meet. Swimmers must check in with the Clerk of Course for deck seeded events that they wish to swim. After an event has been officially closed, swimmers may not check in. **Deck entries will close at 8:45 AM for the 1500 and at the conclusion of the 1500 for all other events.** Age on December 31st, 2001 determines age group for the meet.

Eligibility: Open to any **current** USMS registered swimmer or a foreign swimmer with a valid travel permit. SPMA swimmers are encouraged to submit their registration application with the submitted entry card, if NOT currently registered. There is on deck registration permitted.

* DECK SEEDED MUST CHECK IN*

Electronic Timing will be used

Affiliation: A swimmer's affiliation as stated on the consolidated entry card, if valid as of the first day of the meet, will apply throughout the meet, except that swimmers may unattach at any time.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check in is not required in order to be deck seeded, **EXCEPT** swimmers **MUST** check in to swim the **1500 M. Freestyle and the 400 M. Freestyle**.

Submitted Times: Please enter your best time, a reasonable estimate or a workout time. All times must be submitted on a SPMA consolidated entry card or a copy of a SPMA consolidated entry card (both sides). Do not mail in this entry information sheet. If you need a SPMA consolidated entry card, send a self-addressed stamped envelope to the address below.

Relays: All relays will be deck entered. Relay fees are \$2.00 per relay due upon entry. All relays must be submitted on SPMA relay forms which will be available at the meet. Incorrect or illegible entries will be rejected. For each relay swimmer that is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

Awards: **INDIVIDUAL**, SPMA ribbons to places 1-3. **RELAY**, SPMA ribbons to first place.
Special Awards to the swimmer that swims closest to their entered time in each event.

Entry Fees: \$1.50 per each **INDIVIDUAL EVENT** entered and a \$10.00 Surcharge per swimmer.
For swimmers in relays only the fee is \$5.00
NOTE that deck entrants will pay an additional \$5.00 entry charge.

MAKE CHECKS PAYABLE TO: **Southwest Masters**

MAIL CONSOLIDATED ENTRY CARD AND CHECK TO:

Southwest Masters

7914 Sadring

West Hills, CA. 91304

To avoid any concern regarding receipt of entry card, enclose a self-addressed stamped envelope or postcard or mail card "Return Reply Request". NO certified, registered or special delivery mail will be accepted. Receipt of entry will not be verified by phone.

Questions: Meet Director, Steve Schofield (818) 992-1820
Meet Processing, Robert Mitchell (949) 707-5670, MitchellRobert@cox.net

1500 deck entries will close at 8:45 AM, all other deck entries at 11:30 AM!

SOUTHERN PACIFIC MASTERS
SWIMMING

Julie Heather, Registrar
Southern Pacific Masters Swimming
957 N El Molino Ave
Pasadena, CA 91104

Phone/fax: 626-296-1841
Email: registrar@spma.net

Fun, Fitness, and Friendship

[www.spma.net]

Southern Pacific Masters Association Schedule

October
27 Mission Viejo SCM Swim Meet

November
1 2003 SPMA Registrations accepted
9 UCLA Bruin Masters SCM Swim Meet
21 SPMA Committee Meeting, Caltech 7:30 pm
24 Pierce SCM Turkey Shoot Meet; (818) 992-1820

SPMA Officers:

Chairman:	Wayne McCauley	(310) 702-6393	breastroker@usa.net
Vice-chair:	Steve Schofield	(818) 992-1820	spmasteve@aol.com
Secretary:	Mary Hull	(818) 885-5934	ai107@pacbell.net
Treasurer:	Jeff Moxie	(805) 501-3883	jeffmoxie@yahoo.com
At-large:	Errol Graham	(323) 654-6596	egramham@irell.com

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