

May/June  
2007



## SPMA MASTERS SWIMMING



### Caltech Pentathlon Shines Again by Suzanne Dodd

The annual Caltech Pentathlon was held on Sunday, March 4th, and 185 swimmers enjoyed the near-perfect March weather while competing in this early season meet. Each entrant swam five races: 50 fly, 50 back, 50 breast, 50 free, and 100 IM. The total times were added together to determine the age group winners.

The overall women's winner was Merritt Johnson of Daland Swim School Masters. Merritt had the fastest times in four of the five events. Merritt raced to first in 25-29 age group by winning the 50 fly (28.65), the 50 breast (33.40), the 50 free (26.07) and the 100 IM (1:06.21). Sian Romoli of Caltech had the fastest women's time in the 50 back (31.51) on the way to winning the 35-39 age group.

The overall men's winner this year was Jose (JR) DeSouza of Rose Bowl Aquatics. Jose finished the meet strong with the fastest time in the 100 IM (54.40) and was the winner of the 35-39 age group.

Fastest times in the 50 fly (23.27) and the 50 free (21.69) belonged to 26 year-old Jermaine Britton of Ojai Masters. Matt Schmidt, 28, of WH2O had the fastest 50 breaststroke time of 27.74. Derek Robinson, 37, swimming unattached, had the fastest time in the 50 back (25.23).

There were several close competitions including Renate Winkler of UCLA going head to head with Sylvia Glenn of Ojai in the women's 65-69 age group. Renate touched out Sylvia by 0.42 seconds for first place in the age group. In the men's 50-54 age group, the top three finishers were within 2.5 seconds of each other, with Max Stinchcombe of Caltech beating second place finisher Michael Blatt of Ventura by 0.74 seconds.

#### *In this issue:*

- *Long Course Meters meet entry forms for June and July*
- *Open Water swim entry forms for June and July*
- *Summer Sun, by Jessica Seaton*

### Age Group Winners

18-24	Christina Poon, CTM	Scott Gilroy, ROSE
25-29	Merritt Johnson, DSSM	Brian Olver, WH2O
30-34	Krystal Deets, ORCA	Adam Craun, NOVA
35-39	Sian Romoli, CTM	Jose DeSouza, ROSE
40-44	Janet Coover, SDSM	John Christl, SCSM
45-49	Heather Shannon, UCLA	Frank Wasko, NOVA
50-54	Morri Kleine-Spang, WH2O	Max Stinchcombe, CTM
55-59	Jeannette Bauer, DSSM	Peter Wisner, ROSE
60-64	Beverly Montrella, MVN	Robert Strand, TOC
65-69	Renate Winkler, UCLA	Mike Freshley, SDSM
70-74	-	Jeff Farrell, SBM
75-79	-	Parry O'Brien, SWM
80-84	-	Frank Piemme, SDSM
85-89	Maurine Kornfeld, MVN	-

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

# SWIM FOR LIFE!

## SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ATASCADERO: Team K-man  
BAKERSFIELD: Golden Wave Masters  
BAKERSFIELD SWIM CLUB  
SAN LUIS OBISPO MASTERS  
SAN LUIS OBISPO: Kennedy Club Masters  
SANTA MARIA: Santa Maria Swim Club  
VALYERMO: slowtwitch.com

Jennifer Glenesk (805) 2376170; swimcoach@teamkman.org; www.teamkman.org  
Rafael Guijarro (661) 472-7246; rago2000@sbcglobal.net  
John Kraetsch, jfk1@mcjunki.com; www.bakersfieldswimclub.org  
Louise Butler (805) 543-9515; sloswimclub@sbcglobal.net; www.sloswimclub.org  
Linda Stimson (805) 781-3488 x17; sloaquatics@kennedyclubs.com  
Cris Maxwell (805) 478-5801; maxwell.pca2@verizon.net  
Mark Montgomery (310) 990-1400; montyman007@hotmail.com; slowtwitch.com

## SANTA BARBARA (South) and VENTURA

CARPINTERIA: Channel Island  
OJAI: Ojai Masters  
SANTA BARBARA: UCSB Masters  
SANTA BARBARA MASTERS  
THOUSAND OAKS: Conejo Simi Aquatics  
THOUSAND OAKS: Daland Masters  
VENTURA COUNTY MASTERS  
VENTURA: Rio Mesa Masters

Vic Anderson (805) 403-5425, delphis13@msn.com  
Rick Goeden (805) 646-6884; theswimguy@sbcglobal.net  
Jeremy Kipp (805) 893-2505; jeremykipp@cox.net  
Jon Bishop (805) 886-0050; coachjb@sbswim.org  
Jon Irwin (310) 658-7276; jirwin@earthlink.net; www.csaswim.com  
Leslie Daland-James (805) 495-5210; lesliedaland@yahoo.com  
Steve Witcher (805) 650-0400; buenaswim@yahoo.com  
Toby Petty (805) 642-6674; tonthego00@sbcglobal.net

## LOS ANGELES (North)

LANCASTER: Oasis Masters  
PASADENA: Caltech Masters  
PASADENA: Rose Bowl Masters  
SANTA CLARITA MASTERS

Tom Otto (661) 948-0057; ottolfixit@hotmail.com  
Suzanne Dodd (626) 449-7536; sdodd@ipac.caltech.edu  
Chad Durieux (626) 564-0330; cdurieux@rosebowlaquatics.org  
Lance O'Keefe; lokeefe@santa-clarita.com; pool: (661) 250-3766

## LOS ANGELES (Westside)

CALABASAS: City of Calabasas Masters  
EL SEGUNDO MASTERS  
LA WEST: UCLA Bruin Masters  
PORTER RANCH: Porter Valley Masters  
WEST HOLLYWOOD AQUATICS  
WOODLAND HILLS: Southwest Aq Masters

Raine Kishimoto (818) 222-2782 x 110; lkishimoto@cityofcalabasas.com  
City of El Segundo (310) 524-2700 x2738  
Gerry Rodrigues (310) 702-9327; swimpro@pacbell.net  
Amy Lau (818) 523-3981; amylau@earthlink.net  
Joel McKenna (310) 288-6555 (team hotline); info@wh2o.org; www.wh2o.org  
Fred Shaw (818) 347-1637; swamfred@aol.com; www.swam.us

## LOS ANGELES (Central and South)

LA (various locations): SCAQ  
LA MID WILSHIRE: Meridian Swim Club

SCAQ Office (310) 390-5700; www.swim.net/scaq  
Vanessa Mesia (310) 729-2971; vanessamesia@sbcglobal.net; meridiansportsclub.com

## LOS ANGELES (South Bay)

HAWTHORNE: South Bay Swim Team  
LONG BEACH: Alpert JCC  
LONG BEACH: Shore Aquatics  
CARSON/LOS ALAMITOS: Long Beach Grunions  
MANHATTAN BEACH: Magnum Masters  
RANCHO PALOS VERDES: Zenith Aquatics  
TORRANCE : LA Peninsula Swimmers

Kathy Davids (310) 643-6523, kdavids@socal.rr.com; www.southbayswimteam.org  
Cindy Jarvis (562) 426-7601 x1047, cjarvis@alpertjcc.org; www.alpertjcc.org  
Elodie Lynn (562) 644-5228, mimibobs@msn.com; www.shoreaquatics.com  
Ken Brisbin; info@lbgrunions.com; www.lbgrunions.com  
Chuck Milam (310) 592-6010, cdmilam@hotmail.com; www.manhattancc.com  
Shari Twidwell (310) 937-3535; shari@zapswimming.com  
Beth Overstreet (213) 214-9593; beth.ford@mindspring.com; www.lapmasters.org

## INLAND EMPIRE

CORONA: Corona Aquatic Team Masters  
MURRIETA: MESA Aquatic Masters  
PALMDALE: Palmdale Masters  
RIVERSIDE: Riverside Aquatics Assn.  
TEMECULA: City of Temecula Masters  
WALNUT: Buzzards Peak Masters  
WINCHESTER: Play Hard Swim Hard  
YUCAIPA: Masters of Yucaipa

John Salvino (866) SWM-CRNA; coachsalvino@hotmail.com  
Debbie Mone (951) 265-1454; msmone@msn.com; mesaaquatics.com  
Joe Goss (661) 267-5611; jgoss@cityofpalmdale.org  
Eric Tanner (951) 313-9274; ertanner@gmail.com  
Gwen Willcox (951) 694-6410; gwen.willcox@cityoftemecula.org  
Francis Neric (562) 713-4555, fneric@mtsac.edu  
Marcel Rinzler  
Kathy Fellenz (909) 790-5544; junebug@cybertime.net

## ORANGE COUNTY

COAST MASTERS  
FULLERTON: FAST Masters Team  
HUNTINGTON BEACH SWIM CLUB  
IRVINE NOVAQUATICS  
IRVINE: UCI Masters  
MISSION VIEJO MASTERS  
NEWPORT BEACH: Pacific Coast Aquatics  
NEWPORT BEACH: Team TYR  
SAN CLEMENTE: San Clemente Swim Masters  
SAN JUAN CAPISTRANO: Capo Masters  
TUSTIN: SOCAL Aquatics  
VILLA PARK: Orange Regional Comp. Aquatics  
YORBA LINDA: East Lake Eagle Rays

Maurine Kornfeld (323) 469-8518; maurinekornfeld@yahoo.com  
Bill Jewell, swimbill@sbcglobal.net; fastswim.org  
Buddy Belshe (949) 362-4727  
Mike Collins (949) 338-6682, mcollins@multisports.com; www.novamasters.com  
Charlie Schober (949) 824-7946; ctschober@uci.edu; www.masterswim.uci.edu  
Mark Moore (949) 233-6521; swimoffice@mvnswim.org; mastersmvnswim.org  
Mark Desmond (949) 306-3599; markdesmond@highhopes.ws; pacificcoastaquatics.org  
Jeni Buys (949) 706-9991; gojeni@aol.com  
Rod Snyder (949) 366-1630; rdsnyder4@cox.net  
Bert Bergen (949) 291-1659 (pool); info@capomasters.com; www.capomasters.com  
Debra Cruze-Meyer (714) 639-1913; coachdebra@socalaquatics.com  
Mark Tierney (714) 639-7531; coachmark@orca-aquatics.com  
Bill Peery (714) 701-9440; widepe@yahoo.com

## LAS VEGAS

HENDERSON Southern Nevada Masters  
CITY OF LAS VEGAS MASTERS  
LAS VEGAS: Viva Las Vegas Masters

Frank Lowery (702) 400-2790; flowery719@cox.net; www.lowerysmultisport.com  
Victor Hecker (702) 247-7788; heckerrealestate@hotmail.com  
Marie Girouard (702) 461-5354; mjvgutierrez@cox.net

# SPMA Competition Information and Instructions

**Rules:** Current USMS and SPMA rules will govern. All events are timed finals. 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. Age as of the last day of the meet determines age group for the meet for short course yards, and age as of December 31st of the year of competition determines age for long course and short course meters meets. You must be 18 years of age to register with SPMA and compete in meets.

**Eligibility:** Events are 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.

**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.

**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 (below). Do not mail in the meet entry form.

**Entry Confirmation:** 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.

**Strictly Forbidden:** Entering more than 5 individual events per day; using hand paddles in warm-up areas; diving in warm-ups unless in designated sprint lanes (entering the warm-up pool must be done with feet first with one hand in contact with the pool deck); use of any pacing device in competition; and smoking in any area where swimmers may be present.

**Open Water:** Swimmers using non-porous neoprene swim suits, wetsuits, or other non-porous attire will be ineligible for awards or place points.

*Check out our website  
www.spma.net  
for up-to-date information*

## SOUTHERN PACIFIC MASTERS ASSOCIATION • CONSOLIDATED ENTRY CARD

Name \_\_\_\_\_ Male Female USMS # \_\_\_\_\_ - \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ Club \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Event No.	FREESTYLE (Submitted Time)	Event No.	BACKSTROKE (Submitted Time)	Event No.	BREASTSTROKE (Submitted Time)	Event No.	BUTTERFLY (Submitted Time)	Event No.	INDIV. MEDLEY (Submitted Time)	
	50 • •		50 • •		50 • •		50 • •		100 • •	
	100 • •		100 • •		100 • •		100 • •		200 • •	
	200 • •		200 • •		200 • •		200 • •		400 • •	
	400/500 • •	Meet _____								
	800/1000 • •	No. of events _____ x \$ _____ = \$ _____							FOR OFFICE USE ONLY	
	1500/1650 • •	Surcharge \$ _____							Amt Rec'd _____	
	• •	Total \$ _____							Date _____	

Include a copy of USMS card

**Signature on back is REQUIRED!**

Include a copy of USMS card

fold..... fold

Late or incomplete entries (no fee, incomplete entry card, incomplete entry data) or entries postmarked after due date MAY BE REJECTED!

**ALL MASTERS** swimmers are required to send a photo-copy of their USMS card with their entry card. ALL Masters swimmers may be asked to show their USMS card if requested at the meet.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.

In addition, I agree to abide by and be governed by the rules of USMS."

**PLEASE SIGN:** \_\_\_\_\_ **DATE** \_\_\_\_\_

Is this your first Masters Meet?    Yes  
No

Non-SPMA swimmers please include your address:

Street: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Read the meet information sheet carefully. Make your check payable as shown on the meet information sheet and mail it to the address shown.

**UCLA Bruin Masters  
SCY Meet at the Student Activity Center  
Saturday, May 5th, 2007**

Sanction number: 337-006

**Directions & Parking:** UCLA Student Activity Center (formerly the Men's Gym Pool) on the UCLA campus, is an outdoor, 8-lane competition pool with a warm-up area. Take the 405 Freeway to Sunset Blvd. east. Take Sunset approximately one mile to Westwood Plaza. Turn right into the campus to parking kiosk and inquire about parking. 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!

**Entries:** The pre-entry postmark deadline is Saturday, April 28th. Age on May 5th determines age group for the meet. On deck registration permitted. Deck entries will close at 8:45 a.m. for the 500 yd. Freestyle and at 10:00 a.m. for all other events.

**Seeding:** All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. The Meet Director reserves the right to require swimmers to swim two to a lane in the 500 yd. Freestyle.

**Relays:** Relay fee is \$2.00 per relay. 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. Event #14, the 4x50 "T-shirt" relay is a no-charge, fun event! Each member must swim with a T-shirt on. The shirt is exchanged from swimmer to swimmer on the deck.

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

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

**Entry Fees:** \$25.00 entry fee per swimmer (pre-entry or deck entry). Relay only swimmers pay \$10.00.

**Checks payable to:** UC Regents, mail consolidated entry card, a copy of your 2007 USMS card, and check to: UCLA Swim Meet, P. O. Box 204, Lake Forest, CA 92609-0204.

**Questions:** Meet Director, Gerry Rodrigues, swim-pro@pacbell.net. Meet Information, (310) 702-9327; Meet Processing, Robert Mitchell, MitchellRobert@cox.net, (949) 689-7946.

**Saturday, May 5, 2007**

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

1. 500 yd. Freestyle  
The 500 will be limited to 80 entrants.  
Additional warm-up after 500  
Event #2 starts at 10:30 a.m.
2. 200 yd. Freestyle Relay (men, women, or mixed)
3. 50 yd. Backstroke
4. 200 yd. Individual Medley
5. 100 yd. Butterfly
6. 50 yd. Breaststroke
7. 200 yd. Freestyle
8. 100 yd. Backstroke
9. 50 yd. Freestyle
10. 100 yd. Breaststroke
11. 100 yd. Freestyle
12. 50 yd. Butterfly
13. 100 yd. Individual Medley
14. 800 yd. Freestyle Relay (men, women, or mixed)
15. 200 yd. T-shirt Relay

*Please read the general information on entering swim meets on the third page of this newsletter!*

**Las Vegas Masters  
LCM Meet  
Saturday, June 9th, 2007**

Sanction number: 337-021

**Directions:** Desert Breeze Park, 8275 W. Spring Mountain Road, indoor 50-meter by 25-yard pool. Lanes will be available for warm-up. From the I-15 Fwy., take the Spring Mountain Rd West exit. Turn west on Spring Mountain Road and go 4 1/2 miles to the pool.

**Entries:** Pre-entry postmark deadline: Saturday, June 2nd. On deck registration permitted. Deck entries will close at 12:30 p.m. for the first 6 events. Deck entries will close at 1:00 p.m. for the remaining events. Age on December 31, 2007 determines age group for the meet.

**Seeding:** All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded except swimmers *must* check in to swim the 400 meter freestyle.

**Relays:** All relays will be deck entered, on SPMA relay forms available at the meet. Relays are *free*. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

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

**Entry Fees:** \$3.00 per each individual event entered and a \$10.00 surcharge per swimmer. Note that deck entrants will pay an additional \$10.00 entry charge.

**Checks payable to:** Southwest Masters

Mail consolidated entry card, copy of 2007 USMS card, and check to: Las Vegas LCM Meet, P. O. Box 204, Lake Forest, CA 92609-0204.

**Questions:** Meet Director, Victor Hecker (702) 247-7788. Meet Entries: Steve Schofield (818) 992-1820; spmasteve@aol.com, Robert Mitchell (949) 689-7946, mitchellrobert@cox.net.

**Saturday, June 9, 2007**

Warm-up at noon

Meet starts at 1:00 p.m.

1. 400 m Freestyle (check-in)
2. 50 m Butterfly
3. 100 m Freestyle
4. 100 m Backstroke
5. 200 m Freestyle
6. 50 m Breaststroke
7. 100 m Butterfly
8. 50 m Freestyle
9. 50 m Backstroke
10. 200 m Individual Medley
11. 100 m Breaststroke
12. 200 m Medley Relay
13. 200 m Freestyle Relay

**Expand your horizons!**

Take a trip to a swim meet in a neighboring LMSC. For up-to-date information check out these websites:

San Diego-Imperial: [www.simastersswim.org](http://www.simastersswim.org)

New Mexico: [www.zianet.com/pdjang/nmms/index.htm](http://www.zianet.com/pdjang/nmms/index.htm)

Arizona: [www.arizonamasters.org](http://www.arizonamasters.org)

**Santa Clarita Masters  
LCM Meet  
Saturday, June 23rd, 2007**

Sanction #337-022

**Directions:** Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy. From the north, take I-5 to the Valencia Blvd exit in Valencia. Go east several miles (Valencia Blvd turns into Soledad Canyon Rd) to Ruether Ave. Turn right and cross over railroad tracks. Turn right at Centre Pointe Pkwy. Turn left into driveway for Aquatic Center. From the south, take I-5 to Hwy. 14 north. Exit at Golden Valley Rd. Turn left onto Golden Valley Rd. Turn right on Centre Point Pkwy. Make a right into the driveway for the Aquatic Center. Parking available in both upper and lower parking lots.

**Entries:** The pre-entry postmark deadline is Saturday, June 16th. Deck entries for the 1500 m Freestyle will close at 8:45 a.m., all other deck entries close at 11:00 a.m. Age on December 31, 2007 determines age group for the meet.

**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.

**Relays:** All relays will be deck entered. Relay fees are \$4.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

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

**Entry Fees:** \$20.00 per swimmer flat fee. Deck entries allowed for a total of \$30.00.

**Checks payable to:** City of Santa Clarita. Mail consolidated entry card, a copy of your 2007 USMS card, and check to: Santa Clarita Aquatic Center, c/o Santa Clarita Masters Club, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91355.

**Questions:** Meet Directors, Chris Lundie, (661) 250-3771, clundie@santa-clarita.com; Lance O'Keefe, (661) 250-3767, lokeefe@santa-clarita.com; Mike Coash, (661) 250-3760, mcoash@santa-clarita.com. General information and lodging information can be found at [www.scmconline.com](http://www.scmconline.com).

**Sunday, June 23, 2007**

1500 warm-up at 8:00 a.m.

1500 starts at 9:00 a.m.

1. 1500 m Freestyle (check-in required)  
Additional warm-up after 1500  
Event #2 starts at noon
2. 200 m Mixed Freestyle Relay
3. 100 m Butterfly
4. 200 m Freestyle
5. 100 m Breaststroke
6. 50 m Freestyle
7. 200 m Individual Medley
8. 400 m Freestyle (check-in required)
9. 100 m Backstroke
10. 50 m Butterfly
11. 400 m Individual Medley
12. 200 m Breaststroke
13. 100 m Freestyle
14. 50 m Backstroke
15. 200 m Butterfly
16. 50 m Breaststroke
17. 200 m Backstroke
18. 200 m Mixed Medley Relay

**Santa Barbara Masters  
Reg Richardson Memorial LCM Meet  
Saturday, July 14th, 2007**

Sanction number: 337-023

**Directions:** The Reg Richardson Memorial Meet is part of Semana Nautica, Santa Barbara's annual summer sports festival, now in its 70th year! Learn more at [www.semananautica.com](http://www.semananautica.com). Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara. From the 101 Freeway going north, exit at Cabrillo Blvd. (off-ramp is in the fast lane). Turn towards the ocean and drive west along the beach. Cabrillo Blvd. becomes Shoreline Drive at Castillo St., which dead-ends at the pool. From the 101 Freeway going south, exit at Castillo St. Turn right and the pool is at the end of Castillo. Parking is available on Castillo St. and in the lot behind the pool. The parking lot entrance is west of the pool at Harbor Way and Shoreline Drive. There is a parking fee at the lot.

**Entries:** Pre-entry postmarked deadline: Thursday, July 5th. On deck registration permitted. Deck entries will close at 8:45 a.m. for the 1500 m Freestyle and 10:30 a.m. for all other events. Age on December 31, 2007 determines age group for the meet.

**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.

**Relays:** The 200 m Freestyle relay will be deck-entered. Relay fees are \$5.00 per relay due upon entry. All relays must be submitted on SPMA relay forms that will be available at the meet. For each relay swimmer who is not entered in individual events, a signed liability release must be submitted with the relay entry.

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

**Entry Fees:** There is a \$25.00 flat fee per swimmer. For relay-only swimmers, the fee is \$5.00. Deck entries allowed for an additional \$10.00 charge.

**Checks payable to:** Santa Barbara Swim Club  
Mail consolidated entry card, a copy of your 2007 USMS card, and check to: Santa Barbara Swim Club, P. O. Box 204, Lake Forest, CA 92609-0204.

**Questions:** Santa Barbara Swim Club Office (805) 966-9757, sbcs@sbswim.com. Meet Processing, Robert Mitchell, (949) 689-7946, mitchellrobert@cox.net.

**Saturday, July 14, 2007**

Warm-up at 8:00 a.m.

1500 m Freestyle starts at 9:00 a.m.

1. 1500 m Freestyle  
Additional warm-up after 1500 m Freestyle  
Event #2 starts at 11:00 a.m.
2. 100 m Freestyle
3. 100 m Breaststroke
4. 200 m Individual Medley
5. 50 m Freestyle
6. 200 m Butterfly
7. 50 m Breaststroke
8. 100 m Backstroke
9. 200 m Freestyle
10. 100 m Butterfly
11. 50 m Backstroke
12. 200 m Breaststroke
13. 50 m Butterfly
14. 200 m Backstroke
15. 200 m Freestyle Relay (men, women, or mixed; deck enter)

**Newport Beach Lifeguards  
Balboa-Newport Pier-to-Pier  
Saturday, July 7th, 2007**

Sanction number: 337-031

**Distance:** 2 miles

**Location:** Start from the beach next to the Balboa Pier.

Swim to a buoy offshore and then up the coast to a buoy just off the Newport Pier. Round the buoy at the Newport Pier and finish on shore in front of Lifeguard Headquarters. It is always recommended that swimmers wear a bright cap and be accompanied by a paddler.

**Check-in:** Registration is at 9:00 a.m. at Lifeguard Tower "M," next to the Balboa Pier. The swim starts at 10:00 a.m.

**Entries:** Pre-registration is \$30 (includes a T-shirt) and is due by Tuesday, July 3rd. Register for both this swim and the August 25th Don Burns Corona del Mar swim for \$45.

To enter, send a copy of your 2007 USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: N.B.O.L.A. Mail to: Nadine Turner, One Giverny, Newport Coast, CA 92657.

**Additional Information:** Nadine Turner, nadine-turner3@cox.net; 949-640-5350; www.newportlifeguard.org

**Semana Nautica Sports Festival  
Santa Barbara 6-mile Swim  
Sunday, July 15th, 2007**

Sanction number: 337-032

**Distance:** 6 miles

**Location:** Goleta Beach to Arroyo Burro Beach, Santa Barbara. Start on the west side of Goleta pier. There is no charge for parking at either beach, carpooling from finishing beach will be arranged the morning of the swim. Water temperature varies from 58-65°F in June and July. This swim is for experienced swimmers ONLY! Participants must bring board/kayak and paddler to accompany them in the ocean swim. No wetsuits.

**Check-in:** Registration is at 7:30 a.m. The swim starts at 9:00 a.m.

**Entries:** Pre-registration is \$30 and entries must be received by Monday, July 9th. No beach entries. T-shirts are \$15.

To enter, send a copy of your 2007 USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: Jane Cairns, 5094 Cathedral Oaks Rd, Santa Barbara, CA 93111. Include a list of recent ocean swims completed.

**Additional Information:** Jane Cairns, (805) 886-8123, janeswims@juno.com

**Seal Beach Swim Club  
37th Seal Beach Rough Water Swim  
Saturday, July 14th, 2007**

Sanction number: 337-033

**Distance:** 1-mile and 5-kilometer events.

**Location and directions:** Take the 405 Fwy to Seal Beach Blvd. South, turn right on Pacific Coast Hwy, and then left on Main St. Make a right turn on Ocean Ave. Parking is available in the lot on the left side for a fee. Note that parking on Ocean Ave. and side streets is limited to one hour.

**Check-in:** Check-in times vary with event. Check-in starts at 6:30 a.m. for the 5K swim, you must check in by 7:15 a.m., and the start is at 8:00 a.m. The 1-mile check-in is at 8:00 a.m. with an approximate 9:30 a.m. start time.

**Entries:** Pre-registration is \$25 and must be postmarked by Saturday, June 30th. Race day registration is \$30.

To enter, send a copy of your 2007 USMS card, and a completed SPMA consolidated card with your check payable to: Seal Beach Swim Club. Mail to: S.B.R.W.S., P. O. Box 605, Seal Beach, CA 90740.

**Additional Information:** Maria Fattal, 562-430-1092; sbvbcmaria@yahoo.com; www.sealbeachswimclub.org

**Long Beach Grunions  
Naples Island Swim  
Sunday, July 29th, 2007**

Sanction number: 337-034

**Distance:** 1-mile Classic and 3-mile Challenge

**Location:** Alamitos Bay, near 5437 E Ocean Blvd., Long Beach (Bay Shore and 54th Place, between Ocean Blvd. and 2nd St.). Water temperature for this race is usually 63-69°F. The courses are located entirely within Alamitos Bay (no surf). Parking is available along Ocean Blvd. and in city lots (\$0.25 per 15 minutes). No parking along Bay Shore or 54th Place (tow-away zone).

**Check-in:** Check-in begins at 7:30 a.m. and closes at 8:45 a.m. The 1-mile starts at 9:00 a.m. and the 3-mile starts at 9:15 a.m., Anyone still in the water at 11:30 a.m. will be picked up and returned to the finish line. Swimmers with wetsuits are allowed but will not be eligible for awards.

**Entries:** Pre-registration is \$25 and must be postmarked by Saturday, July 21st. Fee includes T-shirt designed for this event and guaranteed to first 150 entrants. Race day registration (or if postmarked after July 21st) is \$30. Additional T-shirts may be pre-ordered for \$16. An alternate entry form can be found at www.spma.net/naples2007.

To enter, send a copy of your 2007 USMS card, a completed SPMA consolidated card (indicate 1-mile or 3-mile and T-shirt size) or the alternate entry form, with your check payable to: Long Beach Grunions. Mail to: 2007 Naples Island Swim, 2320 Carroll Park South, Long Beach, CA 90814.

**Awards:** Medals 1st to 3rd in each age group in each race.

**Additional Information:** John Makinson, 562-433-0899, johnrufwtr@yahoo.com

**For a complete list of open water events in the  
Southern California area, including those not  
sanctioned by SPMA, visit:**

***www.spma.net***

***Click on Open Water & Long Distance***

# Summer Sun by Jessica Seaton

With summer upon us, it is a good time to enjoy the benefits, but also protect against the risks, of exposure to the strong summer sun.

On the positive side, increased daylight is associated with a decrease in Seasonal Affective Disorder, a type of depression associated with short days and long nights. Sunlight is also a main source of vitamin D. Many researchers now believe that the average person needs 2,000 IU daily of Vitamin D, although the RDA still stands at 400 IU, and they suggest 15 minutes daily of full-body sun exposure. Higher levels of vitamin D have been associated with a lower risk of breast and colon cancer, osteoporosis, and other conditions.

The negative effects of sunlight range from rapid aging to various forms of skin cancer. People with all skin types are at risk, but those most at risk are fair-skinned people with red or blond hair, freckles, and/or blue or green eyes.

**Aging.** How you age depends on your genetics, immune status, exposure to petrochemical pollutants, cold and wind, alterations of humidity, and, most importantly, ultraviolet and infrared radiation.

Most of the skin damage is due to ultraviolet light. Ultraviolet A (UVA) penetrates the skin deeply, increases pigmentation (which causes a tan) and alters the elasticity of the skin. Ultraviolet B (UVB) results in the reddening from sunburns, and is responsible for skin cancers. The effects of UVA and UVB on the skin do not become apparent until 15 to 20 years after exposure.

The sun is responsible for many effects of aging, including thinning of the skin, slow healing of wounds, sallow complexion, sagging and drooping skin, deeper lines, dry skin, and dry and slow growing hair.

**Skin Cancer.** 80% of all skin cancers are basal cell carcinoma, a slow growing cancer that does not metastasize. 17% to 20% of skin cancers are known as squamous cell carcinoma. 40% of squamous cell carcinomas start out as actinic (solar) keratosis, considered a pre-malignant

lesion. Actinic keratosis affects more than 5 million Americans and can be treated. Squamous cell carcinoma can also be treated if caught early. If it is not treated, it can invade deeper tissues and can lead to death. Approximately 4% of skin cancers are melanomas, which are not always related to sun exposure. These can be localized, or can metastasize throughout the body and can lead to death. When caught and treated early, all skin cancer has a 95% cure rate.

**Prevention.** Swimmers who train outdoors need to be especially careful. If you have sensitive skin, you should probably swim very early in the morning or in the evening and, unless it's dark outside, wear sunscreen or sun block.

In general, avoiding the sun is the most obvious way to avoid its harmful effects. The worst time to be outdoors, including swimming, is between 10 a.m. and 4 p.m. When outdoors, it is a good idea to wear sun protective clothing. Regular summer clothing is equivalent to SPF 5 to 9. Clothes made for the sun with SPF of 30 to 50 are increasingly available. When you're at a swim meet, be sure to wear an SPF 30 light colored shirt and a wide brim hat. You still have to be careful of the reflected rays of the sun off the pool.

When you're in the sun, sunscreens and sun blocks are essential. These should be applied 15-30 minutes before you're in the sun. After swimming you need to reapply sunscreen. You should always use the higher number sunscreen when possible. Using a lower level and reapplying it more often does not offer more protection. Also, don't let the sunscreen give you a false sense of security. Most sunscreens only protect against damage from UVB. Even those that say they protect against UVA don't always fully protect against UVA. Sunscreens that also contain herbal antioxidants seem to be more effective, since they help minimize the effect of reactive oxygen species created by the interaction of the sun and the sunscreen.

Antioxidants such as vitamin C, vitamin E and beta-carotene also have been shown to help minimize sun damage. Several studies have shown that a low-fat diet reduces the incidence of actinic keratosis after 8 to 12 months. Black and green tea also inhibit UV related skin cancers.

Bottom line: minimize your sun exposure!

*Jessica Seaton, D.C. is a chiropractic orthopedist in private practice in West Los Angeles. She has been swimming with West Hollywood Aquatics for over 16 years. She can be reached at (310) 470-0282 or JSeaton@aol.com.*

## Long Beach Pacific Open Water Challenge Sunday, July 1st, 2007

Sanction number: 337-035

**Distance:** 5 kilometers

**Location:** Belmont Pier, Long Beach (Ocean Blvd. and Termino Ave.). Water temperature for this race is usually 63-66°F. The course is located east of the pier and is inside of the breakwater (no surf). Parking is available along Ocean Blvd. and in city lots on both the west and east sides of the Belmont Plaza Olympic Pool (\$0.25 per 15 minutes).

**Check-in:** Check-in begins at 6:00 a.m. and closes at 9:15 a.m. The 5K starts at 9:30 a.m. Anyone still in the water 30 minutes past the time the first swimmer finishes will be picked up and returned to the finish line.

**Entries:** Pre-registration is \$25 and must be postmarked by Monday, June 25th. Fee includes short-sleeved T-shirt designed for this event. Race day registration (or if postmarked after June 25th) is \$35 (T-shirt sizes are not guaranteed for late entries). To enter, send a copy of your 2007 USMS card, an SPMA consolidated card or a registration form (download from our website, [www.pacificopenwater.com](http://www.pacificopenwater.com)) with your check payable to: International City Racing. Mail to: LBIM, 3000 Pacific Avenue, Long Beach, CA 90806.

**Awards:** Custom Pacific Open Water Challenge awards for 1st to 3rd place in each age group and overall top 3.

**Additional Information:** Stacy Embretson, [sembretson@runicr.com](mailto:sembretson@runicr.com), (562) 427-4606 x1.



West Hollywood Aquatics 800 yard freestyle relay tied the USMS record (7:09.51) at the Pierce College meet. From left to right: Brian Olver, Jonathan Russell, Justin Brannock, and Matt Schmidt.

## SPMA Officers

### Chairman:

Wayne McCauley  
4001 Inglewood Ave. Ste 101-256  
Redondo Beach, CA 90278  
(310) 702-6393  
breastroker@usa.net

### Vice-Chair:

Steve Schofield  
7914 Sadring  
West Hills, CA 91304  
(818) 992-1820  
spmasteve@aol.com

### Secretary:

Mary Hull  
10415-2 Larwin Ave  
Chatsworth, CA 91311  
(818) 885-5934  
mary@spma.net

### Treasurer:

Jeff Moxie  
395 Stonebrook St.  
Simi Valley, CA 93065  
(805) 501-3883  
jeffmoxie@yahoo.com

### Member At-Large:

Trisha Commons  
2729 Great Smokey  
Thousand Oaks, CA 91362  
(805) 496-8585  
trisha5swim@aol.com

### SPMA Office, Registrar, and

### Swimming News Editor

Julie Heather  
957 N. El Molino Ave.  
Pasadena, CA 91104  
(626) 296-1841  
registrar@spma.net

[www.spma.net](http://www.spma.net)

SPMA Swimming News is published six times a year as an insert in the bi-monthly *USMS Swimmer*, for swimmers registered with Southern Pacific Masters Swimming.

©Southern Pacific Masters Swimming

# Southern Pacific Masters Association Schedule

May	5	UCLA SCY Swim Meet
	10	SPMA Committee Conference Call
	17-20	USMS SCY Championship Swim Meet, Federal Way, Washington
June	9	Las Vegas LCM Swim Meet
	23	Santa Clarita LCM Swim Meet
July	1	Long Beach Pacific 5 km Open Water Challenge
	7	Newport Pier-to-Pier 2 mile Open Water Swim
	12	SPMA Committee Conference Call
	14	Santa Barbara LCM Swim Meet
	14	Seal Beach 1 km and 5 km Open Water Swims
	15	Santa Barbara Semana Nautica 6 mile Open Water Swim
August	3-5	SPMA LCM Championships, Mission Viejo
	10-13	USMS LCM Championships, The Woodlands, Texas
	25	Don Burns Corona del Mar 1 mile Open Water Swim

For a complete and updated list of events, check [www.spma.net](http://www.spma.net) or call the SPMA office

## SPMA Video Library

SPMA has a video library available for use by our members. There is a \$7 charge for one tape or DVD, \$10 for two, or \$12 for three. This covers the cost of the envelopes and mailing both ways. Tapes must be brought to the post office for return due to USPS security requirements. We also need a separate check for \$50 *per DVD or video* that will be held as a deposit until the tape(s) are returned. This check will not be cashed unless the tapes are not returned. The rental period is one month. Give the SPMA office a call (626-296-1841), and we'll discuss which videos would best fit your needs. Please include alternates with your request, or note that you would prefer to wait if the videos you request are out on loan. Send requests to the SPMA office. Titles available for rental include:

### DVD format:

- Swim Fast: Butterfly (Michael Phelps)
- Swim Fast: Breaststroke (Ed Moses)
- Swim Fast: Freestyle (Lindsay Benko)
- Open Water Swimming, Skills, Techniques & Racing Tips (Mike Collins, Gerry Rodrigues)
- Go Swim, All Strokes (with Kaitlin Sandeno and Erik Vendt)
- Go Swim, Butterfly with Misty Hyman
- Go Swim, Freestyle and Backstroke Drills
- Go Swim, Breaststroke with Dave Denniston
- Go Swim, Breaststroke with Amanda Beard
- Go Swim, Breaststroke Turns and Pullouts with Dave Denniston
- Go Swim, Breaststroke Drills with Staciana Stitts and Dave Denniston
- Eddie Reese on Freestyle
- Eddie Reese on Backstroke
- Eddie Reese on Butterfly
- Eddie Reese on Breaststroke
- Swimming Faster: Butterfly (Marsh & Durden)
- Swimming Faster: Breaststroke (Marsh)
- Swimming Faster: Freestyle (Marsh)
- Swimming Faster: Backstroke (Marsh)
- Training & Race Strategies for Backstroke (Marsh)
- Training & Race Strategies for Sprint Freestyle (Marsh)
- Training & Race Strategies for IM (Marsh)
- Training & Race Strategies for Breaststroke and Butterfly (Marsh & Durden)
- Training & Race Strategies for Middle Distance & Distance (Crocker)
- Swimming Faster: Turns (Marsh)
- Swimming Faster: Starts (Marsh, Bracklin, Pileczuk)

### VHS format:

- Swim Smarter/Swim Faster (Quick & Kenny)
- Starts, Turns, and Finishes (Richard Quick and Skip Kenny)
- Swimming Techniques (Don Gambriel's Classic Series)
- Coaches' Drills (Don Gambriel's Classic Series)
- Women's Swimming (Don Gambriel's Classic Series)
- Men's Swimming (Don Gambriel's Classic Series)
- Breaststroke (Don Gambriel's Gold Medal Series)
- Backstroke (Don Gambriel's Gold Medal Series)
- Butterfly (Don Gambriel's Gold Medal Series)
- Freestyle (Don Gambriel's Gold Medal Series)
- Freestyle and Backstroke: The Total Immersion Way (Terry Laughlin)
- Butterfly and Breaststroke: The Total Immersion Way (Terry Laughlin)
- Body Segment Awareness (Bill Boomer)
- Assembling Aquatic Body Lines (Bill Boomer)
- Quick-Championship Winning Freestyle
- Quick-Championship Winning Backstroke
- Quick-Championship Winning Butterfly
- Quick-Championship Winning Breaststroke
- Quick-Championship Winning Starts
- Quick-Championship Winning Walls: Turns for All Strokes
- Quick-Championship Winning Walls: Underwater Swimming, The Fifth Competitive Stroke
- Quick-Swimalates: Pilates for Swimmers
- Quick-Swimmers' Shoulder: Prehab and Rehab
- Quick-Posture, Line, and Balance: The Foundation of Championship Winning Swimming